

NOTE: Blank cells= no data available or zero content

USDA NO.	FOR MACKIE SCIENTIFIC WEBSITE USER							
NDB_No	USDA FOOD LIST							
	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
		PER 100 GRAMS						
15155	ABALONE,MIXED SPECIES,RAW	105	0	85	301	6	0	17
15156	ABALONE,MXD SP,CKD,FRIED	189	6	94	591	11	0	20
09427	ABIYUCH,RAW	69	0		20	18	5	2
09002	ACEROLA JUICE,RAW	23	0	0	3	5	0	0
09001	ACEROLA,(WEST INDIAN CHERRY),RAW	32	0	0	7	8	1	0
12060	ACORN FLOUR,FULL FAT	501	29	0	0	55		7
12059	ACORNS,DRIED	509	30	0	0	54		8
12058	ACORNS,RAW	387	23	0	0	41		6
06979	ADOBO FRESCO	226	20	0	17152	19	1	2
35002	AGUTUK,FISH W/ SHORTENING (ALASKA NATIVE)	470	42	26	24	11		9
35001	AGUTUK,FISH/BERRY W/ SEAL OIL (ICE CREAM) (ALASKA NATIVE)	353	31	10	21	13	1	3
35003	AGUTUK,MEAT-CARIBOU (ALASKAN ICE CREAM) (ALASKA NATIVE)	258	17	89	95	1		22
14006	ALCOHOLIC BEV,BEER,LT	29	0	0	4	2	0	0
14007	ALCOHOLIC BEV,BEER,LT,BUD LT	31	0	0	3	2	0	0
14013	ALCOHOLIC BEV,BEER,LT,MICHELOB ULTRA	27	0	0	3	1	0	0
14003	ALCOHOLIC BEV,BEER,REG,ALL	43	0	0	4	4	0	0
14004	ALCOHOLIC BEV,BEER,REG,BUDWEISER	41	0	0	3	3	0	0
14034	ALCOHOLIC BEV,CREME DE MENTHE,72 PROOF	371	0	0	5	42	0	0
14009	ALCOHOLIC BEV,DAIQUIRI,CND	125	0	0	40	16	0	0
14010	ALCOHOLIC BEV,DAIQUIRI,PREPARED-FROM-RECIPE	186	0	0	5	7	0	0
14037	ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 80 PROOF	231	0	0	1	0	0	0
14550	ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 86 PROOF	250	0	0	1	0	0	0
14551	ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 90 PROOF	263	0	0	1	0	0	0
14532	ALCOHOLIC BEV,DISTILLED,ALL (GIN,RUM,VODKA,WHISKEY) 94 PROOF	275	0	0	1	0	0	0

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

14533	ALCOHOLIC BEV,DISTILLED,ALL 100 PROOF	295	0	0	1	0	0	0
14049	ALCOHOLIC BEV,DISTILLED,GIN,90 PROOF	263	0	0	2	0	0	0
14050	ALCOHOLIC BEV,DISTILLED,RUM,80 PROOF	231	0	0	1	0	0	0
14051	ALCOHOLIC BEV,DISTILLED,VODKA,80 PROOF	231	0	0	1	0	0	0
14052	ALCOHOLIC BEV,DISTILLED,WHISKEY,86 PROOF	250	0	0	0	0	0	0
14415	ALCOHOLIC BEV,LIQUEUR,COFFEE W/CRM,34 PROOF	327	15	58	92	21	0	3
14414	ALCOHOLIC BEV,LIQUEUR,COFFEE,53 PROOF	336	0	0	8	47	0	0
14534	ALCOHOLIC BEV,LIQUEUR,COFFEE,63 PROOF	308	0	0	8	32	0	0
14014	ALCOHOLIC BEV,MARTINI,PREPARED-FROM-RECIPE	243	0	0	3	2	0	0
14015	ALCOHOLIC BEV,PINA COLADA,CND	237	7	0	71	28	0	1
14017	ALCOHOLIC BEV,PINA COLADA,PREPARED-FROM-RECIPE	174	2	0	6	23	0	0
43479	ALCOHOLIC BEV,RICE (SAKE)	134	0	0	2	5	0	1
14019	ALCOHOLIC BEV,TEQUILA SUNRISE,CND	110	0	0	57	11	0	0
14027	ALCOHOLIC BEV,WHISKEY SOUR,CND	119	0	0	44	13	0	0
14029	ALCOHOLIC BEV,WHISKEY SOUR,PREP FROM ITEM 14028	153	0	0	61	13	0	0
14531	ALCOHOLIC BEV,WHISKEY SOUR,PREP FROM ITEM 14530	149	0	0	20	13	0	0
14025	ALCOHOLIC BEV,WHISKEY SOUR,PREP W/ H2O,WHISKEY & PDR MIX	164	0	0	46	16	0	0
43154	ALCOHOLIC BEV,WINE,COOKING	50	0	0	626	6	0	1
14536	ALCOHOLIC BEV,WINE,DSSRT,DRY	152	0	0	9	12	0	0
14057	ALCOHOLIC BEV,WINE,DSSRT,SWT	160	0	0	9	14	0	0
43155	ALCOHOLIC BEV,WINE,LT	50	0	0	7	1	0	0
14084	ALCOHOLIC BEV,WINE,TABLE,ALL	84	0	0	5	3	0	0
14096	ALCOHOLIC BEV,WINE,TABLE,RED	85	0	0	4	3	0	0
14101	ALCOHOLIC BEV,WINE,TABLE,RED,BARBERA	86	0	0	0	3	0	0
14152	ALCOHOLIC BEV,WINE,TABLE,RED,BURGUNDY	87	0	0	0	4	0	0
14098	ALCOHOLIC BEV,WINE,TABLE,RED,CABERNET FRANC	85	0	0	0	2	0	0
14097	ALCOHOLIC BEV,WINE,TABLE,RED,CABERNET SUAVIGNON	84	0	0	0	3	0	0

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

**PER 100 GRAMS**

NDB\_No

14109	ALCOHOLIC BEV,WINE,TABLE,RED,CARIGNANE	76	0	0	0	2	0	0
14105	ALCOHOLIC BEV,WINE,TABLE,RED,CLARET	84	0	0	0	3	0	0
14158	ALCOHOLIC BEV,WINE,TABLE,RED,GAMAY	79	0	0	0	2	0	0
14107	ALCOHOLIC BEV,WINE,TABLE,RED,LEMBERGER	82	0	0	0	2	0	0
14602	ALCOHOLIC BEV,WINE,TABLE,RED,MERLOT	84	0	0	4	3	0	0
14159	ALCOHOLIC BEV,WINE,TABLE,RED,MOUVEDRE	89	0	0	0	3	0	0
14103	ALCOHOLIC BEV,WINE,TABLE,RED,PETITE SIRAH	86	0	0	0	3	0	0
14099	ALCOHOLIC BEV,WINE,TABLE,RED,PINOT NOIR	83	0	0	0	2	0	0
14108	ALCOHOLIC BEV,WINE,TABLE,RED,SANGIOVESE	87	0	0	0	3	0	0
14100	ALCOHOLIC BEV,WINE,TABLE,RED,SYRAH	84	0	0	0	3	0	0
14102	ALCOHOLIC BEV,WINE,TABLE,RED,ZINFANDEL	89	0	0	0	3	0	0
14106	ALCOHOLIC BEV,WINE,TABLE,WHITE	83	0	0	5	3	0	0
14116	ALCOHOLIC BEV,WINE,TABLE,WHITE,CHENIN BLANC	81	0	0	0	3	0	0
14117	ALCOHOLIC BEV,WINE,TABLE,WHITE,FUME BLANC	83	0	0	0	2	0	0
14124	ALCOHOLIC BEV,WINE,TABLE,WHITE,GEWURZTRAMINER	82	0	0	0	3	0	0
14135	ALCOHOLIC BEV,WINE,TABLE,WHITE,LATE HARVEST	113	0	0	0	13	0	0
14120	ALCOHOLIC BEV,WINE,TABLE,WHITE,MULLER THURGAU	77	0	0	0	3	0	0
14140	ALCOHOLIC BEV,WINE,TABLE,WHITE,MUSCAT	83	0	0	0	5	0	0
14138	ALCOHOLIC BEV,WINE,TABLE,WHITE,PINOT BLANC	82	0	0	0	2	0	0
14113	ALCOHOLIC BEV,WINE,TABLE,WHITE,PINOT GRIS (GRIGIO)	84	0	0	0	2	0	0
14132	ALCOHOLIC BEV,WINE,TABLE,WHITE,RIESLING	81	0	0	0	4	0	0
14134	ALCOHOLIC BEV,WINE,TABLE,WHITE,SAUVIGNON BLANC	82	0	0	0	2	0	0
14126	ALCOHOLIC BEV,WINE,TABLE,WHITE,SEMILLON	83	0	0	0	3	0	0
11001	ALFALFA SEEDS,SPROUTED,RAW	29	1	0	6	4	3	4
02001	ALLSPICE,GROUND	263	6	0	77	72	22	6
12695	ALMOND BUTTER,PLN,W/SALT	633	56	0	450	21	4	15
12195	ALMOND BUTTER,PLN,WO/SALT	633	56	0	11	21	4	15

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PER 100 GRAMS								
12071	ALMOND PASTE	458	26	0	9	48	5	9
12061	ALMONDS	578	48	0	1	20	12	21
12062	ALMONDS,BLANCHED	581	48	0	28	20	10	22
12563	ALMONDS,DRY RSTD,W/SALT	597	50	0	339	19	12	22
12063	ALMONDS,DRY RSTD,WO/SALT	597	50	0	1	19	12	22
12206	ALMONDS,HONEY RSTD,UNBLANCHED	594	48	0	130	28	14	18
12565	ALMONDS,OIL RSTD,W/SALT	607	53	0	339	18	11	21
12065	ALMONDS,OIL RSTD,WO/SALT	607	53	0	1	18	11	21
20001	AMARANTH	374	6	0	21	66	9	14
43584	AMARANTH FLAKES	353	6	0	35	71	10	16
15002	ANCHOVY,EUROPEAN,CND IN OIL,DRND SOL	210	9	85	3668	0	0	29
15001	ANCHOVY,EUROPEAN,RAW	131	4	60	104	0	0	20
04609	ANIMAL FAT,BACON GREASE	897	95	95	150	0	0	0
02002	ANISE SEED	337	14	0	16	50	15	18
43388	APPLE CIDER-FLAVORED DRK,PDR,LO CAL,W/ VIT C,PREP	1	0	0	14	0	0	0
43372	APPLE CIDER-FLAVORED DRK,PDR,VIT C&SUGAR	395	0	0	95	99	0	0
09400	APPLE JUC,CND OR BTLD,UNSWTND,W/ VIT C	47	0	0	3	12	0	0
09016	APPLE JUC,CND OR BTLD,UNSWTND,WO/ VIT C	47	0	0	3	12	0	0
09018	APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O WO/ VIT C	47	0	0	7	12	0	0
09411	APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O,W/ VIT C	47	0	0	7	12	0	0
09410	APPLE JUC,FRZ CONC,UNSWTND,UNDIL,W/ VIT C	166	0	0	25	41		1
09017	APPLE JUC,FRZ CONC,UNSWTND,UNDIL,WO/ VIT C	166	0	0	25	41	0	1
09008	APPLES,CND,SWTND,SLICED,DRND,HTD	67	0	0	3	17	2	0
09007	APPLES,CND,SWTND,SLICED,DRND,UNHTD	67	0	0	3	17	2	0
09010	APPLES,DEHYD (LO MOIST),SULFURED,STWD	74	0	0	26	20	3	0
09009	APPLES,DEHYD (LO MOIST),SULFURED,UNCKD	346	0	0	124	94	12	1
09013	APPLES,DRIED,SULFURED,STWD,W/ SUGAR	83	0	0	19	21	2	0

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FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

09012	APPLES,DRIED,SULFURED,STWD,WO/ SUGAR	57	0	0	20	15	2	0
09011	APPLES,DRIED,SULFURED,UNCKD	243	0	0	87	66	9	1
09015	APPLES,FRZ,UNSWTND,HTD	47	0	0	3	12	2	0
09014	APPLES,FRZ,UNSWTND,UNHTD	48	0	0	3	12	2	0
09003	APPLES,RAW,WITH SKIN	52	0	0	1	14	2	0
09004	APPLES,RAW,WITHOUT SKIN	48	0	0	0	13	1	0
09006	APPLES,RAW,WO/ SKN,CKD,MICROWAVE	56	0	0	1	14	3	0
09005	APPLES,RAW,WO/SKN,CKD,BLD	53	0	0	1	14	2	0
09402	APPLESAUCE,CND,SWTND,W/SALT	76	0	0	28	20	1	0
09020	APPLESAUCE,CND,SWTND,WO/SALT	76	0	0	3	20	1	0
09401	APPLESAUCE,CND,UNSWTND,W/ VIT C	43	0	0	2	11	1	0
09019	APPLESAUCE,CND,UNSWTND,WO/ VIT C	43	0	0	2	11	1	0
09403	APRICOT NECTAR,CND,W/ VIT C	56	0	0	3	14	1	0
09036	APRICOT NECTAR,CND,WO/ VIT C	56	0	0	3	14	1	0
09029	APRICOTS,CND,EX HVY SYRUP PK,WO/SKN,SOL&LIQUIDS	96	0	0	13	25	2	1
09025	APRICOTS,CND,EX LT SYRUP PK,W/SKN,SOL&LIQUIDS	49	0	0	2	13	2	1
09022	APRICOTS,CND,H2O PK,W/SKN,SOL&LIQUIDS	27	0	0	3	6	2	1
09023	APRICOTS,CND,H2O PK,WO/SKN,SOL&LIQUIDS	22	0	0	11	5	1	1
09027	APRICOTS,CND,HVY SYRUP PK,W/SKN,SOL&LIQUIDS	83	0	0	4	21	2	1
09028	APRICOTS,CND,HVY SYRUP PK,WO/SKN,SOL&LIQUIDS	83	0	0	11	21	2	1
09357	APRICOTS,CND,HVY SYRUP,DRND	83	0	0	4	21	3	1
09024	APRICOTS,CND,JUC PK,W/SKN,SOL&LIQUIDS	48	0	0	4	12	2	1
09026	APRICOTS,CND,LT SYRUP PK,W/SKN,SOL&LIQUIDS	63	0	0	4	16	2	1
09034	APRICOTS,DRIED,SULFURED,STWD,W/ SUGAR	113	0	0	3	29	4	1
09033	APRICOTS,DRIED,SULFURED,STWD,WO/ SUGAR	85	0	0	4	22	3	1
09032	APRICOTS,DRIED,SULFURED,UNCKD	241	0	0	10	63	7	3
09035	APRICOTS,FROZEN,SWEETENED	98	0	0	4	25	2	1

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**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

09021	APRICOTS,RAW	48	0	0	1	11	2	1
22692	ARMOUR CORNED BF HASH,CND ENTREE	211	14	41	362	5	1	10
20003	ARROWROOT FLOUR	357	0	0	2	88	3	0
11697	ARROWROOT,RAW	65	0	0	26	13	1	4
11702	ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,W/SALT	50	0	0	331	11	5	3
11008	ARTICHOKES,(GLOBE OR FRENCH),CKD,BLD,DRND,WO/SALT	50	0	0	95	11	5	3
11703	ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,W/SALT	45	0	0	289	9	5	3
11010	ARTICHOKES,(GLOBE OR FRENCH),FRZ,CKD,BLD,DRND,WO/SALT	45	0	0	53	9	5	3
11009	ARTICHOKES,(GLOBE OR FRENCH),FRZ,UNPREP	38	0	0	47	8	4	3
11007	ARTICHOKES,(GLOBE OR FRENCH),RAW	47	0	0	94	11	5	3
11959	ARUGULA,RAW	25	0	0	27	4	2	3
11012	ASPARAGUS,CKD,BLD,DRND	22	0	0	14	4	2	2
11705	ASPARAGUS,CKD,BLD,DRND,W/SALT	22	0	0	240	4	2	2
11015	ASPARAGUS,CND,DRND SOL	19	0	0	287	2	2	2
11707	ASPARAGUS,CND,NO SALT,SOL&LIQUIDS	15	0	0	26	2	1	2
11013	ASPARAGUS,CND,REG PK,SOL&LIQUIDS	15	0	0	284	2	1	2
11709	ASPARAGUS,FRZ,CKD,BLD,DRND,W/SALT	18	0	0	240	2	2	3
11019	ASPARAGUS,FRZ,CKD,BLD,DRND,WO/SALT	18	0	0	3	2	2	3
11018	ASPARAGUS,FRZ,UNPREP	24	0	0	8	4	2	3
11011	ASPARAGUS,RAW	20	0	0	2	4	2	2
09037	AVOCADOS,RAW,ALL COMM VAR	160	14	0	7	9	7	2
09038	AVOCADOS,RAW,CALIFORNIA	167	14	0	8	9	7	2
09039	AVOCADOS,RAW,FLORIDA	120	9	0	2	8	6	2
07921	BACON & BF STKS	517	42	102	1420	1	0	29
43212	BACON BITS,MEATLESS	476	24	0	1770	29	10	32
16104	BACON,MEATLESS	310	27	0	1465	6	3	11
18001	BAGEL,PLN,TSTD, ENR W/CA PROP(INCLUDE ONION,POPPY,SESAME)	257	2	0	448	51	2	10

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FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

18005	BAGELS,CINNAMON-RAISIN	273	1	0	322	55	2	10
18006	BAGELS,CINNAMON-RAISIN,TSTD	294	1	0	346	59	3	11
18003	BAGELS,EGG	278	1	24	505	53	2	11
18007	BAGELS,OAT BRAN	255	1	0	507	53	4	11
18406	BAGELS,PLN,ENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	275	1	0	534	53	2	11
18002	BAGELS,PLN,TSTD,ENR W/CA PROP (INCLUDES ONION,POPPY,SESAME)	288	2	0	480	57	3	11
18407	BAGELS,PLN,UNENR,W/CA PROP (INCL ONION,POPPY,SESAME)	275	1	0	534	53	2	11
18408	BAGELS,PLN,UNENR,WO/CA PROP (INCL ONION,POPPY,SESAME)	275	1	0	534	53	2	11
43449	BAKED BNS,CND,NO SALT	105	0	0	1	21	6	5
19146	BAKING CHOC,M&M MARS,"M&M'S" MILK CHOC MINI BAKING BITS	498	23	15	68	67	3	5
19139	BAKING CHOC,M&M MARS,"M&M'S" SEMISWEET CHOC MINI BAKING BITS	518	25	3	3	66	7	4
19124	BAKING CHOC,MEXICAN,SQUARES	426	15	0	3	77	4	4
19077	BAKING CHOC,UNSWTND,LIQ	472	45	0	12	34	18	12
19078	BAKING CHOC,UNSWTND,SQUARES	501	50	0	24	30	17	13
11710	BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,CKD,BLD,DRND,W/SALT	35	0	0	249	7	2	4
11023	BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,CKD,BLD,DRND,WO/SALT	35	0	0	13	7	2	4
11711	BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,W/SALT	19	0	0	242	4	2	1
11025	BALSAM-PEAR (BITTER GOURD),PODS,CKD,BLD,DRND,WO/SALT	19	0	0	6	4	2	1
11024	BALSAM-PEAR (BITTER GOURD),PODS,RAW	17	0	0	5	4	3	1
11712	BAMBOO SHOOT,CKD,BLD,DRND,W/SALT	11	0	0	240	2	1	2
11027	BAMBOO SHOOT,CKD,BLD,DRND,WO/SALT	12	0	0	4	2	1	2
11028	BAMBOO SHOOT,CND,DRND SOL	19	0	0	7	3	1	2
11026	BAMBOO SHOOT,RAW	27	0	0	4	5	2	3
19400	BANANA CHIPS	519	32	0	6	58	8	2
09041	BANANAS,DEHYD,OR BANANA PDR	346	1	0	3	88	10	4
09040	BANANAS,RAW	89	0	0	1	23	3	1
07001	BARBECUE LOAF,PORK,BEEF	173	8	37	1334	6	0	16

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FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

22575	BARBER FOODS CHICK CORDON BLEU,FILLED W/CHS&HAM,FRZ ENTREE	205	10	48	449	9		15
20004	BARLEY	354	2	0	12	73	17	12
20130	BARLEY FLOUR OR MEAL	345	1	0	4	75	10	11
20131	BARLEY MALT FLR	361	2	0	11	78	7	10
20006	BARLEY,PEARLED,COOKED	123	0	0	3	28	4	2
20005	BARLEY,PEARLED,RAW	352	1	0	9	78	16	10
02044	BASIL,FRESH	27	1	0	4	4	4	3
15187	BASS,FRESHWATER,MXD SP,CKD,DRY HEAT	146	4	87	90	0	0	24
15003	BASS,FRSH H2O,MXD SP,RAW	114	3	68	70	0	0	19
15188	BASS,STRIPED,CKD,DRY HEAT	124	3	103	88	0	0	23
15004	BASS,STRIPED,RAW	97	2	80	69	0	0	18
42182	BEAN BEVERAGE	34	0	0	2	6	0	3
16302	BEANS,ADZUKI,MATURE SD,CKD,BLD,W/SALT	128	0	0	244	25	7	8
16002	BEANS,ADZUKI,MATURE SEEDS,CKD,BLD,WO/SALT	128	0	0	8	25	7	8
16003	BEANS,ADZUKI,MATURE SEEDS,CND,SWTND	237	0	0	218	55		4
16001	BEANS,ADZUKI,MATURE SEEDS,RAW	329	0	0	5	63	13	20
16004	BEANS,ADZUKI,YOKAN,MATURE SEEDS	260	0	0	83	61		3
16005	BEANS,BAKED,HOME PREPARED	151	5	5	422	21	6	6
16006	BEANS,BKD,CND,PLN OR VEGETARIAN	94	0	0	337	21	4	5
16007	BEANS,BKD,CND,W/BF	121	3	22	475	17		6
16008	BEANS,BKD,CND,W/FRANKS	142	6	6	430	15	7	7
16009	BEANS,BKD,CND,W/PORK	106	1	7	414	20	6	5
16010	BEANS,BKD,CND,W/PORK&SWT SAU	112	1	7	334	21	4	5
16011	BEANS,BKD,CND,W/PORK&TOMATO SAU	94	1	7	437	19	4	5
16317	BEANS,BLACK TURTLE SOUP,MATURE SEEDS,CKD,BLD,W/SALT	130	0	0	239	24	5	8
16017	BEANS,BLACK TURTLE SOUP,MATURE SEEDS,CKD,BLD,WO/SALT	130	0	0	3	24	5	8
16018	BEANS,BLACK TURTLE SOUP,MATURE SEEDS,CND	91	0	0	384	17	7	6

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FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

16016	BEANS,BLACK TURTLE SOUP,MATURE SEEDS,RAW	339	1	0	9	63	25	21
16315	BEANS,BLACK,MATURE SEEDS,CKD,BLD,W/SALT	132	0	0	237	24	9	9
16015	BEANS,BLACK,MATURE SEEDS,CKD,BLD,WO/SALT	132	0	0	1	24	9	9
16014	BEANS,BLACK,MATURE SEEDS,RAW	341	1	0	5	62	15	22
43112	BEANS,CHILI,BARBEQUE,RANCH STYLE,CKD	97	1	0	725	17	4	5
16320	BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CKD,BLD,W/SALT	136	0	0	237	24	10	9
16020	BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CKD,BLD,WO/SALT	136	0	0	1	24	10	9
16021	BEANS,CRANBERRY (ROMAN),MATURE SEEDS,CND	83	0	0	332	15	6	6
16019	BEANS,CRANBERRY (ROMAN),MATURE SEEDS,RAW	335	1	0	6	60	25	23
11973	BEANS,FAVA,IN POD,RAW	88	1	0	25	18		8
16323	BEANS,FRENCH,MATURE SEEDS,CKD,BLD,W/SALT	129	1	0	242	24	9	7
16023	BEANS,FRENCH,MATURE SEEDS,CKD,BLD,WO/SALT	129	1	0	6	24	9	7
16022	BEANS,FRENCH,MATURE SEEDS,RAW	343	2	0	18	64	25	19
16325	BEANS,GREAT NORTHERN,MATURE SEEDS,CKD,BLD,W/SALT	118	0	0	238	21	7	8
16025	BEANS,GREAT NORTHERN,MATURE SEEDS,CKD,BLD,WO/SALT	118	0	0	2	21	7	8
16026	BEANS,GREAT NORTHERN,MATURE SEEDS,CND	114	0	0	4	21	5	7
16024	BEANS,GREAT NORTHERN,MATURE SEEDS,RAW	339	1	0	14	62	20	22
16328	BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CKD,BLD,W/SALT	127	0	0	238	23	6	9
16028	BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CKD,BLD,WO/SALT	127	0	0	1	23	6	9
16029	BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CND	82	0	0	296	15	4	5
16027	BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,RAW	333	1	0	24	60	25	24
16331	BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,CKD,BLD,W/SALT	124	0	0	240	22	9	9
16031	BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,CKD,BLD,WO/SALT	124	0	0	4	22	9	9
16030	BEANS,KIDNEY,CALIFORNIA RED,MATURE SEEDS,RAW	330	0	0	11	60	25	24
16333	BEANS,KIDNEY,RED,MATURE SEEDS,CKD,BLD,W/SALT	127	0	0	238	23	7	9
16033	BEANS,KIDNEY,RED,MATURE SEEDS,CKD,BLD,WO/SALT	127	0	0	2	23	7	9
16034	BEANS,KIDNEY,RED,MATURE SEEDS,CND	85	0	0	341	16	6	5

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FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

16032	BEANS,KIDNEY,RED,MATURE SEEDS,RAW	337	1	0	12	61	15	23
16336	BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,CKD,BLD W/SALT	123	0	0	241	22	9	9
16036	BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,CKD,BLD,WO/SALT	123	0	0	5	22	9	9
16035	BEANS,KIDNEY,ROYAL RED,MATURE SEEDS,RAW	329	0	0	13	58	25	25
11033	BEANS,LIMA,IMMAT SEEDS,CND,REG PK,SOL&LIQUIDS	71	0	0	252	13	4	4
43125	BEANS,LIQ FROM STWD KIDNEY BNS	47	3	4	2	3	0	2
11626	BEANS,MUNG,MATURE SEEDS,SPROUTED,CND,DRND SOL	12	0	0	140	2	1	1
16038	BEANS,NAVY,MATURE SEEDS,CKD,BLD,WO/SALT	140	0	0	0	26	11	8
16039	BEANS,NAVY,MATURE SEEDS,CND	113	0	0	448	20	5	8
16037	BEANS,NAVY,MATURE SEEDS,RAW	337	1	0	5	61	24	22
16341	BEANS,PINK,MATURE SEEDS,CKD,BLD,W/SALT	149	0	0	238	28	5	9
16041	BEANS,PINK,MATURE SEEDS,CKD,BLD,WO/SALT	149	0	0	2	28	5	9
16040	BEANS,PINK,MATURE SEEDS,RAW	343	1	0	8	64	13	21
11720	BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/SALT	162	0	0	319	31	9	9
11049	BEANS,PINTO,IMMAT SEEDS,FRZ,CKD,BLD,DRND,WO/SALT	162	0	0	83	31	9	9
11048	BEANS,PINTO,IMMAT SEEDS,FRZ,UNPREP	170	0	0	92	33	6	10
16343	BEANS,PINTO,MATURE SEEDS,CKD,BLD,W/SALT	143	0	0	238	26	9	9
16043	BEANS,PINTO,MATURE SEEDS,CKD,BLD,WO/SALT	143	0	0	1	26	9	9
16044	BEANS,PINTO,MATURE SEEDS,CND	86	1	0	294	15	5	5
16042	BEANS,PINTO,MATURE SEEDS,RAW	347	1	0	12	63	16	21
11050	BEANS,SHELLIE,CND,SOL & LIQUIDS	30	0	0	334	6	3	2
16346	BEANS,SML WHITE,MATURE SEEDS,CKD,BLD,W/SALT	142	0	0	238	26	10	9
16046	BEANS,SML WHITE,MATURE SEEDS,CKD,BLD,WO/SALT	142	0	0	2	26	10	9
16045	BEANS,SML WHITE,MATURE SEEDS,RAW	336	1	0	12	62	25	21
11058	BEANS,SNAP,CND,ALL STYLES,SEASONED,SOL&LIQUIDS	16	0	0	373	3	2	1
11052	BEANS,SNAP,GREEN,RAW	31	0	0	6	7	3	2
11054	BEANS,SNAP,GRN VAR,CND,REG PK,SOL&LIQUIDS	15	0	0	259	4	2	1

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**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

11723	BEANS,SNAP,GRN,CKD,BLD,DRND,W/SALT	35	0	0	239	8	3	2
11053	BEANS,SNAP,GRN,CKD,BLD,DRND,WO/SALT	35	0	0	1	8	3	2
11729	BEANS,SNAP,GRN,CND,NO SALT,DRND SOL	20	0	0	2	5	2	1
11726	BEANS,SNAP,GRN,CND,NO SALT,SOL&LIQUIDS	15	0	0	14	4	2	1
11056	BEANS,SNAP,GRN,CND,REG PK,DRND SOL	20	0	0	262	5	2	1
11060	BEANS,SNAP,GRN,FRZ,ALL STYLES,UNPREP	33	0	0	3	8	3	2
11061	BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND WO/SALT	28	0	0	9	6	3	1
11731	BEANS,SNAP,GRN,FRZ,CKD,BLD,DRND,W/SALT	28	0	0	245	6	3	1
11725	BEANS,SNAP,YEL,CKD,BLD,DRND,W/SALT	35	0	0	239	8	3	2
11724	BEANS,SNAP,YEL,CKD,BLD,DRND,WO/SALT	35	0	0	3	8	3	2
11933	BEANS,SNAP,YEL,CND,NO SALT,DRND SOL	20	0	0	2	5	1	1
11728	BEANS,SNAP,YEL,CND,NO SALT,SOL&LIQUIDS	15	0	0	14	4	2	1
11932	BEANS,SNAP,YEL,CND,REG PK,DRND SOL	20	0	0	251	5	1	1
11727	BEANS,SNAP,YEL,CND,REG PK,SOL&LIQUIDS	15	0	0	259	4	2	1
11730	BEANS,SNAP,YEL,FRZ,ALL STYLES,UNPREP	33	0	0	3	8	3	2
11733	BEANS,SNAP,YEL,FRZ,CKD,BLD,DRND,W/SALT	28	0	0	245	6	3	1
11732	BEANS,SNAP,YEL,FRZ,CKD,BLD,DRND,WO/SALT	28	0	0	9	6	3	1
11722	BEANS,SNAP,YELLOW,RAW	31	0	0	6	7	3	2
16350	BEANS,WHITE,MATURE SEEDS,CKD,BLD,W/ SALT	139	0	0	242	25	6	10
16050	BEANS,WHITE,MATURE SEEDS,CKD,BLD,WO/SALT	139	0	0	6	25	6	10
16051	BEANS,WHITE,MATURE SEEDS,CND	117	0	0	5	22	5	7
16049	BEANS,WHITE,MATURE SEEDS,RAW	333	1	0	16	60	15	23
16136	BEANS,WINGED,MATURE SEEDS,CKD,BLD,WO/SALT	147	5	0	13	15		11
16348	BEANS,YEL,MATURE SEEDS,CKD,BLD,W/SALT	144	1	0	241	25	10	9
16048	BEANS,YEL,MATURE SEEDS,CKD,BLD,WO/SALT	144	1	0	5	25	10	9
16047	BEANS,YEL,MATURE SEEDS,RAW	345	2	0	12	61	25	22
13204	BEEF RND TIP RND LN ONLY TO 1/4" FAT SEL CKD RSTD	180	5	81	65	0	0	29

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**CAL FAT CHOL SODIUM CARB FIBER PROT**

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**PER 100 GRAMS**

14114	BEEF BROTH&TOMATO JUC,CND	37	0	0	131	9	0	1
19002	BEEF JERKY,CHOPD&FORMED	410	23	48	2213	11	2	33
22529	BEEF POT PIE,FRZ ENTREE	227	11	19	372	22	1	7
07956	BEEF SAUSAGE,FRSH,CKD	332	24	82	652	0	0	18
07954	BEEF SAUSAGE,PRE-COOKED	405	33	83	910	0	0	16
22905	BEEF STEW,CANNED ENTREE	95	5	16	408	7	2	5
13462	BEEF, LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,USDA SEL,CKD,BRLD	311	21	66	63	0	0	23
13327	BEEF, VAR MEATS&BY-PRODUCTS, LIVER, CKD, PAN-FRIED	175	3	381	77	5	0	27
43384	BEEF,BOLOGNA,RED NA	313	26	56	682	2	0	12
13165	BEEF,BRISKET,FLAT HALF,LN & FAT,0" FAT,CHOIC,CKD,BRSD	221	8	46	52	0	0	32
13950	BEEF,BRISKET,FLAT HALF,LN & FAT,0" FAT,SEL,CKD,BRSD	205	6	34	57	0	0	34
23660	BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,CHOIC,CKD,BRSD	298	17	80	46	0	0	29
23658	BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,CHOIC,RAW	277	19	81	61	0	0	18
13055	BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,SEL,CKD,BRSD	280	15	71	49	0	0	29
23659	BEEF,BRISKET,FLAT HALF,LN & FAT,1/8" FAT,SEL,RAW	276	19	81	58	0	0	18
13343	BEEF,BRISKET,FLAT HALF,LN,0" FAT,CHOIC,CKD,BRSD	212	7	80	52	0	0	33
13485	BEEF,BRISKET,FLAT HALF,LN,0" FAT,SEL,CKD,BRSD	198	5	59	56	0	0	34
13370	BEEF,BRISKET,FLAT HALF,LN,0"FAT,ALL GRDS,CKD,BRSD	205	6	69	54	0	0	33
23595	BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,ALL GRDS,CKD,BRSD	196	5	58	54	0	0	33
23596	BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,ALL GRDS,RAW	127	3	41	74	0	0	22
23615	BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,CHOIC,CKD,BRSD	203	6	66	53	0	0	33
23613	BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,CHOIC,RAW	129	3	43	75	0	0	22
23634	BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,SEL,CKD,BRSD	189	4	50	55	0	0	33
23632	BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,SEL,RAW	124	3	38	76	0	0	21
13369	BEEF,BRISKET,FLAT HALF,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	213	7	40	54	0	0	33
13806	BEEF,BRISKET,FLAT HALF,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	289	16	76	48	0	0	29
13805	BEEF,BRISKET,FLAT HALF,LN&FAT,1/8"FAT,ALL GRDS,RAW	277	19	81	59	0	0	18

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FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13372	BEEF,BRISKET,POINT HALF,LN,0"FAT,ALL GRDS,CKD,BRSD	244	12	91	77	0	0	28
13032	BEEF,BRISKET,POINT HALF,LN,1/4"FAT,ALL GRDS,CKD,BRSD	261	14	91	77	0	0	28
13031	BEEF,BRISKET,POINT HALF,LN,1/4"FAT,ALL GRDS,RAW	162	8	64	83	0	0	20
13371	BEEF,BRISKET,POINT HALF,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	358	25	92	68	0	0	24
13030	BEEF,BRISKET,POINT HALF,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRSD	404	30	92	65	0	0	22
13029	BEEF,BRISKET,POINT HALF,LN&FAT,1/4"FAT,ALL GRDS,RAW	331	26	76	65	0	0	16
13808	BEEF,BRISKET,POINT HALF,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	349	24	92	69	0	0	24
13807	BEEF,BRISKET,POINT HALF,LN&FAT,1/8"FAT,ALL GRDS,RAW	265	19	71	72	0	0	18
13368	BEEF,BRISKET,WHL,LN,0"FAT,ALL GRDS,CKD,BRSD	218	9	93	70	0	0	30
13024	BEEF,BRISKET,WHL,LN,1/4"FAT,ALL GRDS,CKD,BRSD	242	11	93	70	0	0	30
13023	BEEF,BRISKET,WHL,LN,ALL GRDS,RAW	155	6	62	79	0	0	21
13367	BEEF,BRISKET,WHL,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	291	17	93	65	0	0	27
13022	BEEF,BRISKET,WHL,LN&FAT,1/4"FAT,ALL GRDS,CKD,BRSD	385	27	94	61	0	0	24
13021	BEEF,BRISKET,WHL,LN&FAT,1/4"FAT,ALL GRDS,RAW	312	23	73	64	0	0	17
13804	BEEF,BRISKET,WHL,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	331	21	93	64	0	0	26
13803	BEEF,BRISKET,WHL,LN&FAT,1/8"FAT,ALL GRDS,RAW	251	17	68	69	0	0	18
13954	BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,ALL GRDS,RAW	164	8	65	52	0	0	21
13955	BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,CHOIC,CKD,RSTD	218	11	94	50	0	0	26
13956	BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,CHOIC,RAW	172	9	72	51	0	0	21
13957	BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,SEL,CKD,RSTD	198	9	74	56	0	0	26
13958	BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,SEL,RAW	157	7	58	53	0	0	21
13987	BEEF,BTTM SIRLOIN,TRI-TIP STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	250	12	67	73	0	0	31
23646	BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,ALL GRDS,RAW	142	4	43	54	0	0	21
23647	BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,CHOIC,CKD,RSTD	193	9	83	54	0	0	26
23648	BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,CHOIC,RAW	154	5	53	54	0	0	21
23649	BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,SEL,CKD,RSTD	179	6	59	58	0	0	27
23650	BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,SEL,RAW	129	4	37	54	0	0	21

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FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13001	BEEF,CARCASS,LN&FAT,CHOIC,RAW	291	21	74	59	0	0	17
13002	BEEF,CARCASS,LN&FAT,SEL,RAW	278	20	74	59	0	0	17
23519	BEEF,CHCK,MCK TENDER STK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	161	5	65	73	0	0	26
13375	BEEF,CHUCK,ARM POT RST,LN & FAT,0" FAT,SEL,CKD,BRSD	283	15	87	48	0	0	29
13377	BEEF,CHUCK,ARM POT RST,LN,0"FAT,CHOIC,CKD,BRSD	212	6	76	54	0	0	33
13378	BEEF,CHUCK,ARM POT RST,LN,0"FAT,SEL,CKD,BRSD	195	5	57	55	0	0	33
13548	BEEF,CHUCK,ARM POT RST,LN,1/2"FAT,PRIME,CKD,BRSD	261	11	101	66	0	0	33
13547	BEEF,CHUCK,ARM POT RST,LN,1/2"FAT,PRIME,RAW	154	6	60	67	0	0	21
23602	BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,ALL GRDS,CKD,BRSD	214	6	71	56	0	0	35
23603	BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,ALL GRDS,RAW	132	3	44	74	0	0	22
23614	BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,CHOIC,CKD,BRSD	224	7	81	56	0	0	35
23612	BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,CHOIC,RAW	139	4	54	74	0	0	22
23633	BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,SEL,CKD,BRSD	205	5	61	57	0	0	35
23631	BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,SEL,RAW	125	3	35	77	0	0	22
13373	BEEF,CHUCK,ARM POT RST,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	297	16	95	47	0	0	29
13540	BEEF,CHUCK,ARM POT RST,LN&FAT,1/2"FAT,PRIME,CKD,BRSD	391	28	99	58	0	0	26
13539	BEEF,CHUCK,ARM POT RST,LN&FAT,1/2"FAT,PRIME,RAW	294	22	70	57	0	0	18
13810	BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	302	17	79	50	0	0	30
13809	BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,ALL GRDS,RAW	244	16	66	62	0	0	19
13812	BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	309	17	82	49	0	0	30
13811	BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,CHOIC,RAW	249	16	68	63	0	0	19
13814	BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,SEL,CKD,BRSD	295	16	76	50	0	0	30
13813	BEEF,CHUCK,ARM POT RST,LN&FAT,1/8"FAT,SEL,RAW	239	15	64	62	0	0	19
13382	BEEF,CHUCK,BLADE RST,LN,0"FAT,ALL GRDS,CKD,BRSD	253	11	106	71	0	0	31
13383	BEEF,CHUCK,BLADE RST,LN,0"FAT,CHOIC,CKD,BRSD	265	13	106	71	0	0	31
13384	BEEF,CHUCK,BLADE RST,LN,0"FAT,SEL,CKD,BRSD	238	10	106	71	0	0	31
13564	BEEF,CHUCK,BLADE RST,LN,1/2"FAT,PRIME,CKD,BRSD	318	18	106	71	0	0	31

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**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13563	BEEF,CHUCK,BLADE RST,LN,1/2" FAT,PRIME,RAW	203	12	65	77	0	0	19
13058	BEEF,CHUCK,BLADE RST,LN,1/4" FAT,ALL GRDS,CKD,BRSD	251	11	106	71	0	0	31
13060	BEEF,CHUCK,BLADE RST,LN,1/4" FAT,CHOIC,CKD,BRSD	263	12	106	71	0	0	31
13062	BEEF,CHUCK,BLADE RST,LN,1/4" FAT,SEL,CKD,BRSD	237	10	106	71	0	0	31
13057	BEEF,CHUCK,BLADE RST,LN,1/4" FAT,ALL GRDS,RAW	149	6	65	77	0	0	19
13059	BEEF,CHUCK,BLADE RST,LN,1/4" FAT,CHOIC,RAW	159	7	65	77	0	0	19
13061	BEEF,CHUCK,BLADE RST,LN,1/4" FAT,SEL,RAW	139	5	65	77	0	0	19
13380	BEEF,CHUCK,BLADE RST,LN&FAT,0" FAT,CHOIC,CKD,BRSD	348	22	104	65	0	0	27
13381	BEEF,CHUCK,BLADE RST,LN&FAT,0" FAT,SEL,CKD,BRSD	313	19	104	66	0	0	28
13556	BEEF,CHUCK,BLADE RST,LN&FAT,1/2" FAT,PRIME,CKD,BRSD	417	31	103	63	0	0	25
13555	BEEF,CHUCK,BLADE RST,LN&FAT,1/2" FAT,PRIME,RAW	328	26	74	64	0	0	16
13049	BEEF,CHUCK,BLADE RST,LN&FAT,1/4" FAT,ALL GRDS,RAW	254	18	72	67	0	0	17
13052	BEEF,CHUCK,BLADE RST,LN&FAT,1/4" FAT,CHOIC,CKD,BRSD	363	24	103	64	0	0	26
13051	BEEF,CHUCK,BLADE RST,LN&FAT,1/4" FAT,CHOIC,RAW	272	20	72	66	0	0	17
13054	BEEF,CHUCK,BLADE RST,LN&FAT,1/4" FAT,SEL,CKD,BRSD	326	20	104	65	0	0	27
13053	BEEF,CHUCK,BLADE RST,LN&FAT,1/4" FAT,SEL,RAW	235	16	71	68	0	0	17
13816	BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,ALL GRDS,CKD,BRSD	341	22	104	65	0	0	27
13815	BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,ALL GRDS,RAW	248	17	71	68	0	0	17
13818	BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,CHOIC,CKD,BRSD	359	24	103	64	0	0	26
13817	BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,CHOIC,RAW	265	19	72	67	0	0	17
13820	BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,SEL,CKD,BRSD	318	19	104	66	0	0	27
13819	BEEF,CHUCK,BLADE RST,LN&FAT,1/8" FAT,SEL,RAW	230	15	71	69	0	0	17
23552	BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,ALL GRDS,CKD,RSTD	207	10	69	71	0	0	26
23528	BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,USDA CHOIC,CKD,RSTD	216	11	67	71	0	0	25
23531	BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,USDA SEL,CKD,RSTD	196	8	73	72	0	0	27
23553	BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,ALL GRDS,CKD,RSTD	242	13	75	67	0	0	24
23551	BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,ALL GRDS,RAW	162	7	61	62	0	0	19

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

CAL

FAT

CHOL

SODIUM

CARB

FIBER

PROT

NDB\_No

**PER 100 GRAMS**

23529	BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,USDA CHOIC,CKD,RSTD	242	14	79	67	0	0	24
23527	BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,USDA CHOIC,RAW	161	7	62	64	0	0	19
23532	BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,USDA SEL,CKD,RSTD	243	13	68	67	0	0	24
23530	BEEF,CHUCK,CLOD RST,LN & FAT,1/4" FAT,USDA SEL,RAW	163	7	61	59	0	0	19
13937	BEEF,CHUCK,CLOD RST,LN ONLY,TO 0" FAT,USDA CHOIC,CKD,RSTD	171	6	64	74	0	0	26
13940	BEEF,CHUCK,CLOD RST,LN ONLY,TO 0" FAT,USDA SEL,CKD,RSTD	172	5	72	74	0	0	28
23515	BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,ALL GRDS,CKD,RSTD	173	6	71	71	0	0	26
13938	BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,USDA CHOIC,CKD,RSTD	178	7	77	71	0	0	26
13936	BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,USDA CHOIC,RAW	129	4	59	66	0	0	19
13941	BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,USDA SEL,CKD,RSTD	166	5	64	72	0	0	27
13939	BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	130	4	58	61	0	0	20
23514	BEEF,CHUCK,CLOD RST,LN,0" FAT,ALL GRDS,CKD,RSTD	172	6	67	74	0	0	27
23513	BEEF,CHUCK,CLOD RST,LN,1/4" FAT,ALL GRDS,RAW	129	4	59	64	0	0	20
23554	BEEF,CHUCK,CLOD STEAK,LN & FAT,0" FAT,ALL GRDS,CKD,BRSD	220	9	93	57	0	0	29
23533	BEEF,CHUCK,CLOD STEAK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRSD	231	10	89	54	0	0	28
23536	BEEF,CHUCK,CLOD STEAK,LN & FAT,0" FAT,USDA SEL,CKD,BRSD	205	8	99	63	0	0	30
23555	BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,ALL GRDS,CKD,BRSD	272	15	94	57	0	0	26
23556	BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,ALL GRDS,RAW	154	6	61	65	0	0	21
23534	BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,USDA CHOIC,CKD,BRSD	272	15	98	62	0	0	26
23535	BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,USDA CHOIC,RAW	151	6	61	67	0	0	20
23537	BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,USDA SEL,CKD,BRSD	271	16	89	50	0	0	26
23538	BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,USDA SEL,RAW	159	7	60	62	0	0	21
13944	BEEF,CHUCK,CLOD STEAK,LN ONLY,1/4" FAT,USDA CHOIC,CKD,BRSD	193	6	98	66	0	0	30
23516	BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 0" FAT,ALL GRDS,CKD,BRSD	192	6	93	58	0	0	30
13943	BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 0" FAT,USDA CHOIC,CKD,BRSD	193	6	89	55	0	0	30
13946	BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 0" FAT,USDA SEL,CKD,BRSD	191	6	99	63	0	0	30
23517	BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,ALL GRDS,CKD,BRSD	189	6	94	60	0	0	29

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

23518	BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,ALL GRDS,RAW	129	3	59	67	0	0	21
13942	BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,USDA CHOIC,RAW	132	4	60	68	0	0	21
13947	BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,USDA SEL,CKD,BRSD	183	6	88	52	0	0	29
13945	BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	124	3	58	64	0	0	22
23059	BEEF,CHUCK,CLOD, TOP BLADE,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	176	9	66	74	0	0	19
23547	BEEF,CHUCK,MOCK TENDER STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	160	5	63	71	0	0	26
23521	BEEF,CHUCK,MOCK TENDER STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	159	5	60	68	0	0	26
23548	BEEF,CHUCK,MOCK TENDER STK,LN & FAT,1/4" FAT,ALL GRDS,RAW	113	3	55	75	0	0	19
23520	BEEF,CHUCK,MOCK TENDER STK,LN & FAT,1/4" FAT,USDA CHOIC,RAW	114	4	54	83	0	0	19
23522	BEEF,CHUCK,MOCK TENDER STK,LN & FAT,1/4" FAT,USDA SEL,RAW	110	2	57	63	0	0	19
23509	BEEF,CHUCK,MOCK TENDER STK,LN,0" FAT,ALL GRDS,CKD,BRLD	160	5	63	71	0	0	26
13961	BEEF,CHUCK,MOCK TENDER STK,LN,0" FAT,USDA CHOIC,CKD,BRLD	161	5	65	73	0	0	26
13963	BEEF,CHUCK,MOCK TENDER STK,LN,0" FAT,USDA SEL,CKD,BRLD	157	5	59	68	0	0	26
23510	BEEF,CHUCK,MOCK TENDER STK,LN,1/4" FAT,ALL GRDS,RAW	107	3	57	66	0	0	19
13960	BEEF,CHUCK,MOCK TENDER STK,LN,1/4" FAT,USDA CHOIC,RAW	114	4	58	68	0	0	19
13962	BEEF,CHUCK,MOCK TENDER STK,LN,1/4" FAT,USDA SEL,RAW	109	2	57	63	0	0	19
23037	BEEF,CHUCK,SHLDR CLOD, TOP & CNTR ,STK,LN & FAT,0" FAT,CH,RAW	143	6	57	61	0	0	20
23024	BEEF,CHUCK,SHLDR CLOD, TOP BLADE,STEAK,LN,0" FAT,ALL GRDS,RAW	176	9	66	74	0	0	19
13992	BEEF,CHUCK,SHLDR CLOD, TOP BLADE,STEAK,LN,0" FAT,CHOIC,RAW	182	9	65	74	0	0	19
13995	BEEF,CHUCK,SHLDR CLOD, TOP BLADE,STEAK,LN,0" FAT,SEL,RAW	166	8	66	75	0	0	19
23549	BEEF,CHUCK, TOP BLADE, LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	216	10	61	67	0	0	26
23523	BEEF,CHUCK, TOP BLADE, LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	227	11	58	68	0	0	26
23525	BEEF,CHUCK, TOP BLADE, LN & FAT,0" FAT,USDA SEL,CKD,BRLD	200	8	67	67	0	0	26
23550	BEEF,CHUCK, TOP BLADE, LN & FAT,1/4" FAT,ALL GRDS,RAW	149	6	60	59	0	0	19
23524	BEEF,CHUCK, TOP BLADE, LN & FAT,1/4" FAT,USDA CHOIC,RAW	162	7	61	60	0	0	19
23526	BEEF,CHUCK, TOP BLADE, LN & FAT,1/4" FAT,USDA SEL,RAW	131	4	57	58	0	0	19
23511	BEEF,CHUCK, TOP BLADE, LN ONLY, TO 0" FAT,ALL GRDS,CKD,BRLD	203	8	60	68	0	0	26

USDA NO.	FOR MACKIE SCIENTIFIC WEBSITE USER							
	USDA FOOD LIST							
NDB_No	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
PER 100 GRAMS								
13965	BEEF,CHUCK,TOP BLADE,LN ONLY,TO 0" FAT,USDA CHOIC,CKD,BRLD	217	10	57	68	0	0	26
13967	BEEF,CHUCK,TOP BLADE,LN ONLY,TO 0" FAT,USDA SEL,CKD,BRLD	184	6	66	68	0	0	26
13964	BEEF,CHUCK,TOP BLADE,LN ONLY,TO 1/4" FAT,USDA CHOIC,RAW	150	6	61	61	0	0	20
13966	BEEF,CHUCK,TOP BLADE,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	129	4	57	58	0	0	19
23512	BEEF,CHUCK,TOP BLADE,LN,1/4" FAT,ALL GRDS,RAW	136	5	59	60	0	0	19
13364	BEEF,COMP OF RTL CUTS,LN,0" FAT,ALL GRDS,CKD	211	8	86	66	0	0	30
13365	BEEF,COMP OF RTL CUTS,LN,0"FAT,CHOIC,CKD	219	8	86	66	0	0	30
13366	BEEF,COMP OF RTL CUTS,LN,0"FAT,SEL,CKD	201	7	86	66	0	0	30
13518	BEEF,COMP OF RTL CUTS,LN,1/2"FAT,PRIME,CKD	252	12	90	65	0	0	30
13517	BEEF,COMP OF RTL CUTS,LN,1/2"FAT,PRIME,RAW	169	8	59	63	0	0	21
13012	BEEF,COMP OF RTL CUTS,LN,1/4" FAT,ALL GRDS,CKD	216	8	86	67	0	0	30
13011	BEEF,COMP OF RTL CUTS,LN,1/4" FAT,ALL GRDS,RAW	144	5	59	63	0	0	21
13014	BEEF,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,CKD	222	9	86	67	0	0	30
13013	BEEF,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,RAW	150	6	59	63	0	0	21
13018	BEEF,COMP OF RTL CUTS,LN,1/4"FAT,PRIME,CKD	241	11	82	67	0	0	29
13017	BEEF,COMP OF RTL CUTS,LN,1/4"FAT,PRIME,RAW	178	8	59	60	0	0	21
13016	BEEF,COMP OF RTL CUTS,LN,1/4"FAT,SEL,CKD	205	7	86	67	0	0	30
13015	BEEF,COMP OF RTL CUTS,LN,1/4"FAT,SEL,RAW	141	5	60	63	0	0	21
13361	BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,ALL GRDS,CKD	273	15	87	62	0	0	27
13362	BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,CHOIC,CKD	283	16	87	62	0	0	27
13363	BEEF,COMP OF RTL CUTS,LN&FAT,0"FAT,SEL,CKD	261	14	86	63	0	0	27
13510	BEEF,COMP OF RTL CUTS,LN&FAT,1/2"FAT,PRIME,CKD	405	30	92	57	0	0	23
13509	BEEF,COMP OF RTL CUTS,LN&FAT,1/2"FAT,PRIME,RAW	344	28	73	51	0	0	17
13004	BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,ALL GRDS,CKD	305	19	88	62	0	0	26
13003	BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,ALL GRDS,RAW	251	17	67	56	0	0	18
13006	BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,CKD	322	20	88	61	0	0	25
13005	BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,RAW	259	18	68	56	0	0	18

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13010	BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,PRIME,CKD	322	20	83	62	0	0	26
13009	BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,PRIME,RAW	288	21	68	53	0	0	18
13008	BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,SEL,CKD	291	17	86	62	0	0	26
13007	BEEF,COMP OF RTL CUTS,LN&FAT,1/4"FAT,SEL,RAW	236	15	67	57	0	0	18
13796	BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,ALL GRDS,CKD	291	17	87	63	0	0	26
13795	BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,ALL GRDS,RAW	234	15	66	58	0	0	19
13798	BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,CKD	301	18	87	62	0	0	26
13797	BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,RAW	243	16	66	57	0	0	19
13802	BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,PRIME,CKD	299	18	83	63	0	0	26
13801	BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,PRIME,RAW	265	18	66	54	0	0	19
13800	BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,SEL,CKD	278	16	86	63	0	0	27
13799	BEEF,COMP OF RTL CUTS,LN&FAT,1/8"FAT,SEL,RAW	223	14	65	58	0	0	19
22908	BEEF,CORNED BF HASH,W/ POTATO,CND	164	10	32	425	9	1	9
13345	BEEF,CURED,BRKFST STRIPS,CKD	449	33	119	2253	1	0	31
13344	BEEF,CURED,BRKFST STRIPS,RAW OR UNHTD	406	37	82	955	1	0	13
13347	BEEF,CURED,CORNED BF,BRISKET,CKD	251	16	98	1134	0	0	18
13346	BEEF,CURED,CORNED BF,BRISKET,RAW	198	12	54	1217	0	0	15
13348	BEEF,CURED,CORNED BF,CND	250	13	86	1006	0	0	27
13350	BEEF,CURED,DRIED	153	2	79	2790	3	0	31
13353	BEEF,CURED,LUNCHEON MEAT,JELLIED	111	3	34	1322	0	0	19
13355	BEEF,CURED,PASTRAMI	146	5	68	885	0	0	22
13357	BEEF,CURED,SAUSAGE,CKD,SMOKED	312	25	67	1131	2	0	14
13358	BEEF,CURED,SMOKED,CHOPD BF	133	4	46	1258	2	0	20
13360	BEEF,CURED,THIN-SLICED BF	176	4	41	1439	6	0	28
13948	BEEF,FLANK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	188	7	45	56	0	0	28
13970	BEEF,FLANK,LN & FAT,0" FAT,ALL GRDS,RAW	155	6	35	54	0	0	21
13949	BEEF,FLANK,LN & FAT,0" FAT,SEL,CKD,BRLD	179	6	39	58	0	0	28

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13971	BEEF,FLANK,LN & FAT,0" FAT,SEL,RAW	145	5	30	54	0	0	21
23654	BEEF,FLANK,LN,0" FAT,ALL GRDS,CKD,BRLD	186	6	49	57	0	0	28
23656	BEEF,FLANK,LN,0" FAT,ALL GRDS,RAW	141	4	33	55	0	0	22
13069	BEEF,FLANK,LN,0" FAT,CHOIC,CKD,BRSD	237	11	71	72	0	0	28
13068	BEEF,FLANK,LN,0" FAT,CHOIC,RAW	149	5	42	57	0	0	22
23655	BEEF,FLANK,LN,0" FAT,SEL,CKD,BRLD	178	5	43	59	0	0	28
23657	BEEF,FLANK,LN,0" FAT,SEL,RAW	137	4	34	53	0	0	21
13070	BEEF,FLANK,LN,0" FAT,CHOIC,CKD,BRLD	194	7	55	56	0	0	28
13067	BEEF,FLANK,LN&FAT,0" FAT,CHOIC,CKD,BRLD	202	8	51	53	0	0	28
13065	BEEF,FLANK,LN&FAT,0" FAT,CHOIC,RAW	165	7	41	54	0	0	21
13494	BEEF,GROUND,70% LN / 30% FAT,CRUMBLES,CKD,PAN-BROWNE	270	16	88	96	0	0	26
13495	BEEF,GROUND,70% LN / 30% FAT,LOAF,CKD,BKD	241	14	66	73	0	0	24
13496	BEEF,GROUND,70% LN / 30% FAT,PATTY CKD,PAN-BROILED	238	14	78	92	0	0	23
13497	BEEF,GROUND,70% LN / 30% FAT,PATTY,CKD,BRLD	273	17	82	81	0	0	25
13498	BEEF,GROUND,70% LN / 30% FAT,RAW	332	25	78	67	0	0	14
23580	BEEF,GROUND,75% LN MEAT / 25% FAT,CRUMBLES,CKD,PAN-BROWNE	277	16	89	93	0	0	26
23581	BEEF,GROUND,75% LN MEAT / 25% FAT,LOAF,CKD,BKD	254	14	82	70	0	0	25
23578	BEEF,GROUND,75% LN MEAT / 25% FAT,PATTY,CKD,BRLD	278	16	89	78	0	0	26
23579	BEEF,GROUND,75% LN MEAT / 25% FAT,PATTY,CKD,PAN-BROILED	248	14	83	87	0	0	23
23577	BEEF,GROUND,75% LN MEAT / 25% FAT,RAW	293	21	75	67	0	0	16
23575	BEEF,GROUND,80% LN MEAT / 20% FAT,CRUMBLES,CKD,PAN-BROWNE	272	15	89	91	0	0	27
23576	BEEF,GROUND,80% LN MEAT / 20% FAT,LOAF,CKD,BKD	254	14	90	67	0	0	25
23573	BEEF,GROUND,80% LN MEAT / 20% FAT,PATTY,CKD,BRLD	271	15	91	75	0	0	26
23574	BEEF,GROUND,80% LN MEAT / 20% FAT,PATTY,CKD,PAN-BROILED	246	14	86	83	0	0	24
23572	BEEF,GROUND,80% LN MEAT / 20% FAT,RAW	254	17	71	67	0	0	17
23570	BEEF,GROUND,85% LN MEAT / 15% FAT,CRUMBLES,CKD,PAN-BROWNE	256	13	90	89	0	0	28
23571	BEEF,GROUND,85% LN MEAT / 15% FAT,LOAF,CKD,BKD	240	12	91	64	0	0	26

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

23568	BEEF,GROUND,85% LN MEAT / 15% FAT,PATTY,CKD,BRLD	250	13	90	72	0	0	26
23569	BEEF,GROUND,85% LN MEAT / 15% FAT,PATTY,CKD,PAN-BROILED	232	12	86	79	0	0	25
23567	BEEF,GROUND,85% LN MEAT / 15% FAT,RAW	215	13	68	66	0	0	19
23565	BEEF,GROUND,90% LN MEAT / 10% FAT,CRUMBLES,CKD,PAN-BROWNE	230	10	89	87	0	0	28
23566	BEEF,GROUND,90% LN MEAT / 10% FAT,LOAF,CKD,BKD	214	9	86	61	0	0	27
23563	BEEF,GROUND,90% LN MEAT / 10% FAT,PATTY,CKD,BRLD	217	10	85	68	0	0	26
23564	BEEF,GROUND,90% LN MEAT / 10% FAT,PATTY,CKD,PAN-BROILED	204	9	82	75	0	0	25
23562	BEEF,GROUND,90% LN MEAT / 10% FAT,RAW	176	9	65	66	0	0	20
23560	BEEF,GROUND,95% LN MEAT / 5% FAT,CRUMBLES,CKD,PAN-BROWNE	193	7	89	85	0	0	29
23561	BEEF,GROUND,95% LN MEAT / 5% FAT,LOAF,CKD,BKD	174	6	73	58	0	0	27
23558	BEEF,GROUND,95% LN MEAT / 5% FAT,PATTY,CKD,BRLD	171	6	76	65	0	0	26
23559	BEEF,GROUND,95% LN MEAT / 5% FAT,PATTY,CKD,PAN-BROILED	164	5	76	71	0	0	26
23557	BEEF,GROUND,95% LN MEAT / 5% FAT,RAW	137	5	62	66	0	0	21
13316	BEEF,GROUND,PATTIES,FRZ,(APPROX 23% FAT),RAW	282	20	79	68	0	0	17
13317	BEEF,GROUND,PATTIES,FRZ,CKD,BRLD,MED	282	17	94	77	0	0	25
13039	BEEF,LOIN,BTTM SIRLOIN BUTT,TRI-TIP,LN,1/4" FAT,ALL GRDS,RAW	154	7	65	55	0	0	21
13458	BEEF,LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,ALL GRDS,CKD,BRLD	329	23	72	62	0	0	23
13230	BEEF,LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,USDA CHOIC,CKD,BRLD	342	24	76	61	0	0	22
13460	BEEF,LOIN,PRTRHS STK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	283	17	69	65	0	0	24
13474	BEEF,LOIN,T-BONE STEAK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	258	15	61	67	0	0	24
13472	BEEF,LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,ALL GRDS,CKD,BRLD	306	20	65	67	0	0	23
13234	BEEF,LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,USDA CHOIC,CKD,BRLD	322	22	68	68	0	0	23
13476	BEEF,LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,USDA SEL,CKD,BRLD	281	17	60	66	0	0	24
23539	BEEF,PLATE,INSIDE SKIRT STEAK,LN & FAT,1/4" FAT,ALL GRDS,RAW	204	12	60	64	0	0	20
13976	BEEF,PLATE,INSIDE SKIRT STEAK,LN ONLY,1/4" FAT,ALL GRDS,RAW	164	8	57	67	0	0	21
13977	BEEF,PLATE,INSIDE SKIRT STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	205	9	59	76	0	0	27
13978	BEEF,PLATE,OUTSIDE SKIRT STEAK,LN ONLY,1/4" FAT,ALL GRDS,RAW	165	9	49	70	0	0	20

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13979	BEEF,PLATE,OUTSIDE SKIRT STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	233	14	58	94	0	0	24
23541	BEEF,PLATE,OUTSIDE SKIRT,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	255	16	59	92	0	0	24
23542	BEEF,PLATE,OUTSIDE SKIRT,LN & FAT,1/4" FAT,ALL GRDS,RAW	204	13	53	67	0	0	19
23540	BEEF,PLATE,SKIRT STEAK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	220	11	60	75	0	0	26
13951	BEEF,RIB EYE,SML END (RIBS 10-12),LN & FAT,0",SEL,CKD,BRLD	230	11	96	59	0	0	28
13490	BEEF,RIB,EYE,SML END (RIBS 10- 12) LN,0" FAT,SEL,CKD,BRLD	182	5	61	63	0	0	30
13098	BEEF,RIB,EYE,SML END (RIBS 10-12),LN,0"FAT,CHOIC,CKD,BRLD	205	7	91	60	0	0	29
13097	BEEF,RIB,EYE,SML END (RIBS 10-12),LN,0"FAT,CHOIC,RAW	161	7	59	63	0	0	20
13095	BEEF,RIB,EYE,SML END (RIBS 10-12),LN&FAT,0"FAT,CHOIC,RAW	274	19	68	56	0	0	18
13388	BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,ALL GRDS,CKD,RSTD	238	11	81	73	0	0	28
13389	BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,CHOIC,CKD,RSTD	253	13	81	73	0	0	28
13390	BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,SEL,CKD,RSTD	220	10	81	73	0	0	28
13621	BEEF,RIB,LRG END (RIBS 6-9),LN,1/2"FAT,PRIME,CKD,BRLD	294	19	82	70	0	0	25
13622	BEEF,RIB,LRG END (RIBS 6-9),LN,1/2"FAT,PRIME,CKD,RSTD	283	17	81	73	0	0	28
13113	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4" FAT,ALL GRDS,CKD,RSTD	237	11	81	73	0	0	28
13112	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,ALL GRDS,CKD,BRLD	224	11	76	72	0	0	25
13111	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,ALL GRDS,RAW	165	8	59	66	0	0	20
13115	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,CHOIC,CKD,BRLD	240	12	76	72	0	0	25
13116	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,CHOIC,CKD,RSTD	250	12	81	73	0	0	28
13114	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,CHOIC,RAW	176	9	59	66	0	0	20
13121	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,PRIME,CKD,BRLD	294	19	82	70	0	0	25
13122	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,PRIME,CKD,RSTD	283	17	81	73	0	0	28
13120	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,PRIME,RAW	210	13	59	66	0	0	20
13118	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,SEL,CKD,BRLD	206	9	76	72	0	0	25
13119	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,SEL,CKD,RSTD	220	10	81	73	0	0	28
13117	BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,SEL,RAW	152	6	59	66	0	0	20
13386	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,0"FAT,CHOIC,CKD,RSTD	372	26	85	64	0	0	23

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13387	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,0"FAT,SEL,CKD,RSTD	331	22	84	65	0	0	23
13609	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/2"FAT,PRIME,CKD,BRLD	425	34	87	60	0	0	20
13610	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/2"FAT,PRIME,CKD,RSTD	407	31	85	63	0	0	22
13608	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/2"FAT,PRIME,RAW	383	32	74	52	0	0	15
13100	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,ALL GRDS,CKD,BRLD	347	25	81	64	0	0	21
13099	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,ALL GRDS,RAW	323	25	71	55	0	0	16
13103	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	367	27	81	63	0	0	21
13104	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	383	28	85	63	0	0	22
13102	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,CHOIC,RAW	345	27	73	53	0	0	16
13109	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,PRIME,CKD,BRLD	413	32	86	61	0	0	20
13110	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,PRIME,CKD,RSTD	402	30	85	63	0	0	22
13108	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,PRIME,RAW	377	31	73	53	0	0	16
13106	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,SEL,CKD,BRLD	324	22	80	64	0	0	22
13107	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,SEL,CKD,RSTD	340	23	85	65	0	0	23
13105	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/4"FAT,SEL,RAW	304	23	71	55	0	0	16
13839	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	338	24	80	64	0	0	22
13840	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	355	25	85	64	0	0	23
13838	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,ALL GRDS,RAW	316	24	71	55	0	0	16
13842	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	370	27	81	63	0	0	21
13843	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	378	27	85	63	0	0	23
13841	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,CHOIC,RAW	333	26	72	54	0	0	16
13848	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	404	31	86	62	0	0	21
13849	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	393	29	85	64	0	0	23
13847	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,PRIME,RAW	367	30	73	53	0	0	16
13845	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,CKD,BRLD	324	22	80	64	0	0	22
13846	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,CKD,RSTD	333	22	84	65	0	0	23
13844	BEEF,RIB,LRG END (RIBS 6-9),LN&FAT,1/8"FAT,SEL,RAW	295	22	70	56	0	0	17

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

CAL

FAT

CHOL

SODIUM

CARB

FIBER

PROT

NDB\_No

**PER 100 GRAMS**

13149	BEEF,RIB,SHORTTRIBS,LN ONLY,CHOIC,RAW	173	9	59	65	0	0	19
13150	BEEF,RIB,SHORTTRIBS,LN,CHOIC,CKD,BRSD	295	16	93	58	0	0	31
13148	BEEF,RIB,SHORTTRIBS,LN&FAT,CHOIC,CKD,BRSD	471	38	94	50	0	0	22
13147	BEEF,RIB,SHORTTRIBS,LN&FAT,CHOIC,RAW	388	33	76	49	0	0	14
13125	BEEF,RIB,SML END (10-12),LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	347	24	83	63	0	0	22
13394	BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,ALL GRDS,CKD,BRLD	193	6	76	61	0	0	29
13395	BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,CHOIC,CKD,BRLD	225	10	80	69	0	0	28
13396	BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,SEL,CKD,BRLD	198	7	80	69	0	0	28
13645	BEEF,RIB,SML END (RIBS 10-12),LN,1/2"FAT,PRIME,CKD,BRLD	260	14	80	69	0	0	28
13646	BEEF,RIB,SML END (RIBS 10-12),LN,1/2"FAT,PRIME,CKD,RSTD	304	19	80	75	0	0	27
13143	BEEF,RIB,SML END (RIBS 10-12),LN,1/4" FAT,SEL,CKD,RSTD	203	8	79	71	0	0	27
13137	BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,ALL GRDS,CKD,RSTD	218	10	79	71	0	0	27
13140	BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,CHOIC,CKD,RSTD	232	11	79	71	0	0	27
13145	BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,PRIME,CKD,BRLD	260	14	80	69	0	0	28
13146	BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,PRIME,CKD,RSTD	304	19	80	75	0	0	27
13144	BEEF,RIB,SML END (RIBS 10-12),LN,1/4"FAT,PRIME,RAW	200	11	59	63	0	0	20
23638	BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,ALL GRDS,CKD,BRLD	195	6	71	62	0	0	30
23599	BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,ALL GRDS,RAW	141	4	52	56	0	0	22
23623	BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,CHOIC,RAW	148	5	60	57	0	0	22
23586	BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,SEL,CKD,BRLD	188	5	58	66	0	0	31
23582	BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,SEL,RAW	134	3	43	55	0	0	23
23626	BEEF,RIB,SML END (RIBS 10-12),LN,1/8"FAT,CHOIC,CKD,BRLD	202	7	85	58	0	0	28
13391	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	249	12	111	56	0	0	27
13392	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,CHOIC,CKD,BRLD	312	20	83	64	0	0	25
13393	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,0"FAT,SEL,CKD,BRLD	285	17	83	64	0	0	25
13633	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/2"FAT,PRIME,CKD,BRLD	364	26	84	62	0	0	24
13634	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/2"FAT,PRIME,CKD,RSTD	420	33	85	64	0	0	22

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13632	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/2"FAT,PRIME,RAW	349	28	71	53	0	0	16
13128	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	367	26	84	62	0	0	22
13133	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,PRIME,CKD,BRLD	361	25	84	62	0	0	24
13134	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,PRIME,CKD,RSTD	417	32	84	65	0	0	22
13132	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,PRIME,RAW	342	27	71	53	0	0	17
13131	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/4"FAT,SEL,CKD,RSTD	331	23	83	63	0	0	22
13851	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,BR	291	17	105	53	0	0	26
13852	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,RS	341	24	83	63	0	0	23
13850	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,ALL GRDS,RAW	254	17	70	49	0	0	19
13854	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	304	19	116	49	0	0	25
13855	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	359	25	83	63	0	0	22
13853	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,CHOIC,RAW	263	18	74	48	0	0	19
13860	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	354	25	83	63	0	0	24
13861	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	411	31	84	65	0	0	22
13859	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,PRIME,RAW	335	26	70	53	0	0	17
13857	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,CKD,BRLD	278	15	95	58	0	0	27
13858	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,CKD,RSTD	323	22	83	64	0	0	23
13856	BEEF,RIB,SML END (RIBS 10-12),LN&FAT,1/8"FAT,SEL,RAW	246	16	66	49	0	0	20
13593	BEEF,RIB,WHL (RIBS 6-12),LN,1/2"FAT,PRIME,CKD,BRLD	280	17	82	69	0	0	26
13594	BEEF,RIB,WHL (RIBS 6-12),LN,1/2"FAT,PRIME,CKD,RSTD	292	17	81	74	0	0	27
13088	BEEF,RIB,WHL (RIBS 6-12),LN,1/4" FAT,CHOIC,CKD,RSTD	243	12	80	72	0	0	27
13084	BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,ALL GRDS,CKD,BRLD	223	10	77	71	0	0	26
13085	BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,ALL GRDS,CKD,RSTD	229	11	80	72	0	0	27
13083	BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,ALL GRDS,RAW	160	7	59	65	0	0	20
13087	BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,CHOIC,CKD,BRLD	237	12	77	71	0	0	26
13086	BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,CHOIC,RAW	170	8	59	65	0	0	20
13093	BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,PRIME,CKD,BRLD	280	17	81	70	0	0	26

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13094	BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,PRIME,CKD,RSTD	292	17	81	74	0	0	27
13092	BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,PRIME,RAW	206	12	59	65	0	0	20
13090	BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,SEL,CKD,BRLD	206	9	77	71	0	0	26
13091	BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,SEL,CKD,RSTD	213	9	80	72	0	0	27
13089	BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,SEL,RAW	148	6	59	65	0	0	20
13581	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/2"FAT,PRIME,CKD,BRLD	408	32	86	60	0	0	21
13582	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/2"FAT,PRIME,CKD,RSTD	425	34	86	63	0	0	22
13580	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/2"FAT,PRIME,RAW	370	31	73	52	0	0	16
13072	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,ALL GRDS,CKD,BRLD	342	24	82	63	0	0	22
13073	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	358	25	84	63	0	0	23
13071	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,ALL GRDS,RAW	313	24	71	54	0	0	16
13075	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	360	26	82	62	0	0	22
13076	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	376	27	85	63	0	0	22
13074	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,CHOIC,RAW	333	26	72	53	0	0	16
13081	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,PRIME,CKD,BRLD	392	29	85	62	0	0	22
13082	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,PRIME,CKD,RSTD	409	31	85	64	0	0	22
13080	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,PRIME,RAW	364	29	73	53	0	0	16
13078	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,SEL,CKD,BRLD	323	22	82	63	0	0	22
13079	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,SEL,CKD,RSTD	336	23	84	64	0	0	23
13077	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/4"FAT,SEL,RAW	297	22	70	55	0	0	17
13825	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	337	23	82	63	0	0	22
13826	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	351	24	84	64	0	0	23
13824	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,ALL GRDS,RAW	306	23	70	55	0	0	17
13828	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	352	25	82	63	0	0	22
13829	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	365	26	84	64	0	0	23
13827	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,CHOIC,RAW	322	25	71	54	0	0	16
13834	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,CKD,BRLD	386	29	85	62	0	0	22

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13835	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,CKD,RSTD	400	30	85	65	0	0	23
13833	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,PRIME,RAW	355	28	72	53	0	0	16
13831	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,CKD,BRLD	315	21	81	64	0	0	23
13832	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,CKD,RSTD	330	22	84	65	0	0	23
13830	BEEF,RIB,WHL (RIBS 6-12),LN&FAT,1/8"FAT,SEL,RAW	288	21	70	55	0	0	17
13952	BEEF,RIBEYE,SML END(RIBS 10-12),LN&FAT,0",ALL GRDS,CKD,BRLD	247	12	111	56	0	0	27
23590	BEEF,RND,BTTM RND LN,1/8" FAT,SEL,CKD,RSTD	164	4	61	38	0	0	28
13414	BEEF,RND,BTTM RND RST,LN,0" FAT,SEL,CKD,RSTD	169	4	72	38	0	0	28
13875	BEEF,RND,BTTM RND,LN & FAT,1/8" FAT,SEL,CKD,BRSD	240	9	72	43	0	0	33
13407	BEEF,RND,BTTM RND,LN,0"FAT,ALL GRDS,CKD,BRSD	214	6	104	44	0	0	34
13408	BEEF,RND,BTTM RND,LN,0"FAT,ALL GRDS,CKD,RSTD	177	5	88	36	0	0	28
13410	BEEF,RND,BTTM RND,LN,0"FAT,CHOIC,CKD,BRSD	223	7	122	43	0	0	33
13411	BEEF,RND,BTTM RND,LN,0"FAT,CHOIC,CKD,RSTD	185	6	103	36	0	0	27
13413	BEEF,RND,BTTM RND,LN,0"FAT,SEL,CKD,BRSD	206	5	85	46	0	0	35
13674	BEEF,RND,BTTM RND,LN,1/2"FAT,PRIME,CKD,BRSD	249	11	96	51	0	0	32
13673	BEEF,RND,BTTM RND,LN,1/2"FAT,PRIME,RAW	159	6	59	59	0	0	22
23604	BEEF,RND,BTTM RND,LN,1/8" FAT,ALL GRDS,CKD	163	5	75	37	0	0	28
23605	BEEF,RND,BTTM RND,LN,1/8" FAT,ALL GRDS,CKD,BRSD	216	6	102	45	0	0	34
23594	BEEF,RND,BTTM RND,LN,1/8" FAT,ALL GRDS,RAW	128	3	58	59	0	0	22
23622	BEEF,RND,BTTM RND,LN,1/8" FAT,CHOIC,CKD,BRSD	228	7	119	45	0	0	34
23619	BEEF,RND,BTTM RND,LN,1/8" FAT,CHOIC,CKD,RSTD	179	5	89	36	0	0	28
23618	BEEF,RND,BTTM RND,LN,1/8" FAT,CHOIC,RAW	140	4	67	56	0	0	22
23593	BEEF,RND,BTTM RND,LN,1/8" FAT,SEL,CKD,BRSD	205	5	85	46	0	0	34
23637	BEEF,RND,BTTM RND,LN,1/8" FAT,SEL,RAW	128	3	50	62	0	0	22
13398	BEEF,RND,BTTM RND,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	223	7	99	44	0	0	34
13399	BEEF,RND,BTTM RND,LN&FAT,0"FAT,ALL GRDS,CKD,RSTD	187	6	86	36	0	0	27
13401	BEEF,RND,BTTM RND,LN&FAT,0"FAT,CHOIC,CKD,BRSD	230	8	112	42	0	0	33

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13402	BEEF,RND,BTTM RND,LN&FAT,0"FAT,CHOIC,CKD,RSTD	199	8	105	35	0	0	27
13404	BEEF,RND,BTTM RND,LN&FAT,0"FAT,SEL,CKD,BRSD	217	6	86	45	0	0	34
13405	BEEF,RND,BTTM RND,LN&FAT,0"FAT,SEL,CKD,RSTD	175	5	68	37	0	0	28
13666	BEEF,RND,BTTM RND,LN&FAT,1/2"FAT,PRIME,CKD,BRSD	297	17	96	50	0	0	29
13665	BEEF,RND,BTTM RND,LN&FAT,1/2"FAT,PRIME,RAW	225	14	64	55	0	0	20
13869	BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	247	10	76	43	0	0	33
13870	BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	218	10	75	35	0	0	26
13868	BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,ALL GRDS,RAW	192	10	58	56	0	0	21
13872	BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	254	11	80	42	0	0	33
13873	BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	223	11	80	34	0	0	26
13871	BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,CHOIC,RAW	198	10	61	53	0	0	21
13876	BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,SEL,CKD,RSTD	212	9	69	35	0	0	27
13874	BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,SEL,RAW	187	9	55	60	0	0	21
23620	BEEF,RND,EYE OF RND LN,1/8" FAT,CHOIC,CKD,RSTD	175	4	70	39	0	0	30
23591	BEEF,RND,EYE OF RND RST,LN,1/8" FAT,SEL,CKD,RSTD	163	3	54	39	0	0	30
13418	BEEF,RND,EYE OF RND,LN,0"FAT,ALL GRDS,CKD,RSTD	162	3	55	38	0	0	29
13419	BEEF,RND,EYE OF RND,LN,0"FAT,CHOIC,CKD,RSTD	162	3	58	38	0	0	29
13420	BEEF,RND,EYE OF RND,LN,0"FAT,SEL,CKD,RSTD	163	3	52	39	0	0	30
13690	BEEF,RND,EYE OF RND,LN,1/2"FAT,PRIME,CKD,RSTD	198	7	69	62	0	0	29
13689	BEEF,RND,EYE OF RND,LN,1/2"FAT,PRIME,RAW	149	5	54	53	0	0	22
23598	BEEF,RND,EYE OF RND,LN,1/8" FAT,ALL GRDS,CKD,RSTD	169	4	62	38	0	0	30
23597	BEEF,RND,EYE OF RND,LN,1/8" FAT,ALL GRDS,RAW	124	2	41	60	0	0	23
23616	BEEF,RND,EYE OF RND,LN,1/8" FAT,CHOIC,RAW	128	3	46	57	0	0	23
23635	BEEF,RND,EYE OF RND,LN,1/8" FAT,SEL,RAW	119	2	36	62	0	0	22
13415	BEEF,RND,EYE OF RND,LN&FAT,0"FAT,ALL GRDS,CKD,RSTD	168	4	54	38	0	0	29
13416	BEEF,RND,EYE OF RND,LN&FAT,0"FAT,CHOIC,CKD,RSTD	166	4	54	37	0	0	29
13417	BEEF,RND,EYE OF RND,LN&FAT,0"FAT,SEL,CKD,RSTD	169	4	53	39	0	0	30

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13682	BEEF,RND,EYE OF RND,LN&FAT,1/2" FAT,PRIME,CKD,RSTD	250	13	72	59	0	0	27
13681	BEEF,RND,EYE OF RND,LN&FAT,1/2" FAT,PRIME,RAW	221	14	60	50	0	0	20
13878	BEEF,RND,EYE OF RND,LN&FAT,1/8" FAT,ALL GRDS,CKD,RSTD	208	8	62	37	0	0	28
13877	BEEF,RND,EYE OF RND,LN&FAT,1/8" FAT,ALL GRDS,RAW	166	7	41	58	0	0	21
13880	BEEF,RND,EYE OF RND,LN&FAT,1/8" FAT,CHOIC,CKD,RSTD	212	8	64	37	0	0	28
13879	BEEF,RND,EYE OF RND,LN&FAT,1/8" FAT,CHOIC,RAW	173	8	44	55	0	0	22
13882	BEEF,RND,EYE OF RND,LN&FAT,1/8" FAT,SEL,CKD,RSTD	204	8	59	37	0	0	28
13881	BEEF,RND,EYE OF RND,LN&FAT,1/8" FAT,SEL,RAW	159	7	38	62	0	0	21
13155	BEEF,RND,FULL CUT,LN,1/4" FAT,CHOIC,RAW	138	4	58	57	0	0	22
13156	BEEF,RND,FULL CUT,LN,1/4" FAT,CHOIC,CKD,BRLD	191	6	78	64	0	0	29
13158	BEEF,RND,FULL CUT,LN,1/4" FAT,SEL,CKD,BRLD	172	4	78	64	0	0	29
13157	BEEF,RND,FULL CUT,LN,1/4" FAT,SEL,RAW	126	3	58	57	0	0	22
13152	BEEF,RND,FULL CUT,LN&FAT,1/4" FAT,CHOIC,CKD,BRLD	240	12	80	61	0	0	27
13151	BEEF,RND,FULL CUT,LN&FAT,1/4" FAT,CHOIC,RAW	203	11	63	53	0	0	20
13154	BEEF,RND,FULL CUT,LN&FAT,1/4" FAT,SEL,CKD,BRLD	223	9	55	62	0	0	27
13153	BEEF,RND,FULL CUT,LN&FAT,1/4" FAT,SEL,RAW	191	10	63	53	0	0	20
13865	BEEF,RND,FULL CUT,LN&FAT,1/8" FAT,CHOIC,CKD,BRLD	235	11	79	62	0	0	28
13864	BEEF,RND,FULL CUT,LN&FAT,1/8" FAT,CHOIC,RAW	195	10	62	54	0	0	21
13867	BEEF,RND,FULL CUT,LN&FAT,1/8" FAT,SEL,CKD,BRLD	218	9	79	62	0	0	28
13866	BEEF,RND,FULL CUT,LN&FAT,1/8" FAT,SEL,RAW	184	9	62	54	0	0	21
23061	BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	143	5	59	54	0	0	21
23045	BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,CHOIC,RAW	150	5	58	54	0	0	21
23047	BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,SEL,RAW	137	4	59	53	0	0	21
13998	BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN,0" FAT,CHOIC,CKD,GRILLED	188	6	75	51	0	0	27
13997	BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN,0" FAT,CHOIC,RAW	150	5	58	54	0	0	21
23010	BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN,0" FAT,SEL,CKD,GRILLED	162	5	74	53	0	0	27
23009	BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN,0" FAT,SEL,RAW	137	4	59	53	0	0	21

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

23012	BEEF,RND,KNUCKLE,TIP SIDE,LN,STEAK,0" FAT,SEL,RAW	123	3	61	57	0	0	22
23032	BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT 0" FAT,SEL,RAW	124	3	61	57	0	0	22
23055	BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	129	4	61	61	0	0	22
23030	BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,CHOIC,RAW	133	4	61	62	0	0	21
23020	BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN,0" FAT,ALL GRDS,RAW	129	4	61	61	0	0	22
23011	BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN,0" FAT,CHOIC,CKD,GRILLED	174	5	82	55	0	0	29
13565	BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN,0" FAT,CHOIC,RAW	133	4	61	62	0	0	21
23013	BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN,0" FAT,SEL,CKD,GRILLED	160	3	78	52	0	0	29
23051	BEEF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,SEL,RAW	129	3	61	62	0	0	22
23014	BEEF,RND,OUTSIDE RND,BTTM RND,STEAK,LN,0" FAT,CHOIC,RAW	150	6	61	63	0	0	21
23017	BEEF,RND,OUTSIDE RND,BTTM RND,STEAK,LN,0" FAT,SEL,RAW	129	3	61	62	0	0	22
13486	BEEF,RND,TIP RND,LN & FAT,0" FAT,ALL GRDS,RAW	151	6	35	55	0	0	20
13487	BEEF,RND,TIP RND,LN & FAT,0" FAT,CHOIC,RAW	156	7	38	51	0	0	20
13488	BEEF,RND,TIP RND,LN & FAT,0" FAT,SEL,RAW	145	5	31	58	0	0	21
13196	BEEF,RND,TIP RND,LN & FAT,1/4" FAT,SEL,CKD,RSTD	225	10	82	63	0	0	27
13424	BEEF,RND,TIP RND,LN,0" FAT,ALL GRDS,CKD,RSTD	174	5	88	36	0	0	28
23651	BEEF,RND,TIP RND,LN,0" FAT,ALL GRDS,RAW	126	3	64	54	0	0	21
23652	BEEF,RND,TIP RND,LN,0" FAT,CHOIC,RAW	130	4	72	52	0	0	21
13426	BEEF,RND,TIP RND,LN,0" FAT,SEL,CKD,RSTD	149	4	62	36	0	0	27
23653	BEEF,RND,TIP RND,LN,0" FAT,SEL,RAW	122	3	53	58	0	0	21
13425	BEEF,RND,TIP RND,LN,0" FAT,CHOIC,CKD,RSTD	176	5	91	36	0	0	28
13706	BEEF,RND,TIP RND,LN,1/2" FAT,PRIME,CKD,RSTD	213	8	81	65	0	0	29
13200	BEEF,RND,TIP RND,LN,1/4" FAT,ALL GRDS,CKD,RSTD	185	5	81	65	0	0	29
13202	BEEF,RND,TIP RND,LN,1/4" FAT,CHOIC,CKD,RSTD	188	6	81	65	0	0	29
13199	BEEF,RND,TIP RND,LN,1/4" FAT,ALL GRDS,RAW	124	3	60	62	0	0	21
13201	BEEF,RND,TIP RND,LN,1/4" FAT,CHOIC,RAW	130	4	60	62	0	0	21
13206	BEEF,RND,TIP RND,LN,1/4" FAT,PRIME,CKD,RSTD	213	8	81	65	0	0	29

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13205	BEEF,RND,TIP RND,LN,1/4"FAT,PRIME,RAW	146	5	60	62	0	0	21
13203	BEEF,RND,TIP RND,LN,1/4"FAT,SEL,RAW	119	3	60	62	0	0	21
13421	BEEF,RND,TIP RND,LN&FAT,0"FAT,ALL GRDS,CKD,RSTD	188	7	93	35	0	0	27
13422	BEEF,RND,TIP RND,LN&FAT,0"FAT,CHOIC,CKD,RSTD	196	7	101	35	0	0	27
13423	BEEF,RND,TIP RND,LN&FAT,0"FAT,SEL,CKD,RSTD	181	6	86	35	0	0	27
13698	BEEF,RND,TIP RND,LN&FAT,1/2"FAT,PRIME,CKD,RSTD	284	17	83	61	0	0	26
13697	BEEF,RND,TIP RND,LN&FAT,1/2"FAT,PRIME,RAW	223	15	66	57	0	0	19
13192	BEEF,RND,TIP RND,LN&FAT,1/4"FAT,ALL GRDS,CKD,RSTD	234	11	82	63	0	0	27
13191	BEEF,RND,TIP RND,LN&FAT,1/4"FAT,ALL GRDS,RAW	201	11	65	57	0	0	19
13194	BEEF,RND,TIP RND,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	247	12	83	62	0	0	27
13193	BEEF,RND,TIP RND,LN&FAT,1/4"FAT,CHOIC,RAW	212	12	66	57	0	0	19
13198	BEEF,RND,TIP RND,LN&FAT,1/4"FAT,PRIME,CKD,RSTD	274	15	83	62	0	0	26
13197	BEEF,RND,TIP RND,LN&FAT,1/4"FAT,PRIME,RAW	214	13	65	58	0	0	19
13195	BEEF,RND,TIP RND,LN&FAT,1/4"FAT,SEL,RAW	186	10	65	58	0	0	20
13884	BEEF,RND,TIP RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	219	9	82	63	0	0	27
13883	BEEF,RND,TIP RND,LN&FAT,1/8"FAT,ALL GRDS,RAW	189	10	65	58	0	0	20
13886	BEEF,RND,TIP RND,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	228	10	82	63	0	0	27
13885	BEEF,RND,TIP RND,LN&FAT,1/8"FAT,CHOIC,RAW	199	11	65	58	0	0	19
13888	BEEF,RND,TIP RND,LN&FAT,1/8"FAT,SEL,CKD,RSTD	210	8	82	64	0	0	28
13887	BEEF,RND,TIP RND,LN&FAT,1/8"FAT,SEL,RAW	178	9	64	58	0	0	20
23617	BEEF,RND,TOP RND LN,1/8" FAT,CHOIC,RAW	140	4	65	57	0	0	23
13959	BEEF,RND,TOP RND,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	186	5	66	41	0	0	32
13968	BEEF,RND,TOP RND,LN & FAT,0" FAT,CHOIC,CKD,BRLD	200	6	80	42	0	0	32
13969	BEEF,RND,TOP RND,LN & FAT,0" FAT,SEL,CKD,BRLD	177	4	51	42	0	0	32
13491	BEEF,RND,TOP RND,LN,0" FAT,ALL GRDS,CKD,BRLD	186	5	76	42	0	0	32
13492	BEEF,RND,TOP RND,LN,0" FAT,CHOIC,CKD,BRLD	197	5	92	43	0	0	32
13493	BEEF,RND,TOP RND,LN,0" FAT,SEL,CKD,BRLD	176	4	60	42	0	0	32

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13434	BEEF,RND,TOP RND,LN,0" FAT,ALL GRDS,CKD,BRSD	199	4	90	45	0	0	36
13436	BEEF,RND,TOP RND,LN,0" FAT,CHOIC,CKD,BRSD	207	5	90	45	0	0	36
13438	BEEF,RND,TOP RND,LN,0" FAT,SEL,CKD,BRSD	190	3	90	45	0	0	36
13724	BEEF,RND,TOP RND,LN,1/2" FAT,PRIME,CKD,BRLD	215	7	84	61	0	0	32
13220	BEEF,RND,TOP RND,LN,1/4" FAT,CHOIC,CKD,PAN-FRIED	227	7	97	71	0	0	35
13433	BEEF,RND,TOP RND,LN,1/4" FAT,ALL GRDS,CKD,BRSD	205	4	90	45	0	0	36
13435	BEEF,RND,TOP RND,LN,1/4" FAT,CHOIC,CKD,BRSD	213	5	90	45	0	0	36
13224	BEEF,RND,TOP RND,LN,1/4" FAT,PRIME,CKD,BRLD	215	7	84	61	0	0	32
13223	BEEF,RND,TOP RND,LN,1/4" FAT,PRIME,RAW	153	5	57	52	0	0	23
13437	BEEF,RND,TOP RND,LN,1/4" FAT,SEL,CKD,BRSD	196	4	90	45	0	0	36
23608	BEEF,RND,TOP RND,LN,1/8" FAT,ALL GRDS,CKD,BRLD	185	4	72	42	0	0	32
23609	BEEF,RND,TOP RND,LN,1/8" FAT,ALL GRDS,RAW	135	3	55	61	0	0	23
23621	BEEF,RND,TOP RND,LN,1/8" FAT,CHOIC,CKD,BRLD	193	5	82	42	0	0	32
23592	BEEF,RND,TOP RND,LN,1/8" FAT,SEL,CKD,BRLD	177	4	61	43	0	0	32
23636	BEEF,RND,TOP RND,LN,1/8" FAT,SEL,RAW	129	3	46	64	0	0	23
13428	BEEF,RND,TOP RND,LN&FAT,0" FAT,ALL GRDS,CKD,BRSD	209	5	90	45	0	0	36
13430	BEEF,RND,TOP RND,LN&FAT,0" FAT,CHOIC,CKD,BRSD	216	6	90	45	0	0	36
13432	BEEF,RND,TOP RND,LN&FAT,0" FAT,SEL,CKD,BRSD	200	4	90	45	0	0	36
13715	BEEF,RND,TOP RND,LN&FAT,1/2" FAT,PRIME,CKD,BRLD	237	10	85	60	0	0	31
13714	BEEF,RND,TOP RND,LN&FAT,1/2" FAT,PRIME,RAW	188	9	60	50	0	0	22
13427	BEEF,RND,TOP RND,LN&FAT,1/4" FAT,ALL GRDS,CKD,BRSD	248	10	90	45	0	0	34
13429	BEEF,RND,TOP RND,LN&FAT,1/4" FAT,CHOIC,CKD,BRSD	260	11	90	45	0	0	34
13211	BEEF,RND,TOP RND,LN&FAT,1/4" FAT,CHOIC,CKD,PAN-FRIED	277	13	97	68	0	0	32
13215	BEEF,RND,TOP RND,LN&FAT,1/4" FAT,PRIME,CKD,BRLD	229	9	84	60	0	0	31
13214	BEEF,RND,TOP RND,LN&FAT,1/4" FAT,PRIME,RAW	180	8	59	51	0	0	22
13431	BEEF,RND,TOP RND,LN&FAT,1/4" FAT,SEL,CKD,BRSD	234	8	90	45	0	0	34
13893	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,ALL GRDS,CKD,BRLD	212	8	58	41	0	0	31

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13892	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,ALL GRDS,CKD,BRSD	238	8	90	45	0	0	34
13891	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,ALL GRDS,RAW	166	7	40	60	0	0	22
13896	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,CHOIC,CKD,BRLD	224	9	66	40	0	0	31
13895	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,CHOIC,CKD,BRSD	250	10	90	45	0	0	34
13897	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,CHOIC,CKD,PAN-FRIED	266	12	97	68	0	0	33
13894	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,CHOIC,RAW	168	7	41	57	0	0	22
13902	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,PRIME,CKD,BRLD	225	8	84	61	0	0	31
13901	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,PRIME,RAW	173	7	59	51	0	0	22
13900	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,SEL,CKD,BRLD	201	7	49	41	0	0	31
13899	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,SEL,CKD,BRSD	225	7	90	45	0	0	35
13898	BEEF,RND,TOP RND,LN&FAT,1/8" FAT,SEL,RAW	164	7	38	63	0	0	22
13020	BEEF,RTL CUTS,FAT,CKD	680	62	95	23	0	0	11
13019	BEEF,RTL CUTS,FAT,RAW	674	63	99	26	0	0	8
13228	BEEF,SHANK CROSSCUTS,LN,1/4" FAT,CHOIC,CKD,SIMMRD	201	5	78	64	0	0	34
13227	BEEF,SHANK CROSSCUTS,LN,1/4" FAT,CHOIC,RAW	128	3	39	63	0	0	22
13226	BEEF,SHANK CROSSCUTS,LN&FAT,1/4" FAT,CHOIC,CKD,SIMMRD	263	13	80	61	0	0	31
13225	BEEF,SHANK CROSSCUTS,LN&FAT,1/4" FAT,CHOIC,RAW	177	9	44	60	0	0	21
13457	BEEF,SHRT LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,ALL GRDS,RAW	238	15	63	53	0	0	19
13229	BEEF,SHRT LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,USDA CHOIC,RAW	250	17	68	53	0	0	18
13461	BEEF,SHRT LOIN,PRTRHS STEAK,LN & FAT,1/4" FAT,USDA SEL,RAW	222	13	57	54	0	0	21
13470	BEEF,SHRT LOIN,PRTRHS STEAK,LN ONLY,0" FAT,USDA SEL,CKD,BRLD	194	7	58	69	0	0	27
13468	BEEF,SHRT LOIN,PRTRHS STEAK,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	149	5	50	58	0	0	23
13467	BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,USDA CHOIC,CKD,BRLD	224	11	65	69	0	0	26
13231	BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4" FAT,USDA CHOIC,RAW	160	7	61	58	0	0	20
13466	BEEF,SHRT LOIN,PRTRHS STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	212	9	62	69	0	0	26
13465	BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4" FAT,ALL GRDS,CKD,BRLD	210	10	65	69	0	0	27
13464	BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4" FAT,ALL GRDS,RAW	156	6	56	58	0	0	21

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FOOD DESCRIPTION**

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NDB\_No

**PER 100 GRAMS**

13232	BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4" FAT,USDA CHOIC,CKD,BRLD	215	10	69	69	0	0	26
13469	BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4" FAT,USDA SEL,CKD,BRLD	203	9	58	69	0	0	27
23002	BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8" FAT,ALL GRDS,CKD,BRLD	297	19	71	64	0	0	24
23001	BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8" FAT,ALL GRDS,RAW	247	16	64	53	0	0	19
13906	BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8" FAT,CHOIC,CKD,BRLD	299	19	74	64	0	0	23
13905	BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8" FAT,CHOIC,RAW	258	18	68	52	0	0	18
23004	BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8" FAT,SEL,CKD,BRLD	294	18	65	64	0	0	24
23003	BEEF,SHRT LOIN,PRTRHS STEAK,LN&FAT,1/8" FAT,SEL,RAW	222	13	56	54	0	0	21
13459	BEEF,SHRT LOIN,PRTRHS STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	276	17	67	65	0	0	24
13463	BEEF,SHRT LOIN,PRTRHS STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	267	15	64	65	0	0	24
13471	BEEF,SHRT LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,ALL GRDS,RAW	212	12	55	54	0	0	19
13233	BEEF,SHRT LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,USDA CHOIC,RAW	221	13	61	54	0	0	19
13475	BEEF,SHRT LOIN,T-BONE STEAK,LN & FAT,1/4" FAT,USDA SEL,RAW	199	11	46	54	0	0	20
13482	BEEF,SHRT LOIN,T-BONE STEAK,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	132	4	39	58	0	0	21
13484	BEEF,SHRT LOIN,T-BONE STEAK,LN, 0" FAT,USDA SEL,CKD,BRLD	177	7	54	71	0	0	26
13480	BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	189	8	55	71	0	0	26
13481	BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,USDA CHOIC,CKD,BRLD	198	8	56	71	0	0	26
13479	BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,ALL GRDS,CKD,BRLD	202	8	57	75	0	0	27
13478	BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,ALL GRDS,RAW	145	5	48	58	0	0	21
13236	BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,USDA CHOIC,CKD,BRLD	205	9	59	77	0	0	27
13235	BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,USDA CHOIC,RAW	154	6	55	58	0	0	21
13483	BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,USDA SEL,CKD,BRLD	198	8	53	71	0	0	27
23006	BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,ALL GRDS,CKD,BRLD	280	17	62	66	0	0	24
23005	BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,ALL GRDS,RAW	220	14	57	54	0	0	19
13908	BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,CHOIC,CKD,BRLD	286	17	65	66	0	0	24
13907	BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,CHOIC,RAW	232	15	62	53	0	0	19
23008	BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8" FAT,SEL,CKD,BRLD	265	15	57	66	0	0	25

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**PER 100 GRAMS**

23007	BEEF,SHRT LOIN,T-BONE STEAK,LN&FAT,1/8"FAT,SEL,RAW	192	10	45	55	0	0	20
13473	BEEF,SHRT LOIN,T-BONE STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	247	14	60	67	0	0	24
13477	BEEF,SHRT LOIN,T-BONE STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	230	12	59	68	0	0	24
13759	BEEF,SHRT LOIN,TENDERLOIN,LN,1/2"FAT,PRIME,CKD,BRLD	232	10	84	63	0	0	28
13760	BEEF,SHRT LOIN,TENDERLOIN,LN,1/2"FAT,PRIME,CKD,RSTD	255	13	86	59	0	0	28
13747	BEEF,SHRT LOIN,TENDERLOIN,LN&FAT,1/2"FAT,PRIME,CKD,BRLD	318	20	86	59	0	0	25
13748	BEEF,SHRT LOIN,TENDERLOIN,LN&FAT,1/2"FAT,PRIME,CKD,RSTD	358	25	88	55	0	0	23
13746	BEEF,SHRT LOIN,TENDERLOIN,LN&FAT,1/2"FAT,PRIME,RAW	288	21	71	48	0	0	18
23606	BEEF,SHRT LOIN,TOP LOIN LN,1/8" FAT,ALL GRDS,CKD,BRLD	189	6	66	61	0	0	29
23630	BEEF,SHRT LOIN,TOP LOIN LN,1/8" FAT,CHOIC,CKD,BRLD	201	7	79	60	0	0	29
23627	BEEF,SHRT LOIN,TOP LOIN LN,1/8" FAT,CHOIC,RAW	155	5	66	58	0	0	23
13447	BEEF,SHRT LOIN,TOP LOIN,LN & FAT,0" FAT,SEL,CKD,BRLD	180	5	46	61	0	0	29
13261	BEEF,SHRT LOIN,TOP LOIN,LN & FAT,1/4" FAT,ALL GRDS,RAW	243	16	67	53	0	0	19
13911	BEEF,SHRT LOIN,TOP LOIN,LN & FAT,1/8" FAT,CHOIC,RAW	232	14	58	51	0	0	21
13448	BEEF,SHRT LOIN,TOP LOIN,LN,0"FAT,ALL GRDS,CKD,BRLD	182	5	64	60	0	0	29
13449	BEEF,SHRT LOIN,TOP LOIN,LN,0"FAT,CHOIC,CKD,BRLD	192	6	77	59	0	0	29
13450	BEEF,SHRT LOIN,TOP LOIN,LN,0"FAT,SEL,CKD,BRLD	172	4	51	62	0	0	30
13776	BEEF,SHRT LOIN,TOP LOIN,LN,1/2"FAT,PRIME,CKD,BRLD	245	12	76	68	0	0	29
13276	BEEF,SHRT LOIN,TOP LOIN,LN,1/4"FAT,PRIME,CKD,BRLD	245	12	76	68	0	0	29
13275	BEEF,SHRT LOIN,TOP LOIN,LN,1/4"FAT,PRIME,RAW	189	9	59	59	0	0	22
23607	BEEF,SHRT LOIN,TOP LOIN,LN,1/8" FAT,ALL GRDS,RAW	138	4	53	57	0	0	23
23589	BEEF,SHRT LOIN,TOP LOIN,LN,1/8" FAT,SEL,CKD,BRLD	177	5	54	62	0	0	29
23585	BEEF,SHRT LOIN,TOP LOIN,LN,1/8" FAT,SEL,RAW	133	3	40	57	0	0	23
13445	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	193	6	58	59	0	0	29
13446	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,0"FAT,CHOIC,CKD,BRLD	205	8	69	56	0	0	28
13768	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/2"FAT,PRIME,CKD,BRLD	339	23	80	62	0	0	25
13767	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/2"FAT,PRIME,RAW	322	25	70	51	0	0	18

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FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

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**PER 100 GRAMS**

13268	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/4"FAT,PRIME,CKD,BRLD	323	21	79	63	0	0	25
13267	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/4"FAT,PRIME,RAW	305	22	69	52	0	0	18
13910	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRLD	264	14	88	54	0	0	26
13909	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/8"FAT,ALL GRDS,RAW	228	13	57	52	0	0	21
13912	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	278	16	97	52	0	0	26
13916	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/8"FAT,PRIME,CKD,BRLD	310	19	79	64	0	0	26
13915	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/8"FAT,PRIME,RAW	281	20	67	53	0	0	19
13914	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/8"FAT,SEL,CKD,BRLD	250	13	79	57	0	0	27
13913	BEEF,SHRT LOIN,TOP LOIN,LN&FAT,1/8"FAT,SEL,RAW	224	13	55	52	0	0	21
23545	BEEF,SIRLOIN,TRI-TIP STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	265	14	68	72	0	0	30
13342	BEEF,SNDWCH STEAKS,FLAKED,CHOPD,FORMED & THINLY SLICED,RAW	309	23	71	68	0	0	17
13918	BEEF,TENDERLOIN,LN & FAT,1/8" FAT,ALL GRDS,CKD,BRLD	267	15	90	54	0	0	26
13442	BEEF,TENDERLOIN,LN,0"FAT,ALL GRDS,CKD,BRLD	193	6	79	59	0	0	29
13443	BEEF,TENDERLOIN,LN,0"FAT,CHOIC,CKD,BRLD	206	7	92	59	0	0	29
13444	BEEF,TENDERLOIN,LN,0"FAT,SEL,CKD,BRLD	179	5	66	59	0	0	28
13251	BEEF,TENDERLOIN,LN,1/4" FAT,ALL GRDS,CKD,RSTD	222	9	83	61	0	0	28
13254	BEEF,TENDERLOIN,LN,1/4" FAT,CHOIC,CKD,RSTD	231	10	83	72	0	0	28
13259	BEEF,TENDERLOIN,LN,1/4" FAT,PRIME,CKD,BRLD	232	10	84	63	0	0	28
13260	BEEF,TENDERLOIN,LN,1/4" FAT,PRIME,CKD,RSTD	255	13	86	59	0	0	28
13258	BEEF,TENDERLOIN,LN,1/4" FAT,PRIME,RAW	169	7	62	54	0	0	21
13257	BEEF,TENDERLOIN,LN,1/4" FAT,SEL,CKD,RSTD	211	8	83	61	0	0	28
23600	BEEF,TENDERLOIN,LN,1/8" FAT,ALL GRDS,CKD,BRLD	200	7	79	60	0	0	29
23601	BEEF,TENDERLOIN,LN,1/8" FAT,ALL GRDS,RAW	152	5	67	56	0	0	22
23628	BEEF,TENDERLOIN,LN,1/8" FAT,CHOIC,CKD,BRLD	206	7	85	59	0	0	29
23624	BEEF,TENDERLOIN,LN,1/8" FAT,CHOIC,RAW	158	6	72	57	0	0	22
23587	BEEF,TENDERLOIN,LN,1/8" FAT,SEL,CKD,BRLD	194	6	73	62	0	0	29
23583	BEEF,TENDERLOIN,LN,1/8" FAT,SEL,RAW	148	5	61	55	0	0	22

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**CAL FAT CHOL SODIUM CARB FIBER PROT**

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**PER 100 GRAMS**

13439	BEEF, TENDERLOIN, LN&FAT, 0" FAT, ALL GRDS, CKD, BRLD	218	9	84	56	0	0	28
13440	BEEF, TENDERLOIN, LN&FAT, 0" FAT, CHOIC, CKD, BRLD	231	10	93	55	0	0	28
13441	BEEF, TENDERLOIN, LN&FAT, 0" FAT, SEL, CKD, BRLD	205	8	74	58	0	0	27
13239	BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, ALL GRDS, CKD, RSTD	332	22	86	56	0	0	24
13242	BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, CHOIC, CKD, RSTD	339	22	86	65	0	0	24
13247	BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, PRIME, CKD, BRLD	317	20	86	59	0	0	25
13248	BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, PRIME, CKD, RSTD	353	24	88	55	0	0	24
13246	BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, PRIME, RAW	284	20	70	48	0	0	18
13245	BEEF, TENDERLOIN, LN&FAT, 1/4" FAT, SEL, CKD, RSTD	324	21	86	56	0	0	24
13919	BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, ALL GRDS, CKD, RSTD	324	21	85	57	0	0	24
13917	BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, ALL GRDS, RAW	247	16	66	50	0	0	20
13921	BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, CHOIC, CKD, BRLD	273	15	93	52	0	0	26
13922	BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, CHOIC, CKD, RSTD	331	21	85	65	0	0	24
13920	BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, CHOIC, RAW	246	16	65	50	0	0	20
13927	BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, PRIME, CKD, BRLD	308	19	86	59	0	0	25
13928	BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, PRIME, CKD, RSTD	343	23	88	55	0	0	24
13926	BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, PRIME, RAW	274	19	70	49	0	0	18
13924	BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, SEL, CKD, BRLD	262	14	87	57	0	0	26
13925	BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, SEL, CKD, RSTD	316	20	85	57	0	0	24
13923	BEEF, TENDERLOIN, LN&FAT, 1/8" FAT, SEL, RAW	249	16	68	50	0	0	19
13454	BEEF, TOP SIRLOIN, LN, 0" FAT, ALL GRDS, CKD, BRLD	183	5	58	64	0	0	31
13455	BEEF, TOP SIRLOIN, LN, 0" FAT, CHOIC, CKD, BRLD	188	5	66	63	0	0	30
13456	BEEF, TOP SIRLOIN, LN, 0" FAT, SEL, CKD, BRLD	177	4	51	66	0	0	31
13290	BEEF, TOP SIRLOIN, LN, 1/4" FAT, CHOIC, CKD, PAN-FRIED	238	10	99	77	0	0	32
23610	BEEF, TOP SIRLOIN, LN, 1/8" FAT, ALL GRDS, CKD, BRLD	178	5	55	61	0	0	29
23611	BEEF, TOP SIRLOIN, LN, 1/8" FAT, ALL GRDS, RAW	131	3	42	56	0	0	22
23629	BEEF, TOP SIRLOIN, LN, 1/8" FAT, CHOIC, CKD, BRLD	187	5	63	61	0	0	30

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**CAL FAT CHOL SODIUM CARB FIBER PROT**

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**PER 100 GRAMS**

23625	BEEF, TOP SIRLOIN, LN, 1/8" FAT, CHOIC, RAW	135	4	47	57	0	0	22
23588	BEEF, TOP SIRLOIN, LN, 1/8" FAT, SEL, CKD, BRLD	170	4	46	62	0	0	29
23584	BEEF, TOP SIRLOIN, LN, 1/8" FAT, SEL, RAW	127	3	36	56	0	0	22
13451	BEEF, TOP SIRLOIN, LN&FAT, 0" FAT, ALL GRDS, CKD, BRLD	212	8	73	61	0	0	29
13452	BEEF, TOP SIRLOIN, LN&FAT, 0" FAT, CHOIC, CKD, BRLD	219	9	79	58	0	0	29
13453	BEEF, TOP SIRLOIN, LN&FAT, 0" FAT, SEL, CKD, BRLD	206	7	66	63	0	0	30
13281	BEEF, TOP SIRLOIN, LN&FAT, 1/4" FAT, CHOIC, CKD, PAN-FRIED	326	20	98	70	0	0	28
13930	BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, ALL GRDS, CKD, BRLD	243	12	75	56	0	0	27
13929	BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, ALL GRDS, RAW	201	11	47	52	0	0	20
13932	BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, CHOIC, CKD, BRLD	257	13	83	54	0	0	27
13933	BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, CHOIC, CKD, PAN-FRIED	313	19	98	71	0	0	29
13931	BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, CHOIC, RAW	214	12	52	51	0	0	20
13935	BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, SEL, CKD, BRLD	230	11	67	57	0	0	27
13934	BEEF, TOP SIRLOIN, LN&FAT, 1/8" FAT, SEL, RAW	189	10	41	53	0	0	21
13326	BEEF, VAR MEATS & BY-PRODUCTS, LIVER, CKD, BRSD	191	3	396	79	5	0	29
23640	BEEF, VAR MEATS & BY-PRODUCTS, TRIPE, CKD, SIMMRD	94	3	157	68	2	0	12
13319	BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, PAN-FRIED	196	10	1995	158	0	0	13
13320	BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, CKD, SIMMRD	151	6	3100	108	1	0	12
13318	BEEF, VAR MEATS&BY-PRODUCTS, BRAIN, RAW	143	6	3010	126	1	0	11
13322	BEEF, VAR MEATS&BY-PRODUCTS, HEART, CKD, SIMMRD	165	3	212	59	0	0	28
13321	BEEF, VAR MEATS&BY-PRODUCTS, HEART, RAW	112	3	124	98	0	0	18
13324	BEEF, VAR MEATS&BY-PRODUCTS, KIDNEYS, CKD, SIMMRD	158	3	716	94	0	0	27
13323	BEEF, VAR MEATS&BY-PRODUCTS, KIDNEYS, RAW	103	2	411	182	0	0	17
13325	BEEF, VAR MEATS&BY-PRODUCTS, LIVER, RAW	135	2	275	69	4	0	20
13329	BEEF, VAR MEATS&BY-PRODUCTS, LUNGS, CKD, BRSD	120	3	277	101	0	0	20
13328	BEEF, VAR MEATS&BY-PRODUCTS, LUNGS, RAW	92	2	242	198	0	0	16
13330	BEEF, VAR MEATS&BY-PRODUCTS, MECHANICALLY SEPARATED BF, RAW	276	21	209	57	0	0	15

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**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13332	BEEF,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	271	15	262	60	0	0	27
13331	BEEF,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	235	16	205	67	0	0	16
13334	BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	145	3	347	57	0	0	25
13333	BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	105	2	263	85	0	0	18
13335	BEEF,VAR MEATS&BY-PRODUCTS,SUET,RAW	854	87	68	7	0	0	2
13338	BEEF,VAR MEATS&BY-PRODUCTS,THYMUS,CKD,BRSD	319	22	294	116	0	0	22
13337	BEEF,VAR MEATS&BY-PRODUCTS,THYMUS,RAW	236	18	223	96	0	0	12
13340	BEEF,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,SIMMRD	284	19	132	65	0	0	19
13339	BEEF,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	224	15	87	69	4	0	15
13341	BEEF,VAR MEATS&BY-PRODUCTS,TRIPE,RAW	85	3	122	97	0	0	12
07931	BEERWURST PORK & BF	276	21	62	732	4	1	14
07003	BEERWURST,BEER SALAMI,PORK	238	18	59	1240	2	0	14
07002	BEERWURST,BEER SALAMI,PORK & BF	277	21	62	732	4	1	14
11086	BEET GREENS,RAW	22	0	0	226	4	4	2
11736	BEET GRNS,CKD,BLD,DRND,W/SALT	27	0	0	477	5	3	3
11087	BEET GRNS,CKD,BLD,DRND,WO/SALT	27	0	0	241	5	3	3
11081	BEETS,CKD,BLD,DRND	44	0	0	77	10	2	2
11734	BEETS,CKD,BOILED. DRND,W/SALT	44	0	0	285	10	2	2
11084	BEETS,CND,DRND SOL	31	0	0	194	7	2	1
11735	BEETS,CND,NO SALT,SOL&LIQUIDS	28	0	0	21	7	1	1
11082	BEETS,CND,REG PK,SOL&LIQUIDS	30	0	0	143	7	1	1
11605	BEETS,HARVARD,CND,SOL&LIQUIDS	73	0	0	162	18	3	1
11609	BEETS,PICKLED,CND,SOL&LIQUIDS	65	0	0	264	16	3	1
11080	BEETS,RAW	43	0	0	78	10	3	2
18603	BEST FOODS,BROWNBERRY SAGE&ONION STUFFING MIX,DRY	381	4		1680	71	5	13
18639	BEST FOODS,THOMAS' ENG MUFFINS,PLN	231	6		369	46		9
22700	BETTY CROCKER,HAMBURGER HELPER,CHEESEBURGER MACARONI,DRY MIX	395	3	9	2030	64		11

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

43205	BEVERAGE,INST BRKFST PDR,CHOC,NOT RECON	353	1	12	385	66	0	20
43260	BEVERAGE,INST BRKFST PDR,CHOC,SUGAR-FREE,NOT RECON	358	4	44	717	41	2	36
43078	BEVERAGE,MILKSHAKE MIX,DRY,NOT CHOC	328	2	14	780	53	2	24
13953	BF,BTTM SRLOIN,TRI-TIP RST,LN & FAT,0" FAT,ALL GRDS,CKD,RSTD	208	10	84	53	0	0	26
13567	BF,CHK CLOD,SHDR TNRD,MEDALLION,LN,0" FAT,CHOIC,CKD,GRILLED	181	6	76	60	0	0	26
23065	BF,CHK, CLOD,SHLDR TENDER,MED,LN & FAT,0" FAT,SE,CKD,GRILLED	172	5	80	58	0	0	26
23040	BF,CHK, CLOD, TOP & CNTR,STK,LN & FAT,0" FAT,SEL,CKD,GRLD	176	5	77	62	0	0	27
23054	BF,CHK,CLD,SHDR TNRD,MED,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	177	6	78	59	0	0	26
23053	BF,CHK,CLD,SHLDR TNRD,MEDALLION,LN & FAT,0" FAT,ALL GRDS,RAW	144	5	57	58	0	0	21
23058	BF,CHK,CLD, TOP & CNTR ,STK,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	182	6	76	60	0	0	26
23035	BF,CHK,CLOD,SHDR TNRD,MED,LN & FAT,0" FAT,CH,CKD,GRILLED	181	6	76	60	0	0	26
23019	BF,CHK,CLOD,SHDR TNRD,MED,LN,0" FAT,ALL GRDS,CKD,GRILLED	177	6	78	59	0	0	26
23034	BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN & FAT,0" FAT,CHOIC,RAW	145	5	56	59	0	0	21
23036	BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN & FAT,0" FAT,SEL,RAW	142	4	58	60	0	0	21
23018	BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN,0" FAT,ALL GRDS,RAW	144	5	57	58	0	0	21
13569	BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN,0" FAT,SEL,CKD,GRILLED	171	5	80	58	0	0	26
23042	BF,CHK,CLOD, TOP BLADE,STEAK,LN & FAT,0" FAT,CH,CKD,GRILLED	228	12	83	78	0	0	25
23044	BF,CHK,CLOD, TOP BLADE,STEAK,LN & FAT,0" FAT,SEL,CKD,GRILLED	212	10	83	76	0	0	25
23025	BF,CHK,CLOD, TOP BLADE,STEAK,LN,0" FAT,ALL GRDS,CKD,GRILLED	222	11	83	77	0	0	25
13994	BF,CHK,CLOD, TOP BLADE,STEAK,LN,0" FAT,CHOIC,CKD,GRILLED	228	12	83	78	0	0	25
23038	BF,CHK,SHLDR CLOD, TOP & CNTR,STK,LN & FAT,0" FAT,CH,CKD,GRLD	184	7	74	59	0	0	26
23041	BF,CHK,SHLDR CLOD, TOP BLADE,STEAK,LN & FAT,0" FAT,CHOIC,RAW	182	9	65	74	0	0	19
13996	BF,CHK,SHLDR CLOD, TOP BLADE,STEAK,LN,0" FAT,SEL,CKD,GRILLED	212	10	83	76	0	0	25
23057	BF,CHUCK,CLOD, TOP & CNTR,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	141	5	57	60	0	0	21
23023	BF,CHUCK,CLOD, TOP & CNTR,STK,LN,0" FAT,ALL GRDS,CKD,GRLD	182	6	76	60	0	0	26
23060	BF,CHUCK,CLOD, TOP BLADE,STK,LN & FAT,0" FAT,ALL,CKD,GRLD	222	11	83	77	0	0	25
23039	BF,CHUCK,SHLDR CLOD, TOP & CNTR,STK,LN & FAT,0" FAT,SEL,RAW	140	4	58	58	0	0	21

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

13566	BF,CHUCK,SHLDR CLOD,SHLDR TENDER,MEDALLION,LN,0" FAT,CH,RAW	145	5	56	59	0	0	21
13568	BF,CHUCK,SHLDR CLOD,SHLDR TENDER,MEDALLION,LN,0" FAT,SEL,RAW	142	4	58	60	0	0	21
13988	BF,CHUCK,SHLDR CLOD, TOP & CNTR ,STEAK,LN,0" FAT,CHOIC,STEAK	142	6	57	61	0	0	20
13991	BF,CHUCK,SHLDR CLOD, TOP & CNTR ,STK,LN,0" FAT,SEL,CKD,GRLD	176	5	77	62	0	0	27
23022	BF,CHUCK,SHLDR CLOD, TOP & CNTR,STEAK,LN,0" FAT,ALL GRDS,RAW	141	5	57	60	0	0	21
13990	BF,CHUCK,SHLDR CLOD, TOP & CNTR,STEAK,LN,0" FAT,SEL,RAW	140	4	58	58	0	0	21
13989	BF,CHUCK,SHLDR CLOD, TOP & CNTR,STK,LN,0" FAT,CHOIC,CKD,GRLD	184	7	74	59	0	0	26
23043	BF,CHUCK,SHLDR CLOD, TOP BLADE,STEAK,LN & FAT,0" FAT,SEL,RAW	166	8	66	75	0	0	19
13985	BF,LOIN,BTTM SIRLOIN BUTT, TRI-TIP,LN,0" FAT,ALL GRD,CKD,RSTD	182	8	71	55	0	0	27
13096	BF,RIB,EYE,SML END (RIB 10-12),LN & FT,0" FAT,CHOIC,CKD,BRLD	265	14	126	53	0	0	27
23056	BF,RND,KNUCK,TIP SIDE,STK,LN & FAT,0" FAT,ALL GRDS,CKD,GRLD	168	4	80	54	0	0	29
23048	BF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,SE,CKD,GRILLED	162	5	74	53	0	0	27
23027	BF,RND,KNUCKLE,TIP CNTR,STEAK,LN,0" FAT,ALL GRDS,CKD,GRILLED	177	6	77	52	0	0	27
23062	BF,RND,KNUCKLE,TIP CNTR,STK,LN & FAT,0" FAT,ALL,CKD,GRLD	177	6	77	52	0	0	27
23046	BF,RND,KNUCKLE,TIP CNTR,STK,LN & FAT,0" FAT,CHOIC,CKD,GRLD	188	6	75	51	0	0	27
23031	BF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,CH,CKD,GRILLED	174	5	82	55	0	0	29
23033	BF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,SE,CKD,GRILLED	160	3	78	52	0	0	29
23021	BF,RND,KNUCKLE,TIP SIDE,STEAK,LN,0" FAT,ALL GRDS,CKD,GRILLED	168	4	80	54	0	0	29
23052	BF,RND,OUT RND,BTTM RND,STEAK,LN & FAT,0" FAT,SE,CKD,GRILLED	166	4	75	60	0	0	28
23029	BF,RND,OUT RND,BTTM RND,STEAK,LN,0" FAT,ALL GRDS,CKD,GRILLED	182	6	77	58	0	0	28
23064	BF,RND,OUT RND,BTTM RND,STK,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	182	6	77	58	0	0	28
23050	BF,RND,OUT RND,BTTM RND,STK,LN & FAT,0" FAT,CH,CKD,GRILLED	191	7	78	57	0	0	27
23063	BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,ALL,RAW	142	5	61	62	0	0	22
23049	BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,CHOIC,RAW	150	6	61	63	0	0	21
23028	BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN,0" FAT,ALL GRDS,STK,RAW	142	5	61	62	0	0	22
23015	BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN,0" FAT,CH,CKD,GRILLED	191	7	78	57	0	0	27
23016	BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN,0" FAT,SEL,CKD,GRILLED	166	4	75	60	0	0	28

USDA NO.	FOR MACKIE SCIENTIFIC WEBSITE USER							
	USDA FOOD LIST							
NDB_No	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
		PER 100 GRAMS						
18017	BISCUITS,MXD GRAIN,REFR DOUGH	263	5	0	670	47		6
18009	BISCUITS,PLN OR BTTRMLK,COMMLY BKD	365	16	1	1052	49	1	6
18010	BISCUITS,PLN OR BTTRMLK,DRY MIX	428	15	2	1276	63	2	8
18011	BISCUITS,PLN OR BTTRMLK,DRY MIX,PREP	335	11	4	955	48	2	7
18016	BISCUITS,PLN OR BTTRMLK,PREP FROM RECIPE	353	15	3	580	45	2	7
18014	BISCUITS,PLN OR BTTRMLK,REFR DOUGH,HIGHER FAT	318	13	0	1106	44	2	6
18015	BISCUITS,PLN OR BTTRMLK,REFR DOUGH,HIGHER FAT,BKD	349	14	0	1202	48	2	7
18012	BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT	257	4	0	1248	48	2	7
18013	BISCUITS,PLN OR BTTRMLK,REFR DOUGH,LOWER FAT,BKD	300	5	0	1451	55	2	8
09046	BLACKBERRIES,CND,HVY SYRUP,SOL&LIQUIDS	92	0	0	3	23	3	1
09048	BLACKBERRIES,FRZ,UNSWTND	64	0	0	1	16	5	1
09042	BLACKBERRIES,RAW	43	0	0	1	10	5	1
35015	BLACKBERRIES,RAW (ALASKA NATIVE)	55	0		1	11		1
09043	BLACKBERRY JUC,CND	38	0	0	1	8	0	0
07005	BLOOD SAUSAGE	379	33	120	680	1	0	15
09052	BLUEBERRIES,CND,HVY SYRUP,SOL&LIQUIDS	88	0	0	3	22	2	1
35017	BLUEBERRIES,FRZ (ALASKA NATIVE)	44	0			10		1
09055	BLUEBERRIES,FRZ,SWTND	81	0	0	1	22	2	0
09054	BLUEBERRIES,FRZ,UNSWTND	51	0	0	1	12	3	0
09050	BLUEBERRIES,RAW	57	0	0	1	14	2	1
15189	BLUEFISH,COOKED,DRY HEAT	159	5	76	77	0	0	26
15005	BLUEFISH,RAW	124	4	59	60	0	0	20
07006	BOCKWURST PORK VEAL RAW	278	26	93	497	1	0	11
07937	BOLOGNA PORK TURKEY & BF	333	27	75	1055	7	0	12
07936	BOLOGNA PORK & TURKEY LITE	211	16	79	716	3	0	13
07011	BOLOGNA TURKEY	209	15	75	1252	5	1	11
42161	BOLOGNA,BEEF,LOW FAT	204	12	44	1180	5	0	12

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

07007	BOLOGNA,BF	314	24	56	1080	4	0	10
07008	BOLOGNA,BF & PORK	308	21	60	736	5	0	15
42129	BOLOGNA,BF&PORK,LOFAT	230	18	39	1108	3	0	12
07960	BOLOGNA,CHICK,PORK	334	27	87	1240	4	0	10
07959	BOLOGNA,CHICK,PORK,BF	272	20	83	1120	6	0	11
07952	BOLOGNA,CHICK,TURKEY,PORK	300	23	80	922	6	0	10
07010	BOLOGNA,PORK	247	19	59	1184	1	0	15
11737	BORAGE,CKD,BLD,DRND,W/SALT	25	1	0	324	4		2
11614	BORAGE,CKD,BLD,DRND,WO/SALT	25	1	0	88	4		2
11613	BORAGE,RAW	21	0	0	80	3		2
09056	BOYSENBERRIES,CND,HVY SYRUP	88	0	0	3	22	3	1
09057	BOYSENBERRIES,FRZ,UNSWTND	50	0	0	1	12	5	1
07922	BRATWURST BF & PORK SMOKED	297	16	78	848	2	0	12
07924	BRATWURST PORK BF & TURKEY LITE SMOKED	186	8	56	982	2	0	14
07910	BRATWURST VEAL CKD	341	30	79	60	0	0	14
07923	BRATWURST,CHICK,CKD	176	17	71	72	0	0	19
07013	BRATWURST,PORK,CKD	333	27	74	846	3	0	14
07014	BRAUNSCHWEIGER (A LIVER SAUSAGE),PORK	327	25	180	1160	3	0	15
12078	BRAZILNUTS,DRIED,UNBLANCHED	656	60	0	3	12	8	14
18079	BREAD CRUMBS,DRY,GRATED,PLN	395	4	0	732	72	5	13
18376	BREAD CRUMBS,DRY,GRATED,SEASONED	383	5	1	1759	68	5	14
18080	BREAD STICKS,PLAIN	412	9	0	657	68	3	12
18081	BREAD STUFFING,BREAD,DRY MIX	386	3	1	1590	76	3	11
18082	BREAD STUFFING,BREAD,DRY MIX,PREP	178	8	0	543	22	3	3
18084	BREAD STUFFING,CORNBREAD,DRY MIX	389	4	0	1283	77	14	10
18085	BREAD STUFFING,CORNBREAD,DRY MIX,PREP	179	8	0	455	22	3	3
18019	BREAD,BANANA,PREP FROM RECIPE,MADE W/MARGARINE	326	10	43	302	55	1	4

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

18021	BREAD,BOSTON BROWN,CANNED	195	1	1	631	43	5	5
18022	BREAD,CORNBREAD,DRY MIX,ENR (INCL CORN MUFFIN MIX)	418	11	2	1111	70	7	7
18023	BREAD,CORNBREAD,DRY MIX,PREP	314	9	61	778	48	2	7
18412	BREAD,CORNBREAD,DRY MIX,UNENR (INCL CORN MUFFIN MIX)	418	11	2	1111	70	7	7
18024	BREAD,CORNBREAD,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	266	7	40	658	44		7
18025	BREAD,CRACKED-WHEAT	260	4	0	538	50	6	9
18027	BREAD,EGG	283	5	51	492	48	2	10
18028	BREAD,EGG,TOASTED	315	6	56	540	53	3	11
18029	BREAD,FRENCH OR VIENNA (INCL SOURDOUGH)	274	3	0	609	52	3	9
18030	BREAD,FRENCH OR VIENNA,TSTD (INCL SOURDOUGH)	298	3	0	661	56	3	10
35142	BREAD,INDIAN,FRY,MADE W/ LARD (NAVAJO)	330	10	7	329	48		7
18032	BREAD,IRISH SODA,PREP FROM RECIPE	290	5	18	398	56	3	7
18033	BREAD,ITALIAN	271	3	0	584	50	3	9
35140	BREAD,KNEEL DOWN (NAVAJO)	195	2		126	39		4
18035	BREAD,MIXED-GRAIN (INCL WHOLE-GRAIN,7-GRAIN)	251	3	0	487	46	6	10
18036	BREAD,MIXED-GRAIN,TSTD (INCL WHOLE-GRAIN,7-GRAIN)	272	4	0	530	50	7	11
18037	BREAD,OAT BRAN	236	4	0	407	40	5	10
18038	BREAD,OAT BRAN,TOASTED	259	4	0	448	44	5	11
18039	BREAD,OATMEAL	269	4	0	599	49	4	8
18040	BREAD,OATMEAL,TOASTED	292	4	0	651	53	4	9
18041	BREAD,PITA,WHITE,ENRICHED	275	1	0	536	56	2	9
18413	BREAD,PITA,WHITE,UNENR	275	1	0	536	56	2	9
18042	BREAD,PITA,WHOLE-WHEAT	266	2	0	532	55	7	10
18043	BREAD,PROT (INCL GLUTEN)	245	2	0	547	44	3	12
18383	BREAD,PROT,TSTD (INCL GLUTEN)	270	2	0	601	48	3	13
18044	BREAD,PUMPERNICKEL	250	3	0	671	48	7	9
18045	BREAD,PUMPERNICKEL,TSTD	275	3	0	738	52	7	10

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

CAL

FAT

CHOL

SODIUM

CARB

FIBER

PROT

NDB\_No

**PER 100 GRAMS**

18047	BREAD,RAISIN,ENRICHED	274	4	0	390	52	4	8
18048	BREAD,RAISIN,TSTD,ENR	297	4	0	424	57	5	9
18414	BREAD,RAISIN,UNENRICHED	274	4	0	390	52	4	8
18049	BREAD,RED-CAL,OAT BRAN	201	3	0	351	41	12	8
18050	BREAD,RED-CAL,OAT BRAN,TSTD	239	3	0	418	49	14	10
18051	BREAD,RED-CAL,OATMEAL	210	3	0	388	43		8
18055	BREAD,RED-CAL,WHEAT	198	2	0	511	44	12	9
18057	BREAD,RED-CAL,WHITE	207	2	0	453	44	10	9
18053	BREAD,REDUCED-CALORIE,RYE	203	2	0	405	41	12	9
18059	BREAD,RICE BRAN	243	4	0	440	44	5	9
18384	BREAD,RICE BRAN,TOASTED	264	4	0	478	47	5	10
18060	BREAD,RYE	259	3	0	660	48	6	9
18061	BREAD,RYE,TOASTED	284	3	0	725	53	6	9
18064	BREAD,WHEAT (INCL WHEAT BERRY)	260	4	0	530	47	4	9
18066	BREAD,WHEAT BRAN	248	3	0	486	48	4	9
18068	BREAD,WHEAT GERM	261	3	0	553	48	2	10
18385	BREAD,WHEAT GERM,TOASTED	293	3	1	621	54	2	11
18065	BREAD,WHEAT,TSTD (INCL WHEAT BERRY)	282	4	0	576	51	5	10
18069	BREAD,WHITE,COMMLY PREP (INCL SOFT BREAD CRUMBS)	266	3	0	681	51	2	8
18416	BREAD,WHITE,COMMLY PREP,LO NA NO SALT	267	3	1	27	50	2	8
18070	BREAD,WHITE,COMMLY PREP,TSTD	293	3	1	592	54	3	9
18432	BREAD,WHITE,COMMLY PREP,TSTD,LO NA NO SALT	293	3	1	30	54		9
18073	BREAD,WHITE,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	285	5	3	359	50	2	8
18071	BREAD,WHITE,PREP FROM RECIPE,MADE W/NONFAT DRY MILK	274	2	0	336	54	2	8
18075	BREAD,WHOLE-WHEAT,COMMLY PREP	246	4	0	527	46	7	10
18076	BREAD,WHOLE-WHEAT,COMMLY PREP,TSTD	277	4	0	592	52	7	11
18077	BREAD,WHOLE-WHEAT,PREP FROM RECIPE	278	5	0	346	51	6	8

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

18078	BREAD,WHOLE-WHEAT,PREP FROM RECIPE,TSTD	305	5	0	381	56	7	9
12003	BREADFRUIT SEEDS,BOILED	168	2	0	23	32	5	5
12001	BREADFRUIT SEEDS,RAW	191	5	0	25	29	5	7
12158	BREADFRUIT SEEDS,ROASTED	207	3	0	28	40	6	6
09059	BREADFRUIT,RAW	103	0	0	2	27	5	1
12005	BREADNUTTREE SEEDS,DRIED	367	2	0	53	79	15	9
12004	BREADNUTTREE SEEDS,RAW	217	1	0	31	46		6
43595	BREAKFAST BAR,CORN FLAKE CRUST W/FRUIT	377	7	0	167	73	2	4
43100	BREAKFAST BARS,OATS,SUGAR,RAISINS,COCNT (INCL GRANOLA BAR)	464	16	0	278	67	3	10
22679	BREAKFAST BURRITO,HAM&CHS FLAVOR,FRZ ENTREE	214	6	194	409	28	1	10
21005	BREAKFAST ITEMS,BISCUIT W/EGG&SAUSAGE	323	20	168	634	23	1	11
21006	BREAKFAST ITEMS,BISCUIT W/EGG&STEAK	277	18	184	600	14		12
21023	BREAKFAST ITEMS,FRENCH TOAST W/BUTTER	264	13	86	380	27		8
18459	BREAKFAST TART,LOFAT	372	6	0	252	77	2	4
16052	BROADBEANS (FAVA BEANS),MATURE SEEDS,RAW	341	1	0	13	58	25	26
16353	BROADBEANS (FAVA BNS),MATURE SEEDS,CKD,BLD,W/SALT	110	0	0	241	20	5	8
16053	BROADBEANS (FAVA BNS),MATURE SEEDS,CKD,BLD,WO/SALT	110	0	0	5	20	5	8
16054	BROADBEANS (FAVA BNS),MATURE SEEDS,CND	71	0	0	453	12	4	5
11738	BROADBEANS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	62	0	0	277	10		5
11089	BROADBEANS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	62	0	0	41	10	4	5
11088	BROADBEANS,IMMAT SEEDS,RAW	72	0	0	50	12	4	6
11097	BROCCOLI RAAB,CKD	33	0		56	3	3	4
11096	BROCCOLI RAAB,RAW	22	0		33	3	3	3
11969	BROCCOLI,CHINESE,COOKED	22	0	0	7	4	3	1
11742	BROCCOLI,CKD,BLD,DRND,W/SALT	28	0	0	262	5	3	3
11091	BROCCOLI,CKD,BLD,DRND,WO/SALT	35	0	0	41	7	3	2
11740	BROCCOLI,FLOWER CLUSTERS,RAW	28	0	0	27	5		3

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11743	BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	28	0	0	260	5	3	3
11093	BROCCOLI,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	28	0	0	11	5	3	3
11092	BROCCOLI,FRZ,CHOPD,UNPREP	26	0	0	24	5	3	3
11744	BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,W/SALT	28	0	0	260	5	3	3
11095	BROCCOLI,FRZ,SPEARS,CKD,BLD,DRND,WO/SALT	28	0	0	24	5	3	3
11094	BROCCOLI,FRZ,SPEARS,UNPREP	29	0	0	17	5	3	3
11739	BROCCOLI,LEAVES,RAW	28	0	0	27	5		3
11090	BROCCOLI,RAW	34	0	0	33	7	3	3
11741	BROCCOLI,STALKS,RAW	28	0	0	27	5		3
07015	BROTWURST,PORK,BF,LINK	323	26	63	1112	3	0	14
11745	BRUSSELS SPROUTS,CKD,BLD,DRND,W/SALT	41	0	0	257	9	3	3
11099	BRUSSELS SPROUTS,CKD,BLD,DRND,WO/SALT	36	0	0	21	7	3	3
11746	BRUSSELS SPROUTS,FRZ,CKD,BLD,DRND,W/SALT	42	0	0	15	8	4	4
11101	BRUSSELS SPROUTS,FRZ,CKD,BLD,DRND,WO/SALT	42	0	0	15	8	4	4
11100	BRUSSELS SPROUTS,FRZ,UNPREP	41	0	0	10	8	4	4
11098	BRUSSELS SPROUTS,RAW	43	0	0	25	9	4	3
20008	BUCKWHEAT	343	3	0	1	72	10	13
20011	BUCKWHEAT FLR,WHOLE-GROAT	335	3	0	11	71	10	13
20010	BUCKWHEAT GROATS,RSTD,CKD	92	1	0	4	20	3	3
20009	BUCKWHEAT GROATS,RSTD,DRY	346	2	0	11	75	10	12
22617	BUDGET GOURMET LT FR REC CHCK;VEG,CHCK&POT,WINE SAU,FRZ ENTR	70	2	10	339	4	2	9
22616	BUDGET GOURMET LT&HLTHY BF SRLN SALS STK,RED POT&VEG,FRZ ML	84	2	14	159	11	2	6
22683	BUDGET GOURMET LT&HLTHY TERYAKI CHICK,ORNTL STY VEG,FRZ ENTR	102	1	8	217	17	1	6
20013	BULGUR,COOKED	83	0	0	5	19	5	3
20012	BULGUR,DRY	342	1	0	17	76	18	12
15190	BURBOT,COOKED,DRY HEAT	115	1	77	124	0	0	25
15006	BURBOT,RAW	90	1	60	97	0	0	19

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11747	BURDOCK ROOT,CKD,BLD,DRND,W/SALT	88	0	0	240	21	2	2
11105	BURDOCK ROOT,CKD,BLD,DRND,WO/SALT	88	0	0	4	21	2	2
11104	BURDOCK ROOT,RAW	72	0	0	5	17	3	2
07269	BUTCHER BOY MEATS,INC.,TURKEY FRANKS	239	16	104	1162	5	0	13
01003	BUTTER OIL,ANHYDROUS	876	94	256	2	0	0	0
43214	BUTTER REPLCMNT,WO/FAT,PDR	373	1	2	1200	89	0	2
42307	BUTTER-MARGARINE BLEND,STK,UNSALTED	718	77	88	28	1	0	1
04601	BUTTER,LT,STK,W/SALT	499	52	106	450	0	0	3
04602	BUTTER,LT,STK,WO/SALT	499	52	106	36	0	0	3
01002	BUTTER,WHIPPED,WITH SALT	717	77	219	827	0	0	1
01001	BUTTER,WITH SALT	717	75	215	576	0	0	1
01145	BUTTER,WITHOUT SALT	717	75	215	11	0	0	1
11106	BUTTERBUR,(FUKI),RAW	14	0	0	7	4		0
11108	BUTTERBUR,CANNED	3	0	0	4	0		0
11748	BUTTERBUR,CKD,BLD,DRND,W/SALT	8	0	0	240	2		0
11107	BUTTERBUR,CKD,BLD,DRND,WO/SALT	8	0	0	4	2		0
15191	BUTTERFISH,CKD,DRY HEAT	187	0	83	114	0	0	22
15007	BUTTERFISH,RAW	146	7	65	89	0	0	17
12084	BUTTERNUTS,DRIED	612	54	0	1	12	5	25
11754	CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,W/SALT	12	0	0	270	2	1	2
11117	CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,WO/SALT	12	0	0	34	2	1	2
11116	CABBAGE,CHINESE (PAK-CHOI),RAW	13	0	0	65	2	1	2
11755	CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,W/SALT	14	0	0	245	2	2	2
11120	CABBAGE,CHINESE (PE-TSAI),CKD,BLD,DRND,WO/SALT	14	0	0	9	2	2	2
11119	CABBAGE,CHINESE (PE-TSAI),RAW	16	0	0	9	3	1	1
11110	CABBAGE,CKD,BLD,DRND,WO/SALT	22	0	0	8	4	2	1
11750	CABBAGE,COMMON (DANISH,DOMESTIC,&POINTED TYPES),STORED,RAW	24	0	0	18	5	2	1

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11751	CABBAGE,COMMON,CKD,BLD,DRND,W/SALT	22	0	0	255	4	2	1
11749	CABBAGE,COMMON,FRESHLY HARVEST,RAW	24	0	0	18	5	2	1
43143	CABBAGE,JAPANESE STYLE,FRSH,PICKLED	30	0	0	277	6	3	2
43144	CABBAGE,MUSTARD,SALTED	28	0	0	717	6	3	1
11970	CABBAGE,NAPA,COOKED	12	0	0	11	2		1
11109	CABBAGE,RAW	24	0	0	18	6	2	1
11752	CABBAGE,RED,CKD,BLD,DRND,W/SALT	29	0	0	28	7	3	2
11113	CABBAGE,RED,CKD,BLD,DRND,WO/SALT	29	0	0	8	7	3	2
11112	CABBAGE,RED,RAW	31	0	0	27	7	2	1
11753	CABBAGE,SAVOY,CKD,BLD,DRND,W/SALT	24	0	0	260	5	3	2
11115	CABBAGE,SAVOY,CKD,BLD,DRND,WO/SALT	24	0	0	24	5	3	2
11114	CABBAGE,SAVOY,RAW	27	0	0	28	6	3	2
18086	CAKE,ANGELFOOD,COMMLY PREP	258	1	0	749	58	2	6
18087	CAKE,ANGELFOOD,DRY MIX	373	0	0	737	85	0	9
18088	CAKE,ANGELFOOD,DRY MIX,PREP	257	0	0	509	59	0	6
18602	CAKE,BETTY CROCKER,SUPERMOIST PARTY CAKE SWIRL,DRY MIX	414	2		618	83		4
18090	CAKE,BOSTON CRM PIE,COMMLY PREP	252	8	37	144	43	1	2
18092	CAKE,CARROT,DRY MIX,PUDDING-TYPE	415	9	0	567	79		5
18095	CAKE,CHERRY FUDGE W/CHOC FRSTNG	264	12	42	225	38	1	2
18096	CAKE,CHOC,COMMLY PREP W/CHOC FRSTNG	367	15	42	334	55	3	4
18097	CAKE,CHOC,DRY MIX,PUDDING-TYPE	396	9	0	893	79	4	5
18099	CAKE,CHOC,DRY MIX,REG	428	15	0	825	73	2	6
18101	CAKE,CHOC,PREP FROM RECIPE WO/FRSTNG	358	14	58	315	53	2	5
18110	CAKE,FRUITCAKE,COMMLY PREP	324	9	5	270	62	4	3
18112	CAKE,GERMAN CHOC,DRY MIX,PUDDING-TYPE	401	9	0	643	80	4	4
18114	CAKE,GINGERBREAD,DRY MIX	437	13	0	657	75	2	4
18116	CAKE,GINGERBREAD,PREP FROM RECIPE	356	15	32	327	49		4

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18117	CAKE,MARBLE,DRY MIX,PUDDING-TYPE	416	11	0	519	79	3	3
18119	CAKE,PNAPPL UPSIDE-DOWN,PREP FROM RECIPE	319	11	22	319	51	1	4
18120	CAKE,POUND,COMMLY PREP,BUTTER	388	19	221	398	49	1	6
18451	CAKE,POUND,COMMLY PREP,FAT-FREE	283	1	0	341	61	1	5
18121	CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,ENR	389	17	58	400	53	1	5
18418	CAKE,POUND,COMMLY PREP,OTHER THAN ALL BUTTER,UNENR	389	17	58	400	53	1	5
18126	CAKE,SHORTCAKE,BISCUIT-TYPE,PREP FROM RECIPE	346	13	3	506	49		6
18127	CAKE,SNACK CAKES,CREME-FILLED,CHOC W/FRSTNG	376	14	17	425	60	1	3
18128	CAKE,SNACK CAKES,CREME-FILLED,SPONGE	364	10	16	365	64	0	3
18452	CAKE,SNACK CAKES,CUPCAKES,CHOC,W/FRSTNG,LOW-FAT	305	3	0	413	67	4	4
18133	CAKE,SPONGE,COMMLY PREP	289	2	102	244	61	1	5
18134	CAKE,SPONGE,PREP FROM RECIPE	297	4	170	228	58		7
18135	CAKE,WHITE,DRY MIX,PUDDING-TYPE,ENR	423	9	0	665	81	1	4
18419	CAKE,WHITE,DRY MIX,PUDDING-TYPE,UNENR	423	9	0	665	81	1	4
18137	CAKE,WHITE,DRY MIX,REG	426	10	0	664	78	1	5
18131	CAKE,WHITE,DRY MIX,SPL DIETARY (INCL LEMON-FLAVORED)	397	8	0	260	80		3
18102	CAKE,WHITE,PREP FROM RECIPE W/COCNT FRSTNG	356	10	1	284	63	1	4
18139	CAKE,WHITE,PREP FROM RECIPE WO/FRSTNG	357	12	2	327	57	1	5
18140	CAKE,YEL,COMMLY PREP,W/CHOC FRSTNG	379	16	55	337	55	2	4
18141	CAKE,YEL,COMMLY PREP,W/VANILLA FRSTNG	373	14	55	344	59	0	4
18142	CAKE,YEL,DRY MIX,PUDDING-TYPE	423	9	0	687	80	1	4
18144	CAKE,YEL,DRY MIX,REG,ENR	432	11	2	657	78	1	4
18420	CAKE,YEL,DRY MIX,REG,UNENR	432	11	2	657	78	1	4
18146	CAKE,YEL,PREP FROM RECIPE WO/FRSTNG	361	14	54	343	53	1	5
18453	CAKE,YELLOW,DRY MIX,LIGHT	404	5	0	604	84	1	5
18604	CAMPIONE D'ITALIA FOODS,CAMPIONE GARLIC BREAD,FRZ	362	3		550	44	5	9
09426	CANDIED FRUIT	321	0	0	98	83	2	0

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19098	CANDIES,5TH AVENUE CANDY BAR	482	21	6	225	63	3	9
19248	CANDIES,ALMOND JOY BITES	545	31	11	39	57	4	6
19065	CANDIES,ALMOND JOY CANDY BAR	479	24	4	142	60	5	4
19070	CANDIES,BUTTERSCOTCH	391	3	9	391	90	0	0
19075	CANDIES,CARAMELLO CANDY BAR	462	19	27	122	64	1	6
19074	CANDIES,CARAMELS	382	7	7	245	77	0	5
19076	CANDIES,CARAMELS,CHOCOLATE-FLAVOR ROLL	387	3	2	44	88	0	2
19071	CANDIES,CAROB	540	30	3	107	56	4	8
43031	CANDIES,CHOC COVERED,CARAMEL W/NUTS	470	20	0	24	61	4	10
43059	CANDIES,CHOC COVERED,DIETETIC OR LO CAL	575	37	21	109	43	4	13
19085	CANDIES,CONFECTIONER'S COATING,BUTTERSCOTCH	539	27	0	89	67	0	2
19086	CANDIES,CONFECTIONER'S COATING,PNUT BUTTER	530	28	0	250	47	5	18
19079	CANDIES,CONFECTIONER'S COATING,YOGURT	522	25	1	88	64	0	6
19268	CANDIES,DK CHOC COATD COFFEE BNS	540	15	13	25	60	8	8
19179	CANDIES,E.J. BRACH'S,BRACH'S STAR BRITES PEPPERMINT MINTS	393	0	0	40	98	0	0
19099	CANDIES,FONDANT,PREPARED-FROM-RECIPE	374	0	0	16	93	0	0
19301	CANDIES,FUDGE,CHOC MARSHMLLW,W/ NUTS,PREPARED-BY-RECIPE	472	20	23	97	67	2	3
19100	CANDIES,FUDGE,CHOC,PREPARED-FROM-RECIPE	411	9	14	47	76	2	2
19101	CANDIES,FUDGE,CHOC,W/ NUTS,PREPARED-FROM-RECIPE	461	17	12	41	68	3	4
19104	CANDIES,FUDGE,VANILLA W/ NUTS	435	12	13	46	75	1	3
19103	CANDIES,FUDGE,VANILLA,PREPARED-FROM-RECIPE	384	4	15	51	82	0	1
43057	CANDIES,GUM DROPS,DIETETIC OR LO CAL (SORBITOL)	162	0	0	7	88	18	0
19106	CANDIES,GUMDROPS,STARCH JELLY PIECES	396	0	0	44	99	0	0
19117	CANDIES,HALAVAH,PLAIN	469	21	0	195	60	5	12
19107	CANDIES,HARD	394	0	0	38	98	0	0
43058	CANDIES,HARD,DIETETIC OR LO CAL (SORBITOL)	375	0	0	0	93	0	0
19243	CANDIES,HEATH BITES	530	27	19	245	63	2	4

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19253	CANDIES,HERSHEY,CRISPY RICE SNACKS Pnut BUTTER	443	14	3	406	71	2	6
19250	CANDIES,HERSHEY,KIT KAT BIG KAT BAR	520	23	9	64	64	2	6
19084	CANDIES,HERSHEY'S GOLDEN ALMOND SOLITAIRES	570	15	13	52	47	4	12
19236	CANDIES,HERSHEY'S MILK CHOC W/ ALMOND BITES	550	34	19	74	51	4	10
19130	CANDIES,HERSHEY'S POT OF GOLD ALMOND BAR	577	17	13	64	46	4	13
19108	CANDIES,JELLYBEANS	375	0	0	50	94	0	0
19237	CANDIES,KIT KAT BITES	511	22	8	67	65	2	7
19109	CANDIES,KIT KAT WAFER BAR	518	25	11	54	65	1	7
19110	CANDIES,KRACKEL CHOC BAR	512	23	11	196	64	2	7
19141	CANDIES,M&M MARS,"M&M'S" MILK CHOC CANDIES	492	17	14	61	71	3	4
42227	CANDIES,M&M MARS,"M&M'S"ALMOND CHOC CANDIES	526	26	7	107	61	3	8
19157	CANDIES,M&M MARS,"M&M'S"MINI MILK CHOC CANDIES	498	23	15	68	67	3	5
42148	CANDIES,M&M MARS,"M&M'S"PNUT BUTTER CHOC CANDIES	513	24	13	126	61	3	10
19140	CANDIES,M&M MARS,"M&M'S"PNUT CHOC CANDIES	516	26	9	48	60	3	9
19159	CANDIES,M&M MARS,3 MUSKETEERS BAR	416	11	11	194	77	2	3
19115	CANDIES,M&M MARS,MARS ALMOND BAR	467	22	17	170	63	2	8
19135	CANDIES,M&M MARS,MARS MILKY WAY BAR	423	14	14	240	72	2	5
42196	CANDIES,M&M MARS,MILKY WAY DK BAR	448	15	14	228	72	2	3
19370	CANDIES,M&M MARS,SKITTLES ORIGINAL BITE SIZE CANDIES	405	4	0	16	91	0	0
19155	CANDIES,M&M MARS,SNICKERS BAR	467	18	14	228	65	3	9
19156	CANDIES,M&M MARS,STARBURST FRUIT CHEWS	396	8	0	56	85	0	0
19160	CANDIES,M&M MARS,TWIX CARAMEL COOKIE BARS	499	23	5	193	66	1	5
42183	CANDIES,M&M MARS,TWIX CHOC FUDGE COOKIE BARS	550	32	6	266	56	3	7
19161	CANDIES,M&M MARS,TWIX Pnut BUTTER COOKIE BARS	530	30	5	272	53	3	10
19116	CANDIES,MARSHMALLOWS	318	0	0	80	81	0	2
19120	CANDIES,MILK CHOC	535	28	23	79	59	3	8
19279	CANDIES,MILK CHOC COATD COFFEE BNS	513	19	20	71	62	6	7

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19126	CANDIES,MILK CHOC COATD PNUTS	519	32	9	41	49	5	13
19127	CANDIES,MILK CHOC COATD RAISINS	390	14	3	36	68	4	4
19132	CANDIES,MILK CHOC,W/ALMONDS	526	33	19	74	53	6	9
19134	CANDIES,MILK CHOC,W/RICE CRL	496	25	19	145	63	3	6
19142	CANDIES,MOUNDS CANDY BAR	486	21	2	145	59	4	5
19143	CANDIES,MR. GOODBAR CHOC BAR	538	27	10	41	54	4	10
19144	CANDIES,NESTLE,100 GRAND BAR	447	18	15	200	72	1	3
19153	CANDIES,NESTLE,AFTER EIGHT MINTS	358	13	0	12	77	2	2
19111	CANDIES,NESTLE,BABY RUTH BAR	464	22	2	214	62	2	7
19068	CANDIES,NESTLE,BIT-O'-HONEY CANDY CHEWS	400	8	0	300	81	0	2
19069	CANDIES,NESTLE,BUTTERFINGER BAR	476	10	0	214	72	2	6
19119	CANDIES,NESTLE,CHUNKY BAR	495	28	11	53	57	5	9
19145	CANDIES,NESTLE,CRUNCH BAR&DSSRT TOPPING	522	25	13	133	65	3	6
19158	CANDIES,NESTLE,DEMET'S TURTLES CANDY	485	27	22	94	58	3	6
19105	CANDIES,NESTLE,GOOBERS CHOC COVERED PNUTS	513	32	9	41	49	6	14
19118	CANDIES,NESTLE,OH HENRY! BAR	462	16	9	231	65	2	8
19149	CANDIES,NESTLE,RAISINETS CHOC COVERED RAISINS	412	15	4	36	71	5	5
43046	CANDIES,NOUGAT,W/ ALMONDS	398	2	0	33	92	3	3
19147	CANDIES,PEANUT BAR	522	32	0	156	47	4	16
19148	CANDIES,PNUT BRITTLE,PREPARED-FROM-RECIPE	486	17	12	445	71	3	8
19238	CANDIES,REESE'S BITES	521	27	7	179	55	3	11
19242	CANDIES,REESE'S CRUNCHY COOKIE CUPS	507	25	7	262	60	3	8
19896	CANDIES,REESE'S FAST BREAK,CANDY BAR	495	20	9	321	64	4	9
19239	CANDIES,REESE'S NUTRAGEOUS CANDY BAR	517	30	3	141	53	4	11
19151	CANDIES,REESE'S PIECES CANDY	497	23	0	194	60	3	12
19150	CANDIES,REESE'S PNUT BUTTER CUPS	515	29	6	314	55	4	10
19252	CANDIES,REESE'S,FAST BREAK,MILK CHOC PNT BTR & SFT NUGTS	474	22	4	330	62	3	9

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19249	CANDIES,REESEESTICKS CRISPY WAFERS,PNUT BUTTER,MILK CHOC	521	29	6	264	55	3	10
19152	CANDIES,ROLO CARAMELS IN MILK CHOC	474	17	12	188	68	1	5
19080	CANDIES,SEMISWEET CHOC	479	29	0	11	63	6	4
19701	CANDIES,SEMISWEET CHOC,MADE W/BUTTER	477	28	18	11	63	6	4
19154	CANDIES,SESAME CRUNCH	517	32	0	167	50	8	12
19136	CANDIES,SKOR TOFFEE BAR	535	29	53	317	62	1	3
19866	CANDIES,SOFT FRUIT & NUT SQUARES	390	9	0	131	74	2	2
19164	CANDIES,SPL DK CHOC BAR	531	6	5	6	59	7	6
19858	CANDIES,SUGAR-COATED ALMONDS	472	18	0	13	69	3	10
19081	CANDIES,SWEET CHOCOLATE	505	32	0	16	60	6	4
19083	CANDIES,SWT CHOC COATD FONDANT	366	9	0	26	80	2	2
19282	CANDIES,SWT ESCAPES TRIPLE CHOC WAFER BARS	430	11	0	158	73	4	5
19093	CANDIES,SYMPHONY MILK CHOC BAR	531	27	24	101	58	2	9
19064	CANDIES,TOOTSIE ROLL,CHOCOLATE-FLAVOR ROLL	387	3	2	44	88	0	2
19067	CANDIES,TWIZZLERS CHERRY BITES	338	1	0	261	79	0	3
19092	CANDIES,TWIZZLERS NIBS CHERRY BITS	347	3	0	195	79	1	2
19112	CANDIES,TWIZZLERS STRAWBERRY TWISTS CANDY	350	0	0	287	80	0	3
19162	CANDIES,WHATCHAMACALLIT CANDY BAR	494	22	12	299	63	2	8
19087	CANDIES,WHITE CHOC	539	29	14	90	59	0	6
19180	CANDIES,WILLY WONKA'S EVERLASTING GOBSTOPPERS JAWBREAKERS	369	0		6	92		0
19181	CANDIES,YORK BITES	394	5	1	46	82	2	2
19091	CANDIES,YORK PEPPERMINT PATTIE	384	5	1	28	81	2	2
02054	CAPERS,CANNED	23	1	0	2964	5	3	2
09060	CARAMBOLA,(STARFRUIT),RAW	31	0	0	2	7	3	1
02005	CARAWAY SEED	333	11	0	17	50	38	20
14416	CARB BEV,LO CAL,COLA OR PEP,W/ ASPRT, CAF	2	0	0	8	0	0	0
14151	CARB BEV,LO CAL,OTHR THN COLA OR PEPPER,W/ ASPRT,CONTNS CAFF	0	0	0	6	0	0	0

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14552	CARBONATED BEV,CHOCOLATE-FLAVORED SODA	42	0	0	88	11	0	0
14121	CARBONATED BEV,CLUB SODA	0	0	0	21	0	0	0
14400	CARBONATED BEV,COLA,CONTAINS CAFFEINE	37	0	0	4	10	0	0
14148	CARBONATED BEV,COLA,W/HIGHER CAFFEINE	41	0	0	4	11	0	0
14147	CARBONATED BEV,COLA,WO/CAFFEINE	41	0	0	4	11	0	0
14130	CARBONATED BEV,CRM SODA	51	0	0	12	13	0	0
14136	CARBONATED BEV,GINGER ALE	34	0	0	7	9	0	0
14142	CARBONATED BEV,GRAPE SODA	43	0	0	15	11	0	0
14144	CARBONATED BEV,LEMON-LIME SODA,CONTAINS CAFFEINE	41	0	0	10	10	0	0
14146	CARBONATED BEV,LO CAL,COLA OR PEPPR-TYPE,W/ ASPRT,WO/ CAFFEN	1	0	0	4	0	0	0
14166	CARBONATED BEV,LO CAL,COLA OR PEPR,W/ NA SACC,CONTAINS CAFFN	0	0	0	16	0	0	0
14143	CARBONATED BEV,LO CAL,OTHER THAN COLA OR PEPPER,WO/ CAFFEINE	0	0	0	6	0	0	0
14537	CARBONATED BEV,LOCAL,OTHR THAN COLA OR PEP,W/ NA SAC,WO/ CAF	0	0	0	16	0	0	0
14150	CARBONATED BEV,ORANGE	48	0	0	12	12	0	0
14153	CARBONATED BEV,PEPPER-TYPE,CONTAINS CAFFEINE	41	0	0	10	10	0	0
14149	CARBONATED BEV,RED SUGAR,COLA,CONTAINS CAFFEINE & SWEETENERS	20	0	0	4	5	0	0
14157	CARBONATED BEV,ROOT BEER	41	0	0	13	11	0	0
14145	CARBONATED BEV,SPRITE,LEMON-LIME,WO/ CAFFEINE	40	0	0	9	10	0	0
14155	CARBONATED BEV,TONIC H2O	34	0	0	12	9	0	0
11756	CARDOON,CKD,BLD,DRND,W/SALT	22	0	0	412	5	2	1
11123	CARDOON,CKD,BLD,DRND,WO/SALT	22	0	0	176	5	2	1
11122	CARDOON,RAW	20	0	0	170	5	2	1
35021	CARIBOU,BONE MARROW,RAW (ALASKA NATIVE)	786	0			0		7
35022	CARIBOU,EYE,RAW (ALASKA NATIVE)	326	0			0		11
35023	CARIBOU,LIVER,RAW (ALASKA NATIVE)	122	0			7		15
35025	CARIBOU,TONGUE,RAW (ALASKA NATIVE)	260	0			0		14
09061	CARISSA,(NATAL-PLUM),RAW	62	0	0	3	14		1

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07270	CARL BUDDIG,CKD CORNED BF,CHOPD,PRESSED	142	3	65	1342	1	0	19
07272	CARL BUDDIG,SMOKED SLICED BF	139	3	67	1431	1	0	19
07271	CARL BUDDIG,SMOKED SLICED CHICK,LT&DK MEAT	165	5	53	954	1	0	18
07275	CARL BUDDIG,SMOKED SLICED HAM	163	4	55	1381	1	0	19
07273	CARL BUDDIG,SMOKED SLICED TURKEY,LT&DK MEAT	160	6	57	1096	2	0	18
07274	CARL BUDDIG. CKD SMOKED BF PASTRAMI,CHOPD,PRESSED	141	3	65	1056	1	0	20
16055	CAROB FLOUR	222	1	0	35	89	40	5
14168	CAROB-FLAVOR BEV MIX,PDR	372	0	0	103	93	8	2
14169	CAROB-FLAVOR BEV MIX,PDR,PREP W/ WHL MILK	75	3	10	46	9	0	3
15009	CARP,COOKED,DRY HEAT	162	6	84	63	0	0	23
15008	CARP,RAW	127	5	66	49	0	0	18
11655	CARROT JUICE,CANNED	40	0	0	29	9	1	1
11683	CARROT,DEHYDRATED	341	1	0	275	80	24	8
11960	CARROTS,BABY,RAW	35	0	0	78	8	2	1
11757	CARROTS,CKD,BLD,DRND,W/SALT	35	0	0	302	8	3	1
11125	CARROTS,CKD,BLD,DRND,WO/SALT	35	0	0	58	8	3	1
11759	CARROTS,CND,NO SALT ,DRND SOL	25	0	0	42	6	2	1
11758	CARROTS,CND,NO SALT,SOL&LIQUIDS	23	0	0	34	5	2	1
11128	CARROTS,CND,REG PK,DRND SOL	25	0	0	242	6	2	1
11126	CARROTS,CND,REG PK,SOL&LIQUIDS	23	0	0	240	5	2	1
11130	CARROTS,FROZEN,UNPREPARED	36	0	0	68	8	3	1
11760	CARROTS,FRZ,CKD,BLD,DRND,W/SALT	37	0	0	295	8	3	1
11131	CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	37	0	0	59	8	3	1
11124	CARROTS,RAW	41	0	0	69	10	3	1
12588	CASHEW BUTTER,PLN,W/SALT	587	47	0	614	28	2	18
12088	CASHEW BUTTER,PLN,WO/SALT	587	47	0	15	28	2	18
12585	CASHEW NUTS,DRY RSTD,W/SALT	574	44	0	640	33	3	15

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12085	CASHEW NUTS, DRY RSTD, WO/SALT	574	44	0	16	33	3	15
12586	CASHEW NUTS, OIL RSTD, W/SALT	581	43	0	308	30	3	17
12086	CASHEW NUTS, OIL RSTD, WO/SALT	580	43	0	13	30	3	17
11134	CASSAVA, RAW	160	0	0	14	38	2	1
22693	CASTLEBERRY PREMIUM BF STEW, CND ENTREE	135	7	23	409	8	1	6
15011	CATFISH, CHANNEL, CKD, BREADED&FRIED	229	12	81	280	8	1	18
15235	CATFISH, CHANNEL, FARMED, CKD, DRY HEAT	152	7	64	80	0	0	19
15234	CATFISH, CHANNEL, FARMED, RAW	135	7	47	53	0	0	16
15233	CATFISH, CHANNEL, WILD, CKD, DRY HEAT	105	2	72	50	0	0	18
15010	CATFISH, CHANNEL, WILD, RAW	95	2	58	43	0	0	16
11935	CATSUP	97	0	0	1114	25	0	2
11949	CATSUP, LOW SODIUM	107	0	0	20	28	0	2
11761	CAULIFLOWER, CKD, BLD, DRND, W/SALT	23	0	0	242	4	3	2
11136	CAULIFLOWER, CKD, BLD, DRND, WO/SALT	23	0	0	15	4	3	2
11762	CAULIFLOWER, FRZ, CKD, BLD, DRND, W/SALT	19	0	0	254	4	3	2
11138	CAULIFLOWER, FRZ, CKD, BLD, DRND, WO/SALT	19	0	0	18	4	3	2
11137	CAULIFLOWER, FRZ, UNPREP	24	0	0	24	5	2	2
11965	CAULIFLOWER, GREEN, RAW	31	0	0	23	6	3	3
11967	CAULIFLOWER, GRN, CKD, NO SALT ADDED	32	0	0	23	6	3	3
11968	CAULIFLOWER, GRN, CKD, W/ SALT	32	0	0	259	6	3	3
11135	CAULIFLOWER, RAW	25	0	0	30	5	3	2
15012	CAVIAR, BLACK&RED, GRANULAR	252	16	588	1500	4	0	25
11763	CELERIC, CKD, BLD, DRND, W/SALT	27	0	0	297	6		1
11142	CELERIC, CKD, BLD, DRND, WO/SALT	27	0	0	61	6	1	1
11141	CELERIC, RAW	42	0	0	100	9	2	2
44055	CELERY FLAKES, DRIED	319	2	0	1435	64	28	11
02007	CELERY SEED	392	22	0	160	41	12	18

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11764	CELERY,CKD,BLD,DRND,W/SALT	18	0	0	327	4	2	1
11144	CELERY,CKD,BLD,DRND,WO/SALT	18	0	0	91	4	2	1
11143	CELERY,RAW	14	0	0	80	3	2	1
11145	CELTUCE,RAW	18	0	0	11	4	2	1
43510	CEREAL RTE,CRISPY BROWN RICE	388	3	0	12	86	7	7
08217	CEREALS READY TO EAT,CHARACTER CEREALS (MOVIES,TV),BRAND A	389	2	0	648	86	4	6
08222	CEREALS READY TO EAT,CHARACTER CEREALS (MOVIES,TV),BRAND B	388	2	0	533	90	0	3
08029	CEREALS RTE,BRAN FLAKES,SINGLE BRAND	320	2	0	732	80	18	9
08053	CEREALS RTE,BRAN,MALTED FLR,SINGLE BRAND	287	2	0	417	78	29	13
08140	CEREALS RTE,CHOC FLAV RINGS,PRESWEETENED,SINGLE BRAND	415	8	0	475	82	6	5
08204	CEREALS RTE,CHOCOLATE-FLAVORED FRSTD PUFFED CORN	405	3	0	670	87	4	3
08022	CEREALS RTE,CORN FLAKES,LO NA	399	0	0	10	89	1	8
08076	CEREALS RTE,CORN FLAKES,PLN,SINGLE BRAND	360	0	0	949	87	5	7
08192	CEREALS RTE,CORN,RICE,WHEAT,OAT,PRESWEETENED,W/FRUIT&ALMONDS	383	4	0	484	79	4	7
43570	CEREALS RTE,CORN,WHL WHEAT,ROLLED OATS,PRESWEETENED	394	5	0	642	82	5	7
42240	CEREALS RTE,CORN,WHL WHEAT,ROLLED OATS,PRESWEETENED,W/ALMOND	407	8	0	603	78	5	8
08046	CEREALS RTE,CORN&OAT FLOURS,PUFFED PRESWEETENED,SINGLE BRAND	395	2	0	743	89	3	5
43241	CEREALS RTE,FAMILIA	388	6	0	50	74	9	10
42236	CEREALS RTE,FRSTD OAT CRL W/MARSHMALLOWS	388	3	0	564	84	4	7
08239	CEREALS RTE,GEN MILLS,BERRY BURST CHEERIOS,ALL FLAVORS	405	5	0	600	80	10	10
08263	CEREALS RTE,GENERAL MILLS,APPL CINN CHEERIOS	392	5	0	401	84	4	6
08262	CEREALS RTE,GENERAL MILLS,BASIC 4	367	5	0	574	77	6	8
08274	CEREALS RTE,GENERAL MILLS,BERRY BERRY KIX	393	4	0	593	87	3	4
08273	CEREALS RTE,GENERAL MILLS,BOO BERRY	393	3	0	704	90	1	3
08013	CEREALS RTE,GENERAL MILLS,CHEERIOS	369	6	0	711	74	12	12
08139	CEREALS RTE,GENERAL MILLS,CINN GRAHAMS	378	3	0	789	86	3	5
08272	CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH	422	10	0	687	79	4	5

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08271	CEREALS RTE,GENERAL MILLS,COCOA PUFFS	390	3	0	571	88	2	4
08017	CEREALS RTE,GENERAL MILLS,COOKIE CRISP	389	3	0	594	88	2	4
08019	CEREALS RTE,GENERAL MILLS,CORN CHEX	373	1	0	959	86	2	7
08270	CEREALS RTE,GENERAL MILLS,COUNT CHOCULA	395	3	0	584	88	2	4
08269	CEREALS RTE,GENERAL MILLS,COUNTRY CORN FLAKES	371	1	0	877	85	2	6
08244	CEREALS RTE,GENERAL MILLS,FIBER ONE	197	2	0	429	81	48	8
08268	CEREALS RTE,GENERAL MILLS,FRANKENBERRY	392	2	0	711	90	1	3
08086	CEREALS RTE,GENERAL MILLS,FRENCH TOAST CRUNCH	390	3	0	593	88	1	4
08267	CEREALS RTE,GENERAL MILLS,FRSTD CHEERIOS	382	3	0	699	86	3	5
08397	CEREALS RTE,GENERAL MILLS,FRSTD CORN FLAKES	392	0	0	631	92	0	4
08266	CEREALS RTE,GENERAL MILLS,FRSTD WHEATIES	373	1	0	679	89	2	5
08035	CEREALS RTE,GENERAL MILLS,GOLDEN GRAHAMS	372	3	0	895	83	3	5
08398	CEREALS RTE,GENERAL MILLS,HARMONY	365	2	0	645	79	4	11
08045	CEREALS RTE,GENERAL MILLS,HONEY NUT CHEERIOS	373	4	0	898	80	6	9
08057	CEREALS RTE,GENERAL MILLS,HONEY NUT CHEX	381	2	0	745	87	1	5
08243	CEREALS RTE,GENERAL MILLS,HONEY NUT CLUSTERS	389	4	0	453	83	5	8
08278	CEREALS RTE,GENERAL MILLS,KABOOM	383	3	0	950	81	6	9
08048	CEREALS RTE,GENERAL MILLS,KIX	377	2	0	891	86	3	6
08050	CEREALS RTE,GENERAL MILLS,LUCKY CHARMS	380	3	0	678	83	5	7
08345	CEREALS RTE,GENERAL MILLS,MULTI-BRAN CHEX	338	2	0	657	84	13	7
08087	CEREALS RTE,GENERAL MILLS,MULTI-GRAIN CHEERIOS	361	2	0	669	81	9	8
08277	CEREALS RTE,GENERAL MILLS,NATURE VALLEY LOFAT FRUIT GRANOLA	386	4	0	376	80	5	8
08372	CEREALS RTE,GENERAL MILLS,NESQUICK CHOC	407	1	0	615	85	0	5
08202	CEREALS RTE,GENERAL MILLS,OATMEAL CRISP W/ ALMONDS	397	8	0	430	76	8	10
08190	CEREALS RTE,GENERAL MILLS,OATMEAL CRISP W/ APPLS	377	3	0	460	82	7	9
08245	CEREALS RTE,GENERAL MILLS,OATMEAL RAISIN CRISP	370	3	0	392	81	7	9
08368	CEREALS RTE,GENERAL MILLS,PARA SU FAMILIA CINN CORN STARS	386	1	0	792	87	1	5

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08371	CEREALS RTE,GENERAL MILLS,PARA SU FAMILIA RAISIN BRAN	309	1	0	585	74	12	9
08261	CEREALS RTE,GENERAL MILLS,RAISIN NUT BRAN	380	7	0	455	75	9	9
08194	CEREALS RTE,GENERAL MILLS,REESE'S PUFFS	425	9	0	555	78	0	6
08064	CEREALS RTE,GENERAL MILLS,RICE CHEX	377	1	0	941	86	1	6
08370	CEREALS RTE,GENERAL MILLS,RICE CRUNCHINS	381	0	0	903	86	0	7
08367	CEREALS RTE,GENERAL MILLS,SUNRISE	380	0	0	610	87	4	6
08399	CEREALS RTE,GENERAL MILLS,TOTAL BROWN SUGAR & OAT	339	1	0	636	76	4	6
08246	CEREALS RTE,GENERAL MILLS,TOTAL CORN FLAKES	373	1	0	698	86	3	6
08247	CEREALS RTE,GENERAL MILLS,TOTAL RAISIN BRAN	311	2	0	435	75	9	7
08078	CEREALS RTE,GENERAL MILLS,TRIX	391	4	0	647	89	3	3
08082	CEREALS RTE,GENERAL MILLS,WHEAT CHEX	345	1	0	891	81	11	10
08089	CEREALS RTE,GENERAL MILLS,WHEATIES	355	3	0	725	81	10	10
08026	CEREALS RTE,GENERAL MILLS,WHEATIES RAISIN BRAN	333	1	0	457	81	9	7
08077	CEREALS RTE,GENERAL MILLS,WHL GRAIN TOTAL	324	2	0	639	75	9	9
08037	CEREALS RTE,GRANOLA,HOMEMADE	490	23	0	22	53	9	15
08290	CEREALS RTE,HEALTH VALLEY,FIBER 7 FLAKES	353	1	0	53	78	14	14
08195	CEREALS RTE,HEALTHY CHOIC,KELLOGG'S ALMOND CRUNCH W/RAISINS	360	4	0	391	79	8	9
08389	CEREALS RTE,HONEY PUFFED KASHI BY KELLOGG	400	2	0	20	83	7	10
08242	CEREALS RTE,JUST RIGHT W/ CRUNCHY NUGGETS	371	3	0	614	84	5	8
08393	CEREALS RTE,KASHI GOLEAN BY KELLOGG	284	2	0	165	58	20	26
08386	CEREALS RTE,KASHI GOLEAN CRUNCH BY KELLOGG	377	6	0	385	68	15	18
08390	CEREALS RTE,KASHI GOOD FRIENDS BY KELLOGG	316	3	0	244	82	22	9
08387	CEREALS RTE,KASHI HEART TO HEART BY KELLOGG	348	3	0	3	76	14	13
08392	CEREALS RTE,KASHI MEDLEY BY KELLOGG	354	3	0	230	81	9	9
08391	CEREALS RTE,KASHI PILLOWS BY KELLOGG,ASSORTED FLAVORS	370	0	0	91	85	4	6
08461	CEREALS RTE,KASHI,CINNA-RAISIN CRUNCH BY KELLOGG	330	3	0	208	82	15	8
08462	CEREALS RTE,KASHI,ORGANIC PROMISE AUTUMN WHEAT BY KELLOGG	335	2	0	3	83	14	10

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08467	CEREALS RTE,KASHI,ORGANIC PROMISE CRANBERRY SUNSHINE	317	3	0	71	88	10	6
08463	CEREALS RTE,KASHI,ORGANIC PROMISE STRWBRY FLD BY KLG	348	0	0	626	87	4	9
08464	CEREALS RTE,KASHI,SEVEN IN THE MORNING BY KELLOGG	356	3	0	448	81	12	12
08459	CEREALS RTE,KELLOGG'S,FRSTD MINI-WHTS,MPL & BRWN SGR,BTE SZE	356	2	0	1	82	10	8
08454	CEREALS RTE,KELLOGG,DISNEY HUNNY BS	370	1	0	970	86	5	7
08005	CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN BRAN BUDS	250	2	0	676	80	43	7
08001	CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN ORIGINAL	260	3	0	242	74	29	13
08253	CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN W/ EX FIBER	192	4	0	475	77	50	11
08254	CEREALS RTE,KELLOGG,KELLOGG'S APPL CINN SQUARES MINI-WHEATS	331	2	0	36	80	9	7
08003	CEREALS RTE,KELLOGG,KELLOGG'S APPL JACKS	390	2	0	475	91	3	3
08014	CEREALS RTE,KELLOGG,KELLOGG'S COCOA KRISPIES	381	3	0	635	86	2	5
08258	CEREALS RTE,KELLOGG,KELLOGG'S COMPLETE OAT BRAN FLAKES	350	4	0	699	77	13	11
08028	CEREALS RTE,KELLOGG,KELLOGG'S COMPLETE WHEAT BRAN FLAKES	318	2	0	715	79	18	10
08020	CEREALS RTE,KELLOGG,KELLOGG'S CORN FLAKES	361	1	0	723	87	3	7
08068	CEREALS RTE,KELLOGG,KELLOGG'S CORN POPS	378	1	0	386	90	1	4
08023	CEREALS RTE,KELLOGG,KELLOGG'S CRACKLIN' OAT BRAN	402	14	0	309	71	13	8
08259	CEREALS RTE,KELLOGG,KELLOGG'S CRISPIX	377	1	0	764	86	1	6
08030	CEREALS RTE,KELLOGG,KELLOGG'S FROOT LOOPS	393	3	0	501	87	3	5
08069	CEREALS RTE,KELLOGG,KELLOGG'S FRSTD FLAKES	367	1	0	479	90	3	3
08319	CEREALS RTE,KELLOGG,KELLOGG'S FRSTD MINI-WHEATS,BITE SIZE	344	2	0	8	81	10	10
08032	CEREALS RTE,KELLOGG,KELLOGG'S FRSTD RICE KRISPIES	384	1	0	643	89	0	5
08309	CEREALS RTE,KELLOGG,KELLOGG'S HONEY CRUNCH CORN FLAKES	385	2	0	700	87	3	7
08283	CEREALS RTE,KELLOGG,KELLOGG'S JUST RIGHT FRUIT & NUT	366	3	0	459	82	5	7
08284	CEREALS RTE,KELLOGG,KELLOGG'S LOFAT GRANOLA W/ RAISINS	366	4	0	246	80	5	8
08189	CEREALS RTE,KELLOGG,KELLOGG'S LOFAT GRANOLA WO/ RAISINS	380	5	0	245	80	6	8
08376	CEREALS RTE,KELLOGG,KELLOGG'S MARSHMLLW BLASTED FROOT LOOPS	394	2	0	359	90	2	4
08286	CEREALS RTE,KELLOGG,KELLOGG'S MUESLIX	357	6	0	309	73	7	9

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

08058	CEREALS RTE,KELLOGG,KELLOGG'S PRODUCT 19	333	1	0	690	83	3	8
08378	CEREALS RTE,KELLOGG,KELLOGG'S PUFFED RICE	412	2	0	0	87	1	8
08379	CEREALS RTE,KELLOGG,KELLOGG'S PUFFED WHEAT	332	2	0	3	82	11	9
08060	CEREALS RTE,KELLOGG,KELLOGG'S RAISIN BRAN	319	3	0	593	76	12	9
08287	CEREALS RTE,KELLOGG,KELLOGG'S RAISIN MINI-WHEATS	342	1	0	6	80	9	9
08065	CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES	387	1	0	950	86	1	6
08288	CEREALS RTE,KELLOGG,KELLOGG'S RICE KRISPIES TREATS CRL	399	3	0	630	87	0	4
08384	CEREALS RTE,KELLOGG,KELLOGG'S SHREDDED WHEAT MINIATURES	332	2	0	14	80	13	11
08071	CEREALS RTE,KELLOGG,KELLOGG'S SMACKS	387	2	0	186	89	4	6
08318	CEREALS RTE,KELLOGG,KELLOGG'S SMART START CRL	364	1	0	550	86	5	7
08067	CEREALS RTE,KELLOGG,KELLOGG'S SPL K	379	2	0	721	71	2	23
08383	CEREALS RTE,KELLOGG,KELLOGG'S SPL K RED BERRIES	369	1	0	710	81	3	12
08289	CEREALS RTE,KELLOGG,KELLOGG'S STRAWBERRY MINI-WHEATS	335	2	0	30	80	10	9
08374	CEREALS RTE,KELLOGG,KELLOGG'S,CRISPIX CINN CRUNCH	399	4	0	598	87	1	5
08380	CEREALS RTE,KELLOGG,KELLOGG'S,RAISIN BRAN CRUNCH	354	2	0	394	85	8	6
08403	CEREALS RTE,KELLOGG,POKEMON	386	2	0	700	86	5	7
08455	CEREALS RTE,KELLOGG'S DISNEY MICKEY'S MAGIX	386	2	0	700	86	5	7
08031	CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS,ORIGINAL	343	2	0	10	80	10	10
08466	CEREALS RTE,KELLOGG'S,CINN MARSHMLLW SCOOBY-DOO! CRL	434	7	0	497	79	2	4
08472	CEREALS RTE,KELLOGG'S,CORN FLAKES W/ REAL BANANAS	417	9	0	452	84	3	3
08465	CEREALS RTE,KELLOGG'S,DISNEY MUD & BUGS	385	3	0	399	87	2	5
08473	CEREALS RTE,KELLOGG'S,DISNEY PIXAR FINDING NEMO	376	2	0	719	86	4	6
08474	CEREALS RTE,KELLOGG'S,DISNEY PIXAR INCREDIBLES	380	3	0	524	85	3	6
08468	CEREALS RTE,KELLOGG'S,FROOT LOOPS 1/3 LESS SUGAR	394	3	0	561	86	3	6
08469	CEREALS RTE,KELLOGG'S,FRSTD FLAKES 1/3 LESS SUGAR	377	0	0	575	90	1	5
08456	CEREALS RTE,KELLOGG'S,FRUIT HARVEST APPL CINN	397	6	0	490	83	6	7
08470	CEREALS RTE,KELLOGG'S,FRUIT HARVEST BANANA BERRY	396	6	0	454	85	6	5

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**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

08457	CEREALS RTE,KELLOGG'S,FRUIT HARVEST PEACH/STRAWBERRY	368	1	0	550	87	5	7
08458	CEREALS RTE,KELLOGG'S,FRUIT HARVEST STRAWBERRY/BLUEBERRY	368	1	0	472	87	5	6
08385	CEREALS RTE,KELLOGG'S,SMART START SOY PROT	367	3	0	474	73	8	19
08471	CEREALS RTE,KELLOGG'S,SPL K LO CARB LIFESTYLE	349	10	0	380	48	17	34
08460	CEREALS RTE,KELLOGG'S,TONY'S CINN KRUNCHERS	448	6	0	531	79	1	4
08343	CEREALS RTE,KRAFT,POST 100% BRAN CRL	287	0	0	417	78	29	13
08320	CEREALS RTE,KRAFT,POST BANANA NUT CRUNCH CRL	422	1	0	428	74	7	9
08321	CEREALS RTE,KRAFT,POST BLUEBERRY MORNING CRL	383	1	0	484	79	4	7
08322	CEREALS RTE,KRAFT,POST BRAN FLAKES	320	0	0	732	80	18	9
08323	CEREALS RTE,KRAFT,POST COCOA PEBBLES CRL	398	4	0	541	88	2	4
08325	CEREALS RTE,KRAFT,POST FRSTD ALPHA-BITS CRL	405	1	0	661	84	4	9
08339	CEREALS RTE,KRAFT,POST FRSTD SHREDDED WHEAT BITE SIZE CRL	352	0	0	19	84	10	8
08327	CEREALS RTE,KRAFT,POST FRUIT&FIBRE DATES,RAISINS&WALNUTS CRL	385	1	0	509	76	10	7
08324	CEREALS RTE,KRAFT,POST FRUITY PEBBLES CRL	401	1	0	584	88	1	4
08328	CEREALS RTE,KRAFT,POST GOLDEN CRISP CRL	398	0	0	150	91	0	6
08329	CEREALS RTE,KRAFT,POST GRAPE-NUTS CRL	359	0	0	610	81	9	11
08330	CEREALS RTE,KRAFT,POST GRAPE-NUTS FLAKES	365	1	0	482	82	9	10
08331	CEREALS RTE,KRAFT,POST GREAT GRAINS CRUNCHY PECAN CRL	408	1	0	403	71	7	9
08332	CEREALS RTE,KRAFT,POST GREAT GRAINS RAISIN,DATE&PECAN CRL	377	1	0	288	73	7	8
08333	CEREALS RTE,KRAFT,POST HONEY BUNCHES OF OATS HONEY RSTD CRL	394	1	0	642	82	5	7
08334	CEREALS RTE,KRAFT,POST HONEY BUNCHES OF OATS W/ALMONDS CRL	407	1	0	603	78	5	8
08335	CEREALS RTE,KRAFT,POST HONEYCOMB CRL	395	1	0	743	89	3	5
08326	CEREALS RTE,KRAFT,POST MARSHMLLW ALPHA-BITS CRL	398	1	0	711	87	2	6
08336	CEREALS RTE,KRAFT,POST OREO O'S CRL	415	2	0	475	80	6	5
08061	CEREALS RTE,KRAFT,POST RAISIN BRAN CRL	317	2	0	489	77	12	9
08342	CEREALS RTE,KRAFT,POST THE ORIGIN SHREDDED WHEAT SPOON SIZE	340	0	0	7	83	11	10
08341	CEREALS RTE,KRAFT,POST THE ORIGINAL SHREDDED WHEAT 'N BRAN	334	0	0	5	80	13	13

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**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

08338	CEREALS RTE,KRAFT,POST TOASTIES CORN FLAKES	360	0	0	949	87	5	7
08481	CEREALS RTE,MALT-O-MEAL HONEY GRAHAM CRL	379	3	0	909	83	5	5
08408	CEREALS RTE,MALT-O-MEAL,APPL CINN TOASTY O'S	410	5	1	540	83	5	7
08493	CEREALS RTE,MALT-O-MEAL,APPL MULTI-GRAIN CRL	395	3	1	514	87	3	5
08347	CEREALS RTE,MALT-O-MEAL,BERRY COLOSSAL CRUNCH	412	2	1	823	86	3	5
08487	CEREALS RTE,MALT-O-MEAL,BLUEBERRY MUFFIN TOPS CRL	443	11	0	415	80	5	5
08495	CEREALS RTE,MALT-O-MEAL,CHOC FLAV CRISP RICE CRL	402	3	1	609	89	1	4
08494	CEREALS RTE,MALT-O-MEAL,CINN SWT WHL WHEAT & RICE CRL	431	10	1	461	79	5	6
08206	CEREALS RTE,MALT-O-MEAL,COCO-ROOS	396	2	1	568	90	2	4
08346	CEREALS RTE,MALT-O-MEAL,COLOSSAL CRUNCH	415	3	0	657	87	1	4
08083	CEREALS RTE,MALT-O-MEAL,CORN BURSTS	394	0	1	399	94	2	4
08497	CEREALS RTE,MALT-O-MEAL,CORN FLAKES	380	0	1	1020	88	3	7
08348	CEREALS RTE,MALT-O-MEAL,CRISPY RICE	381	1	1	899	86	1	6
08488	CEREALS RTE,MALT-O-MEAL,FARINA HOT WHEAT CRL,DRY	362	1	1	10	74	4	13
08409	CEREALS RTE,MALT-O-MEAL,FRSTD FLAKES	387	0	0	573	91	2	5
08500	CEREALS RTE,MALT-O-MEAL,FRSTD WHL WHEAT CRL	388	2	1	18	83	11	9
08501	CEREALS RTE,MALT-O-MEAL,FRUIT FLAV CRISP RICE CRL	404	3	1	642	90	1	4
08490	CEREALS RTE,MALT-O-MEAL,HI FIBER BRAN FLAKES	388	2	1	672	81	15	11
08491	CEREALS RTE,MALT-O-MEAL,HONEY NUT TSTD OAT CRL	390	3	0	836	82	6	10
08476	CEREALS RTE,MALT-O-MEAL,HONEY SWTND CORN & OAT CRL	395	2	1	711	88	3	6
08498	CEREALS RTE,MALT-O-MEAL,LIGHTLY FRSTD BRAN FLAKES W/ STRWBRS	390	2	1	544	84	14	9
08489	CEREALS RTE,MALT-O-MEAL,MAPLE & BRWN SGR HOT WHT CRL,DRY	377	1	1	10	85	3	8
08138	CEREALS RTE,MALT-O-MEAL,MARSHMLLW MATEYS	394	3	1	735	83	5	7
08482	CEREALS RTE,MALT-O-MEAL,PERFECT BALANCE HOT WHEAT CRL,DRY	385	3	1	10	76	5	13
08492	CEREALS RTE,MALT-O-MEAL,PUFFED RICE CRL	401	1	1	5	90	1	8
08483	CEREALS RTE,MALT-O-MEAL,PUFFED WHEAT CRL	396	2	1	10	79	7	16
08484	CEREALS RTE,MALT-O-MEAL,RAISIN BRAN CRL	361	2	1	664	77	14	9

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**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

08478	CEREALS RTE,MALT-O-MEAL,SUGAR COATD WHEAT CRL	397	1	0	161	91	2	6
08349	CEREALS RTE,MALT-O-MEAL,TOOTIE FRUITIES	401	3	1	464	88	3	5
42184	CEREALS RTE,MUESLI,DRIED FRUIT & NUTS	340	5	0	231	78	7	10
08502	CEREALS RTE,NATURE'S PATH,OPTIMUM	345	4	0	364	73	18	15
08503	CEREALS RTE,NATURE'S PATH,OPTIMUM SLIM	327	4	0	455	69	20	16
08152	CEREALS RTE,NUTRI-GRAIN,WHEAT,SEE NEW PRODUCT 08292	360	1	0	680	85	6	9
43495	CEREALS RTE,OAT BRAN FLAKES,HEALTH VALLEY	353	1	0	36	79	13	11
08305	CEREALS RTE,OAT,CORN&WHEAT SQUARES,PRESWEETENED,MAPLE FLAV	430	10	0	432	80	2	6
08002	CEREALS RTE,OATS,CORN PUFFED MIXTURE,PRESWEETENED	405	3	0	661	84	4	9
42100	CEREALS RTE,OATS,CORN PUFFED,PRESWEETENED,W/MARSHMALLOW	398	3	0	711	87	2	6
08388	CEREALS RTE,PUFFED KASHI BY KELLOGG	394	3	0	10	80	7	12
08218	CEREALS RTE,QUAKER,100% NAT CRL W/ OATS,HONEY,& RAISINS	465	16	2	51	66	8	10
08054	CEREALS RTE,QUAKER,100% NAT GRANOLA OATS & HONEY	455	15	2	48	66	7	11
08010	CEREALS RTE,QUAKER,CAP'N CRUNCH	401	3	0	749	85	3	4
08011	CEREALS RTE,QUAKER,CAP'N CRUNCH W/ CRUNCHBERRIES	401	3	0	699	85	3	4
08012	CEREALS RTE,QUAKER,CAP'N CRUNCH'S PNUT BUTTER CRUNCH	416	8	0	691	78	5	7
08364	CEREALS RTE,QUAKER,CINN CRUNCH BAGGED CRL	397	4	0	777	84	4	5
08400	CEREALS RTE,QUAKER,CRANBERRY MACADAMIA NUT CRL	408	9		418	77	6	7
08358	CEREALS RTE,QUAKER,CRISPY CORN PUFFS CRL	376	3	0	801	84	4	7
08359	CEREALS RTE,QUAKER,FRSTD OATS	396	4	0	864	82	4	6
08357	CEREALS RTE,QUAKER,FRUITY BRONTOSAURUS BLASTS,BAGGED CRL	376	2	0	590	89	1	4
08401	CEREALS RTE,QUAKER,FRUITY OCEAN ADVENTURE BAGGED CRL	394	3	0	254	87	3	5
08396	CEREALS RTE,QUAKER,HONEY CRISP CORN FLAKES	374	1	0	869	89	3	6
08361	CEREALS RTE,QUAKER,HONEY GRAHAM BAGGED CRL	395	3	0	825	84	3	6
08211	CEREALS RTE,QUAKER,HONEY GRAHAM OHIS	411	4	0	600	84	2	4
08219	CEREALS RTE,QUAKER,HONEY NUT HEAVEN	392	7	0	440	77	7	9
08395	CEREALS RTE,QUAKER,HONEY NUT OATS	385	3	0	805	85	4	6

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**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

08047	CEREALS RTE,QUAKER,KING VITAMAN	386	3	0	838	85	4	6
08085	CEREALS RTE,QUAKER,KRETSCHMER HONEY CRUNCH WHEAT GERM	372	7	0	11	58	10	27
08363	CEREALS RTE,QUAKER,KRETSCHMER TSTD WHEAT BRAN	200	4	0	6	60	41	18
08366	CEREALS RTE,QUAKER,KRETSCHMER WHEAT GERM,REG	366	9	0	6	49	12	31
08220	CEREALS RTE,QUAKER,LOFAT 100% NAT GRANOLA W/ RAISINS	390	4	1	237	81	6	8
08353	CEREALS RTE,QUAKER,MOTHER'S CINN OAT CRUNCH	380	4	0	419	79	8	10
08355	CEREALS RTE,QUAKER,MOTHER'S COCOA BUMPERS	376	1	0	546	88	3	5
08354	CEREALS RTE,QUAKER,MOTHER'S GROOVY GRAHAMS	372	1	0	869	86	3	5
08394	CEREALS RTE,QUAKER,MOTHER'S HONEY ROUNDUP	382	2	0	587	88	3	5
08351	CEREALS RTE,QUAKER,MOTHER'S PNUT BUTTER BUMPERS CRL	403	7	0	806	78	3	8
08352	CEREALS RTE,QUAKER,MOTHER'S TSTD OAT BRAN CRL,BROWN SUGAR	373	4		632	75	9	12
08360	CEREALS RTE,QUAKER,OATMEAL CRL,BROWN SUGAR BLISS	384	4	0	509	80	7	9
08293	CEREALS RTE,QUAKER,QUAKER APPL ZAPS	393	2	0	449	89	2	4
08215	CEREALS RTE,QUAKER,QUAKER CINN OATMEAL SQUARES	378	4	0	439	80	8	10
08294	CEREALS RTE,QUAKER,QUAKER COCOA BLASTS	394	2	0	409	89	3	4
08018	CEREALS RTE,QUAKER,QUAKER CRUNCHY BRAN	335	3	0	858	86	18	5
08297	CEREALS RTE,QUAKER,QUAKER FRUITANGY OHIS	392	4	0	491	87	3	5
08298	CEREALS RTE,QUAKER,QUAKER MARSHMLLW SAFARI	396	5	0	640	84	4	6
08216	CEREALS RTE,QUAKER,QUAKER OAT BRAN CRL	372	5	0	364	75	10	12
08210	CEREALS RTE,QUAKER,QUAKER OAT CINN LIFE	375	3	0	478	80	6	9
08049	CEREALS RTE,QUAKER,QUAKER OAT LIFE,PLN	375	4	0	513	78	7	10
08214	CEREALS RTE,QUAKER,QUAKER OATMEAL SQUARES	378	4	0	480	78	7	11
08066	CEREALS RTE,QUAKER,QUAKER PUFFED RICE	383	1	0	5	88	1	7
08146	CEREALS RTE,QUAKER,QUAKER PUFFED WHEAT	366	2	0	5	76	9	16
08299	CEREALS RTE,QUAKER,QUAKER SWT PUFFS	391	2	0	236	88	3	7
08212	CEREALS RTE,QUAKER,SUN COUNTRY GRANOLA W/ ALMONDS	467	11	0	33	67	5	12
08059	CEREALS RTE,QUAKER,SWT CRUNCH/QUISP	405	3	0	741	85	3	4

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08362	CEREALS RTE,QUAKER,TSTD OATS/OATMMM'S	380	4	0	953	78	7	9
08505	CEREALS RTE,RALSTON CORN BISCUITS	367	1		1070	86	3	6
08506	CEREALS RTE,RALSTON CORN FLAKES	357	1		710	88	3	6
08507	CEREALS RTE,RALSTON CRISPY HEXAGONS	379	1		816	87	2	6
08025	CEREALS RTE,RALSTON CRISPY RICE	364	1	0	763	86	1	7
08504	CEREALS RTE,RALSTON ENR BRAN FLAKES	310	2		813	80	17	10
08074	CEREALS RTE,RALSTON TASTEEOS	398	5	0	853	74	11	12
08156	CEREALS RTE,RICE,PUFFED,FORT	402	0	0	3	90	2	6
08034	CEREALS RTE,RICE,PUFFED,PRESWEETENED,FRUIT FLAV,SINGLE BRAND	401	4	0	584	88	1	4
08015	CEREALS RTE,RICE,PUFFED,PRESWEETENED,W/ COCOA,SINGLE BRAND	398	4	0	541	88	2	4
08435	CEREALS RTE,UNCLE SAM CRL	431	12	0	206	66	20	16
08508	CEREALS RTE,USDA CMDTY CORN & RICE (INCLUDES ALL BRANDS)	378	1		795	87	1	6
08509	CEREALS RTE,USDA CMDTY RICE CRISPS (INCLUDES ALL BRANDS)	381	1		850	86	1	6
08079	CEREALS RTE,WAFFELOS	405	0	0	416	86		6
42237	CEREALS RTE,WEETABIX WHL WHEAT CRL	373	2	0	387	77	11	12
08084	CEREALS RTE,WHEAT GERM,TSTD,PLN	382	10	0	4	50	15	29
43393	CEREALS RTE,WHEAT,BRAN,SHREDDED,PLN,SALT&SUGAR FREE	334	1	0	5	80	13	13
08157	CEREALS RTE,WHEAT,PUFFED,FORT	364	0	0	4	80	4	15
08073	CEREALS RTE,WHEAT,PUFFED,PRESWEETENED,SINGLE BRAND	398	1	0	150	91	0	6
08147	CEREALS RTE,WHEAT,SHREDDED,PLN,SUGAR & SALT FREE	337	2	0	6	79	12	11
08148	CEREALS RTE,WHEAT,SHREDDED,PLN,SUGAR&SALT FREE,SPOON SIZE	340	1	0	7	83	11	10
08191	CEREALS RTE,WHEAT,SHREDDED,PRESWEETENED,SINGLE BRAND	352	1	0	19	84	10	8
43245	CEREALS RTE,WHEAT&BRAN,PRESWEETENED W/NUTS&FRUITS	385	5	0	509	76	10	7
08039	CEREALS RTE,WHEAT&MALT BARLEY FLAKES	365	2	0	482	82	9	10
08038	CEREALS RTE,WHEAT&MALT BARLEY GRANULES,PLN,SINGLE BRAND	359	1	0	610	81	9	11
42297	CEREALS RTE,WHL WHEAT,OATS,PRESWEETENED,W/WALNUTS&FRUIT	422	10	0	428	74	7	9
42261	CEREALS RTE,WHL WHEAT,ROLLED OATS,PRESWEETENED,W/ PECANS	408	11	0	403	71	7	9

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**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

42265	CEREALS RTE,WHL WHEAT,ROLLED OATS,PRESWEETENED,W/NUTS&FRUIT	377	8	0	288	73	7	8
08081	CEREALS RTE,WHL WHEAT,SHREDDED,PRESWEETENED,SINGLE BRAND	385	3	0	22	81	8	10
08162	CEREALS,CORN GRITS,WHITE,REG & QCK,UNENR,CKD W/ H2O,WO/ SALT	59	0	0	2	13	0	1
08091	CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,CKD W/ H2O,WO/ SALT	59	0	0	2	13	0	1
08090	CEREALS,CORN GRITS,WHITE,REG & QUICK,ENR,DRY	371	1	0	1	80	2	9
08158	CEREALS,CORN GRITS,WHITE,REG & QUICK,UNENR,DRY	371	1	0	1	80	2	9
08161	CEREALS,CORN GRITS,WHITE,REG,QUICK,ENR,CKD W/ H2O,W/ SALT	59	0	0	223	13	0	1
08163	CEREALS,CORN GRITS,WHITE,REG,QUICK,UNENR,CKD W/ H2O,W/ SALT	60	0	0	223	13	0	1
08164	CEREALS,CORN GRITS,YEL,REG & QUICK,ENR,CKD W/ H2O,WO/ SALT	59	0	0	2	13	0	1
08159	CEREALS,CORN GRITS,YEL,REG & QUICK,ENR,DRY	371	1	0	1	80	2	9
08166	CEREALS,CORN GRITS,YEL,REG & QUICK,UNENR,CKD W/ H2O,WO/ SALT	59	0	0	2	13	0	1
08160	CEREALS,CORN GRITS,YEL,REG & QUICK,UNENR,DRY	371	1	0	1	80	2	9
08165	CEREALS,CORN GRITS,YEL,REG,QUICK,ENR,CKD W/ H2O,W/ SALT	59	0	0	223	13	0	1
08167	CEREALS,CORN GRITS,YEL,REG,QUICK,UNENR,CKD W/ H2O,W/ SALT	59	0	0	223	13	0	1
08168	CEREALS,CREAM OF RICE,CKD W/ H2O,W/ SALT	52	0	0	173	12	0	1
08106	CEREALS,CREAM OF WHEAT,INST,DRY	366	1	0	15	76	3	11
08107	CEREALS,CREAM OF WHEAT,INST,PREP W/ H2O,WO/ SALT	62	0	0	4	13	1	2
08108	CEREALS,CREAM OF WHEAT,MIX'N EAT,PLN,DRY	361	1	0	850	76	2	10
08109	CEREALS,CREAM OF WHEAT,MIX'N EAT,PLN,PREP W/ H2O	72	0	0	170	15	0	2
08170	CEREALS,CREAM OF WHEAT,QUICK,CKD W/ H2O,W/ SALT	54	0	0	194	11	1	2
08105	CEREALS,CREAM OF WHEAT,QUICK,CKD W/ H2O,WO/ SALT	54	0	0	58	11	1	2
08104	CEREALS,CREAM OF WHEAT,QUICK,DRY	361	1	0	391	75	3	10
08103	CEREALS,CREAM OF WHEAT,REG,CKD W/ H2O,WO/ SALT	52	0	0	3	11	1	2
08102	CEREALS,CREAM OF WHEAT,REG,DRY	370	1	0	7	77	4	11
08101	CEREALS,CRM OF RICE,CKD W/H2O,WO/SALT	52	0	0	1	11	0	1
08100	CEREALS,CRM OF RICE,DRY	370	0	0	6	82	1	6
08171	CEREALS,CRM OF WHEAT,INST,PREP W/ H2O,W/ SALT,(WHEAT)	62	0	0	151	13	1	2

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08110	CEREALS,CRM OF WHEAT,MIX'N EAT,APPL,BANANA&MAPLE FLAV,DRY	373	0	0	680	82	3	7
08111	CEREALS,CRM OF WHEAT,MIX'N EAT,APPL,BANANA&MAPLE FLAV,PREP	88	0	0	161	19	0	2
08169	CEREALS,CRM OF WHEAT,REG,CKD W/ H2O,W/ SALT,(WHEAT)	52	0	0		11	1	2
08173	CEREALS,FARINA,ENR,CKD W/ H2O,W/ SALT,	48	0	0	329	10	0	1
08113	CEREALS,FARINA,ENR,CKD W/ H2O,WO/ SALT	48	0	0	2	10	0	1
08112	CEREALS,FARINA,ENR,DRY	369	0	0	3	78	2	11
08172	CEREALS,FARINA,UNENR,DRY	369	0	0	3	78	2	11
08177	CEREALS,MALT-O-MEAL,CHOC,DRY	374	1	1	10	80	4	11
08512	CEREALS,MALT-O-MEAL,CHOC,PREP W/ H2O,WO/ SALT	44	0	0	3	9	1	1
08116	CEREALS,MALT-O-MEAL,PLN,DRY	361	1	1	10	76	4	12
08511	CEREALS,MALT-O-MEAL,PLN,PREP W/ H2O,WO/ SALT	42	0	0	3	9	1	1
08176	CEREALS,MALTEX,CKD W/ H2O,W/ SALT	76	0	0	76	16	1	2
08115	CEREALS,MALTEX,CKD W/ H2O,WO/ SALT	76	0	0	5	16	1	2
08114	CEREALS,MALTEX,DRY	352	1	0	17	77	4	11
08179	CEREALS,MAYPO,CKD W/ H2O,W/ SALT	71	1	0	108	13	2	2
08119	CEREALS,MAYPO,CKD W/ H2O,WO/ SALT	71	1	0	4	13	2	2
08118	CEREALS,MAYPO,DRY	385	3	0	19	72	11	13
43306	CEREALS,NESTUM,PREP W/H2O	73	0	0	33	16	0	1
08240	CEREALS,OAT BRAN,QKR,QKR/MOTHER'S OAT BRAN,PREP W/H2O,SALT	43	1	0	46	7	2	2
08122	CEREALS,OATS,INST,FORT,PLN,DRY	369	5	0	286	64	11	16
08123	CEREALS,OATS,INST,FORT,PLN,PREP W/ H2O	55	1	0	45	10	2	2
08128	CEREALS,OATS,INST,FORT,W/ CINN & SPICE,DRY	370	4	0	535	77	7	9
08129	CEREALS,OATS,INST,FORT,W/ CINN & SPICE,PREP W/ H2O	107	1	0	151	22	2	2
08132	CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,DRY	360	4	0	562	76	6	8
08133	CEREALS,OATS,INST,FORT,W/ RAISINS & SPICE,PREP W/ H2O	100	1	0	151	20	2	2
08120	CEREALS,OATS,REG & QUICK & INST,NOT FORT,DRY	384	5	0	4	67	10	16
08180	CEREALS,OATS,REG & QUICK & INST,UNENR,CKD W/ H2O,W/ SALT	62	1	0	160	11	2	3

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08121	CEREALS,OATS,REG & QUICK & INST,UNENR,CKD W/ H2O,WO/ SALT	63	1	0	1	11	2	3
08432	CEREALS,QKR,INST OATMEAL,FOR WOMEN,BRSUGR,PREP W/H2O	105	1	0	199	20	2	3
08236	CEREALS,QKR,OAT BRAN,PREP W/H2O,NO SALT	43	1	0	3	7	2	2
08221	CEREALS,QUAKER,CORN GRITS,INST,BUTTER FLAVOR,DRY	366	4	1	1310	75	5	8
08238	CEREALS,QUAKER,CORN GRITS,INST,BUTTER FLAVOR,PREP W/H2O	71	1	0	247	14	1	2
08094	CEREALS,QUAKER,CORN GRITS,INST,CHEDDAR CHS FLAVOR,DRY	366	4	2	1865	73	4	8
08095	CEREALS,QUAKER,CORN GRITS,INST,CHEDDAR CHS FLAVOR,PREP W/H2O	72	1	0	358	14	1	2
08092	CEREALS,QUAKER,CORN GRITS,INST,PLN,DRY	342	1	0	1089	79	5	8
08093	CEREALS,QUAKER,CORN GRITS,INST,PLN,PREP W/H2O	68	0	0	210	15	1	2
08096	CEREALS,QUAKER,CORN GRITS,INST,W/IMITN BACON BITS,DRY	349	1	0	1219	77	5	10
08237	CEREALS,QUAKER,CREAMY WHEAT,FARINA,ENR,PREP W/H2O,NO SALT	51	0	0	3	11	0	2
08241	CEREALS,QUAKER,CREAMY WHEAT,FARINA,ENR,PREP W/H2O,SALT	51	0	0	55	11	0	2
08097	CEREALS,QUAKER,CRNGRIT,INST,CNTRYBCN(IMTATN BCN BIT)PRPW/H2O	69	0	0	293	15	1	2
08230	CEREALS,QUAKER,FARINA,CREAMY WHEAT,ENR,DRY	349	1	0	2	76	3	11
08317	CEREALS,QUAKER,FARINA,ENR CINN FLAVOR,DRY	346	1	0	3	75	4	12
08314	CEREALS,QUAKER,HOMINY GRITS,WHITE,QUICK,DRY	347	1	0	2	79	5	9
08316	CEREALS,QUAKER,HOMINY GRITS,WHITE,REG,DRY	347	1	0	2	79	5	9
08315	CEREALS,QUAKER,HOMINY GRITS,YEL,QUICK,DRY	337	2	0	2	78	6	8
08449	CEREALS,QUAKER,INST GRITS PRODUCT W/ AMERICAN CHS FLAVOR,DRY	364	4	1	1518	75	4	9
08450	CEREALS,QUAKER,INST GRITS PRODUCT--HAM 'N' CHS	359	4	1	1930	72	4	11
08131	CEREALS,QUAKER,INST OAT, MAPLE & BR SUGAR,PREP W/ BOIL H2O	101	1	0	163	20	2	2
08419	CEREALS,QUAKER,INST OATMEAL EXPRESS CINN ROLL,DRY	371	4	0	456	76	7	9
08418	CEREALS,QUAKER,INST OATMEAL EXPRESS,BKD APPL,DRY	367	4	0	590	77	7	8
08414	CEREALS,QUAKER,INST OATMEAL EXPRESS,GOLDEN BROWN SUGAR,DRY	372	4	0	538	77	6	9
08430	CEREALS,QUAKER,INST OATMEAL, CINN ROLL,PREP W/ BOILING H2O	121	1	0	144	24	2	3
08124	CEREALS,QUAKER,INST OATMEAL,APPLS & CINN,DRY	365	4	0	480	78	8	8
08125	CEREALS,QUAKER,INST OATMEAL,APPLS & CINN,PREP W/ BOILING H2O	87	1	0	111	18	2	2

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08417	CEREALS,QUAKER,INST OATMEAL,BANANA BREAD,DRY	368	4	0	700	76	6	9
08413	CEREALS,QUAKER,INST OATMEAL,BKD APPL,DRY	363	4	0	565	77	7	8
08426	CEREALS,QUAKER,INST OATMEAL,BKD APPL,PREP W/ BOILING H2O	96	1	0	144	19	2	2
08423	CEREALS,QUAKER,INST OATMEAL,CINN SPICE,PREP W/ BOILING H2O	107	1	0	151	22	2	2
08410	CEREALS,QUAKER,INST OATMEAL,CINNAMON-SPICE,DRY	370	4	0	535	77	7	9
08412	CEREALS,QUAKER,INST OATMEAL,FRENCH VANILLA FLAVOR,DRY	369	4	0	572	76	7	9
08425	CEREALS,QUAKER,INST OATMEAL,FRENCH VANILLA,PREP W/ BOIL H2O	102	1	0	154	20	2	2
08227	CEREALS,QUAKER,INST OATMEAL,FRT& CRM VAR,PREP W/ BOILING H2O	72	1	0	94	14	1	1
08225	CEREALS,QUAKER,INST OATMEAL,FRUIT & CRM VAR,DRY	386	5	0	509	75	6	8
08416	CEREALS,QUAKER,INST OATMEAL,HONEY NUT,DRY	389	7	0	547	73	6	9
08428	CEREALS,QUAKER,INST OATMEAL,HONEY NUT,PREP W/ BOILING H2O	107	2	0	147	19	2	2
08229	CEREALS,QUAKER,INST OATMEAL,LO NA,DRY	365	7	0	278	67	10	13
08130	CEREALS,QUAKER,INST OATMEAL,MAPLE & BROWN SUGAR,DRY	366	4	0	606	75	7	9
08422	CEREALS,QUAKER,INST OATMEAL,NUTR FOR WOMEN,APPL SPICE,DRY	360	3	0	672	74	7	11
08421	CEREALS,QUAKER,INST OATMEAL,NUTR FOR WOMEN,GLDN BRWN SGR,DRY	363	4	0	706	72	6	12
08420	CEREALS,QUAKER,INST OATMEAL,NUTR FOR WOMEN,VANILLA CINN,DRY	363	4	0	638	72	6	12
08436	CEREALS,QUAKER,INST OATMEAL,RAISIN & SPICE,DRY	360	4	0	562	76	6	8
08437	CEREALS,QUAKER,INST OATMEAL,RAISIN & SPICE,PREP	100	1	0	151	20	2	2
08228	CEREALS,QUAKER,INST OATMEAL,RAISINS,DATES & WALNUTS,DRY	365	5	0	641	74	7	9
08415	CEREALS,QUAKER,INST OATMEAL,TREASURE HUNT,DRY	369	4	0	541	77	6	8
08446	CEREALS,QUAKER,MOTHER'S INST OATMEAL (NON-FORTIFIED),DRY	359	6	0	3	66	10	14
08231	CEREALS,QUAKER,OAT BRAN,QUAKER/MOTHER'S OAT BRAN,DRY	364	7	0	5	63	14	17
08234	CEREALS,QUAKER,OATMEAL,INST,LO NA,PREP W/H2O	93	2	0	72	17	2	4
08235	CEREALS,QUAKER,OATMEAL,INST,RAISINS,DATES&WALNUTS,PREP W/H2O	116	2	0	207	24	2	3
08200	CEREALS,QUAKER,QUAKER MULTIGRAIN OATMEAL,DRY	333	2	0	3	73	12	11
08249	CEREALS,QUAKER,QUAKER MULTIGRAIN OATMEAL,PREP W/H2O,NO SALT	61	0	0	3	13	2	2
08252	CEREALS,QUAKER,QUAKER MULTIGRAIN OATMEAL,PREP W/H2O,SALT	61	0	0	70	13	2	2

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08402	CEREALS,QUAKER,QUICK OATS,DRY	371	5	0	3	68	9	14
08232	CEREALS,QUAKER,SCOTCH BARLEY,REG&QUICK,DRY	346	2	0	7	76	10	11
08429	CEREALS,QUAKR,INST OATMEAL,EXPR BKD APPL,PREP W/ BOILING H2O	120	1	0	186	24	2	3
08427	CEREALS,QUAKR,INST OATMEAL,TREASURE HUNT,PREP W/ BOILING H2O	108	1	0	155	22	2	2
08185	CEREALS,RALSTON,CKD W/ H2O,W/ SALT	53	0	0	188	11	2	2
08135	CEREALS,RALSTON,CKD W/ H2O,WO/ SALT	53	0	0	2	11	2	2
08134	CEREALS,RALSTON,DRY	341	0	0	11	72	13	14
08184	CEREALS,ROMAN MEAL WITH OATS,CKD W/ H2O,W/ SALT	71	0	0	225	14	3	3
08155	CEREALS,ROMAN MEAL WITH OATS,CKD W/ H2O,WO/ SALT	71	0	0	4	14	3	3
08181	CEREALS,ROMAN MEAL,PLN,CKD W/ H2O,W/ SALT	61	0	0	82	14	3	3
08137	CEREALS,ROMAN MEAL,PLN,CKD W/ H2O,WO/ SALT	61	0	0	1	14	3	3
08136	CEREALS,ROMAN MEAL,PLN,DRY	322	2	0	6	72	18	14
43218	CEREALS,RTE,ALPEN	352	3	0	213	76	9	11
08350	CEREALS,RTE,MALT-O-MEAL,TOASTY O'S	404	6	1	897	75	11	13
08143	CEREALS,WHEATENA,CKD W/ H2O	56	0	0	2	12	3	2
08182	CEREALS,WHEATENA,CKD W/ H2O,W/ SALT	59	0	0	238	12	2	2
08142	CEREALS,WHEATENA,DRY	357	2	0	13	76	13	13
08183	CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,W/ SALT	66	0	0	233	14	2	2
08145	CEREALS,WHL WHEAT HOT NAT CRL,CKD W/ H2O,WO/ SALT	66	0	0	0	14	2	2
08144	CEREALS,WHL WHEAT HOT NAT CRL,DRY	342	2	0	2	75	10	11
08444	CERLS,QUAKER,INST GRIT PRDCT W/ RDEYE GRVY&IMITN HAM BIT,DRY	346	2	0	1764	77	5	10
08448	CERLS,QUKR,INST GRIT PRDCT W/ IMITN BACN BIT&CHDR FLVR,DRY	363	5	0	1557	72	5	10
08434	CERLS,QUKR,INST OATML,EXPR,GLDN BRN SUGR,PREP W/ BOIL H2O	121	1	0	170	24	2	3
08433	CERLS,QUKR,INST OATML,NUTR FOR WMN,APL SPCE,PREP W/ BOIL H2O	107	1	0	192	21	2	3
08411	CERLS,QUKR,INST OTML,DNSR EGS W/ "DNSR BNS",BRN SGR CINN,DRY	389	6	0	502	76	6	8
11765	CHARD,SWISS,CKD,BLD,DRND,W/SALT	20	0	0	415	4	2	2
11148	CHARD,SWISS,CKD,BLD,DRND,WO/SALT	20	0	0	179	4	2	2

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11147	CHARD,SWISS,RAW	19	0	0	213	4	2	2
11766	CHAYOTE,FRUIT,CKD,BLD,DRND,W/SALT	24	0	0	237	5	3	1
11150	CHAYOTE,FRUIT,CKD,BLD,DRND,WO/SALT	24	0	0	1	5	3	1
11149	CHAYOTE,FRUIT,RAW	17	0	0	2	4	2	1
01045	CHEESE FD,COLD PK,AMERICAN	331	23	64	966	8	0	20
01149	CHEESE FD,PAST PROCESS,AMERICAN,W/DI NA PO4	328	23	64	1596	7	0	20
01046	CHEESE FD,PAST PROCESS,AMERICAN,WO/DI NA PO4	330	23	80	1265	8	0	18
01047	CHEESE FD,PAST PROCESS,SWISS	323	23	82	1552	5	0	22
01163	CHEESE FONDUE	229	13	45	132	4	0	14
44048	CHEESE FOOD,IMITATION	141	1	6	1239	9	0	22
42258	CHEESE PRODUCT,PAST PROCESS,CHEDDAR OR AMERICAN,RED FAT	240	13	53	1587	11	0	18
19434	CHEESE PUFFS&TWISTS,CORN BSD,LOFAT	432	11	1	1285	72	11	9
01164	CHEESE SAU,PREP FROM RECIPE	197	14	38	493	5	0	10
43276	CHEESE SPRD,CRM CHS BASE	295	27	90	673	4	0	7
01150	CHEESE SPRD,PAST PROCESS,AMERICAN,W/DI NA PO4	290	20	55	1625	9	0	16
01048	CHEESE SPRD,PAST PROCESS,AMERICAN,WO/DI NA PO4	290	20	55	1345	9	0	16
01161	CHEESE SUB,MOZZARELLA	248	12	0	685	24	0	11
43278	CHEESE,AMERICAN CHEDDAR,IMITN	239	13	36	1345	12	0	17
01004	CHEESE,BLUE	353	27	75	1395	2	0	21
01005	CHEESE,BRICK	371	28	94	560	3	0	23
01006	CHEESE,BRIE	334	26	100	629	0	0	21
01007	CHEESE,CAMEMBERT	300	23	72	842	0	0	20
01008	CHEESE,CARAWAY	376	28	93	690	3	0	25
01009	CHEESE,CHEDDAR	403	31	105	621	1	0	25
01010	CHEESE,CHESHIRE	387	29	103	700	5	0	23
01011	CHEESE,COLBY	394	30	95	604	3	0	24
01012	CHEESE,COTTAGE,CRMD,LRG OR SML CURD	103	4	15	405	3	0	12

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01013	CHEESE,COTTAGE,CRMD,W/FRUIT	97	3	13	344	5	0	11
01016	CHEESE,COTTAGE,LOWFAT,1% MILKFAT	72	1	4	406	3	0	12
42235	CHEESE,COTTAGE,LOWFAT,1% MILKFAT,LACTOSE RED	74	1	4	220	3	1	12
43352	CHEESE,COTTAGE,LOWFAT,1% MILKFAT,NO NA	72	1	4	13	3	0	12
43396	CHEESE,COTTAGE,LOWFAT,1% MILKFAT,W/VEG	67	1	3	403	3	0	11
01015	CHEESE,COTTAGE,LOWFAT,2% MILKFAT	90	2	8	406	4	0	14
01014	CHEESE,COTTAGE,NONFAT,UNCRMD,DRY,LRG OR SML CURD	85	0	7	13	2	0	17
43273	CHEESE,COTTAGE,W/VEG	95	4	14	403	3	0	11
01017	CHEESE,CREAM	349	33	110	296	3	0	8
01186	CHEESE,CREAM,FAT FREE	96	1	8	545	6	0	14
43274	CHEESE,CREAM,LOW FAT	231	17	56	296	7	0	11
01018	CHEESE,EDAM	357	26	89	965	1	0	25
01019	CHEESE,FETA	264	20	89	1116	4	0	14
01020	CHEESE,FONTINA	389	30	116	800	2	0	26
01021	CHEESE,GJETOST	466	28	94	600	43	0	10
01156	CHEESE,GOAT,HARD TYPE	452	34	105	346	2	0	31
01157	CHEESE,GOAT,SEMISOFT TYPE	364	28	79	515	3	0	22
01159	CHEESE,GOAT,SOFT TYPE	268	20	46	368	1	0	19
01022	CHEESE,GOUDA	356	26	114	819	2	0	25
01023	CHEESE,GRUYERE	413	31	110	336	0	0	30
01024	CHEESE,LIMBURGER	327	26	90	800	0	0	20
01168	CHEESE,LOFAT,CHEDDAR OR COLBY	173	7	21	612	2	0	24
01169	CHEESE,LOW-SODIUM,CHEDDAR OR COLBY	398	31	100	21	2	0	24
01165	CHEESE,MEXICAN,QUESO ANEJO	373	28	105	1131	5	0	21
01166	CHEESE,MEXICAN,QUESO ASADERO	356	27	105	655	3	0	23
01167	CHEESE,MEXICAN,QUESO CHIHUAHUA	374	28	105	617	6	0	22
01025	CHEESE,MONTEREY	373	29	89	536	1	0	24

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42155	CHEESE,MONTEREY,LOW FAT	313	21	65	564	1	0	28
43597	CHEESE,MOZZARELLA,LO NA	280	16	54	16	3	0	28
42304	CHEESE,MOZZARELLA,NON-FAT	149	0	18	743	4	2	32
01028	CHEESE,MOZZARELLA,PART SKIM MILK	254	15	64	619	3	0	24
01029	CHEESE,MOZZARELLA,PART SKIM MILK,LO MOIST	302	19	54	528	4	0	26
01026	CHEESE,MOZZARELLA,WHL MILK	300	20	79	627	2	0	22
01027	CHEESE,MOZZARELLA,WHL MILK,LO MOIST	318	23	89	415	2	0	22
01030	CHEESE,MUENSTER	368	28	96	628	1	0	23
42303	CHEESE,MUENSTER,LOW FAT	274	17	63	600	4	0	25
01031	CHEESE,NEUFCHATEL	260	22	76	399	3	0	10
01032	CHEESE,PARMESAN,GRATED	431	27	88	1529	4	0	38
01033	CHEESE,PARMESAN,HARD	392	24	68	1602	3	0	36
43340	CHEESE,PARMESAN,LO NA	456	28	79	63	4	0	42
01146	CHEESE,PARMESAN,SHREDDED	415	27	72	1696	3	0	38
43275	CHEESE,PAST PROCESS,AMERICAN,LOFAT	180	7	35	1430	4	0	25
01042	CHEESE,PAST PROCESS,AMERICAN,W/DI NA PO4	375	30	94	1489	2	0	22
01147	CHEESE,PAST PROCESS,AMERICAN,WO/DI NA PO4	375	30	94	650	2	0	22
42205	CHEESE,PAST PROCESS,CHEDDAR OR AMERICAN,FAT-FREE	148	1	11	1528	13	0	23
43398	CHEESE,PAST PROCESS,CHEDDAR OR AMERICAN,LO NA	375	30	94	7	2	0	22
01043	CHEESE,PAST PROCESS,PIMENTO	375	30	94	1428	2	0	22
43379	CHEESE,PAST PROCESS,SWISS,LOFAT	170	5	35	1430	4	0	26
01044	CHEESE,PAST PROCESS,SWISS,W/DI NA PO4	334	24	85	1370	2	0	25
01148	CHEESE,PAST PROCESS,SWISS,WO/DI NA PO4	334	24	85	681	2	0	25
01034	CHEESE,PORT DE SALUT	352	27	123	534	1	0	24
01035	CHEESE,PROVOLONE	351	25	69	876	2	0	26
01037	CHEESE,RICOTTA,PART SKIM MILK	138	8	31	125	5	0	11
01036	CHEESE,RICOTTA,WHOLE MILK	174	12	51	84	3	0	11

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01038	CHEESE,ROMANO	387	26	104	1200	4	0	32
01039	CHEESE,ROQUEFORT	369	29	90	1809	2	0	22
01040	CHEESE,SWISS	380	26	92	192	5	0	27
43589	CHEESE,SWISS,LOW FAT	179	5	35	260	3	0	28
43405	CHEESE,SWISS,LOW SODIUM	376	26	92	14	3	0	28
01041	CHEESE,TILSIT	340	25	102	753	2	0	24
18147	CHEESECAKE COMMLY PREP	321	20	55	207	26	0	6
18148	CHEESECAKE PREP FROM MIX,NO-BAKE TYPE	274	12	29	380	36	2	6
07016	CHEESEFURTER,CHS SMOKIE,PORK,BF	327	27	68	1082	2	0	14
22516	CHEF BOYARDEE BEEFARONI,MACARONI W/BF IN TOM SAU,CND ENTREE	87	1	8	377	15	1	4
22515	CHEF BOYARDEE BF RAVIOLI IN TOMATO&MEAT SAU,CND ENTREE	94	2	6	481	15	2	3
22517	CHEF BOYARDEE MINI RAVIOLI,BF RAVIOLI W/TOM&MT SAU,CND ENTR	95	2	7	475	16	1	3
22518	CHEF BOYARDEE SPAGHETTI&MEATBALLS IN TOMATO SAU,CND ENTREE	104	3	9	392	14	1	4
22520	CHEF BOYARDEE TEEN MUTNT NINJA TURTL PSTA,MTBALL,TOM SAU,CND	107	3	10	396	16	1	4
09062	CHERIMOYA,RAW	74	0	0	4	18	2	2
09067	CHERRIES,SOUR,RED,CND,EX HVY SYRUP PK,SOL&LIQUIDS	114	0	0	7	29	1	1
09064	CHERRIES,SOUR,RED,CND,H2O PK,SOL&LIQUIDS (INCL USDA CMDTY)	36	0	0	7	9	1	1
09066	CHERRIES,SOUR,RED,CND,HVY SYRUP PK,SOL&LIQUIDS	91	0	0	7	23	1	1
09065	CHERRIES,SOUR,RED,CND,LT SYRUP PK,SOL&LIQUIDS	75	0	0	7	19	1	1
09068	CHERRIES,SOUR,RED,FRZ,UNSWTND	46	0	0	1	11	2	1
09063	CHERRIES,SOUR,RED,RAW	50	0	0	3	12	2	1
09070	CHERRIES,SWEET,RAW	63	0	0	0	16	2	1
09075	CHERRIES,SWT,CND,EX HVY SYRUP PK,SOL&LIQUIDS	102	0	0	3	26	2	1
09071	CHERRIES,SWT,CND,H2O PK,SOL&LIQUIDS	46	0	0	1	12	2	1
09074	CHERRIES,SWT,CND,HVY SYRUP PK,SOL&LIQUIDS	83	0	0	3	21	2	1
09367	CHERRIES,SWT,CND,HVY SYRUP,DRND	83	0	0	3	21	3	1
09072	CHERRIES,SWT,CND,JUC PK,SOL&LIQUIDS	54	0	0	3	14	2	1

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

09073	CHERRIES,SWT,CND,LT SYRUP PK,SOL&LIQUIDS	67	0	0	3	17	2	1
09076	CHERRIES,SWT,FRZ,SWTND	89	0	0	1	22	2	1
02008	CHERVIL,DRIED	237	3	0	83	49	11	23
12095	CHESTNUTS,CHINESE,BLD&STMD	153	1	0	2	34		3
12094	CHESTNUTS,CHINESE,DRIED	363	2	0	5	80		7
12093	CHESTNUTS,CHINESE,RAW	224	1	0	3	49		4
12096	CHESTNUTS,CHINESE,ROASTED	239	1	0	4	52		4
12101	CHESTNUTS,EUROPEAN,BLD&STMD	131	1	0	27	28		2
12100	CHESTNUTS,EUROPEAN,DRIED,PEELED	369	4	0	37	78		5
12099	CHESTNUTS,EUROPEAN,DRIED,UNPEELED	374	4	0	37	77	12	6
12098	CHESTNUTS,EUROPEAN,RAW,PEELED	196	1	0	2	44		2
12097	CHESTNUTS,EUROPEAN,RAW,UNPEELED	213	2	0	3	46	8	2
12167	CHESTNUTS,EUROPEAN,RSTD	245	2	0	2	53	5	3
12203	CHESTNUTS,JAPANESE,BLD&STMD	56	0	0	5	13		1
12175	CHESTNUTS,JAPANESE,DRIED	360	1	0	34	81		5
12202	CHESTNUTS,JAPANESE,RAW	154	0	0	14	35		2
12204	CHESTNUTS,JAPANESE,RSTD	201	1	0	19	45		3
19163	CHEWING GUM	247	0	0	1	66	2	0
43060	CHEWING GUM,SUGARLESS	268	0	0	7	95	2	0
19033	CHEX MIX	425	6	0	1017	65	6	11
12006	CHIA SEEDS,DRIED	490	29	0	19	44	38	16
05335	CHICK,FEET,BOILED	215	12	84	67	0	0	19
07932	CHICKEN BREAST FAT-FREE MESQ FLAVOR SLICED	80	0	36	1040	2	0	17
07933	CHICKEN BREAST OVEN-ROASTED FAT-FREE SLICED	79	0	36	1087	2	0	17
22906	CHICKEN POT PIE,FRZ ENTREE	223	12	19	395	20	1	6
07017	CHICKEN ROLL LT MEAT	154	6	50	584	2	0	20
07018	CHICKEN SPRD	158	10	56	722	4	0	18

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

05002	CHICKEN,BROILER OR FRYER,MEAT&SKN&GIBLETS&NECK,FRIED,BATTER	291	16	103	284	9		23
05054	CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,FRIED	288	13	93	99	6	0	30
05055	CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,RSTD	239	11	90	96	0	0	28
05056	CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,CKD,STWD	209	10	85	67	0	0	25
05053	CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,RAW	137	5	81	82	0	0	20
05049	CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,FRIED,BATTER	331	20	88	317	10		22
05050	CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,FRIED,FLR	331	19	89	90	7		28
05051	CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,RSTD	300	19	88	87	0	0	26
05052	CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,CKD,STWD	258	16	78	64	0	0	22
05048	CHICKEN,BROILERS OR FRYERS,BACK,MEAT&SKN,RAW	319	27	79	64	0	0	14
05063	CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,FRIED	187	4	91	79	1	0	33
05064	CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,RSTD	165	3	85	74	0	0	31
05065	CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,STWD	151	3	77	63	0	0	29
05062	CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,RAW	110	1	58	65	0	0	23
05058	CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,FRIED,BATTER	260	12	85	275	9	0	25
05059	CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,FRIED,FLR	222	8	89	76	2	0	32
05060	CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,RSTD	197	7	84	71	0	0	30
05061	CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,STWD	184	7	75	62	0	0	27
05057	CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,RAW	172	8	64	63	0	0	21
05034	CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT & SKN,RAW	237	17	81	73	0	0	17
05044	CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,FRIED	239	10	96	97	3	0	29
05045	CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,RSTD	205	8	93	93	0	0	27
05046	CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,CKD,STWD	192	8	88	74	0	0	26
05043	CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,RAW	125	4	80	85	0	0	20
05035	CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,FRIED,BATTER	298	17	89	295	9		22
05036	CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,FRIED,FLR	285	15	92	89	4	0	27
05037	CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,RSTD	253	14	91	87	0	0	26

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

05038	CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT&SKN,CKD,STWD	233	13	82	70	0	0	24
05072	CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,FRIED	195	7	94	96	0	0	29
05073	CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,RSTD	172	5	93	95	0	0	28
05074	CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,STWD	169	5	88	80	0	0	28
05071	CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,RAW	119	3	77	88	0	0	21
05067	CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,FRIED,BATTER	268	14	86	269	8	0	22
05068	CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,FRIED,FLR	245	12	90	89	2	0	27
05069	CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,RSTD	216	10	91	90	0	0	27
05070	CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,STWD	204	9	83	76	0	0	25
05066	CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,RAW	161	8	81	83	0	0	19
05047	CHICKEN,BROILERS OR FRYERS,FAT,RAW	629	65	58	32	0	0	4
05021	CHICKEN,BROILERS OR FRYERS,GIBLETS,CKD,FRIED	277	12	446	113	4	0	33
05022	CHICKEN,BROILERS OR FRYERS,GIBLETS,CKD,SIMMRD	158	3	442	67	0	0	27
05020	CHICKEN,BROILERS OR FRYERS,GIBLETS,RAW	124	4	262	77	2	0	18
05081	CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,FRIED	208	8	99	96	1	0	28
05082	CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,RSTD	191	7	94	91	0	0	27
05083	CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,STWD	185	7	89	78	0	0	26
05080	CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,RAW	120	3	80	86	0	0	20
05076	CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,FRIED,BATTER	273	15	90	279	9	0	22
05077	CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,FRIED,FLR	254	13	94	88	3	0	27
05078	CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,RSTD	232	12	92	87	0	0	26
05079	CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,CKD,STWD	220	11	84	73	0	0	24
05075	CHICKEN,BROILERS OR FRYERS,LEG,MEAT&SKN,RAW	187	11	83	79	0	0	18
05029	CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT & SKN,RAW	186	10	67	65	0	0	20
05040	CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,FRIED	192	5	90	81	0	0	33
05041	CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,RSTD	173	4	85	77	0	0	31
05042	CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,STWD	159	3	77	65	0	0	29

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

05039	CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,RAW	114	1	58	68	0	0	23
05030	CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,FRIED,BATTER	277	14	84	287	10		24
05031	CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,FRIED,FLR	246	11	87	77	2	0	30
05032	CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,RSTD	222	10	84	75	0	0	29
05033	CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,STWD	201	9	74	63	0	0	26
05006	CHICKEN,BROILERS OR FRYERS,MEAT & SKN,RAW	215	14	75	70	0	0	19
05012	CHICKEN,BROILERS OR FRYERS,MEAT ONLY,CKD,FRIED	219	8	94	91	2	0	31
05011	CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RAW	119	2	70	77	0	0	21
05013	CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RSTD	190	6	89	86	0	0	29
05014	CHICKEN,BROILERS OR FRYERS,MEAT ONLY,STWD	177	6	83	70	0	0	27
05007	CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,BATTER	289	16	87	292	9	0	23
05008	CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,FRIED,FLR	269	13	90	84	3	0	29
05009	CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,RSTD	239	12	88	82	0	0	27
05010	CHICKEN,BROILERS OR FRYERS,MEAT&SKN,CKD,STWD	219	11	78	67	0	0	25
05003	CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,FRIED,FLR	272	14	112	86	3		29
05001	CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,RAW	213	14	90	70	0	0	18
05004	CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,RSTD	234	12	107	79	0	0	27
05005	CHICKEN,BROILERS OR FRYERS,MEAT&SKN&GIBLETS&NECK,STWD	216	11	97	66	0	0	24
05089	CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,CKD,FRIED	229	11	105	99	2	0	27
05090	CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,CKD,SIMMRD	179	7	79	64	0	0	25
05088	CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,RAW	154	7	83	81	0	0	18
05087	CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD SIMMRD	247	16	70	52	0	0	20
05085	CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD,FRIED,BATTER	330	22	91	276	9		20
05086	CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,CKD,FRIED,FLR	332	21	94	82	4		24
05084	CHICKEN,BROILERS OR FRYERS,NECK,MEAT&SKN,RAW	297	24	99	64	0	0	14
05016	CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,FRIED,BATTER	394	27	74	581	23		10
05017	CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,FRIED,FLR	502	39	73	53	9		19

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

05018	CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,RSTD	454	37	83	65	0	0	20
05019	CHICKEN,BROILERS OR FRYERS,SKN ONLY,CKD,STWD	363	30	63	56	0	0	15
05015	CHICKEN,BROILERS OR FRYERS,SKN ONLY,RAW	349	29	109	63	0	0	13
05097	CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,FRIED	218	9	102	95	1	0	28
05098	CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,RSTD	209	10	95	88	0	0	26
05099	CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,STWD	195	9	90	75	0	0	25
05096	CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,RAW	119	3	83	86	0	0	20
05092	CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,FRIED,BATTER	277	15	93	288	9	0	22
05093	CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,FRIED,FLR	262	13	97	88	3	0	27
05094	CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,RSTD	247	14	93	84	0	0	25
05095	CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,CKD,STWD	232	13	84	71	0	0	23
05091	CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,RAW	211	14	84	76	0	0	17
05106	CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,FRIED	211	8	84	91	0	0	30
05107	CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,RSTD	203	7	85	92	0	0	30
05108	CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,STWD	181	6	74	73	0	0	27
05105	CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,RAW	126	3	57	81	0	0	22
05101	CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,FRIED,BATTER	324	20	79	320	11	0	20
05102	CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,FRIED,FLR	321	20	81	77	2	0	26
05103	CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,RSTD	290	17	84	82	0	0	27
05104	CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,CKD,STWD	249	15	70	67	0	0	23
05100	CHICKEN,BROILERS OR FRYERS,WING,MEAT&SKN,RAW	222	14	77	73	0	0	18
05311	CHICKEN,CANNED,NO BROTH	184	8	50	135	1	0	25
05138	CHICKEN,CAPONS,GIBLETS,CKD,SIMMRD	164	4	434	55	1	0	26
05137	CHICKEN,CAPONS,GIBLETS,RAW	130	4	292	77	1	0	18
05136	CHICKEN,CAPONS,MEAT&SKN,CKD,RSTD	229	11	86	49	0	0	29
05135	CHICKEN,CAPONS,MEAT&SKN,RAW	234	16	75	45	0	0	19
05134	CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	226	11	103	50	0	0	28

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

05133	CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,RAW	232	16	87	47	0	0	19
05277	CHICKEN,CND,MEAT ONLY,W/BROTH	165	7	62	503	0	0	22
05310	CHICKEN,CORNISH GAME HENS,MEAT ONLY,CKD,RSTD	134	3	106	63	0	0	23
05309	CHICKEN,CORNISH GAME HENS,MEAT ONLY,RAW	116	3	91	68	0	0	20
05308	CHICKEN,CORNISH GAME HENS,MEAT&SKN,CKD,RSTD	260	17	131	64	0	0	22
05307	CHICKEN,CORNISH GAME HENS,MEAT&SKN,RAW	200	13	101	61	0	0	17
05024	CHICKEN,GIZZARD,ALL CLASSES,CKD,SIMMRD	146	2	370	56	0	0	30
05023	CHICKEN,GIZZARD,ALL CLASSES,RAW	94	1	240	69	0	0	18
05026	CHICKEN,HEART,ALL CLASSES,CKD,SIMMRD	185	7	242	48	0	0	26
05025	CHICKEN,HEART,ALL CLASSES,RAW	153	8	136	74	1	0	16
05661	CHICKEN,LIVER,ALL CLASSES,CKD,PAN-FRIED	172	5	564	92	1	0	26
05028	CHICKEN,LIVER,ALL CLASSES,CKD,SIMMRD	167	5	563	76	1	0	24
05027	CHICKEN,LIVER,ALL CLASSES,RAW	116	4	345	71	0	0	17
43128	CHICKEN,MEATLESS	224	12	0	709	4	4	24
43410	CHICKEN,MEATLESS,BREADED,FRIED	234	9	0	400	9	4	21
05120	CHICKEN,ROASTING,DK MEAT,MEAT ONLY,CKD,RSTD	178	8	75	95	0	0	23
05119	CHICKEN,ROASTING,DK MEAT,MEAT ONLY,RAW	113	3	72	95	0	0	19
05116	CHICKEN,ROASTING,GIBLETS,CKD,SIMMRD	165	4	357	60	1	0	27
05115	CHICKEN,ROASTING,GIBLETS,RAW	127	4	236	77	1	0	18
05118	CHICKEN,ROASTING,LT MEAT,MEAT ONLY,CKD,RSTD	153	4	75	51	0	0	27
05117	CHICKEN,ROASTING,LT MEAT,MEAT ONLY,RAW	109	1	57	51	0	0	22
05114	CHICKEN,ROASTING,MEAT ONLY,CKD,RSTD	167	6	75	75	0	0	25
05113	CHICKEN,ROASTING,MEAT ONLY,RAW	111	2	65	75	0	0	20
05112	CHICKEN,ROASTING,MEAT&SKN,CKD,RSTD	223	12	76	73	0	0	24
05111	CHICKEN,ROASTING,MEAT&SKN,RAW	216	15	73	68	0	0	17
05110	CHICKEN,ROASTING,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	220	12	94	71	0	0	24
05109	CHICKEN,ROASTING,MEAT&SKN&GIBLETS&NECK,RAW	213	14	86	69	0	0	17

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

05132	CHICKEN,STEWING,DK MEAT,MEAT ONLY,CKD,STWD	258	13	95	95	0	0	28
05131	CHICKEN,STEWING,DK MEAT,MEAT ONLY,RAW	157	7	77	101	0	0	20
05128	CHICKEN,STEWING,GIBLETS,CKD,SIMMRD	194	7	355	56	0	0	26
05127	CHICKEN,STEWING,GIBLETS,RAW	168	7	240	77	2	0	18
05130	CHICKEN,STEWING,LT MEAT,MEAT ONLY,CKD,STWD	213	7	70	58	0	0	33
05129	CHICKEN,STEWING,LT MEAT,MEAT ONLY,RAW	137	3	47	53	0	0	23
05122	CHICKEN,STEWING,MEAT & SKN,& GIBLETS & NECK,CKD,STWD	214	10	107	67	0	0	25
05126	CHICKEN,STEWING,MEAT ONLY,CKD,STWD	237	10	83	78	0	0	30
05125	CHICKEN,STEWING,MEAT ONLY,RAW	148	5	63	79	0	0	21
05121	CHICKEN,STEWING,MEAT&SKN,&GIBLETS&NECK,RAW	251	18	87	71	0	0	17
05124	CHICKEN,STEWING,MEAT&SKN,CKD,STWD	285	17	79	73	0	0	27
05123	CHICKEN,STEWING,MEAT&SKN,RAW	258	18	71	71	0	0	18
05312	CHICKEN,WING,FRZ,GLAZED,BARBECUE FLAV	211	11	126	615	3	1	20
05313	CHICKEN,WING,FRZ,GLAZED,BARBECUE FLAV,HTD (MICROWAVE)	248	13	156	837	4	1	25
05320	CHICKEN,WING,FRZ,GLAZED,BBQ FLAV,HTD (CONVENTIONAL OVEN)	242	14	136	559	3	1	22
16157	CHICKPEA FLOUR (BESAN)	387	5	0	64	58	11	22
16057	CHICKPEAS ,MATURE SEEDS,CKD,BLD,WO/SALT	164	2	0	7	27	8	9
16058	CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEEDS,CND	119	1	0	299	23	4	5
16056	CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEEDS,RAW	364	5	0	24	61	17	19
16357	CHICKPEAS,MATURE SEEDS,CKD,BLD,W/SALT	164	2	0	243	27	8	9
11152	CHICORY GREENS,RAW	23	0	0	45	5	4	2
11154	CHICORY ROOTS,RAW	73	0	0	50	18		1
11151	CHICORY,WITLOOF,RAW	17	0	0	2	4	3	1
35133	CHILCHEN (RED BERRY BEVERAGE) (NAVAJO)	44	0		15	9		1
03819	CHILD FORMULA,MEAD JOHNSON,PORTAGEN,W/ IRON,PDR,NOT RECON	483	23	4	260	55	0	17
03820	CHILD FORMULA,MEAD JOHNSON,PORTAGEN,W/ IRON,PREP FROM PDR	88	4	1	52	9	0	3
03860	CHILD FORMULA,ROSS,PEDIASURE,W/ IRON,RTF	99	4	2	36	11	0	3

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

22904	CHILI CON CARNE W/BNS,CND ENTREE	121	4	13	424	11	4	7
02009	CHILI POWDER	314	14	0	1010	55	34	12
16059	CHILI WITH BEANS,CANNED	112	5	17	522	12	4	6
22911	CHILI,NO BNS,CND ENTREE	118	5	21	389	6		8
35026	CHITON,LEATHERY,GUMBOOTS (ALASKA NATIVE)	83	0			0		17
11615	CHIVES,FREEZE-DRIED	311	2	0	70	64	26	21
11156	CHIVES,RAW	30	1	0	3	4	3	3
14558	CHOC-FLV BEV MIX FOR MILK,PDR,W/ ADD NUTR,PREP W/ WHL MILK	88	3	10	51	12	0	3
14181	CHOCOLATE SYRUP	279	1	0	72	65	3	2
14182	CHOCOLATE SYRUP,PREP W/ WHL MILK	90	3	9	47	13	0	3
14557	CHOCOLATE-FLAVOR BEV MIX FOR MILK,PDR,W/ ADDED NUTR	400	2	0	136	90	5	5
14175	CHOCOLATE-FLAVOR BEV MIX FOR MILK,PDR,WO/ ADDED NUTR	349	3	0	210	90	5	3
14177	CHOCOLATE-FLAVOR BEV MIX,PDR,PREP W/ WHL MILK	85	3	9	58	12	0	3
43369	CHOCOLATE-FLAVORED DRK,WHEY&MILK BSD	49	0	0	91	11	1	1
19125	CHOCOLATE-FLAVORED HAZELNUT SPRD	541	28	0	41	62	5	5
07019	CHORIZO,PORK AND BEEF	455	36	88	1235	2	0	24
11698	CHRYSANTHEMUM LEAVES,RAW	24	0	0	118	3	3	3
11767	CHRYSANTHEMUM,GARLAND,CKD,BLD,DRND,W/SALT	20	0	0	289	4	2	2
11158	CHRYSANTHEMUM,GARLAND,CKD,BLD,DRND,WO/SALT	20	0	0	53	4	2	2
11157	CHRYSANTHEMUM,GARLAND,RAW	24	0	0	118	3	3	3
22674	CHUN KING SWT&SOUR VEG FRUIT&SAU W/CHICK,CND ENTREE	65	0	9	222	13		2
22592	CINNAMON SWIRL FRENCH TOAST W/SAUSAGE,FRZ BRKFST	266	13	63	322	25	2	8
02010	CINNAMON,GROUND	261	2	0	26	80	54	4
15013	CISCO,RAW	98	2	50	55	0	0	19
15014	CISCO,SMOKED	177	9	32	481	0	0	16
14262	CITRUS FRUIT JUC DRK,FRZ CONC	162	0	0	3	40	0	1
14263	CITRUS FRUIT JUC DRK,FRZ CONC,PREP W/H2O	50	0	0	2	12	0	0

USDA NO.	FOR MACKIE SCIENTIFIC WEBSITE USER							
	USDA FOOD LIST							
NDB_No	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
		PER 100 GRAMS						
15157	CLAM,MIXED SPECIES,RAW	74	0	34	56	3	0	13
15158	CLAM,MXD SP,CKD,BREADED&FRIED	202	10	61	364	10		14
15159	CLAM,MXD SP,CKD,MOIST HEAT	148	1	67	112	5	0	26
15160	CLAM,MXD SP,CND,DRND SOL	148	1	67	112	5	0	26
15162	CLAM,MXD SP,CND,LIQ	2	0	3	215	0	0	0
14187	CLAM&TOMATO JUC,CND	48	0	0	362	11	0	1
09433	CLEMENTINES,RAW	47	0		1	12	2	1
35027	CLOUDBERRY,RAW (ALASKA NATIVE)	51	0			9		2
02011	CLOVES,GROUND	323	14	0	243	61	34	6
08424	CLS,QKR,INSTOAT,DIN EGSW/ DINBNS,BRNSGRCINN,PRP W/ BOIL H2O	119	2	0	150	23	2	2
35028	COCKLES (ALASKA NATIVE)	79	0			5		14
44203	COCKTAIL MIX,NON-ALCOHOLIC,CONCD,FRZ	287	0	0	0	72	0	0
14195	COCOA MIX,NESTLE,CARNATION HOT COCOA MIX W/MARSHMALLOWS	399	4	6	343	87	2	5
14198	COCOA MIX,NESTLE,CARNATION NO SUGAR HOT COCOA MIX	365	2	19	947	56	5	29
14197	COCOA MIX,NESTLE,CARNATION RICH CHOC HOT COCOA MIX	400	3	6	363	87	2	5
14196	COCOA MIX,NO SUGAR ADDED,PDR	377	3	0	876	72	8	15
14192	COCOA MIX,PDR	398	4	1	504	84	4	7
14194	COCOA MIX,PDR,PREP W/ H2O	55	1	1	71	12	1	1
14390	COCOA MIX,W/ ASPRT,PDR,PREP FROM ITEM 14196	29	0	0	89	5	1	1
14538	COCOA MIX,W/ ASPT,LO CAL,PDR,W/ ADD CA P,WO/ ADD NA OR VIT A	359	3	10	653	58	1	25
19859	COCOA,DRY PDR,HI-FAT OR BRKFST,PLN	299	21	0	20	48	30	17
19860	COCOA,DRY PDR,HI-FAT OR BRKFST,PROC W/ALKALI	295	21	0	20	45	34	17
19165	COCOA,DRY PDR,UNSWTND	229	13	0	21	54	33	20
19171	COCOA,DRY PDR,UNSWTND,HERSHEY'S EUROPEAN STYLE COCOA	400	0	0	0	60	20	20
19166	COCOA,DRY PDR,UNSWTND,PROC W/ALKALI	222	13	0	19	55	30	18
12116	COCONUT CRM,CND (LIQ EXPRESSED FROM GRATED MEAT)	192	17	0	50	8	2	3
12115	COCONUT CRM,RAW (LIQ EXPRESSED FROM GRATED MEAT)	330	33	0	4	7	2	4

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

12119	COCONUT H2O (LIQ FROM COCONUTS)	19	0	0	105	4	1	1
12177	COCONUT MEAT,DRIED (DESICCATED),CRMD	684	65	0	37	22		5
12108	COCONUT MEAT,DRIED (DESICCATED),NOT SWTND	660	61	0	37	24	16	7
12110	COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,CND	443	30	0	20	41	5	3
12109	COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,PACKAGED	474	30	0	256	48	4	3
12179	COCONUT MEAT,DRIED (DESICCATED),SWTND,SHREDDED	501	33	0	262	48	5	3
12114	COCONUT MEAT,DRIED (DESICCATED),TSTD	592	44	0	37	44		5
12104	COCONUT MEAT,RAW	354	31	0	20	15	9	3
12118	COCONUT MILK,CND (LIQ EXPRESSED FROM GRATED MEAT&H2O)	197	20	0	13	3		2
12176	COCONUT MILK,FRZ (LIQ EXPRESSED FROM GRATED MEAT&H2O)	202	20	0	12	6		2
12117	COCONUT MILK,RAW (LIQ EXPRESSED FROM GRATED MEAT&H2O)	230	22	0	15	6	2	2
15016	COD,ATLANTIC,CKD,DRY HEAT	105	1	55	78	0	0	23
15017	COD,ATLANTIC,CND,SOL&LIQ	105	1	55	218	0	0	23
15018	COD,ATLANTIC,DRIED&SALTED	290	2	152	7027	0	0	63
15015	COD,ATLANTIC,RAW	82	0	43	54	0	0	18
15192	COD,PACIFIC,CKD,DRY HEAT	105	1	47	91	0	0	23
15019	COD,PACIFIC,RAW	82	0	37	71	0	0	18
14236	COFFEE SUB,CRL GRAIN BEV,PDR	360	2	0	83	78	23	6
14421	COFFEE SUB,CRL GRAIN BEV,PDR,PREP W/ WHL MILK	65	3	13	49	6	0	3
14237	COFFEE SUB,CRL GRAIN BEV,PREP W/ H2O	6	0	0	4	1	0	0
14209	COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O	1	0	0	2	0	0	0
14201	COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O,DECAFFEINATED	0	0	0	2	0	0	0
14210	COFFEE,BREWED,ESPRESSO,REST-PREP	2	0	0	14	0	0	0
14202	COFFEE,BREWED,ESPRESSO,REST-PREP,DECAFFEINATED	0	0	0	14	0	0	0
43401	COFFEE,DRY,PDR,W/ WHTNR,RED CAL	509	27	0	819	60	1	2
14218	COFFEE,INST,DECAFFEINATED,PDR	224	0	0	23	43	0	12
14219	COFFEE,INST,DECAFFEINATED,PDR,PREP W/H2O	2	0	0	2	0	0	0

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

14214	COFFEE,INST,REG,PDR	241	0	0	37	41	0	12
14203	COFFEE,INST,REG,PDR,HALF THE CAFFEINE	350	0	0	37	71	0	14
14215	COFFEE,INST,REG,PREP W/H2O	2	0	0	2	0	0	0
14222	COFFEE,INST,W/CHICORY,PDR	351	0	0	277	74	1	9
14223	COFFEE,INST,W/CHICORY,PREP W/H2O	3	0	0	5	1	0	0
14228	COFFEE,INST,W/SUGAR,CAPPUCCINO-FLAVOR PDR	406	5	2	180	86	1	3
14229	COFFEE,INST,W/SUGAR,FRENCH-FLAVOR,PDR	484	21	0	557	66	0	5
14224	COFFEE,INST,W/SUGAR,MOCHA-FLAVOR,PDR	460	15	2	317	74	2	5
43343	COFFEE&COCOA (MOCHA) PDR,W/WHTNR&LO CAL SWTNR	257	13	0	500	71	5	9
14204	COFFEE&COCOA (MOCHA) PDR,W/WHTNR&LO CAL SWTNR,DECAFFEINATED	257	13	0	500	71	5	9
18103	COFFEECAKE,CHEESE	339	14	85	339	44	1	7
18104	COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,ENR	418	22	32	351	47	2	7
18417	COFFEECAKE,CINN W/CRUMB TOPPING,COMMLY PREP,UNENR	418	22	32	351	47	2	7
18107	COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX	436	11	0	596	78	2	5
18108	COFFEECAKE,CINN W/CRUMB TOPPING,DRY MIX,PREP	318	9	49	421	53	1	6
18105	COFFEECAKE,CREME-FILLED W/CHOC FRSTNG	331	10	69	323	54	2	5
18106	COFFEECAKE,FRUIT	311	10	7	385	52	3	5
11159	COLESLAW,HOME-PREPARED	69	2	8	23	12	2	1
11768	COLLARDS,CKD,BLD,DRND,W/SALT	26	0	0	252	5	3	2
11162	COLLARDS,CKD,BLD,DRND,WO/SALT	26	0	0	16	5	3	2
11769	COLLARDS,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	36	0	0	286	7	3	3
11164	COLLARDS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	36	0	0	50	7	3	3
11163	COLLARDS,FRZ,CHOPD,UNPREP	33	0	0	48	6	4	3
11161	COLLARDS,RAW	30	0	0	20	6	4	2
18600	CONAGRA,BANQUET APPL PIE,FRZ,READY TO BAKE	261	12	8	322	37	1	3
15250	CONCH,BAKED OR BROILED	130	1	65	153	2	0	26
18150	COOKIES,ANIMAL CRACKERS (INCL ARROWROOT,TEA BISCUITS,)	446	13	0	393	74	1	7

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

CAL

FAT

CHOL

SODIUM

CARB

FIBER

PROT

NDB\_No

**PER 100 GRAMS**

18151	COOKIES,BROWNIES,COMMLY PREP	405	15	17	312	64	2	5
18152	COOKIES,BROWNIES,DRY MIX,REG	434	14	0	303	77		4
18196	COOKIES,BROWNIES,DRY MIX,SPL DIETARY	426	12	0	83	80	4	3
18197	COOKIES,BROWNIES,DRY MIX,SPL DIETARY,PREP	384	10	0	94	71	4	4
18154	COOKIES,BROWNIES,PREP FROM RECIP	466	28	73	343	50		6
18155	COOKIES,BUTTER,COMMLY PREP,ENR	467	18	117	351	69	1	6
18421	COOKIES,BUTTER,COMMLY PREP,UNENR	467	18	117	351	69	1	6
18159	COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	489	22	0	297	64	3	6
18422	COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,UNENR	481	22	0	315	67	3	5
18158	COOKIES,CHOC CHIP,COMMLY PREP,REG,LOWER FAT	453	15	0	377	73	4	6
18160	COOKIES,CHOC CHIP,COMMLY PREP,SOFT-TYPE	458	24	0	326	59	3	4
18198	COOKIES,CHOC CHIP,COMMLY PREP,SPL DIETARY	450	16	0	11	73	2	4
18161	COOKIES,CHOC CHIP,DRY MIX	497	24	0	290	66		5
18378	COOKIES,CHOC CHIP,PREP FROM RECIP,MADE W/BUTTER	488	27	70	341	58		6
18165	COOKIES,CHOC CHIP,PREP FROM RECIP,MADE W/MARGARINE	488	27	32	361	58	3	6
18163	COOKIES,CHOC CHIP,REFR DOUGH	443	19	24	209	61	2	4
18164	COOKIES,CHOC CHIP,REFR DOUGH,BKD	492	21	27	232	68	2	5
18166	COOKIES,CHOC SNDWCH,W/CREME FILLING,REG	466	17	0	483	72	3	5
18167	COOKIES,CHOC SNDWCH,W/CREME FILLING,REG,CHOCOLATE-COATED	481	25	0	326	66	5	4
18199	COOKIES,CHOC SNDWCH,W/CREME FILLING,SPL DIETARY	461	21	0	243	68	4	5
18168	COOKIES,CHOC SNDWCH,W/EX CREME FILLING	497	24	0	351	68	3	4
18157	COOKIES,CHOCOLATE WAFERS	433	13	2	580	72	3	7
18169	COOKIES,COCNT MACAROONS,PREP FROM RECIP	404	12	0	247	72	2	4
18170	COOKIES,FIG BARS	348	7	0	350	71	5	4
18171	COOKIES,FORTUNE	378	2	2	274	84	2	4
18156	COOKIES,FUDGE,CAKE-TYPE (INCL TROLLEY CAKES)	349	3	0	192	78	3	5
18172	COOKIES,GINGERSNAPS	416	9	0	654	77	2	6

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

18174	COOKIES,GRAHAM CRACKERS,CHOCOLATE-COATED	484	22	0	291	67	3	6
18173	COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	423	9	0	605	77	3	7
18175	COOKIES,LADYFINGERS,W/LEMON JUC&RIND	365	9	365	147	60	1	11
18423	COOKIES,LADYFINGERS,W/LEMON JUC&RIND	365	9	365	147	60	1	11
18176	COOKIES,MARSHMLLW,CHOCOLATE-COATED (INCL MARSHMLLW PIES)	421	16	0	168	68	2	4
18177	COOKIES,MOLASSES	430	12	0	459	74	1	6
18456	COOKIES,OATMEAL,COMMLY PREP,FAT-FREE	326	1	0	298	79	7	6
18178	COOKIES,OATMEAL,COMMLY PREP,REG	450	17	0	383	69	3	6
18179	COOKIES,OATMEAL,COMMLY PREP,SOFT-TYPE	409	14	5	349	66	3	6
18200	COOKIES,OATMEAL,COMMLY PREP,SPL DIETARY	449	17	0	9	70	3	5
18180	COOKIES,OATMEAL,DRY MIX	462	18	0	473	67		7
18184	COOKIES,OATMEAL,PREP FROM RECIPE,W/RAISINS	435	15	33	538	68		7
18377	COOKIES,OATMEAL,PREP FROM RECIPE,W/RAISINS	447	17	36	598	66		7
18182	COOKIES,OATMEAL,REFR DOUGH	424	18	24	294	59	3	5
18183	COOKIES,OATMEAL,REFR DOUGH,BKD	471	20	26	327	66	3	6
18190	COOKIES,PNUT BUTTER SNDWCH,REG	478	20	0	368	66	2	9
18201	COOKIES,PNUT BUTTER SNDWCH,SPL DIETARY	535	32	0	412	51		10
18185	COOKIES,PNUT BUTTER,COMMLY PREP,REG	477	22	1	415	59	2	10
18186	COOKIES,PNUT BUTTER,COMMLY PREP,SOFT-TYPE	457	23	0	336	58	2	5
18189	COOKIES,PNUT BUTTER,PREP FROM RECIPE	475	22	31	518	59		9
18187	COOKIES,PNUT BUTTER,REFR DOUGH	458	24	27	397	52	1	8
18188	COOKIES,PNUT BUTTER,REFR DOUGH,BKD	503	26	30	436	57	1	9
18191	COOKIES,RAISIN,SOFT-TYPE	401	13	2	338	68	1	4
18193	COOKIES,SHORTBREAD,COMMLY PREP,PECAN	542	31	33	281	58	2	5
18192	COOKIES,SHORTBREAD,COMMLY PREP,PLN	502	23	20	455	65	2	6
18209	COOKIES,SUGAR WAFERS W/CREME FILLING,REG	511	23	0	147	70	1	4
18202	COOKIES,SUGAR WAFERS W/CREME FILLING,SPL DIETARY	502	24	0	9	66		3

USDA NO.	FOR MACKIE SCIENTIFIC WEBSITE USER							
	USDA FOOD LIST							
NDB_No	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
		PER 100 GRAMS						
18204	COOKIES,SUGAR,COMMLY PREP,REG (INCL VANILLA)	478	20	51	357	68	1	5
18203	COOKIES,SUGAR,COMMLY PREP,SPL DIETARY	431	12	0	3	77	1	4
18208	COOKIES,SUGAR,PREP FROM RECIPE,MADE W/MARGARINE	472	22	26	491	60	1	6
18205	COOKIES,SUGAR,REFR DOUGH	436	20	29	422	59	1	4
18206	COOKIES,SUGAR,REFR DOUGH,BKD	484	22	32	468	66	1	5
18210	COOKIES,VANILLA SNDWCH W/CREME FILLING	483	19	0	349	72	2	5
18213	COOKIES,VANILLA WAFERS,HIGHER FAT	473	18	0	306	71	2	4
18212	COOKIES,VANILLA WAFERS,LOWER FAT	441	14	51	312	74	2	5
11165	CORIANDER (CILANTRO) LEAVES,RAW	23	0	0	46	4	3	2
02012	CORIANDER LEAF,DRIED	279	3	0	211	52	10	22
02013	CORIANDER SEED	298	16	0	35	55	42	12
42181	CORN BEVERAGE	29	0	0	140	9	0	1
20015	CORN BRAN,CRUDE	224	1	0	7	86	79	8
19800	CORN CAKES,VERY LO NA	387	2	0	28	83		8
20017	CORN FLOUR,MASA,ENRICHED	365	3	0	5	76	10	9
20018	CORN FLR,DEGERMED,UNENR,YEL	375	1	0	1	83	2	6
20317	CORN FLR,MASA,ENR,YEL	365	3	0	5	76		9
20316	CORN FLR,WHOLE-GRAIN,WHITE	361	3	0	5	77	10	7
20016	CORN FLR,WHOLE-GRAIN,YEL	361	3	0	5	77	13	7
11656	CORN PUDD,HOME PREP	131	5	74	281	17	1	4
11184	CORN W/RED&GRN PEPPERS,CND,SOL&LIQUIDS	75	1	0	347	18		2
19004	CORN-BASED,EXTRUDED,CHIPS,BARBECUE-FLAVOR	523	30	0	763	56	5	7
19003	CORN-BASED,EXTRUDED,CHIPS,PLN	518	26	0	616	63	5	6
19006	CORN-BASED,EXTRUDED,CONES,NACHO-FLAVOR	536	30	5	952	57	1	7
19005	CORN-BASED,EXTRUDED,CONES,PLN	510	25	0	1022	63	1	6
19007	CORN-BASED,EXTRUDED,ONION-FLAVOR	500	21	0	981	65	4	8
19008	CORN-BASED,EXTRUDED,PUFFS OR TWISTS,CHEESE-FLAVOR	559	35	4	1050	54	2	6

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

35134	CORN,DRIED (NAVAJO)	386	4		13	75		10
11900	CORN,SWEET,WHITE,RAW	86	1	0	15	19	3	3
11167	CORN,SWEET,YELLOW,RAW	86	1	0	15	19	3	3
11902	CORN,SWT,WHITE,CKD,BLD,DRND,W/SALT	108	1	0	253	25	3	3
11901	CORN,SWT,WHITE,CKD,BLD,DRND,WO/SALT	108	1	0	17	25	3	3
11907	CORN,SWT,WHITE,CND,CRM STYLE,NO SALT	72	0	0	3	18	1	2
11906	CORN,SWT,WHITE,CND,CRM STYLE,REG PK	72	0	0	285	18	1	2
11909	CORN,SWT,WHITE,CND,VACUUM PK,NO SALT	79	0	0	3	19	2	2
11908	CORN,SWT,WHITE,CND,VACUUM PK,REG PK	79	0	0	272	19	2	2
11905	CORN,SWT,WHITE,CND,WHL KERNEL,DRND SOL	81	1	0	323	19	2	3
11904	CORN,SWT,WHITE,CND,WHL KERNEL,NO SALT,SOL&LIQUIDS	64	0	0	12	15	1	2
11903	CORN,SWT,WHITE,CND,WHL KERNEL,REG PK,SOL&LIQUIDS	64	0	0	213	15	2	2
11912	CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,W/SALT	80	0	0	245	20	2	3
11911	CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,BLD,DRND,WO/SALT	80	0	0	5	20	2	3
11910	CORN,SWT,WHITE,FRZ,KRNLS CUT OFF COB,UNPREP	88	1	0	3	21	2	3
11915	CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	94	1	0	240	22	3	3
11914	CORN,SWT,WHITE,FRZ,KRNLS ON COB,CKD,BLD,DRND,WO/SALT	94	1	0	4	22	2	3
11913	CORN,SWT,WHITE,FRZ,KRNLS ON COB,UNPREP	98	1	0	5	24	3	3
11770	CORN,SWT,YEL,CKD,BLD,DRND,W/SALT	108	1	0	253	25	3	3
11168	CORN,SWT,YEL,CKD,BLD,DRND,WO/SALT	108	1	0	17	25	3	3
11170	CORN,SWT,YEL,CND,BRINE PK,REG PK,SOL&LIQUIDS	64	0	0	213	15	2	2
11772	CORN,SWT,YEL,CND,CRM STYLE,NO SALT	72	0	0	3	18	1	2
11174	CORN,SWT,YEL,CND,CRM STYLE,REG PK	72	0	0	285	18	1	2
11771	CORN,SWT,YEL,CND,NO SALT,SOL&LIQUIDS	64	0	0	12	15	2	2
11773	CORN,SWT,YEL,CND,VACUUM PK,NO SALT	79	0	0	3	19	2	2
11176	CORN,SWT,YEL,CND,VACUUM PK,REG PK	79	0	0	272	19	2	2
11172	CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL	81	1	0	214	19	2	3

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

11179	CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,W/SALT	81	1	0	1	19	2	3
11178	CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPREP	88	1	0	3	21	2	3
11775	CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	93	1	0	240	22	3	3
11181	CORN,SWT,YEL,FRZ,KRNLS ON COB,CKD,BLD,DRND,W/SALT	93	1	0	4	22	3	3
11180	CORN,SWT,YEL,FRZ,KRNLS ON COB,UNPREP	98	1	0	5	24	3	3
11774	CORN,SWT,YEL,FRZ,KRNLS,CUT OFF COB,BLD,DRND,W/SALT	81	0	0	245	19	2	3
20314	CORN,WHITE	365	4	0	35	74		9
35135	CORN,WHITE,STMD (NAVAJO)	386	4		4	75	17	10
20014	CORN,YELLOW	365	4	0	35	74	7	9
07020	CORNED BEEF LOAF,JELLIED	153	6	47	953	0	0	23
35131	CORNMEAL,BLUE (NAVAJO)	398	5		7	77	9	10
20322	CORNMEAL,DEGERMED,ENR,WHITE	366	1	0	3	78	7	8
20022	CORNMEAL,DEGERMED,ENR,YEL	366	1	0	3	78	7	8
20522	CORNMEAL,DEGERMED,UNENR,WHITE	366	1	0	3	78	7	8
20422	CORNMEAL,DEGERMED,UNENR,YEL	366	1	0	3	78	7	8
20323	CORNMEAL,SELF-RISING,BOLTED,PLN,ENR,WHITE	334	3	0	1247	70	7	8
20023	CORNMEAL,SELF-RISING,BOLTED,PLN,ENR,YEL	334	3	0	1247	70	7	8
20324	CORNMEAL,SELF-RISING,BOLTED,W/WHEAT FLR,ENR,WHITE	348	2	0	1319	73	6	8
20024	CORNMEAL,SELF-RISING,BOLTED,W/WHEAT FLR,ENR,YEL	348	2	0	1319	73	6	8
20325	CORNMEAL,SELF-RISING,DEGERMED,ENR,WHITE	355	1	0	1348	75	7	8
20025	CORNMEAL,SELF-RISING,DEGERMED,ENR,YEL	355	1	0	1348	75	7	8
35136	CORNMEAL,WHITE (NAVAJO)	398	4		4	77	10	11
20320	CORNMEAL,WHOLE-GRAIN,WHITE	362	3	0	35	77	7	8
20020	CORNMEAL,WHOLE-GRAIN,YEL	362	3	0	35	77	7	8
35137	CORNMEAL,YEL (NAVAJO)	384	6		4	73	9	10
19401	CORNNUTS,BARBECUE-FLAVOR	436	13	0	976	72	8	9
19402	CORNNUTS,NACHO-FLAVOR	438	13	2	634	72	8	9

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

CAL

FAT

CHOL

SODIUM

CARB

FIBER

PROT

NDB\_No

**PER 100 GRAMS**

19009	CORNNUTS,PLAIN	446	15	0	549	72	7	9
11190	CORNSALAD,RAW	21	0	0	4	4		2
20027	CORNSTARCH	381	0	0	9	91	1	0
12008	COTTONSEED FLR,LOFAT (GLANDLESS)	332	1	0	35	36		50
12007	COTTONSEED FLR,PART DEFATTED (GLANDLESS)	359	6	0	35	41	3	41
12160	COTTONSEED KRNL, RSTD (GLANDLESS)	506	35	0	25	22	6	33
12011	COTTONSEED MEAL,PART DEFATTED (GLANDLESS)	367	4	0	37	38		49
20029	COUSCOUS,COOKED	112	0	0	5	23	1	4
20028	COUSCOUS,DRY	376	0	0	10	77	5	13
11777	COWPEAS (BLACKEYES),IMMAT SEEDS,CKD,BLD,DRND,W/SALT	97	0	0	240	20	5	3
11192	COWPEAS (BLACKEYES),IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	97	0	0	4	20	5	3
11778	COWPEAS (BLACKEYES),IMMAT SEEDS,FRZ,CKD,BLD,DRND,W/SALT	132	1	0	241	24	6	8
11195	COWPEAS (BLACKEYES),IMMAT SEEDS,FRZ,UNPREP	139	1	0	6	25	5	9
11191	COWPEAS (BLACKEYES),IMMAT SEEDS,RAW	90	0	0	4	19	5	3
11196	COWPEAS (BLACKEYES),IMMTRE SEEDS,FRZ,CKD,BLD,DRND,WO/SALT	132	1	0	5	24	6	8
16361	COWPEAS,CATJANG,MATURE SEEDS,CKD,BLD,W/SALT	117	1	0	255	20	4	8
16061	COWPEAS,CATJANG,MATURE SEEDS,CKD,BLD,WO/SALT	117	1	0	19	20	4	8
16060	COWPEAS,CATJANG,MATURE SEEDS,RAW	343	2	0	58	60	11	24
16062	COWPEAS,COMMON (BLACKEYES,CROWDER,SOUTHERN),MTRE SEEDS,RAW	336	1	0	16	60	11	24
16063	COWPEAS,COMMON (BLKEYES,CRWDR,STHRN),MTURE,CKD,BLD,WO/SALT	116	0	0	4	21	7	8
16363	COWPEAS,COMMON,MATURE SEEDS,CKD,BLD,W/SALT	116	0	0	240	21	7	8
16065	COWPEAS,COMMON,MATURE SEEDS,CND W/PORK	83	1	7	350	17	3	3
16064	COWPEAS,COMMON,MATURE SEEDS,CND,PLN	77	0	0	299	14	3	5
11780	COWPEAS,LEAFY TIPS,CKD,BLD,DRND,W/SALT	22	0	0	242	3		5
11202	COWPEAS,LEAFY TIPS,CKD,BLD,DRND,WO/SALT	22	0	0	6	3		5
11201	COWPEAS,LEAFY TIPS,RAW	29	0	0	7	5		4
11779	COWPEAS,YOUNG PODS W/SEEDS,CKD,BLD,DRND,W/SALT	34	0	0	239	7		3

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

11198	COWPEAS,YOUNG PODS W/SEEDS,CKD,BLD,DRND,WO/SALT	34	0	0	3	7		3
11197	COWPEAS,YOUNG PODS W/SEEDS,RAW	44	0	0	4	10		3
18625	CPC FD SERVICE,OROWEAT SEASONED DRSNG MIX,DRY	357	1		945	72	5	13
15137	CRAB,ALASKA KING,CKD,MOIST HEAT	97	1	53	1072	0	0	19
15138	CRAB,ALASKA KING,IMITN,MADE FROM SURIMI	102	1	20	841	10	0	12
15136	CRAB,ALASKA KING,RAW	84	0	42	836	0	0	18
15141	CRAB,BLUE,CANNED	99	1	89	333	0	0	21
15140	CRAB,BLUE,CKD,MOIST HEAT	102	1	100	279	0	0	20
15142	CRAB,BLUE,CRAB CAKES	155	7	150	330	0	0	20
15139	CRAB,BLUE,RAW	87	1	78	293	0	0	18
15226	CRAB,DUNGENESS,CKD,MOIST HEAT	110	1	76	378	1	0	22
15143	CRAB,DUNGENESS,RAW	86	1	59	295	1	0	17
15227	CRAB,QUEEN,CKD,MOIST HEAT	115	1	71	691	0	0	24
15144	CRAB,QUEEN,RAW	90	1	55	539	0	0	19
09077	CRABAPPLES,RAW	76	0	0	1	20		0
18236	CRACKER MEAL	383	1	0	28	81	3	9
18927	Crackers, cheese, sandwich-type with cheese filling	490	0	6	878	59	2	9
18214	CRACKERS,CHEESE,REGULAR	503	24	13	995	58	2	10
18434	CRACKERS,CHS,LO NA	503	24	13	458	58	2	10
18215	CRACKERS,CHS,SANDWICH-TYPE W/PNUT BUTTER FILLING	496	23	0	710	57	3	12
18216	CRACKERS,CRISPBREAD,RYE	366	1	0	264	82	17	8
18218	CRACKERS,MATZO,EGG	391	2	83	21	79	3	12
18400	CRACKERS,MATZO,EGG&ONION	391	3	45	285	77	5	10
18217	CRACKERS,MATZO,PLAIN	395	1	0	2	84	3	10
18219	CRACKERS,MATZO,WHOLE-WHEAT	351	1	0	2	79	12	13
18220	CRACKERS,MELBA TOAST,PLN	390	3	0	829	77	6	12
18424	CRACKERS,MELBA TOAST,PLN,WO/SALT	390	3	0	19	77	6	12

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

18221	CRACKERS,MELBA TOAST,RYE (INCL PUMPERNICKEL)	389	3	0	899	77	8	12
18222	CRACKERS,MELBA TOAST,WHEAT	374	2	0	837	76	7	13
18223	CRACKERS,MILK	455	15	11	592	70	2	8
18224	CRACKERS,RUSK TOAST	407	6	78	253	72		14
18225	CRACKERS,RYE,SANDWICH-TYPE W/CHS FILLING	481	21	9	1044	61	4	9
18226	CRACKERS,RYE,WAFERS,PLAIN	334	1	0	794	80	23	10
18227	CRACKERS,RYE,WAFERS,SEASONED	381	8	0	887	74	21	9
18228	CRACKERS,SALTINES (INCL OYSTER,SODA,SOUP)	428	10	0	1072	71	3	9
18457	CRACKERS,SALTINES,FAT-FREE,LOW-SODIUM	393	1	0	636	82	3	11
18425	CRACKERS,SALTINES,LO SALT (INCL OYSTER,SODA,SOUP)	434	11	0	636	72	3	9
18426	CRACKERS,SALTINES,UNSALTED TOPS (INCL OYSTER,SODA,SOUP)	434	11	0	766	72	3	9
18229	CRACKERS,STD SNACK-TYPE,REG	502	24	0	847	61	2	7
18427	CRACKERS,STD SNACK-TYPE,REG,LO SALT	502	24	0	373	61	2	7
18230	CRACKERS,STD SNACK-TYPE,SNDWCH,W/CHS FILLING	477	20	2	1401	62	2	9
18231	CRACKERS,STD SNACK-TYPE,SNDWCH,W/PNUT BUTTER FILLING	494	23	0	718	58	2	11
18428	CRACKERS,WHEAT,LOW SALT	473	19	0	283	65	5	9
18232	CRACKERS,WHEAT,REGULAR	473	19	0	795	65	5	9
18233	CRACKERS,WHEAT,SNDWCH,W/CHS FILLING	497	24	7	913	58	3	10
18234	CRACKERS,WHEAT,SNDWCH,W/PNUT BUTTER FILLING	495	25	0	807	54	4	14
18235	CRACKERS,WHOLE-WHEAT	443	16	0	659	69	11	9
18429	CRACKERS,WHOLE-WHEAT,LO SALT	443	16	0	247	69	11	9
09079	CRANBERRIES,DRIED,SWTND	308	1	0	3	82	6	0
35029	CRANBERRIES,HI BUSH,RAW (ALASKA NATIVE)	55	0		26	12	7	1
09078	CRANBERRIES,RAW	46	0	0	2	12	5	0
14242	CRANBERRY JUC COCKTAIL,BTLD	54	0	0	2	14	0	0
14243	CRANBERRY JUC COCKTAIL,BTLD,LO CAL,W/CA,SACCHARIN&CORN SWTNR	19	0	0	3	5	0	0
14430	CRANBERRY JUC COCKTAIL,FRZ CONC	201	0	0	4	51	0	0

USDA NO.	FOR MACKIE SCIENTIFIC WEBSITE USER							
	USDA FOOD LIST							
NDB_No	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
		PER 100 GRAMS						
14431	CRANBERRY JUC COCKTAIL,FRZ CONC,PREP W/H2O	55	0	0	3	14	0	0
43382	CRANBERRY JUC,UNSWTND	46	0	0	2	12	0	0
09081	CRANBERRY SAU,CND,SWTND	151	0	0	29	39	1	0
14238	CRANBERRY-APPLE JUC DRK,BTLD	63	0	0	2	16	0	0
43404	CRANBERRY-APPLE JUC DRK,LO CAL,W/MIT C	19	0	0	5	5	0	0
14240	CRANBERRY-APRICOT JUC DRK,BTLD	64	0	0	2	16	0	0
14241	CRANBERRY-GRAPE JUC DRK,BTLD	56	0	0	3	14	0	0
09082	CRANBERRY-ORANGE RELISH,CND	178	0	0	32	46	0	0
35030	CRANBERRY,LO BUSH OR LINGENBERRY,RAW (ALASKA NATIVE)	55	0			12		0
15243	CRAYFISH,MXD SP,FARMED,CKD,MOIST HEAT	87	1	137	97	0	0	18
15242	CRAYFISH,MXD SP,FARMED,RAW	72	1	107	62	0	0	15
15146	CRAYFISH,MXD SP,WILD,CKD,MOIST HEAT	82	1	133	94	0	0	17
15145	CRAYFISH,MXD SP,WILD,RAW	77	1	114	58	0	0	16
18237	CREAM PUFFS,PREP FROM RECIPE,SHELL (INCL ECLAIR)	362	24	196	557	23	1	9
18238	CREAM PUFFS,PREP FROM RECIPE,SHELL,W/CUSTARD FILLING	258	14	134	341	23	0	7
42141	CREAM SUB,LIQ,LT	69	3	0	60	9	0	1
01067	CREAM SUB,LIQ,W/HYDR VEG OIL&SOY PROT	136	10	0	79	11	0	1
01068	CREAM SUB,LIQ,W/LAURIC ACID OIL&NA CASEINATE	136	9	0	79	11	0	1
42136	CREAM SUB,PDR,LT	431	15	0	229	73	0	2
01069	CREAM SUBSTITUTE,POWDERED	546	34	0	181	55	0	5
01049	CREAM,FLUID,HALF AND HALF	130	11	37	41	4	0	3
01053	CREAM,FLUID,HVY WHIPPING	345	35	137	38	3	0	2
01050	CREAM,FLUID,LT (COFFEE CRM OR TABLE CRM)	195	18	66	40	4	0	3
01052	CREAM,FLUID,LT WHIPPING	292	29	111	34	3	0	2
01199	CREAM,HALF & HALF,FAT FREE	59	1	5	144	9	0	3
01056	CREAM,SOUR,CULTURED	214	20	44	53	4	0	3
01055	CREAM,SOUR,RED FAT,CULTURED	135	11	39	41	4	0	3

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

01054	CREAM,WHIPPED,CRM TOPPING,PRESSURIZED	257	21	76	130	12	0	3
42116	CREAMY DRSNG,MADE W/SOUR CRM AND/OR BTTRMLK&OIL,RED CAL	160	13	0	1023	7	0	2
42158	CREAMY DRSNG,W/SOUR CRM AND/OR BTTRMLK&OIL,RED CAL,CHOL-FREE	140	8	0	932	16	0	1
11781	CRESS,GARDEN,CKD,BLD,DRND,W/SALT	23	0	0	244	4	1	2
11204	CRESS,GARDEN,CKD,BLD,DRND,WO/SALT	23	0	0	8	4	1	2
11203	CRESS,GARDEN,RAW	32	0	0	14	6	1	3
19010	CRISPED RICE BAR,CHOC CHIP	404	13	0	278	73	2	5
08431	CRLS,QUAKR INST OTML,NUTR FOR WMN,VNLA CINN,PREP W/ BOIL H2O	104	1	0	177	20	2	3
42157	CRMY DRSNG,MDE W/ SOUR CRM AND/OR BTRMLK & OIL,RED CAL,FTFREE	107	3	0	1000	20	0	1
15021	CROAKER,ATLANTIC,CKD,BREADED&FRIED	221	12	84	348	8	0	18
15020	CROAKER,ATLANTIC,RAW	104	3	61	56	0	0	18
18240	CROISSANTS,APPLE	254	8	31	274	37	3	7
18239	CROISSANTS,BUTTER	406	18	67	744	46	3	8
18241	CROISSANTS,CHEESE	414	20	57	555	47	3	9
18242	CROUTONS,PLAIN	407	6	0	698	74	5	12
18243	CROUTONS,SEASONED	465	17	7	1238	64	5	11
11206	CUCUMBER,PEELED,RAW	12	0	0	2	2	1	1
11205	CUCUMBER,WITH PEEL,RAW	15	0	0	2	4	1	1
02014	CUMIN SEED	375	19	0	168	44	11	18
09083	CURRANTS,EUROPEAN BLACK,RAW	63	0	0	2	15		1
09084	CURRANTS,RED&WHITE,RAW	56	0	0	1	14	4	1
09085	CURRANTS,ZANTE,DRIED	283	0	0	8	74	7	4
02015	CURRY POWDER	325	10	0	52	58	33	13
15193	CUSK,COOKED,DRY HEAT	112	0	53	40	0	0	24
15022	CUSK,RAW	87	1	41	31	0	0	19
09086	CUSTARD-APPLE,(BULLOCK'S-HEART),RAW	101	0	0	4	25	2	2
15229	CUTTLEFISH,MXD SP,CKD,MOIST HEAT	158	1	224	744	2	0	32

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

15163	CUTTLEFISH,MXD SP,RAW	79	0	112	372	1	0	16
14422	DAIRY DRK MIX,CHOC,RED CAL,W/ASPRT,PDR	298	2	24	659	51	9	25
14423	DAIRY DRK MIX,CHOC,RED CAL,W/ASPRT,PDR,PREP W/H2O	31	0	1	84	5	0	3
11207	DANDELION GREENS,RAW	45	0	0	76	9	4	3
11782	DANDELION GRNS,CKD,BLD,DRND,W/SALT	33	0	0	280	6	3	2
11208	DANDELION GRNS,CKD,BLD,DRND,WO/SALT	33	0	0	44	6	3	2
18245	DANISH PASTRY,CHEESE	374	21	16	450	37	1	8
18244	DANISH PASTRY,CINN,ENR	403	21	21	371	45	1	7
18430	DANISH PASTRY,CINN,UNENR	403	21	21	371	45	1	7
18246	DANISH PASTRY,FRUIT,ENR	371	17	114	354	48	2	5
18431	DANISH PASTRY,FRUIT,UNENR (INCL APPL,CINN,RAISIN,STRAWBERRY)	371	10	40	354	48	2	5
18433	DANISH PASTRY,LEMON,UNENR	371	10	40	354	48	2	5
18247	DANISH PASTRY,NUT (INCL ALMOND,RAISIN NUT,CINN NUT)	430	24	46	363	46	2	7
18435	DANISH PASTRY,RASPBERRY,UNENR	371	10	40	354	48	2	5
09087	DATES,DEGLET NOOR	282	0	0	2	75	8	2
09421	DATES,MEDJOO	277	0		1	75	7	2
35080	DEER (VENISON),SITKA,RAW (ALASKA NATIVE)	111	1	18		0		22
01071	DESSERT TOPPING,PDR,1.5 OZ PREP W/1/2 CUP MILK	189	12	10	66	17	0	4
01070	DESSERT TOPPING,POWDERED	577	38	0	122	53	0	5
01072	DESSERT TOPPING,PRESSURIZED	264	21	0	62	16	0	1
01073	DESSERT TOPPING,SEMI SOLID,FRZ	318	24	0	25	23	0	1
19197	DESSERTS,CPC,ALSA MOUSSE MIX,PDR,DK CHOC	501	17		396	61		9
19220	DESSERTS,RENNIN,CHOC,DRY MIX	363	3	0	70	92	5	2
19225	DESSERTS,RENNIN,TABLETS,UNSWTND	84	0	0	26050	20	0	1
19222	DESSERTS,RENNIN,VANILLA,DRY MIX	383	0	0	6	99	0	0
02016	DILL SEED	305	11	0	20	55	21	16
02017	DILL WEED,DRIED	253	0	0	208	56	14	20

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02045	DILL WEED,FRSH	43	1	0	61	7	2	3
11925	DOCK,CKD,BLD,DRND,W/SALT	20	0	0	239	3		2
11617	DOCK,CKD,BLD,DRND,WO/SALT	20	0	0	3	3	3	2
11616	DOCK,RAW	22	0	0	4	3	3	2
15194	DOLPHINFISH,CKD,DRY HEAT	109	1	94	113	0	0	24
15023	DOLPHINFISH,RAW	85	0	73	88	0	0	19
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	257	7	13	478	34	1	11
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	315	15	21	497	28	2	13
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	274	9	14	561	34	2	11
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza	244	9	20	456	26	2	10
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	270	9	22	507	32	2	12
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	288	11	17	526	32	2	12
19032	DOO DADS SNACK MIX,ORIGINAL FLAVOR	456	4	1	1271	64	7	10
18251	DOUGHNUTS,CAKE-TYPE,CHOC,SUGARED OR GLAZED	417	19	57	340	57	2	5
18248	DOUGHNUTS,CAKE-TYPE,PLN (INCL UNSUGARED,OLD-FASHIONED)	421	21	37	546	50	2	5
18249	DOUGHNUTS,CAKE-TYPE,PLN,CHOCOLATE-COATED OR FRSTD	474	29	61	429	48	2	5
18250	DOUGHNUTS,CAKE-TYPE,PLN,SUGARED OR GLAZED	426	22	32	402	51	2	5
18252	DOUGHNUTS,CAKE-TYPE,WHEAT,SUGARED OR GLAZED	360	18	20	355	43	2	6
18253	DOUGHNUTS,FRENCH CRULLERS,GLAZED	412	17	11	345	60	1	3
18255	DOUGHNUTS,YEAST-LEAVENED,GLAZED,ENR (INCL HONEY BUNS)	403	22	6	342	44	1	6
18436	DOUGHNUTS,YEAST-LEAVENED,GLAZED,UNENR (INCL HONEY BUNS)	403	22	6	342	44	1	6
18254	DOUGHNUTS,YEAST-LEAVENED,W/CREME FILLING	361	21	24	309	30	1	6
18256	DOUGHNUTS,YEAST-LEAVENED,W/JELLY FILLING	340	17	26	293	39	1	6
43287	DOVE,CKD (INCL SQUAB)	219	12	116	57	0	0	24
14131	DRINK MIX,QUAKER OATS,GATORADE,LEMON-LIME FLAVOR,PDR	364	0		603	95		0
14450	DRINK MIX,QUAKER OATS,GATORADE,ORANGE FLAVOR,PDR	388	0	0	63	94	0	0
15195	DRUM,FRESHWATER,CKD,DRY HEAT	153	6	82	96	0	0	22

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15024	DRUM,FRESHWATER,RAW	119	4	64	75	0	0	18
05143	DUCK,DOMESTICATED,LIVER,RAW	136	3	515	140	4	0	19
05142	DUCK,DOMESTICATED,MEAT ONLY,CKD,RSTD	201	9	89	65	0	0	23
05141	DUCK,DOMESTICATED,MEAT ONLY,RAW	132	5	77	74	0	0	18
05140	DUCK,DOMESTICATED,MEAT&SKN,CKD,RSTD	337	26	84	59	0	0	19
05139	DUCK,DOMESTICATED,MEAT&SKN,RAW	404	37	76	63	0	0	11
05145	DUCK,WILD,BREAST,MEAT ONLY,RAW	123	3	77	57	0	0	20
05144	DUCK,WILD,MEAT&SKN,RAW	211	14	80	56	0	0	17
05316	DUCK,YNG DUCKL,DOM,WH PEKIN,BRST,MEAT,BNLESS,CKD WO/SKN,BRLD	140	2	143	105	0		28
05318	DUCK,YNG DUCKL,DOM,WH PEKIN,LEG,MEAT,BONE IN,CKD WO/SKN,BRSD	178	5	105	108	0		29
05315	DUCK,YNG DUCKLING,DOM,WH PEKIN,BRST,MEAT&SKN,BNLESS,CKD,RSTD	202	10	136	84	0		25
05317	DUCK,YNG DUCKLING,DOM,WH PEKIN,LEG,MEAT&SKN,BONE IN,CKD,RSTD	217	10	114	110	0		27
09422	DURIAN,RAW OR FROZEN	147	0	0	2	27	4	1
07021	DUTCH BRAND LOAF,CHICK,PORK & BF	273	22	60	1055	4	0	12
18257	ECLAIRS,CUSTARD-FILLED W/CHOC GLAZE,PREP FROM RECIPE	262	15	127	337	24	1	6
15025	EEL,MIXED SPECIES,RAW	184	10	126	51	0	0	18
15026	EEL,MXD SP,CKD,DRY HEAT	236	13	161	65	0	0	24
19169	EGG CUSTARDS,DRY MIX	410	5	258	281	83	0	7
19205	EGG CUSTARDS,DRY MIX,PREP W/ 2% MILK	111	2	48	89	17	0	4
19170	EGG CUSTARDS,DRY MIX,PREP W/ WHL MILK	121	4	53	88	17	0	4
01142	EGG SUBSTITUTE,FROZEN	160	11	2	199	3	0	11
01143	EGG SUBSTITUTE,LIQUID	84	3	1	177	1	0	12
01144	EGG SUBSTITUTE,POWDER	444	11	572	800	22	0	56
21307	Egg, Cheese and Bacon Griddle Cake Sandwich	272	11	147	750	26	1	12
21305	Egg, Cheese and Sausage Griddle Cake Sandwich	291	15	132	651	22	1	11
01138	EGG,DUCK,WHOLE,FRESH,RAW	185	11	884	146	1	0	13
01139	EGG,GOOSE,WHOLE,FRESH,RAW	185	11	852	138	1	0	14

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01140	EGG,QUAIL,WHOLE,FRESH,RAW	158	9	844	141	0	0	13
01141	EGG,TURKEY,WHL,FRSH,RAW	171	10	933	151	1	0	14
01173	EGG,WHITE,DRIED	382	0	0	1280	8	0	81
01135	EGG,WHITE,DRIED,FLAKES,GLUCOSE RED	351	0	0	1156	4	0	77
01136	EGG,WHITE,DRIED,PDR,GLUCOSE RED	376	0	0	1238	4	0	82
01172	EGG,WHITE,RAW,FROZEN	47	0	0	158	1	0	10
01124	EGG,WHITE,RAW,FRSH	52	0	0	166	1	0	11
01128	EGG,WHL,CKD,FRIED	201	13	457	204	1	0	14
01129	EGG,WHL,CKD,HARD-BOILED	155	9	424	124	1	0	13
01131	EGG,WHL,CKD,POACHED	147	8	422	294	1	0	13
01132	EGG,WHL,CKD,SCMRBLD	166	11	352	280	2	0	11
01134	EGG,WHL,DRIED,STABILIZED,GLUCOSE RED	615	36	2017	548	2	0	48
01130	EGG,WHOLE,COOKED,OMELET	153	10	356	161	1	0	11
01133	EGG,WHOLE,DRIED	594	34	1715	523	5	0	47
01123	EGG,WHOLE,RAW,FRESH	147	8	423	140	1	0	13
01171	EGG,WHOLE,RAW,FROZEN	148	8	432	133	1	0	12
01137	EGG,YOLK,DRIED	666	46	2335	135	4	0	34
01126	EGG,YOLK,RAW,FROZEN	303	21	1075	67	1	0	16
01125	EGG,YOLK,RAW,FRSH	322	25	1234	48	4	0	16
01160	EGG,YOLK,RAW,FRZ,SALTED	274	19	955	3780	2	0	14
01127	EGG,YOLK,RAW,FRZ,SUGARED	307	19	959	67	11	0	14
01057	EGGNOG	135	7	59	54	14	0	4
14245	EGGNOG-FLAVOR MIX,PDR,PREP W/ WHL MILK	95	3	11	55	14	0	3
11783	EGGPLANT,CKD,BLD,DRND,W/SALT	35	0	0	239	9	3	1
11210	EGGPLANT,CKD,BLD,DRND,WO/SALT	35	0	0	1	9	3	1
43146	EGGPLANT,PICKLED	49	0	0	1674	10	3	1
11209	EGGPLANT,RAW	24	0	0	2	6	3	1

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43285	EGGS,SCRGBLD,FRZ MIXTURE	131	5	65	162	8	0	13
22704	EL RIO CHILI CON CARNE,NO BNS,CND ENTREE	117	7	19	311	6	1	6
09088	ELDERBERRIES,RAW	73	0	0	6	18	7	1
05624	EMU,FAN FILLET,CKD,BRLD	154	2	82	53	0	0	31
05623	EMU,FAN FILLET,RAW	103	1	71	120	0	0	23
05625	EMU,FLAT FILLET,RAW	102	1	71	150	0	0	22
05627	EMU,FULL RUMP,CKD,BRLD	168	3	129	110	0	0	34
05626	EMU,FULL RUMP,RAW	112	2	85	90	0	0	23
05622	EMU,GROUND,CKD,PAN-BROILED	163	4	87	65	0	0	28
05621	EMU,GROUND,RAW	134	3	69	56	0	0	23
05628	EMU,INSIDE DRUM,RAW	108	2	67	102	0	0	22
05629	EMU,INSIDE DRUMS,CKD,BRLD	156	2	91	118	0	0	32
05630	EMU,OUTSIDE DRUM,RAW	103	0	78	100	0	0	23
05631	EMU,OYSTER,RAW	141	4	81	150	0	0	23
05632	EMU,TOP LOIN,CKD,BRLD	152	2	88	58	0	0	29
11213	ENDIVE,RAW	17	0	0	22	3	3	1
14156	ENG DRK,RED BULL,SGR FR,W/ ADD CAFF,NAICN,PANTO,VIT B6 & B12	5	0		84	1		0
18258	ENGLISH,MUFFIN,PLN,ENR,W/CA PROP(INCL SOURDOUGH)	227	2	0	425	44	4	9
18260	ENGLISH MUFFINS,MIXED-GRAIN (INCL GRANOLA)	235	2	0	416	46	3	9
18261	ENGLISH MUFFINS,MIXED-GRAIN,TSTD (INCL GRANOLA)	255	2	0	453	50	3	10
18437	ENGLISH MUFFINS,PLN,ENR,WO/CA PROP (INCL SOURDOUGH)	235	1	0	464	46	3	8
18438	ENGLISH MUFFINS,PLN,UNENR,W/CA PROP (INCL SOURDOUGH)	235	1	0	464	46	3	8
18439	ENGLISH MUFFINS,PLN,UNENR,WO/CA PROP (INCL SOURDOUGH)	235	1	0	464	46	3	8
18262	ENGLISH MUFFINS,RAISIN-CINNAMON (INCLUDES APPLE-CINNAMON)	240	2	0	332	48	3	8
18263	ENGLISH MUFFINS,RAISIN-CINNAMON,TSTD (INCL APPLE-CINNAMON)	276	2	0	369	55	3	9
18264	ENGLISH MUFFINS,WHEAT	223	1	0	382	45	5	9
18265	ENGLISH MUFFINS,WHEAT,TSTD	243	2	0	415	49	5	9

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18266	ENGLISH MUFFINS,WHOLE-WHEAT	203	2	0	637	40	7	9
18267	ENGLISH MUFFINS,WHOLE-WHEAT,TSTD	221	2	0	692	44	7	10
18259	ENGLISH,MUFFIN,PLN,TSTD,ENR,W/CA PROP(INCL SOURDOUGH)	270	2	0	477	53	3	10
14154	ENGY DRK,RED BULL,W/ ADD CAFFEINE,NIACIN,PANTO,VIT B6 & B12	45	0	0	84	11	0	0
16152	ENSURE FIBER W/ FOS,LIQ	97	2	0	78	16	1	3
43528	ENSURE PLUS,LIQ NUTR	141	5	2	95	20	0	5
21046	ENTREES,CRAB CAKE	266	16	137	819	9	0	19
21047	ENTREES,FISH FILLET,BATTERED OR BREADED,&FRIED	232	12	34	532	17	1	15
11984	EPAZOTE,RAW	32	0	0	43	7	4	0
11618	EPPAW,RAW	150	0	0	12	32		5
16138	FALAFEL,HOME-PREPARED	333	17	0	294	32		13
04001	FAT,BEEF TALLOW	902	96	109	0	0	0	0
04542	FAT,CHICKEN	900	95	85	0	0	0	0
04574	FAT,DUCK	900	95	100	0	0	0	0
04576	FAT,GOOSE	900	95	100	0	0	0	0
04520	FAT,MUTTON TALLOW	902	96	102	0	0	0	0
04575	FAT,TURKEY	900	95	102	0	0	0	0
09334	FEIJOA,RAW	49	0	0	3	11		1
02018	FENNEL SEED	345	12	0	88	52	40	16
11957	FENNEL,BULB,RAW	31	0	0	52	7	3	1
02019	FENUGREEK SEED	323	1	0	67	58	25	23
11996	FIDDLEHEAD FERNS,FRZ,UNPREP	34	0	0	0	6		4
11995	FIDDLEHEAD FERNS,RAW	34	0	0	1	6		5
22682	FIESTA CAFE BF&BEAN CHIMICHANGA,FRZ	186	4	16	354	25	3	11
09093	FIGS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	107	0	0	1	28		0
09090	FIGS,CND,H2O PK,SOL&LIQUIDS	53	0	0	1	14	2	0
09092	FIGS,CND,HVY SYRUP PK,SOL&LIQUIDS	88	0	0	1	23	2	0

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09091	FIGS,CND,LT SYRUP PK,SOL&LIQUIDS	69	0	0	1	18	2	0
09095	FIGS,DRIED,STEWED	107	0	0	4	28	4	1
09094	FIGS,DRIED,UNCOOKED	249	1	0	10	64	10	3
09089	FIGS,RAW	74	0	0	1	19	3	1
11985	FIREWEED,LEAVES,RAW	103	0	0	34	19	11	5
35038	FIREWEED,YOUNG LEAVES,RAW (ALASKA NATIVE)	44	0		50	6	6	3
06963	FISH BROTH	16	0	0	318	0	0	2
04589	FISH OIL,COD LIVER	902	92	570	0	0	0	0
04590	FISH OIL,HERRING	902	93	766	0	0	0	0
04591	FISH OIL,MENHADEN	902	91	521	0	0	0	0
04592	FISH OIL,MENHADEN,FULLY HYDR	902	96	500	0	0	0	0
04593	FISH OIL,SALMON	902	89	485	0	0	0	0
04594	FISH OIL,SARDINE	902	96	710	0	0	0	0
15027	FISH PORTIONS&STKS,FRZ,PREHTD	249	12	32	421	21	1	11
43129	FISH STICKS,MEATLESS	290	17	0	490	9	6	23
35016	FISH,BLACKFISH,WHL (ALASKA NATIVE)	82	0			1		16
35034	FISH,DEVILFISH,MEAT (ALASKA NATIVE)	97	0			1		12
35039	FISH,HERRING EGGS ON GIANT KELP,PACIFIC (ALASKA NATIVE)	63	0		61	3		11
35040	FISH,HERRING EGGS,PACIFIC,DRY (ALASKA NATIVE)	312	0			3		60
35041	FISH,HERRING EGGS,PACIFIC,PLN (ALASKA NATIVE)	74	2	40	61	4		10
35042	FISH,HERRING,PAC,MEAT PACK IN OIL,AIR-DRIED (ALASKA NATIVE)	489	0			0		45
35047	FISH,LINGCOD,LIVER (ALASKA NATIVE)	424	0			6		6
35046	FISH,LINGCOD,MEAT,RAW (ALASKA NATIVE)	79	0		59	0		18
35060	FISH,PIKE,NORTHERN,LIVER (ALASKA NATIVE)	156	0			4		17
35065	FISH,SALMON,KING OR CHINOOK,KIPPERED,CND (ALASKA NATIVE)	266	0			0		31
35068	FISH,SALMON,KING OR CHINOOK,LIVER (ALASKA NATIVE)	156	0			4		17
35066	FISH,SALMON,KING OR CHINOOK,SMOKED & CND (ALASKA NATIVE)	150	0			1		23

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35067	FISH,SALMON,KING OR CHINOOK,SMOKED,BRINED (ALASKA NATIVE)	441	24	107	693	3	2	40
35064	FISH,SALMON,TIPNUK,FERMENTED (ALASKA NATIVE)	170	0			3		16
15262	FISH,TILAPIA,CKD,DRY HEAT	128	2	57	56	0	0	26
15261	FISH,TILAPIA,RAW	96	1	50	52	0	0	20
35088	FISH,WHITEFISH,BROAD,LIVER (ALASKA NATIVE)	104	0			5		11
35090	FISH,WHITEFISH,BROAD,ROE (ALASKA NATIVE)	87	0			2		8
35091	FISH,WHITEFISH,HEAD,EYES,CHEEKS & SOFT BONES (ALASKA NATIVE)	107	0			0		19
35089	FISH,WHITEFISH,MXD SP,RAW (ALASKA NATIVE)	131	6	55	51	0		19
19187	FLAN,CARAMEL CUSTARD,DRY MIX	348	0	0	432	92	0	0
19231	FLAN,CARAMEL CUSTARD,DRY MIX,PREP W/ 2% MILK	103	2	7	113	19	0	3
19232	FLAN,CARAMEL CUSTARD,DRY MIX,PREP W/ WHL MILK	113	3	12	112	19	0	3
15029	FLATFISH (FLOUNDER&SOLE SP),CKD,DRY HEAT	117	1	68	105	0	0	24
15028	FLATFISH (FLOUNDER&SOLE SP),RAW	91	1	48	81	0	0	19
42231	FLAXSEED OIL	884	96	0	0	0	0	0
43075	FLUID REPLCMNT,ELECTROLYTE SOLN (INCLUDE PEDIALYTE)	10	0	0	101	2	0	0
12200	FORMULATED,WHEAT-BASED,ALL FLAVORS XCPT MACADAMIA,WO/SALT	647	59	0	91	21	5	13
12199	FORMULATED,WHEAT-BASED,FLAV,MACADAMIA FLAV,WO/SALT	619	54	0	47	28	5	11
12140	FORMULATED,WHEAT-BASED,UNFLAVORED,W/SALT	622	55	0	505	24	5	14
07022	FRANKFURTER BF	330	27	53	1140	4	0	11
07945	FRANKFURTER BF HTD	326	27	56	1154	4	0	12
07023	FRANKFURTER BF & PORK	305	27	50	1120	2	0	12
07950	FRANKFURTER MEAT	290	0	77	1090	4	0	10
07949	FRANKFURTER MEAT HTD	278	0	73	1013	5	0	10
42188	FRANKFURTER,BF & PORK,LO FAT	154	9	44	1257	4	0	11
42179	FRANKFURTER,BF,LO FAT	233	19	40	1041	2	0	12
07905	FRANKFURTER,BF,PORK,& TURKEY,FAT FREE	109	2	41	798	11	0	13
07024	FRANKFURTER,CHICK	257	18	101	1370	7	0	13

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43507	FRANKFURTER,LO NA	315	27	61	311	2	0	12
42280	FRANKFURTER,MEAT & POULTRY,LO FAT	127	3	44	983	8	0	16
43130	FRANKFURTER,MEATLESS	233	14	0	471	8	4	20
07939	FRANKFURTER,PORK	269	22	66	816	0	0	13
07025	FRANKFURTER,TURKEY	226	16	107	1426	1	0	14
22710	FREEZER QUEEN GRAVY&SLICED BF MEAL,MSHD POT&CARROTS,FRZ MEAL	81	2	12	254	10	1	6
18268	FRENCH TOAST,FRZ,RTH	213	5	82	495	32	1	7
18269	FRENCH TOAST,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	229	10	116	479	25		8
80200	FROG LEGS,RAW	73	0	50	58	0	0	16
19240	FROSTINGS,CHOC,CREAMY,DRY MIX	389	0	0	76	92	2	1
19241	FROSTINGS,CHOC,CREAMY,DRY MIX,PREP W/ BUTTER	404	8	24	150	71	2	1
19372	FROSTINGS,CHOC,CREAMY,DRY MIX,PREP W/ MARGARINE	404	8	0	163	71	2	1
19226	FROSTINGS,CHOC,CREAMY,RTE	397	17	0	183	63	1	1
19227	FROSTINGS,COCONUT-NUT,RTE	433	23	0	195	53	3	2
19228	FROSTINGS,CRM CHEESE-FLAVOR,RTE	415	14	0	191	67	0	0
19375	FROSTINGS,GLAZE,PREPARED-FROM-RECIPE	359	7	2	94	74	0	1
19244	FROSTINGS,VANILLA,CREAMY,DRY MIX	410	0	0	13	94	0	0
19371	FROSTINGS,VANILLA,CREAMY,DRY MIX,PREP W/ MARGARINE	413	8	0	114	74	0	0
19230	FROSTINGS,VANILLA,CREAMY,RTE	418	16	0	184	68	0	0
19246	FROSTINGS,WHITE,FLUFFY,DRY MIX	371	0	0	234	95	0	2
19247	FROSTINGS,WHITE,FLUFFY,DRY MIX,PREP W/H2O	244	0	0	156	63	0	2
19873	FROZ NOVELTIES,ICE TYPE,SUGAR FREE,ORNGE,CHRY,& GRP POPSICLE	21	0	0	10	5	0	0
42074	FROZ NOVLT,ICE CRM,VAN ICE CRM,LT,NO SUGAR ADDED,CHOC COATD	226	10	10	104	27	1	6
43450	FROZEN NOVELITES,JUC TYPE,JUC W/ CRM	115	1	7	42	24	0	1
43506	FROZEN NOVELT,ICE CRM,CHOC OR CARAMEL COVERED,W/ NUTS	317	19	1	92	31	1	4
19872	FROZEN NOVELTIES,FAT FREE FUDGESICLE BARS	127	0	3	94	27	2	6
19263	FROZEN NOVELTIES,FRUIT & JUC BARS	87	0	0	4	20	1	1

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43269	FROZEN NOVELTIES,ICE CRM TYPE,SUNDAE,PREPACKAGED	185	6	13	95	29	0	4
19217	FROZEN NOVELTIES,ICE TYPE,FRUIT,NO SUGAR ADDED	24	0	0	5	6	0	1
19281	FROZEN NOVELTIES,ICE TYPE,ITALIAN,REST-PREP	53	0	0	4	14	0	0
19280	FROZEN NOVELTIES,ICE TYPE,LIME	128	0	0	22	33	0	0
19387	FROZEN NOVELTIES,ICE TYPE,PINEAPPLE-COCONUT	113	2	0	35	24	1	0
19283	FROZEN NOVELTIES,ICE TYPE,POP	79	0	0	7	19	0	0
43514	FROZEN NOVELTIES,ICE TYPE,POP,W/ LO CAL SWTNR	24	0	0	10	6	0	0
43346	FROZEN NOVELTIES,JUC TYPE,ORANGE	95	0	0	8	23	0	1
19856	FROZEN NOVELTIES,JUC TYPE,POPSICLE SCRIBBLERS	81	0		13	20	0	0
19886	FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR CHOC CONE	224	1	2	159	45	4	4
19888	FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR CHOC SNDWCH	212	1	4	188	44	5	6
19889	FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR MINT SNDWCH	210	1	4	191	44	4	6
19885	FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR VANILLA CONE	222	1	3	160	45	4	4
19887	FROZEN NOVELTIES,KLONDIKE,SLIM-A-BEAR VANILLA SNDWCH	211	1	4	191	44	4	6
19891	FROZEN NOVELTIES,NO SUGAR ADDED CREAMSICLE POPS	57	0	3	41	15	0	2
19871	FROZEN NOVELTIES,NO SUGAR ADDED,FUDGESICLE POPS	105	1	2	102	22	2	4
19892	FROZEN NOVELTIES,SUGAR FREE,CREAMSICLE POPS	49	2	0	6	12	8	1
19890	FROZEN NOVL,KLONDIKE,SLIM-A-BEAR,NO SGR ADDED,STICKLESS BAR	224	10	8	86	27	5	5
42186	FROZEN YOGURTS,CHOC	127	3	13	63	22	1	3
42185	FROZEN YOGURTS,CHOC,NONFAT MILK,SWTND WO/ SUGAR	107	1	4	81	20	1	4
19393	FROZEN YOGURTS,CHOC,SOFT-SERVE	160	6	5	98	25	2	4
42187	FROZEN YOGURTS,FLAVORS OTHER THAN CHOC	127	3	13	63	22	0	3
19293	FROZEN YOGURTS,VANILLA,SOFT-SERVE	163	5	2	87	24	0	4
19294	FRUIT BUTTERS,APPLE	173	0	0	15	43	2	0
09101	FRUIT COCKTAIL,CND,EX HVY SYRUP,SOL&LIQUIDS	88	0	0	6	23	1	0
09098	FRUIT COCKTAIL,CND,EX LT SYRUP,SOL&LIQUIDS	45	0	0	4	12	1	0
09096	FRUIT COCKTAIL,CND,H2O PK,SOL&LIQUIDS	32	0	0	4	9	1	0

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09351	FRUIT COCKTAIL,CND,HVY SYRUP,DRND	70	0	0	6	19	2	0
09100	FRUIT COCKTAIL,CND,HVY SYRUP,SOL&LIQUIDS	73	0	0	6	19	1	0
09097	FRUIT COCKTAIL,CND,JUC PK,SOL&LIQUIDS	46	0	0	4	12	1	0
09099	FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUIDS	57	0	0	6	15	1	0
19011	FRUIT LEATHER,BARS	351	5	0	77	79	4	2
19013	FRUIT LEATHER,PIECES	359	3	0	403	83	0	1
19014	FRUIT LEATHER,ROLLS	371	3	0	317	86	0	0
14268	FRUIT PUNCH DRK,FRZ CONC	162	0	0	8	41	0	0
14269	FRUIT PUNCH DRK,FRZ CONC,PREP W/H2O	46	0	0	4	12	0	0
14267	FRUIT PUNCH DRK,W/ ADDED NUTR,CND	47	0	0	38	12	0	0
14264	FRUIT PUNCH DRK,WO/ ADDED NUTR,CND	48	0	0	10	12	0	0
14405	FRUIT PUNCH JUC DRK,FRZ CONC	175	0	0	10	43	0	0
14406	FRUIT PUNCH JUC DRK,FRZ CONC,PREP W/H2O	50	0	0	5	12	0	0
14540	FRUIT PUNCH-FLAVOR DRK,PDR,WO/ NA	382	0	0	42	98	0	0
14541	FRUIT PUNCH-FLAVOR DRK,PDR,WO/ NA,PREP W/H2O	37	0	0	3	9	0	0
09106	FRUIT SALAD,CND,EX HVY SYRUP,SOL&LIQUIDS	88	0	0	5	23	1	0
09102	FRUIT SALAD,CND,H2O PK,SOL&LIQUIDS	30	0	0	3	8	1	0
09105	FRUIT SALAD,CND,HVY SYRUP,SOL&LIQUIDS	73	0	0	6	19	1	0
09103	FRUIT SALAD,CND,JUC PK,SOL&LIQUIDS	50	0	0	5	13	1	1
09104	FRUIT SALAD,CND,LT SYRUP,SOL&LIQUIDS	58	0	0	6	15	1	0
09325	FRUIT SALAD,TROPICAL,CND,HVY SYRUP,SOL&LIQUIDS	86	0	0	2	22	1	0
47011	FRUIT-FLAVORED DRK MIX,PDR,UNSWTND	226	0	0	2727	91	0	0
42055	FRUIT-FLAVORED DRK,DRY PDR MIX,LO CAL,W/ ASPRT	217	0	0	404	87	0	0
43345	FRUIT-FLAVORED DRK,PDR,W/HI VIT C,LO CAL - SEE14404	227	0	0	14	91	2	0
09189	FRUIT,MXD,(PCH, CHER-SWT & SR, RASPB, GRAPE, BOYS),FRZ,SWTND	98	0	0	3	24	2	1
09187	FRUIT,MXD,(PEACH&PEAR&PNAPPL),CND,HVY SYRUP,SOL&LIQUIDS	72	0	0	4	19	1	0
09188	FRUIT,MXD,(PRUNE&APRICOT&PEAR),DRIED	243	0	0	18	64	8	2

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19874	FRZ NVL, KLONDIKE,SLIM-A-BEAR FUDG BR,98% FT FR,NO SGR ADDED	124	1	7	120	30	6	4
19264	FRZN NOVELT,ESKIMO PIE BAR,VANILLA ICE CRM,W/ DK CHOC	331	15	28	68	25		4
21299	FST FD, PZZA CHN, 14" PZZA, CHS TPPING, REG CRUST	264	8	21	535	33	2	12
21138	FST FOODS, POTATO, FRNCH FRIED IN VEG OIL	319	17	0	194	38	4	4
11988	FUNGI,CLOUD EARS,DRIED	284	0	0	35	73	70	9
17330	GAME MEAT BISON,GROUND,RAW	223	14	70	66	0	0	19
17332	GAME MEAT BISON,TOP SIRLOIN,LN,1" STEAK,CKD,BRLD	171	5	86	53	0	0	28
17145	GAME MEAT,ANTELOPE,CKD,RSTD	150	2	126	54	0	0	29
17144	GAME MEAT,ANTELOPE,RAW	114	2	95	51	0	0	22
17147	GAME MEAT,BEAR,CKD,SIMMRD	259	12	98	71	0	0	32
17146	GAME MEAT,BEAR,RAW	161	0			0	0	20
17151	GAME MEAT,BEAVER,CKD,RSTD	212	5	117	59	0	0	35
17150	GAME MEAT,BEAVER,RAW	146	0		51	0	0	24
17153	GAME MEAT,BEEFALO,COMP OF CUTS,CKD,RSTD	188	6	58	82	0	0	31
17152	GAME MEAT,BEEFALO,COMP OF CUTS,RAW	143	4	44	78	0	0	23
17333	GAME MEAT,BISON,CHUCK,SHLDR CLOD,LN,3-5 LB RST,CKD,BRSD	193	5	111	57	0	0	34
17334	GAME MEAT,BISON,CHUCK,SHLDR CLOD,LN,3-5 LB RST,RAW	119	3	64	62	0	0	21
17331	GAME MEAT,BISON,GROUND,CKD,PAN-BROILED	238	13	83	73	0	0	24
17157	GAME MEAT,BISON,LN,CKD,RSTD	143	2	82	57	0	0	28
17156	GAME MEAT,BISON,LN,RAW	109	2	62	54	0	0	22
17268	GAME MEAT,BISON,RIBEYE,LN,0"FAT,RAW	116	2	62	48	0		22
17335	GAME MEAT,BISON,RIBEYE,LN,1" STEAK,CKD,BRLD	177	5	79	52	0	0	29
17269	GAME MEAT,BISON,SHLDR CLOD,LN,0"FAT,RAW	109	2	66	59	0		21
17336	GAME MEAT,BISON,TOP RND,LN,1" STEAK,CKD,BRLD	174	4	85	41	0	0	30
17337	GAME MEAT,BISON,TOP RND,LN,1" STEAK,RAW	122	2	65	47	0	0	23
17267	GAME MEAT,BISON,TOP SIRLOIN,LN,0"FAT,RAW	113	2	71	51	0		21
17159	GAME MEAT,BOAR,WILD,CKD,RSTD	160	4	77	60	0	0	28

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17158	GAME MEAT,BOAR,WILD,RAW	122	3			0	0	22
17161	GAME MEAT,BUFFALO,H2O,CKD,RSTD	131	2	61	56	0	0	27
17160	GAME MEAT,BUFFALO,H2O,RAW	99	1	46	53	0	0	20
17163	GAME MEAT,CARIBOU,CKD,RSTD	167	4	109	60	0	0	30
17162	GAME MEAT,CARIBOU,RAW	127	3	83	57	0	0	23
17165	GAME MEAT,DEER,CKD,RSTD	158	3	112	54	0	0	30
17344	GAME MEAT,DEER,GROUND,CKD,PAN-BROILED	187	6	98	78	0	0	26
17343	GAME MEAT,DEER,GROUND,RAW	157	5	80	75	0	0	22
17345	GAME MEAT,DEER,LOIN,LN,1" STEAK,CKD,BRLD	150	1	79	57	0	0	30
17164	GAME MEAT,DEER,RAW	120	2	85	51	0	0	23
17346	GAME MEAT,DEER,SHLDR CLOD,LN,3-5 LB RST,CKD,BRSD	191	3	113	52	0	0	36
17347	GAME MEAT,DEER,TENDERLOIN,LN,0.5-1 LB RST,CKD,BRLD	149	2	88	57	0	0	30
17348	GAME MEAT,DEER,TOP RND,LN,1" STEAK,CKD,BRLD	152	2	85	45	0	0	31
17167	GAME MEAT,ELK,CKD,RSTD	146	2	73	61	0	0	30
17339	GAME MEAT,ELK,GROUND,CKD,PAN-BROILED	193	7	78	85	0	0	27
17338	GAME MEAT,ELK,GROUND,RAW	172	6	66	79	0	0	22
17340	GAME MEAT,ELK,LOIN,LN,CKD,BRLD	167	3	75	54	0	0	31
17166	GAME MEAT,ELK,RAW	111	1	55	58	0	0	23
17341	GAME MEAT,ELK,RND,LN,CKD,BRLD	156	2	78	51	0	0	31
17342	GAME MEAT,ELK,TENDERLOIN,LN,CKD,BRLD	162	2	72	50	0	0	31
17169	GAME MEAT,GOAT,CKD,RSTD	143	3	75	86	0	0	27
17171	GAME MEAT,HORSE,CKD,RSTD	175	5	68	55	0	0	28
17170	GAME MEAT,HORSE,RAW	133	4	52	53	0	0	21
17173	GAME MEAT,MOOSE,CKD,RSTD	134	1	78	69	0	0	29
17172	GAME MEAT,MOOSE,RAW	102	1	59	65	0	0	22
17175	GAME MEAT,MUSKRAT,CKD,RSTD	234	0	121	95	0	0	30
17174	GAME MEAT,MUSKRAT,RAW	162	0		82	0	0	21

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17176	GAME MEAT,OPOSSUM,CKD,RSTD	221	8	129	58	0	0	30
17178	GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,RSTD	197	6	82	47	0	0	29
17179	GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,STWD	206	6	86	37	0	0	30
17177	GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,RAW	136	4	57	41	0	0	20
17181	GAME MEAT,RABBIT,WILD,CKD,STWD	173	3	123	45	0	0	33
17180	GAME MEAT,RABBIT,WILD,RAW	114	2	81	50	0	0	22
17182	GAME MEAT,RACCOON,CKD,RSTD	255	11	97	79	0	0	29
17184	GAME MEAT,SQUIRREL,CKD,RSTD	173	4	121	119	0	0	31
17183	GAME MEAT,SQUIRREL,RAW	120	3	83	103	0	0	21
02020	GARLIC POWDER	332	1	0	26	73	10	17
11215	GARLIC,RAW	149	0	0	17	33	2	6
15030	GEFILTEFISH,COMM,SWT RECIPE	84	2	30	524	7	0	9
19172	GELATIN DSSRT,DRY MIX	381	0	0	466	91	0	8
19173	GELATIN DSSRT,DRY MIX,PREP W/ H2O	62	0	0	75	14	0	1
19175	GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT	198	0	0	862	80	0	16
19703	GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,ADDED P,K,NA,VIT C	345	0	0	2751	33	0	55
19704	GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,NO ADDED NA	345	0	0	158	33	0	55
19176	GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,PREP W/ H2O	20	0	0	48	4	0	1
19702	GELATIN DSSRT,DRY MIX,W/ ADDED VIT C,SODIUM-CITRATE & SALT	381	0	0	491	91	0	8
14271	GELATIN,DRINKING,ORANGE-FLAVOR,PDR	382	1	0	165	60	0	35
14397	GELATIN,DRINKING,ORANGE-FLAVOR,PDR,PREP W/H2O	49	0	0	24	8	0	5
19177	GELATINS,DRY PDR,UNSWTND	335	0	0	196	0	0	86
18642	GENERAL MILLS,BETTY CROCKER SUPERMOIST YEL CAKE MIX,DRY	413	2		672	81		4
18601	GENERAL MILLS,BETTY CROCKER WILD BLUEBERRY MUFFIN MIX,DRY	321	3		465	65		5
18605	GENERAL MILLS,GOLD MEDAL IMITATION BLUEBERRY MUFFIN MIX,DRY	410	7		661	79		4
11216	GINGER ROOT,RAW	80	1	0	13	18	2	2
02021	GINGER,GROUND	347	4	0	32	71	13	9

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12129	GINKGO NUTS,CANNED	111	2	0	307	22	9	2
12128	GINKGO NUTS,DRIED	348	2	0	13	72		10
12127	GINKGO NUTS,RAW	182	2	0	7	38		4
17168	GOAT,RAW	109	2	57	82	0	0	21
05149	GOOSE,DOMESTICATED,MEAT ONLY,CKD,RSTD	238	10	96	76	0	0	29
05148	GOOSE,DOMESTICATED,MEAT ONLY,RAW	161	6	84	87	0	0	23
05147	GOOSE,DOMESTICATED,MEAT&SKN,CKD,RSTD	305	20	91	70	0	0	25
05146	GOOSE,DOMESTICATED,MEAT&SKN,RAW	371	31	80	73	0	0	16
05150	GOOSE,LIVER,RAW	133	3	515	140	6	0	16
09109	GOOSEBERRIES,CND,LT SYRUP PK,SOL&LIQUIDS	73	0	0	2	19	2	1
09107	GOOSEBERRIES,RAW	44	0	0	1	10	4	1
11785	GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,W/SALT	56	0	0	257	14		1
11221	GOURD,DISHCLOTH (TOWELGOURD),CKD,BLD,DRND,WO/SALT	56	0	0	21	14		1
11220	GOURD,DISHCLOTH (TOWELGOURD),RAW	20	0	0	3	4		1
11784	GOURD,WHITE-FLOWERED (CALABASH),CKD,BLD,DRND,W/SALT	15	0	0	238	4		1
11219	GOURD,WHITE-FLOWERED (CALABASH),CKD,BLD,DRND,WO/SALT	15	0	0	2	4		1
11218	GOURD,WHITE-FLOWERED (CALABASH),RAW	14	0	0	2	3		1
42139	GRANOLA BAR,SOFT,MILK CHOC COATD,PNUT BUTTER	536	26	12	193	54	4	10
42272	GRANOLA BAR,W/COCNT,CHOC COATD	531	31	0	152	55	6	5
19016	GRANOLA BARS,HARD,ALMOND	495	24	0	256	62	5	8
19017	GRANOLA BARS,HARD,CHOC CHIP	438	15	0	344	72	4	7
19019	GRANOLA BARS,HARD,PEANUT	479	20	0	278	64	4	11
19015	GRANOLA BARS,HARD,PLAIN	471	19	0	294	64	5	10
19420	GRANOLA BARS,HARD,PNUT BUTTER	483	22	0	283	62	3	10
19023	GRANOLA BARS,OATS,FRUITS&NUT	397	6	0	251	77	5	8
19024	GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,CHOC CHIP	466	24	5	200	64	3	6
19026	GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,PNUT BUTTER	509	25	12	193	53	3	10

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19404	GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP	420	16	1	272	69	5	7
19405	GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP,GRAHAM&MARSHMLLW	427	15	1	316	71	4	6
19406	GRANOLA BARS,SOFT,UNCOATED,NUT&RAISIN	454	19	1	254	64	6	8
19020	GRANOLA BARS,SOFT,UNCOATED,PLN	443	16	1	278	67	5	7
19021	GRANOLA BARS,SOFT,UNCOATED,PNUT BUTTER	426	15	1	409	64	4	11
19027	GRANOLA BARS,SOFT,UNCOATED,PNUT BUTTER&CHOC CHIP	432	19	1	328	62	4	10
19022	GRANOLA BARS,SOFT,UNCOATED,RAISIN	448	16	1	282	66	4	8
14277	GRAPE DRINK,CANNED	61	0	0	16	16	0	0
09135	GRAPE JUC,CND OR BTLD,UNSWTND,WO/ VIT C	61	0	0	3	15	0	1
09137	GRAPE JUC,FRZ CONC,SWTND,DIL W/3 VOLUME H2O,W/ VIT C	51	0	0	2	13	0	0
09136	GRAPE JUC,FRZ CONC,SWTND,UNDIL,W/ VIT C	179	0	0	7	44	0	1
14282	GRAPE JUICE DRINK,CANNED	57	0	0	9	15	0	0
11975	GRAPE LEAVES,CND	69	1	0	2853	12		4
11974	GRAPE LEAVES,RAW	93	1	0	9	17	11	6
09124	GRAPEFRUIT JUC,WHITE,CND,SWTND	46	0	0	2	11	0	1
09123	GRAPEFRUIT JUC,WHITE,CND,UNSWTND	38	0	0	1	9	0	1
09126	GRAPEFRUIT JUC,WHITE,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	41	0	0	1	10	0	1
09125	GRAPEFRUIT JUC,WHITE,FRZ CONC,UNSWTND,UNDIL	146	0	0	3	35	0	2
09128	GRAPEFRUIT JUC,WHITE,RAW	39	0	0	1	9	0	1
09404	GRAPEFRUIT JUICE,PINK,RAW	39	0	0	1	9		1
09114	GRAPEFRUIT,RAW,PINK & RED,FLORIDA	30	0	0	0	8	1	1
09112	GRAPEFRUIT,RAW,PINK&RED,ALL AREAS	42	0	0	0	11	2	1
09113	GRAPEFRUIT,RAW,PINK&RED,CALIFORNIA&ARIZONA	37	0	0	1	10		1
09111	GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	32	0	0	0	8	1	1
09116	GRAPEFRUIT,RAW,WHITE,ALL AREAS	33	0	0	0	8	1	1
09117	GRAPEFRUIT,RAW,WHITE,CALIFORNIA	37	0	0	0	9		1
09118	GRAPEFRUIT,RAW,WHITE,FLORIDA	32	0	0	0	8		1

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09119	GRAPEFRUIT,SECTIONS,CND,H2O PK,SOL&LIQUIDS	36	0	0	2	9	0	1
09120	GRAPEFRUIT,SECTIONS,CND,JUC PK,SOL&LIQUIDS	37	0	0	7	9	0	1
09121	GRAPEFRUIT,SECTIONS,CND,LT SYRUP PK,SOL&LIQUIDS	60	0	0	2	15	0	1
09131	GRAPES,AMERICAN TYPE (SLIP SKN),RAW	67	0	0	2	17	1	1
09133	GRAPES,CND,THOMPSON SEEDLESS,H2O PK,SOL&LIQUIDS	40	0	0	6	10	1	1
09134	GRAPES,CND,THOMPSON SEEDLESS,HVY SYRUP PK,SOL&LIQUIDS	73	0	0	5	20	1	0
09132	GRAPES,RED OR GRN(EURO TYPE VAR,SUCH AS,THOMPSON SDLESS),RAW	69	0	0	2	18	1	1
06114	GRAVY,AU JUS,CANNED	16	0	0	50	3	0	1
06115	GRAVY,AU JUS,DRY	313	7	4	11588	47		9
06116	GRAVY,BEEF,CANNED	53	2	3	560	5	0	4
06957	GRAVY,BROWN INST,DRY	380	12	12	5053	60	3	9
06118	GRAVY,BROWN,DRY	367	8	3	4843	59	2	11
06119	GRAVY,CHICKEN,CANNED	79	5	2	577	5	0	2
06120	GRAVY,CHICKEN,DRY	381	9	19	4152	62		11
06565	GRAVY,CUSTOM FOODS,RED LABEL AU JUS BASE,DRY	191	4	6	18623	23	3	16
06564	GRAVY,CUSTOM FOODS,SUPERB COUNTRY GRAVY MIX,DRY	481	26	2	2241	54	5	8
06567	GRAVY,CUSTOM FOODS,SUPERB INST AU JUS MIX,DRY	296	6	6	11063	39	3	21
06570	GRAVY,CUSTOM FOODS,SUPERB INST BF GRAVY MIX,DRY	369	9	11	5203	61	4	10
06562	GRAVY,CUSTOM FOODS,SUPERB INST BROWN GRAVY MIX,DRY	380	12	12	5053	60	3	9
06573	GRAVY,CUSTOM FOODS,SUPERB INST CHICK GRAVY MIX,DRY	395	14	35	4605	57	3	10
06569	GRAVY,CUSTOM FOODS,SUPERB INST PORK GRAVY MIX,DRY	363	8	10	4469	65	2	8
06576	GRAVY,CUSTOM FOODS,SUPERB INST TURKEY GRAVY MIX,DRY	409	15	24	4090	58	4	12
06571	GRAVY,CUSTOM FOODS,SUPERB OLD-FASH BISCUIT MIX,DRY	495	28	3	1973	54	5	7
06568	GRAVY,CUSTOM FOODS,SUPERB PEPPERED OLD-FASH BISCUIT MIX,DRY	500	30	1	2480	52	3	7
06579	GRAVY,HEINZ,HEINZ HOME STYLE SAVORY BROWN GRAVY,CND	41	1	4	586	6		2
06958	GRAVY,INST BF,DRY	369	9	11	5203	61	4	10
06959	GRAVY,INST TURKEY,DRY	409	15	24	4090	58	4	12

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06977	GRAVY,MEAT OR POULTRY,PREP,LO NA	53	2	3	18	6	0	4
06121	GRAVY,MUSHROOM,CANNED	50	3	0	570	5	0	1
06122	GRAVY,MUSHROOM,DEHYD,DRY	328	4	3	6580	65	5	10
06800	GRAVY,NESTLE,CHEF-MATE COUNTRY SAUSAGE GRAVY,RTS	155	11	21	380	6	1	5
06566	GRAVY,NESTLE,TRIO AU JUS GRAVY MIX,DRY	280	5	4	13300	58	1	1
06561	GRAVY,NESTLE,TRIO BROWN GRAVY MIX,DRY	406	15	0	4363	58	4	10
06574	GRAVY,NESTLE,TRIO CHICK GRAVY MIX,DRY	405	12	28	3250	63	1	11
06572	GRAVY,NESTLE,TRIO COUNTRY GRAVY MIX,DRY	433	13	6	2559	65	9	9
06563	GRAVY,NESTLE,TRIO SOUTHERN GRAVY MIX,DRY	481	20	2	2900	61	0	2
06577	GRAVY,NESTLE,TRIO TURKEY GRAVY MIX,DRY	362	4	11	3387	72	2	9
06123	GRAVY,ONION,DEHYD,DRY	322	3	2	4186	68	6	9
06746	GRAVY,PEPPERIDGE FARM HEARTY BF GRAVY,GLASS JAR	43	1	5	631	6		3
06124	GRAVY,PORK,DRY	367	9	10	5356	64	2	9
06125	GRAVY,TURKEY,CANNED	51	2	2	577	5	0	3
06126	GRAVY,TURKEY,DRY	367	7	14	4392	65		10
06127	GRAVY,UNSPEC TYPE,DRY	344	8	4	5730	58		13
22600	GREEN GIANT,BROCCOLI IN CHS FLAV SAU,FRZ	67	2		480	9		2
22125	GREEN GIANT,HARVEST BURGER,ORIG FLAV,ALL VEG PROT PATTY,FRZ	153	4	0	457	8	6	20
09138	GROUNDCHERRIES,(CAPE-GOOSEBERRIES OR POHA),RAW	53	0	0		11		2
15031	GROUPE,MIXED SPECIES,RAW	92	1	37	53	0	0	19
15032	GROUPE,MXD SP,CKD,DRY HEAT	118	1	47	53	0	0	25
06985	GRY, HNZ Home style beef gravy	39	1	2	587	6	1	1
09143	GUAVA SAUCE,COOKED	36	0	0	4	9	4	0
09139	GUAVAS,COMMON,RAW	68	1	0	2	14	5	3
09140	GUAVAS,STRAWBERRY,RAW	69	0	0	37	17	5	1
05152	GUINEA HEN,MEAT ONLY,RAW	110	2	63	69	0	0	21
05151	GUINEA HEN,MEAT&SKN,RAW	158	6	74	67	0	0	23

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15034	HADDOCK,COOKED,DRY HEAT	112	1	74	87	0	0	24
15033	HADDOCK,RAW	87	0	57	68	0	0	19
15035	HADDOCK,SMOKED	116	1	77	763	0	0	25
15037	HALIBUT,ATLANTIC&PACIFIC,CKD,DRY HEAT	140	2	41	69	0	0	27
15036	HALIBUT,ATLANTIC&PACIFIC,RAW	110	2	32	54	0	0	21
15196	HALIBUT,GREENLAND,CKD,DRY HEAT	239	16	59	103	0	0	18
15038	HALIBUT,GREENLAND,RAW	186	12	46	80	0	0	14
07938	HAM HONEY SMOKED CKD	122	3	22	900	7	0	18
07033	HAM AND CHEESE SPREAD	245	17	61	1197	2	0	16
07031	HAM SALAD SPREAD	216	15	37	912	11	0	9
07026	HAM,CHOPPED,CANNED	239	18	49	1365	0	0	16
07027	HAM,CHOPPED,NOT CANNED	180	10	59	1330	4	0	17
07030	HAM,MINCED	263	19	70	1245	2	0	16
07028	HAM,SLICED,EX LN	110	2	48	1106	3	0	17
07029	HAM,SLICED,REG (APPROX 11% FAT)	163	8	57	1304	4	1	17
07032	HAM&CHS LOAF OR ROLL	241	18	58	1080	4	0	14
22601	HANOVER,STIR FRY 2,WHITE RICE&VEG W/ORIENTAL SOY SAU,FRZ	95	0		464	20	2	3
12120	HAZELNUTS OR FILBERTS	628	58	0	0	17	10	15
12121	HAZELNUTS OR FILBERTS,BLANCHED	629	58	0	0	17	11	14
12122	HAZELNUTS OR FILBERTS,DRY RSTD,WO/SALT	646	60	0	0	18	9	15
07034	HEADCHEESE,PORK	157	10	69	830	0	0	14
22402	HEALTHY CHOIC BF MACARONI,FRZ ENTREE	88	1	6	185	14	2	6
22606	HEALTHY CHOIC CACCIATORE CHICK,PSTA&VEG&CACC SAU,FRZ ENTREE	75	1	9	156	10	1	6
22619	HEALTHY CHOIC CNTRY RST TURKY,MSHRM&BRN GRVY,RICE PILAF,FRZ	93	2	11	182	12	1	8
22707	HEALTHY CHOIC MESQ BF,BARBQ SAU,MSH POT,SWTND CORN,FRZ MEAL	103	3	1	158	12	2	7
22708	HEALTHY CHOIC SALSBR Y STK,MSHRM GRVY,MSH POT,SWT CORN,FRZ ML	100	2	15	143	15	2	6
22709	HEALTHY CHOIC TRADL MT LF,TOM SAU,PARS POT,VEG,DSRT,FRZ ML	93	1	11	135	15	2	5

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22604	HEALTHY CHOIC,CHEDDAR BROCCOLI POTATOES W/CHS SAU,FRZ	110	2	9	185	18	2	4
22588	HEALTHY CHOICE CHICK ENCHLDA SUPR,RICE,CORN,AP/RASP COMP,FRZ	93	2	12	176	14	1	4
22587	HEALTHY CHOICE CHICK TERIYAKI,RICE,MXD VEG,AP/CHER COMP,FRZ	86	2	14	193	12	1	5
22713	HEALTHY CHOICE MESQ CHICK BBQ,WH RI,MXD VEG,AP/RAISN COB,FRZ	104	2	18	162	16	2	6
11961	HEARTS OF PALM,CANNED	28	0	0	426	5	2	3
18640	HEINZ,WEIGHT WATCHERS CHOC ECLAIRS,FRZ	238	1	51	315	40	2	4
15040	HERRING,ATLANTIC,CKD,DRY HEAT	203	10	77	115	0	0	23
15042	HERRING,ATLANTIC,KIPPERED	217	11	82	918	0	0	25
15041	HERRING,ATLANTIC,PICKLED	262	16	13	870	10	0	14
15039	HERRING,ATLANTIC,RAW	158	8	60	90	0	0	18
15197	HERRING,PACIFIC,CKD,DRY HEAT	250	16	99	95	0	0	21
15043	HERRING,PACIFIC,RAW	195	13	77	74	0	0	16
12130	HICKORYNUTS,DRIED	657	62	0	1	18	6	13
18636	HIDDEN VALLEY RANCH,SALAD CRISPINS ITAL STYLE,PARMES CROUTON	434	11		1140	68		12
22701	HODGSON MILL,WHL WHEAT MACARONI&CHS DINNER,DRY MIX	376	1	8	611	69	8	14
20030	HOMINY,CANNED,WHITE	72	1	0	210	14	3	1
20330	HOMINY,CANNED,YELLOW	72	1	0	210	14	3	1
19296	HONEY	304	0	0	4	82	0	0
07035	HONEY LOAF PORK BF	125	4	34	1320	5	0	16
07088	HONEY ROLL SAUSAGE,BEEF	182	9	50	1322	2	0	19
10856	HORMEL ALWAYS TENDER,BNLESS PORK LOIN,FRSH PORK	145	7	49	358	1		19
10855	HORMEL ALWAYS TENDER,CNTR CUT CHOPS,FRSH PORK	167	9	52	378	1		19
10854	HORMEL ALWAYS TENDER,PORK LOIN FILETS,LEMON GARLIC-FLAVORED	118	4	42	590	2		18
10853	HORMEL ALWAYS TENDER,PORK TENDERLOIN,PEPPERCORN-FLAVORED	110	4	47	594	2		17
10852	HORMEL ALWAYS TENDER,PORK TENDERLOIN,TERIYAKI-FLAVORED	119	3	46	413	5		18
10857	HORMEL CANADIAN STYLE BACON	122	5	49	1016	2		17
22719	HORMEL CHILI W/BNS,CND ENTREE	97	2	10	471	14	3	7

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22705	HORMEL CHILI,NO BNS,CND ENTREE	82	2	15	411	8	1	7
22698	HORMEL CORNED BF HASH,CND ENTREE	164	10	32	425	9	1	9
07278	HORMEL PILLOW PAK SLICED TURKEY PEPPERONI	243	12	123	1858	4	0	31
22721	HORMEL RST BF HASH,CND ENTREE	163	9	31	336	10	2	9
07276	HORMEL SPAM LUNCHEON MEAT PORK W/HAM MINCED CND	310	27	70	1369	3	0	13
07277	HORMEL SPAM,LT LUNCH MT,PORK & CHICK,MINCED,CND,VIT C ADDED	191	13	75	1032	1	0	15
22706	HORMEL TURKEY CHILI W/BNS,CND ENTREE	82	1	14	485	10	3	8
22720	HORMEL VEGETARIAN CHILI W/BNS,CND ENTREE	83	0	0	315	15	4	5
07279	HORMEL WRANGLER BEEF FRANKS	290	25	67	994	2	0	13
10851	HORMEL,CURE 81 HAM	106	3	51	1038	0		18
22694	HORMEL,DINTY MOORE BF STEW,CND ENTREE	94	5	16	417	7	1	5
11222	HORSERADISH-TREE LEAFY TIPS,RAW	64	0	0	9	8	2	9
11786	HORSERADISH-TREE,LEAFY TIPS,CKD,BLD,DRND,W/SALT	60	0	0	245	11	2	5
11223	HORSERADISH-TREE,LEAFY TIPS,CKD,BLD,DRND,WO/SALT	60	1	0	9	11	2	5
11787	HORSERADISH-TREE,PODS,CKD,BLD,DRND,W/SALT	36	0	0	279	8	4	2
11621	HORSERADISH-TREE,PODS,CKD,BLD,DRND,WO/SALT	36	0	0	43	8	4	2
11620	HORSERADISH-TREE,PODS,RAW	37	0	0	42	9	3	2
02055	HORSERADISH,PREPARED	48	1	0	314	11	3	1
22537	HOT POCKETS HAM 'N CHS STUFFED SNDWCH,FRZ	266	9	39	520	30		12
22534	HOT POCKETS,BF&CHEDDAR STUFFED SNDWCH,FRZ	284	12	37	638	28		12
22535	HOT POCKETS,CROISSANT PCKTS CHIK,BROC&CHDR STUFSD SNDWCH,FRZ	235	7	29	509	30	1	9
18607	HOWARD JOHNSON'S TOASTEES,BLUEBERRY TOASTER MUFFNS,FRZ,R T E	331	2	30	575	45		7
35043	HUCKLEBERRIES,RAW (ALASKA NATIVE)	37	0		10	9		0
16158	HUMMUS,COMMERCIAL	166	9	0	379	14	6	8
16137	HUMMUS,HOME PREP	177	8	0	242	20	4	5
18270	HUSH PUPPIES,PREP FROM RECIPE	337	13	45	668	46	3	8
16368	HYACINTH BNS,MATURE SEEDS,CKD,BLD,W/SALT	117	0	0	243	21		8

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16068	HYACINTH BNS,MATURE SEEDS,CKD,BLD,WO/SALT	117	0	0	7	21		8
16067	HYACINTH BNS,MATURE SEEDS,RAW	344	0	0	21	61		24
11788	HYACINTH-BEANS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	50	0	0	238	9		3
11225	HYACINTH-BEANS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	50	0	0	2	9		3
11224	HYACINTH-BEANS,IMMAT SEEDS,RAW	46	0	0	2	9		2
19894	ICE CREAMS,BREYERS,98% FAT FREE CHOC	136	1	7	75	30	6	4
19877	ICE CREAMS,BREYERS,98% FAT FREE VANILLA	137	1	8	73	31	5	3
19893	ICE CREAMS,BREYERS,ALL NAT LT FRENCH CHOC	201	4	41	75	30	1	5
19876	ICE CREAMS,BREYERS,ALL NAT LT FRENCH VANILLA	173	3	53	73	26	0	5
19879	ICE CREAMS,BREYERS,ALL NAT LT MINT CHOC CHIP	196	4	15	67	28	1	5
19875	ICE CREAMS,BREYERS,ALL NAT LT VANILLA	162	3	15	71	25	0	5
19878	ICE CREAMS,BREYERS,ALL NAT LT VANILLA CHOC STRAWBERRY	161	3	14	69	26	0	5
19880	ICE CREAMS,BREYERS,NO SUGAR ADDED,BUTTER PECAN	180	4	18	164	21	1	4
19895	ICE CREAMS,BREYERS,NO SUGAR ADDED,CHOC CARAMEL	151	4	16	77	25	1	4
19881	ICE CREAMS,BREYERS,NO SUGAR ADDED,FRENCH VANILLA	154	4	53	87	21	1	5
19882	ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA	143	4	18	66	22	1	4
19884	ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA CHOC STRAWBERRY	143	4	18	68	22	1	4
19883	ICE CREAMS,BREYERS,NO SUGAR ADDED,VANILLA FUDGE TWIRL	153	4	16	72	26	1	4
19270	ICE CREAMS,CHOC	216	10	34	76	28	1	4
19114	ICE CREAMS,CHOC,LT	199	7	28	71	29	1	5
19265	ICE CREAMS,CHOC,LT,NO SUGAR ADDED	152	5	16	75	25	1	4
43541	ICE CREAMS,CHOC,RICH	255	16	60	57	21	1	5
19090	ICE CREAMS,FRENCH VANILLA,SOFT-SERVE	222	11	91	61	22	1	4
19259	ICE CREAMS,HEALTHY CHOIC PRALINE & CARAMEL	181	3	6	98	35		4
19271	ICE CREAMS,STRAWBERRY	192	5	29	60	28	1	3
19095	ICE CREAMS,VANILLA	201	10	44	80	24	1	4
19867	ICE CREAMS,VANILLA,FAT FREE	138	0	0	97	30	1	4

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19088	ICE CREAMS,VANILLA,LT	165	4	27	74	26	0	5
19260	ICE CREAMS,VANILLA,LT,NO SUGAR ADDED	155	7	27	96	21	1	4
19096	ICE CREAMS,VANILLA,LT,SOFT-SERVE	126	2	12	70	22	0	5
19089	ICE CREAMS,VANILLA,RICH	249	15	92	61	22	0	4
18271	ICE CRM CONES,CAKE OR WAFER-TYPE	417	6	0	143	79	3	8
18272	ICE CRM CONES,SUGAR,ROLLED-TYPE	402	3	0	320	84	2	8
42117	IMITATION CHS,AMERICAN OR CHEDDAR,LO CHOL	390	31	15	670	1	0	25
03872	INF FORMU,ME JOHNS,ENFAMIL LIPIL,W/ IRON,LIQ CO,NOT REC	128	7	1	35	14	0	3
03891	INF FORMULA, WYETH-AYERST, STO BRA SOY W/IR, LIQ CON NOT RE	126	7	0	36	12	0	4
03832	INF FORMULA, MEAD JOHNSON, ENF, LAF LIP, RTF	66	3	1	19	6	0	1
03830	INF FORMULA, MEAD JOHNSON, ENF,LAF LIP, W/IR LIQ CON NOT RE	128	7	2	38	14	0	3
03838	INF FORMULA,MEAD JOH,ENFAMIL,NUTRLIPIL,W/ IRON,PDR,NOT RE	506	26	0	230	54	0	14
03817	INF FORMULA,MEAD JOHNSON,ENFAMIL LIPIL,LO IRON,PDR	520	27	17	139	56	0	11
03808	INF FORMULA,MEAD JOHNSON,ENFAMIL LIPIL,W/ IRON,PDR	511	27	17	139	56	0	11
03815	INF FORMULA,MEAD JOHNSON,ENFAMIL LIPIL,W/ IRON,RTF	64	3	1	18	6	0	1
03827	INF FORMULA,MEAD JOHNSON,ENFAMIL,LACTOFREE LIPIL,W/ IRON,PDR	521	28	7	156	56	0	11
03868	INF FORMULA,MEAD JOHNSON,ENFAMIL,LACTOFREE,RTF	63	3	1	19	6	0	1
03871	INF FORMULA,MEAD JOHNSON,ENFAMIL,LACTOFREE,W/ IRN,LQCN,NOREC	130	7	2	38	14	0	3
03869	INF FORMULA,MEAD JOHNSON,ENFAMIL,LACTOFREE,W/ IRN,PDR,NOTREC	521	28	8	156	56	0	11
03845	INF FORMULA,MEAD JOHNSON,ENFAMIL,NUTRAMIGEN LIPIL,W/ IRN,RTF	63	3	0	31	7	0	2
03844	INF FORMULA,MEAD JOHNSON,ENFAMIL,NUTRAMIGEN LIPIL,W/ IRON LC	126	7	0	60	13	0	4
03816	INF FORMULA,MEAD JOHNSON,ENFAMIL,NUTRAMIGEN,IRN,LIQCNC,NOREC	127	7	0	60	13	0	4
03814	INF FORMULA,MEAD JOHNSON,ENFAMIL,NUTRAMIGEN,W/ IRN,PDR,NOREC	500	26	0	230	54	0	14
03813	INF FORMULA,MEAD JOHNSON,ENFAMIL,NUTRAMIGEN,W/ IRON,RTF	66	3	0	31	7	0	2
03854	INF FORMULA,MEAD JOHNSON,ENFAMIL,PROSOBEE LIPIL,LIQ CONC	128	7	0	45	14	0	3
03852	INF FORMULA,MEAD JOHNSON,ENFAMIL,PROSOBEE LIPIL,W/ IR,PDR	480	21	0	171	57	0	16
03826	INF FORMULA,MEAD JOHNSON,ENFAMIL,PROSOBEE,IRON,PDR,NOT RECON	510	27	0	180	54	0	13

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03805	INF FORMULA,MEAD JOHNSON,ENFAMIL,W/ IRON,PDR	520	27	17	139	56	0	11
03835	INF FORMULA,MEAD JOHNSON,LO IRON,PDR,NOT RECON	520	28	5	156	57	0	11
03810	INF FORMULA,MEAD JOHNSON,LOFENALAC,W/ IRON,PDR,NOT RECON	462	18	0	220	60	0	15
03811	INF FORMULA,MEAD JOHNSON,LOFENALAC,W/ IRON,PREP FROM PDR	65	3	0	31	8	0	2
03929	INF FORMULA,MEAD JOHNSON,NEXT STEP PROSOBEE,PDR,NOT RECON	480	21	0	171	57	0	16
03930	INF FORMULA,MEAD JOHNSON,NEXT STEP PROSOBEE,PREP FROM PDR	67	3	0	23	8	0	2
03861	INF FORMULA,MEAD JOHNSON,NEXT STEP, PROSOBEE LIPIL,PDR	470	21	0	171	53	0	16
03864	INF FORMULA,MEAD JOHNSON,NEXT STEP,PROSO,LIPIL,READY TO FEe	63	3	0	23	8	0	2
03857	INF FORMULA,MEAD JOHNSON,PROSOBEE LIPIL,W/ IRON,RTF	64	3	0	23	6	0	2
03823	INF FORMULA,MEAD JOHNSON,PROSOBEE,W/ IRON,RTF	63	3	0	23	6	0	2
03901	INF FORMULA,NESTLE,GOOD START 2 ESSENTIALS,W/ IRON,LIQ CONC	125	5	2	49	17	0	3
03913	INF FORMULA,NESTLE,GOOD START 2 ESSENTIALS,W/ IRON,PDR	471	19	6	184	62	0	12
03900	INF FORMULA,NESTLE,GOOD START 2 ESSENTIALS,W/ IRON,RTF	65	3	1	25	9	0	2
03926	INF FORMULA,NESTLE,GOOD START ESSENTIALS SOY,W/ IRON,LIQ CO	128	6	0	46	14	0	3
03928	INF FORMULA,NESTLE,GOOD START ESSENTIALS SOY,W/ IRON,PDR	502	25	0	180	56	0	13
03925	INF FORMULA,NESTLE,GOOD START ESSENTIALS SOY,W/ IRON,RTF	65	3	0	23	7	0	2
03801	INF FORMULA,NESTLE,GOOD START SUPREME,W/ IRON,LIQ CONC	127	6	13	34	14	0	3
03802	INF FORMULA,NESTLE,GOOD START SUPREME,W/ IRON,PDR	509	26	32	138	57	0	11
03800	INF FORMULA,NESTLE,GOOD START SUPREME,W/ IRON,RTF	66	3	4	18	7	0	1
03842	INF FORMULA,ROSS,ISOMIL,W/ IRON,LIQ CONC	128	7	0	56	13	0	3
03843	INF FORMULA,ROSS,ISOMIL,W/ IRON,PDR,NOT RECON	517	27	0	226	54	0	13
03841	INF FORMULA,ROSS,ISOMIL,W/ IRON,RTF	66	3	0	29	7	0	2
03839	INF FORMULA,ROSS,SIMILAC NAT CARE, ADVANCEE LO IRON,RTF	78	4	2	34	8	0	2
03837	INF FORMULA,ROSS,SIMILAC PM 60/40,LO IRON,PDR,NOT RECON	524	28	17	123	55	0	11
03840	INF FORMULA,ROSS,SIMILAC SPL CARE ADVNCEE 24,W/ IRON,RTF	79	4	2	34	7	0	2
03846	INF FORMULA,ROSS,SIMILAC,ALIMENTUM,W/ IRON,RTF	66	3	1	29	7	0	2
03856	INF FORMULA,ROSS,SIMILAC,LO IRON,LIQ CONC,NOT RECON	127	7	3	31	14	0	3

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03858	INF FORMULA,ROSS,SIMILAC,LO IRON,PDR,NOT RECON	522	27	14	126	55	0	11
03855	INF FORMULA,ROSS,SIMILAC,LO IRON,RTF	65	3	2	16	7	0	1
03851	INF FORMULA,ROSS,SIMILAC,W/ IRON,LIQ CONC,NOT RECON	127	7	3	31	14	0	3
03853	INF FORMULA,ROSS,SIMILAC,W/ IRON,PDR,NOT RECON	526	27	14	126	55	0	11
03850	INF FORMULA,ROSS,SIMILAC,W/ IRON,RTF	66	3	2	16	7	0	1
03890	INF FORMULA,WYETH-AYERST,STORE BRAND SOY,W/ IRON,RTF	63	4	0	18	6	0	2
03883	INF FORMULA,WYETH-AYERST,STORE BRAND,W/ IRON,PDR,NOT RECON	524	28	32	118	56	0	12
03880	INF FORMULA,WYETH-AYERST,STORE BRAND,W/ IRON,RTF	63	4	4	14	6	0	1
03893	INF FORMULA,WYETH-AYERST,STOREBRAND SOY,W/ IRON,PDR,NOTRECON	508	27	0	151	52	0	14
03881	INF FORMULA,WYETH-AYERST,STOREBRAND,W/ IRON,LIQ CON,NOTRECON	129	7	8	29	13	0	3
03807	INFANT FORMULA,MEAD JOHNSON,ENFAMIL,LO IRON,LIQ CNC, NOT REC	131	7	1	35	14	0	3
03809	INFANT FORMULA,MEAD JOHNSON,ENFAMIL,LO IRON,PDR,NOT RECON	511	27	17	139	56	0	11
03806	INFANT FORMULA,MEAD JOHNSON,ENFAMIL,LO IRON,RTF	63	3	1	18	6	0	1
03804	INFANT FORMULA,MEAD JOHNSON,ENFAMIL,W/IRON,LIQ CONC, NOT REC	128	7	1	35	14	0	3
03803	INFANT FORMULA,MEAD JOHNSON,ENFAMIL,W/IRON,RTF	66	3	1	18	6	0	1
03821	INFANT FORMULA,MEAD JOHNSON,PREGESTIMIL,W/IRON,PDR,NOT RECON	500	28	2	240	53	0	14
03822	INFANT FORMULA,MEAD JOHNSON,PREGESTIMIL,W/IRON,PREP FROM PDR	65	4	0	31	7	0	2
03824	INFANT FORMULA,MEAD JOHNSON,PROSOBEE,W/IRON,LIQ CNC, NOT REC	128	7	0	45	14	0	3
18606	INTERST BRNDS CRP,HOSTESS DING DONGS CHOC SNACK CKE,CRM FILL	460	20	17	301	57	2	4
18641	INTERSTATE BRANDS CORP,WONDER HAMBURGER ROLLS	273	4		596	51	3	8
09420	JACKFRUIT,CND,SYRUP PK	92	0	0	11	24	1	0
09144	JACKFRUIT,RAW	94	0	0	3	24	2	1
43028	JAMS & PRESERVES,DIETETIC (WITH NA SACCHARIN),ANY FLAVOR	132	0	0	0	54	3	0
19297	JAMS AND PRESERVES	278	0	0	32	69	1	0
19719	JAMS&PRESERVES,APRICOT	242	0	0	40	64	0	1
09145	JAVA-PLUM,(JAMBOLAN),RAW	60	0	0	14	16		1
19300	JELLIES	266	0	0	30	70	1	0

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44110	JELLIES,RED SUGAR,HOME PRESERVED	179	0	0	2	46	1	0
43497	JELLYFISH,DRIED,SALTED	36	1	5	9690	0	0	6
11226	JERUSALEM-ARTICHOKES,RAW	76	0	0	4	17	2	2
11230	JEW'S EAR,(PEPEAO),DRIED	298	0	0	70	81		5
11228	JEW'S EAR,(PEPEAO),RAW	25	0	0	9	7		0
22364	JIMMY DEAN,SAUSAGE BISCUITS,BRKfst SNDWCH,FRZ	401	9	33	918	24	2	10
09147	JUJUBE,DRIED	287	0	0	9	74		4
09146	JUJUBE,RAW	79	0	0	3	20		1
11789	JUTE,POTHERB,CKD,BLD,DRND,W/SALT	37	0	0	247	7	2	4
11232	JUTE,POTHERB,CKD,BLD,DRND,WO/SALT	37	0	0	11	7	2	4
11231	JUTE,POTHERB,RAW	34	0	0	8	6		5
11790	KALE,CKD,BLD,DRND,W/SALT	28	0	0	259	6	2	2
11234	KALE,CKD,BLD,DRND,WO/SALT	28	0	0	23	6	2	2
11235	KALE,FROZEN,UNPREPARED	28	0	0	15	5	2	3
11791	KALE,FRZ,CKD,BLD,DRND,W/SALT	30	0	0	251	5	2	3
11236	KALE,FRZ,CKD,BLD,DRND,WO/SALT	30	0	0	15	5	2	3
11233	KALE,RAW	50	0	0	43	10	2	3
11792	KALE,SCOTCH,CKD,BLD,DRND,W/SALT	28	0	0	281	6		2
11623	KALE,SCOTCH,CKD,BLD,DRND,WO/SALT	28	0	0	45	6	1	2
11622	KALE,SCOTCH,RAW	42	0	0	70	8	2	3
11237	KANPYO,(DRIED GOURD STRIPS)	258	0	0	15	65		9
18608	KEEBLER,KEEBLER CHOC GRAHAM SELECTS	465	3		357	72		7
18609	KEEBLER,KEEBLER GOLDEN VANILLA WAFERS,ARTIFICIALLY FLAV	475	4		386	70		5
18500	KELLOGG,KELLOGG'S EGGO,BANANA BREAD WAFFLES	272	10	0	359	42	3	7
18499	KELLOGG,KELLOGG'S EGGO,BTTRMLK PANCAKE	233	7	11	530	38	1	6
18492	KELLOGG,KELLOGG'S LOFAT POP TARTS,BLUEBERRY	369	6	0	426	77	1	5
18493	KELLOGG,KELLOGG'S LOFAT POP TARTS,CHERRY	369	6	0	426	77	1	5

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18491	KELLOGG,KELLOGG'S LOFAT POP TARTS,FRSTD APPL CINN	368	6	0	396	77	1	4
18494	KELLOGG,KELLOGG'S LOFAT POP TARTS,FRSTD BROWN SUGAR CINN	376	5	0	419	78	1	5
18495	KELLOGG,KELLOGG'S LOFAT POP TARTS,FRSTD CHOC FUDGE	366	5	0	478	76	1	5
18497	KELLOGG,KELLOGG'S LOFAT POP TARTS,FRSTD STRAWBERRY	367	6	0	387	78	1	4
18496	KELLOGG,KELLOGG'S LOFAT POP TARTS,STRAWBERRY	369	5	0	424	77	1	5
18501	KELLOGG,KELLOGG'S NUTRI-GRAIN CRL BARS,MXD BERRY	370	8	0	297	73	2	4
18498	KELLOGG,KELLOGG'S POP TARTS,FRSTD WILD WATERMELON	388	9	0	311	73	1	4
18512	KELLOGG'S EGGO GOLDEN OAT WAFFLES	198	3	1	385	38	4	7
18507	KELLOGG'S EGGO LOWFAT BLUEBERRY NUTRI - GRAIN WAFFLES	208	2	0	591	43	4	6
18505	KELLOGG'S EGGO LOWFAT HOMESTYLE WAFFLES	236	3	25	442	44	1	7
18506	KELLOGG'S EGGO LOWFAT NUTRI - GRAIN WAFFLES	203	3	0	614	40	4	6
18508	KELLOGG'S POP-TARTS PASTRY SWIRLS,APPL CINN DANISH	413	18	0	306	60	1	5
18510	KELLOGG'S POP-TARTS PASTRY SWIRLS,CHS DANISH	407	18	1	290	59	1	5
18509	KELLOGG'S POP-TARTS PASTRY SWIRLS,STRAWBERRY DANISH	410	18	0	274	60	2	5
22690	KID CUISINE COSMIC CHICK NUGTS,MAC&CHS,CORN,CHOC PUDD,FRZ ML	204	9	19	379	21	1	7
07037	KIELBASA,KOLBASSY,PORK,BF,NONFAT DRY MILK	310	26	67	1076	2	0	13
07934	KIELBASA,POLISH,TURKEY & BF,SMOKED	226	17	70	1200	4	0	13
09148	KIWI FRUIT,(CHINESE GOOSEBERRIES),FRSH,RAW	61	0	0	3	15	3	1
09405	KIWIFRUIT,(CHINESE GOOSEBERRIES),HELD IN STORAGE,RAW	61	0	0	5	15	3	1
07038	KNACKWURST KNOCKWURST PORK BF	307	26	60	930	3	0	11
11793	KOHLRABI,CKD,BLD,DRND,W/SALT	29	0	0	257	7	1	2
11242	KOHLRABI,CKD,BLD,DRND,WO/SALT	29	0	0	21	7	1	2
11241	KOHLRABI,RAW	27	0	0	20	6	4	2
01194	KRAFT BREAKSTONE'S FREE FAT FREE SOUR CRM	91	1	9	72	15	0	5
01193	KRAFT BREAKSTONE'S RED FAT SOUR CRM	152	8	50	59	7	0	5
01195	KRAFT BREYERS LOWFAT STRAWBERRY YOGURT (1% MILKFAT)	96	1	9	52	18	0	4
01196	KRAFT BREYERS LT N' LVLY LOWFAT STR'BERY YOGURT (1% MILKFAT)	108	1	9	45	22	0	3

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01198	KRAFT BREYERS LT NONFAT STR'BERY YOGURT (W/ASPRT&FRUCT SW'T)	55	0	5	45	10	0	3
01197	KRAFT BREYERS SMOTH&CRMY LOWFAT STR'BERY YOGURT (1% MILKFAT)	102	1	9	55	20	0	4
01189	KRAFT CHEEZ WHIZ LT PAST PROCESS CHS PRODUCT	215	6	35	1705	16	0	16
01188	KRAFT CHEEZ WHIZ PAST PROCESS CHS SAU	276	13	75	1638	9	0	12
18637	KRAFT FOODS,SHAKE 'N' BAKE ORIG RECIPE,COATING FOR PORK,DRY	377	0		2840	80		6
01190	KRAFT FREE SINGLES AMERICAN NONFAT PAST PROCESS CHS PRODUCT	148	1	16	1298	12	0	23
22005	KRAFT MACARONI & CHEESE DINNER ORIGINAL FLAVOR,UNPREP	370	2	14	802	68	2	16
01192	KRAFT VELVEETA LT RED FAT PAST PROCESS CHS PRODUCT	222	7	42	1586	12	0	20
01191	KRAFT VELVEETA PAST PROCESS CHS SPRD	303	14	80	1499	10	0	16
14272	KRAFT,CAPRI SUN ALL NAT JUC DRK FRUIT PUNCH,RTD	47	0	0	10	13	0	0
14273	KRAFT,CRYSTAL LT SG FR LO CAL SOFT DRK MIX LEMONAD,W/SWN,PDR	228	0	0	29	8	0	3
14377	KRAFT,CRYSTAL LT SUGAR FREE LO CAL ICED TEA MIX,W/ASPRT,PDR	283	0	0	178	43	0	6
14232	KRAFT,GENERAL FOODS INT COFFEE SGR&FAT FR LO CAL FRN VN INST	363	1	0	929	76	5	3
14205	KRAFT,GENERAL FOODS INTRN COFF SGR&FT FR MOCHA FLV INST,W/A	337	1	0	516	73	9	5
14230	KRAFT,GENERAL FOODS INTRN COFFEE CAFE FRANCAIS FLV INST,PDR	480	6	1	716	55	3	4
14231	KRAFT,GENERAL FOODS INTRN COFFEE FRENCH VAN FLV INST,PDR	463	5	0	399	71	1	3
14225	KRAFT,GENERAL FOODS INTRN COFFEE SUISSE MOCHA FLV INST,PDR	440	4	0	251	72	3	4
19286	KRAFT,JELLO FAT FR CK&SRV RD CAL PUDD&PIE FLNG CHC,RG,PDR	360	1	0	426	91	1	2
19287	KRAFT,JELLO FAT FR CK&SRV RD CL PUDD&PIE FLNG VAN,RG,PDR	374	0	0	599	94	0	0
19275	KRAFT,JELLO FAT& SUGR FR INST RED CAL PUD&PIE FLNG CHOC,W/ A	310	1	0	2887	75	8	5
19276	KRAFT,JELLO FAT&SGR FR INST RED CAL PUD&PIE FLNG VAN,W/ A,PD	331	0	0	4154	78	1	1
19277	KRAFT,JELLO SGR FR CK&SRV RED CAL PUD&PIE FLNG CHOC,W/ A	310	2	0	1085	75	9	6
19278	KRAFT,JELLO SGR FR CK&SRV RED CAL PUDD&PIE FLNG VAN,W/A,PDR	349	0	0	1887	82	1	1
19291	KRAFT,JELLO SGR FR LO CAL GELATIN SNACKS STRAWBERRY,W/ A	8	0	0	49	0	0	1
19290	KRAFT,JELLO SGR FR LO CAL GELATIN STRWBRY,W/ A,PDR	333	0	1	2282	5	0	57
14276	KRAFT,KOOL-AID BURSTS SOFT DRK TROPICAL PUNCH,RTD	43	0	0	14	12	0	0
14178	KRAFT,KOOL-AID SPLASH SOFT DRINK GRAPE BERRY PUNCH,RTD	46	0	0	14	12	0	0

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14275	KRAFT,KOOL-AID SUGAR SWTND SOFT DRK MIX TROPICAL PUNCH,PDR	375	0	0	9	96	0	0
14274	KRAFT,KOOL-AID UNSWTND SOFT DRK MIX TROPICAL PUNCH,PDR	198	0	0	2577	10	0	0
18567	KRAFT,STOVE TOP STUFFING MIX CHICKEN FLAVOR	381	1	4	1532	73	3	13
14129	KRAFT,SUGAR FREE COUNTRY TIME PINK LEMONADE MIX,W/VIT C	270	0		9	89		3
14127	KRAFT,SUGAR FREE KOOL-AID MIX,W/ASPRT&VIT C,CHERRY FLAVOR	290	0		422	85		6
14128	KRAFT. COUNTRY TIME LEMONADE MIX,W/VIT C	354	0		72	98		0
18610	KRUSTEAZ ALMND POPPYSD MUFF MIX,ARTIFIC FLAV,DRY	418	3	0	604	76		6
18611	KRUSTEAZ BTTRMLK MINI PANCAKES,FRZ,READY TO MICROWAVE	215	2		537	40		7
09149	KUMQUATS,RAW	71	0	0	10	16	7	2
17283	LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,CKD	201	8	87	80	0		27
17282	LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,RAW	142	5	64	83	0		20
17281	LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CKD	256	15	87	76	0		25
17280	LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN&FAT,1/8"FAT,RAW	229	16	66	74	0		18
17285	LAMB,AUS,IMP,FRSH,FAT,CKD	639	63	83	51	0		9
17284	LAMB,AUS,IMP,FRSH,FAT,RAW	648	66	77	33	0		6
17289	LAMB,AUS,IMP,FRSH,FORESHANK,LN,1/8"FAT,CKD,BRSD	165	5	92	100	0		28
17288	LAMB,AUS,IMP,FRSH,FORESHANK,LN,1/8"FAT,RAW	123	3	66	106	0		21
17287	LAMB,AUS,IMP,FRSH,FORESHANK,LN&FAT,1/8"FAT,CKD,BRSD	236	13	91	93	0		25
17286	LAMB,AUS,IMP,FRSH,FORESHANK,LN&FAT,1/8"FAT,RAW	195	12	67	96	0		19
17307	LAMB,AUS,IMP,FRSH,LEG,CNTR SLCE,BNE-IN,LN&FT,1/8"FT,CKD,BRLD	215	11	85	65	0		26
17309	LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN,1/8"FAT,CKD,BRLD	183	7	85	66	0		27
17308	LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN,1/8"FAT,RAW	143	5	64	64	0		21
17306	LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN&FAT,1/8"FAT,RAW	195	12	65	61	0		19
17297	LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,CKD,RSTD	182	6	83	69	0		27
17296	LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,RAW	133	4	64	81	0		20
17295	LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN&FAT,1/8"FAT,CKD,RSTD	231	12	83	67	0		25
17294	LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN&FAT,1/8"FAT,RAW	201	13	66	75	0		19

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17305	LAMB,AUS,IMP,FRSH,LEG,SIRL CHOPS,BNLESS,LN,1/8"FAT,CKD,BRLD	188	7	85	66	0	28
17302	LAMB,AUS,IMP,FRSH,LEG,SIRL CHOPS,BNLESS,LN&FAT,1/8"FAT,RAW	208	13	66	59	0	18
17303	LAMB,AUS,IMP,FRSH,LEG,SIRL CHPS,BNLESS,LN&FT,1/8"FT,CKD,BRLD	235	13	85	64	0	26
17301	LAMB,AUS,IMP,FRSH,LEG,SIRL HALF,BNLESS,LN,1/8"FAT,CKD,RSTD	215	9	105	83	0	28
17299	LAMB,AUS,IMP,FRSH,LEG,SIRL HLF,BNLESS,LN&FT,1/8"FAT,CKD,RSTD	281	18	102	78	0	25
17304	LAMB,AUS,IMP,FRSH,LEG,SIRLOIN CHOPS,BNLESS,LN,1/8"FAT,RAW	132	4	64	64	0	20
17300	LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN,1/8"FAT,RAW	138	5	63	80	0	20
17298	LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN&FAT,1/8"FAT,RAW	254	19	66	70	0	17
17293	LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,CKD,RSTD	190	7	89	72	0	27
17292	LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,RAW	135	5	64	81	0	20
17291	LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CKD,RSTD	244	14	88	70	0	25
17290	LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,RAW	215	14	66	73	0	18
17313	LAMB,AUS,IMP,FRSH,LOIN,LN,1/8"FAT,CKD,BRLD	192	8	81	80	0	27
17312	LAMB,AUS,IMP,FRSH,LOIN,LN,1/8"FAT,RAW	146	5	64	75	0	21
17311	LAMB,AUS,IMP,FRSH,LOIN,LN&FAT,1/8"FAT,CKD,BRLD	219	11	82	78	0	25
17310	LAMB,AUS,IMP,FRSH,LOIN,LN&FAT,1/8"FAT,RAW	203	12	66	70	0	19
17317	LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,CKD,RSTD	210	10	80	82	0	25
17316	LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,RAW	160	7	66	81	0	20
17315	LAMB,AUS,IMP,FRSH,RIB,LN&FAT,1/8"FAT,CKD,RSTD	277	18	80	77	0	22
17314	LAMB,AUS,IMP,FRSH,RIB,LN&FAT,1/8"FAT,RAW	289	23	68	68	0	16
17325	LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN,1/8"FAT,CKD,BRSD	238	9	111	78	0	34
17324	LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN,1/8"FAT,RAW	137	5	62	83	0	20
17323	LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN&FAT,1/8"FAT,CKD,BRSD	311	19	106	73	0	30
17322	LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN&FAT,1/8"FAT,RAW	243	18	65	72	0	17
17329	LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN,1/8"FAT,CKD,BRLD	231	12	85	94	0	24
17328	LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN,1/8"FAT,RAW	164	8	64	90	0	19
17327	LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN&FAT,1/8"FAT,CKD,BRLD	291	20	84	88	0	22

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17326	LAMB,AUS,IMP,FRSH,SHLDR,BLADE,LN&FAT,1/8"FAT,RAW	262	20	67	78	0		16
17321	LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN,1/8"FAT,CKD	233	12	91	91	0		26
17320	LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN,1/8"FAT,RAW	155	7	64	88	0		19
17319	LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CKD	296	20	89	85	0		24
17318	LAMB,AUS,IMP,FRSH,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,RAW	256	19	66	76	0		17
17006	LAMB,DOM,COMP OF RTL CUTS,FAT,1/4"FAT,CHOIC,CKD	586	56	114	58	0	0	12
17005	LAMB,DOM,COMP OF RTL CUTS,FAT,1/4"FAT,CHOIC,RAW	665	67	90	31	0	0	7
17004	LAMB,DOM,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,CKD	206	8	92	76	0	0	28
17003	LAMB,DOM,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,RAW	134	4	65	66	0	0	20
17002	LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,CKD	294	19	97	72	0	0	25
17001	LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/4"FAT,CHOIC,RAW	267	20	72	58	0	0	17
17227	LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,CKD	271	16	96	72	0	0	26
17226	LAMB,DOM,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CHOIC,RAW	243	17	70	59	0	0	18
17061	LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4"FAT,CKD,BRLD	186	6	90	76	0	0	28
17060	LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4"FAT,CKD,BRSD	223	8	108	70	0	0	34
17059	LAMB,DOM,CUBED FOR STEW OR KABOB (LEG&SHLDR),LN,1/4"FAT,RAW	134	5	65	65	0	0	20
17010	LAMB,DOM,FORESHANK,LN,1/4"FAT,CHOIC,CKD,BRSD	187	5	104	74	0	0	31
17009	LAMB,DOM,FORESHANK,LN,1/4"FAT,CHOIC,RAW	120	3	69	79	0	0	21
17008	LAMB,DOM,FORESHANK,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	243	12	106	72	0	0	28
17007	LAMB,DOM,FORESHANK,LN&FAT,1/4"FAT,CHOIC,RAW	201	12	72	72	0	0	19
17228	LAMB,DOM,FORESHANK,LN&FAT,1/8"FAT,CHOIC,RAW	201	12	72	72	0	0	19
17229	LAMB,DOM,FORESHANK,LN&FAT,1/8"FAT,CKD,BRSD	243	12	106	72	0	0	28
17018	LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	180	6	87	66	0	0	28
17017	LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,RAW	125	4	64	61	0	0	21
17016	LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	225	11	90	65	0	0	26
17015	LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/4"FAT,CHOIC,RAW	201	12	67	57	0	0	19
17233	LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	217	10	90	65	0	0	27

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17232	LAMB,DOM,LEG,SHANK HALF,LN&FAT,1/8"FAT,CHOIC,RAW	185	11	67	58	0	0	19
17022	LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	204	8	92	71	0	0	28
17021	LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,RAW	134	4	66	64	0	0	21
17020	LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	292	19	97	68	0	0	25
17019	LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/4"FAT,CHOIC,RAW	272	21	72	56	0	0	17
17235	LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	284	18	96	68	0	0	25
17234	LAMB,DOM,LEG,SIRLOIN HALF,LN&FAT,1/8"FAT,CHOIC,RAW	261	19	71	56	0	0	17
17014	LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,CKD,RSTD	191	7	89	68	0	0	28
17013	LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,RAW	128	4	64	62	0	0	21
17012	LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	258	15	93	66	0	0	26
17011	LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/4"FAT,CHOIC,RAW	230	16	69	56	0	0	18
17231	LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	242	13	92	67	0	0	26
17230	LAMB,DOM,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CHOIC,RAW	209	13	68	57	0	0	18
17027	LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,BRLD	216	8	95	84	0	0	30
17028	LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,RSTD	202	9	87	66	0	0	27
17026	LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,RAW	143	5	66	68	0	0	21
17024	LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	316	21	100	77	0	0	25
17025	LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	309	22	95	64	0	0	23
17023	LAMB,DOM,LOIN,LN&FAT,1/4"FAT,CHOIC,RAW	310	25	74	56	0	0	16
17237	LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	297	19	99	78	0	0	26
17238	LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	290	19	93	64	0	0	23
17236	LAMB,DOM,LOIN,LN&FAT,1/8"FAT,CHOIC,RAW	279	21	72	59	0	0	17
17033	LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,CKD,BRLD	235	11	91	85	0	0	28
17034	LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,CKD,RSTD	232	11	88	81	0	0	26
17032	LAMB,DOM,RIB,LN,1/4"FAT,CHOIC,RAW	169	8	66	72	0	0	20
17030	LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	361	27	99	76	0	0	22
17031	LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	359	27	97	73	0	0	21

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17029	LAMB,DOM,RIB,LN&FAT,1/4"FAT,CHOIC,RAW	372	32	76	56	0	0	15
17240	LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	340	25	98	77	0	0	23
17241	LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	341	25	96	74	0	0	22
17239	LAMB,DOM,RIB,LN&FAT,1/8"FAT,CHOIC,RAW	342	28	74	58	0	0	15
17049	LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,BRLD	200	8	92	82	0	0	28
17048	LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,BRSD	279	12	121	76	0	0	36
17050	LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,RSTD	192	8	86	67	0	0	25
17047	LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,RAW	132	4	64	69	0	0	20
17045	LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	281	18	96	77	0	0	24
17044	LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	346	22	120	72	0	0	30
17046	LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	279	19	92	65	0	0	23
17043	LAMB,DOM,SHLDR,ARM,LN&FAT,1/4"FAT,CHOIC,RAW	260	19	71	60	0	0	17
17247	LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	337	20	120	72	0	0	31
17246	LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,RAW	244	18	70	61	0	0	17
17249	LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CHOIC,RSTD	267	17	91	65	0	0	23
17248	LAMB,DOM,SHLDR,ARM,LN&FAT,1/8"FAT,CKD,BRLD	269	17	96	78	0	0	25
17057	LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,BRLD	211	10	91	88	0	0	25
17056	LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,BRSD	288	15	117	79	0	0	32
17058	LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,CKD,RSTD	209	10	87	68	0	0	25
17055	LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,RAW	151	7	67	70	0	0	19
17053	LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	278	18	95	82	0	0	23
17052	LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	345	22	116	75	0	0	29
17054	LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	281	19	92	66	0	0	22
17051	LAMB,DOM,SHLDR,BLADE,LN&FAT,1/4"FAT,CHOIC,RAW	259	19	72	62	0	0	17
17252	LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	267	17	95	83	0	0	23
17251	LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	339	22	116	75	0	0	29
17253	LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	270	17	92	67	0	0	23

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17250	LAMB,DOM,SHLDR,BLADE,LN&FAT,1/8"FAT,CHOIC,RAW	244	17	71	63	0	0	17
17041	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,BRLD	210	9	93	83	0	0	27
17040	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,BRSD	283	14	117	79	0	0	33
17042	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,RSTD	204	9	87	68	0	0	25
17039	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,RAW	144	6	66	70	0	0	20
17037	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,BRLD	278	17	97	78	0	0	24
17036	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	344	22	116	75	0	0	29
17038	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,CKD,RSTD	276	18	92	66	0	0	23
17035	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/4"FAT,CHOIC,RAW	264	20	72	61	0	0	17
17244	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	268	17	95	82	0	0	24
17243	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	338	21	117	74	0	0	29
17245	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,CKD,RSTD	269	17	91	66	0	0	23
17242	LAMB,DOM,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CHOIC,RAW	244	17	71	63	0	0	17
17225	LAMB,GROUND,CKD,BRLD	283	18	97	81	0	0	25
17224	LAMB,GROUND,RAW	282	22	73	59	0	0	17
17067	LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,FAT,CKD	586	57	109	35	0	0	10
17066	LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,FAT,RAW	640	64	87	22	0	0	7
17065	LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,CKD	206	8	109	50	0	0	30
17064	LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,RAW	128	4	74	46	0	0	21
17255	LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,1/8"FAT,CKD	270	17	106	46	0	0	25
17254	LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,1/8"FAT,RAW	232	16	77	41	0	0	18
17063	LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,CKD	305	21	109	46	0	0	24
17062	LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN&FAT,RAW	277	21	78	39	0	0	17
17071	LAMB,NZ,IMP,FRZ,FORESHANK,LN,CKD,BRSD	186	5	101	49	0	0	31
17070	LAMB,NZ,IMP,FRZ,FORESHANK,LN,RAW	118	3	67	50	0	0	21
17257	LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,1/8"FAT,CKD,BRSD	258	15	102	47	0	0	27
17256	LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,1/8"FAT,RAW	223	15	71	45	0	0	18

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17069	LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,CKD,BRSD	258	15	102	47	0	0	27
17068	LAMB,NZ,IMP,FRZ,FORESHANK,LN&FAT,RAW	223	15	71	45	0	0	18
17075	LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN,CKD,RSTD	181	6	100	45	0	0	28
17074	LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN,RAW	123	3	73	44	0	0	21
17259	LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,CKD,RSTD	234	13	101	44	0	0	25
17258	LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,1/8"FAT,RAW	201	12	75	41	0	0	19
17073	LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,CKD,RSTD	246	14	101	43	0	0	25
17072	LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN&FAT,RAW	216	14	76	40	0	0	18
17079	LAMB,NZ,IMP,FRZ,LOIN,LN,CKD,BRLD	199	7	114	55	0	0	29
17078	LAMB,NZ,IMP,FRZ,LOIN,LN,RAW	130	4	80	45	0	0	21
17261	LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,1/8"FAT,CKD,BRLD	296	20	113	50	0	0	24
17260	LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,1/8"FAT,RAW	273	21	82	39	0	0	17
17077	LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,CKD,BRLD	315	22	112	49	0	0	23
17076	LAMB,NZ,IMP,FRZ,LOIN,LN&FAT,RAW	303	24	83	37	0	0	16
17083	LAMB,NZ,IMP,FRZ,RIB,LN,CKD,RSTD	196	9	94	48	0	0	24
17082	LAMB,NZ,IMP,FRZ,RIB,LN,RAW	142	5	76	52	0	0	20
17263	LAMB,NZ,IMP,FRZ,RIB,LN&FAT,1/8"FAT,CKD,RSTD	317	24	99	44	0	0	20
17262	LAMB,NZ,IMP,FRZ,RIB,LN&FAT,1/8"FAT,RAW	311	25	80	42	0	0	16
17081	LAMB,NZ,IMP,FRZ,RIB,LN&FAT,CKD,RSTD	340	27	100	43	0	0	19
17080	LAMB,NZ,IMP,FRZ,RIB,LN&FAT,RAW	346	29	81	40	0	0	15
17087	LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN,CKD,BRSD	285	14	127	56	0	0	34
17086	LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN,RAW	135	5	71	47	0	0	20
17265	LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,CKD,BRSD	342	22	123	52	0	0	29
17264	LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,1/8"FAT,RAW	251	18	74	42	0	0	17
17085	LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,BRSD	357	24	123	51	0	0	28
17084	LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN&FAT,RAW	272	21	75	41	0	0	17
17186	LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	145	5	2043	134	0	0	13

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17187	LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,PAN-FRIED	273	12	2504	157	0	0	17
17185	LAMB,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	122	5	1352	112	0	0	10
17192	LAMB,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	185	6	249	63	2	0	25
17191	LAMB,VAR MEATS&BY-PRODUCTS,HEART,RAW	122	4	135	89	0	0	16
17196	LAMB,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	137	3	565	151	1	0	24
17195	LAMB,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	97	2	337	156	1	0	16
17200	LAMB,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	220	7	501	56	3	0	31
17201	LAMB,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	238	9	493	124	4	0	26
17199	LAMB,VAR MEATS&BY-PRODUCTS,LIVER,RAW	139	4	371	70	2	0	20
17206	LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	113	2	284	84	0	0	20
17205	LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	95	2		157	0	0	17
17209	LAMB,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED,RAW	276	21	213	59	0	0	15
17211	LAMB,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	234	13	400	52	0	0	23
17210	LAMB,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	152	8	260	75	0	0	15
17215	LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	156	3	385	58	0	0	26
17214	LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	101	2	250	84	0	0	17
17221	LAMB,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	275	19	189	67	0	0	22
17220	LAMB,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	222	16	156	78	0	0	16
11794	LAMBS QUARTERS,CKD,BLD,DRND,W/SALT	32	0	0	265	5	2	3
11245	LAMBSQUARTERS,CKD,BLD,DRND,WO/SALT	32	0	0	29	5	2	3
11244	LAMBSQUARTERS,RAW	43	1	0	43	7	4	4
04002	LARD	902	96	95	0	0	0	0
22613	LAS CAMPANAS BF&BEAN BURRITO,FRZ	260	9	11	508	34	1	8
22916	LASAGNA W/ MEAT & SAU,FRZ ENTREE	127	4	15	280	13	1	8
22915	LASAGNA W/ MEAT & SAU,LOW-FAT,FRZ ENTREE	101	2	7	181	14	1	7
22909	Lasagna, cheese, frozen entree	124	4	12	275	14		6
22538	LEAN POCKETS GLAZED CHICK SUPREME STUFFED SANDWICHES,FRZ	182	4	18	439	27		8

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18369	LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA AL SULFATE	53	0	0	10600	28	0	0
18370	LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,STRAIGHT PO4	51	0	0	7893	24	0	0
18371	LEAVENING AGENTS,BAKING PDR,LOW-SODIUM	97	0	0	90	47	2	0
18372	LEAVENING AGENTS,BAKING SODA	0	0	0	27360	0	0	0
18373	LEAVENING AGENTS,CRM OF TARTAR	258	0	0	52	62	0	0
18375	LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY	295	3	0	50	38	21	38
18374	LEAVENING AGENTS,YEAST,BAKER'S,COMPRESSED	105	1	0	30	18	8	8
07039	LEBANON BOLOGNA BF	184	7	55	1374	0	0	19
11795	LEEK,(BULB&LOWER LEAF-PORTION),CKD,BLD,DRND,W/SALT	31	0	0	246	8	1	1
11247	LEEK,(BULB&LOWER LEAF-PORTION),CKD,BLD,DRND,WO/SALT	31	0	0	10	8	1	1
11246	LEEK,(BULB&LOWER LEAF-PORTION),RAW	61	0	0	20	14	2	2
11624	LEEK,(BULB&LOWER-LEAF PORTION),FREEZE-DRIED	321	1	0	35	75	10	15
11972	LEMON GRASS (CITRONELLA),RAW	99	0	0	6	25		2
09153	LEMON JUC,CND OR BTLD	21	0	0	21	6	0	0
09154	LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH	22	0	0	1	7	0	0
09152	LEMON JUICE,RAW	25	0	0	1	9	0	0
09156	LEMON PEEL,RAW	47	0	0	6	16	11	2
14296	LEMONADE-FLAVOR DRK,PDR	389	0	0	139	94	0	0
14297	LEMONADE-FLAVOR DRK,PDR,PREP W/H2O	42	0	0	7	11	0	0
14542	LEMONADE,FRZ CONC,PINK	181	0	0	4	47	0	0
14543	LEMONADE,FRZ CONC,PINK,PREP W/H2O	40	0	0	3	11	0	0
14292	LEMONADE,FRZ CONC,WHITE	181	0	0	4	47	0	0
14293	LEMONADE,FRZ CONC,WHITE,PREP W/H2O	53	0	0	3	14	0	0
14289	LEMONADE,LO CAL,W/ASPRT,PDR	332	0	0	10	84	0	4
14290	LEMONADE,LO CAL,W/ASPRT,PDR,PREP W/H2O	2	0	0	2	1	0	0
14288	LEMONADE,PDR,PREP W/H2O	39	0	0	4	10	0	0
14287	LEMONADE,POWDER	389	0	0	0	94	0	0

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09151	LEMONS,RAW,WITH PEEL	20	0	0	3	11	5	1
09150	LEMONS,RAW,WITHOUT PEEL	29	0	0	2	9	3	1
18504	LENDER'S BAGEL SHOP BLUEBERRY BAGELS	259	1	0	419	52	2	11
18502	LENDER'S BIG'N CRUSTY BLUEBERRY BAGEL	252	1	0	481	54	2	9
18503	LENDER'S PREMIUM REFR BLUEBERRY BAGELS	258	1	0	505	53	3	10
16370	LENTILS,MATURE SEEDS,CKD,BLD,W/SALT	116	0	0	238	20	8	9
16070	LENTILS,MATURE SEEDS,CKD,BLD,WO/SALT	116	0	0	2	20	8	9
16144	LENTILS,PINK,RAW	345	2	0	7	59	11	25
16069	LENTILS,RAW	353	1	0	6	60	31	26
11926	LENTILS,SPROUTED,CKD,STIR-FRIED,W/SALT	101	0	0	246	21		9
11249	LENTILS,SPROUTED,CKD,STIR-FRIED,WO/SALT	101	0	0	10	21		9
11248	LENTILS,SPROUTED,RAW	106	0	0	11	22		9
11250	LETTUCE,BUTTERHEAD (INCL BOSTON&BIBB TYPES),RAW	13	0	0	5	2	1	1
11251	LETTUCE,COS OR ROMAINE,RAW	17	0	0	8	3	2	1
11253	LETTUCE,GRN LEAF,RAW	15	0	0	28	3	1	1
11252	LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	14	0	0	10	3	1	1
11257	LETTUCE,RED LEAF,RAW	16	0		25	2	1	1
22697	LIBBY'S SPREADABLES RTS SNDWCH SALAD,CHICKEN,SHELF STABLE	145	8	26	468	10		5
11714	LIMA BNS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	123	0	0	253	24	5	7
11032	LIMA BNS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	123	0	0	17	24	5	7
11715	LIMA BNS,IMMAT SEEDS,CND,NO SALT,SOL&LIQUIDS	71	0	0	4	13	4	4
11716	LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,W/SALT	105	0	0	265	19	6	7
11040	LIMA BNS,IMMAT SEEDS,FRZ,BABY,CKD,BLD,DRND,WO/SALT	105	0	0	29	19	6	7
11039	LIMA BNS,IMMAT SEEDS,FRZ,BABY,UNPREP	132	0	0	52	25	6	8
11717	LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,W/SALT	103	0	0	289	19	6	6
11038	LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,CKD,BLD,DRND,WO/SALT	103	0	0	69	19	6	6
11037	LIMA BNS,IMMAT SEEDS,FRZ,FORDHOOK,UNPREP	106	0	0	58	20	6	6

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11031	LIMA BNS,IMMAT SEEDS,RAW	113	1	0	8	20	5	7
16372	LIMA BNS,LRG,MATURE SEEDS,CKD,BLD,W/SALT	115	0	0	238	21	7	8
16072	LIMA BNS,LRG,MATURE SEEDS,CKD,BLD,WO/SALT	115	0	0	2	21	7	8
16073	LIMA BNS,LRG,MATURE SEEDS,CND	79	0	0	336	15	5	5
16071	LIMA BNS,LRG,MATURE SEEDS,RAW	338	1	0	18	63	19	21
16375	LIMA BNS,THIN SEEDED (BABY),MATURE SEEDS,CKD,BLD,W/SALT	126	0	0	239	23	8	8
16075	LIMA BNS,THIN SEEDED (BABY),MATURE SEEDS,CKD,BLD,WO/SALT	126	0	0	3	23	8	8
16074	LIMA BNS,THIN SEEDED (BABY),MATURE SEEDS,RAW	335	1	0	13	63	21	21
09161	LIME JUC,CND OR BTLD,UNSWTND	21	0	0	16	7	0	0
09160	LIME JUICE,RAW	25	0	0	2	8	0	0
14302	LIMEADE,FRZ CONC	247	0	0	0	62	0	0
14303	LIMEADE,FRZ CONC,PREP W/H2O	42	0	0	2	11	0	0
09159	LIMES,RAW	30	0	0	2	11	3	1
15198	LING,COOKED,DRY HEAT	111	0	51	173	0	0	24
15044	LING,RAW	87	0	40	135	0	0	19
15199	LINGCOD,COOKED,DRY HEAT	109	1	67	76	0	0	23
15045	LINGCOD,RAW	85	1	52	59	0	0	18
22702	LIPTON,ALFREDO EGG NOODLES IN A CREAMY SAU,DRY MIX	418	10	112	1770	62		16
09165	LITCHIS,DRIED	277	1	0	3	71	5	4
09164	LITCHIS,RAW	66	0	0	1	17	1	1
21290	LITTLE CAESARS 14" CHS PIZZA,LRG DEEP DISH CRUST	263	9	23	432	30	1	13
21292	LITTLE CAESARS 14" CHS PIZZA,THIN CRUST	309	15	39	455	23	2	16
21287	LITTLE CAESARS 14" ORIGINAL RND CHS PIZZA,REG CRUST	265	8	24	454	32	2	13
21289	LITTLE CAESARS 14" ORIGINAL RND MEAT & VEG PIZZA,REG CRUST	243	10	31	578	23	2	12
21288	LITTLE CAESARS 14" ORIGINAL RND PEPPERONI PIZZA,REG CRUST	273	9	28	518	31	2	14
21291	LITTLE CAESARS 14" PEPPERONI PIZZA,LRG DEEP DISH CRUST	265	9	26	492	29	2	13
07040	LIVER CHEESE,PORK	304	25	174	1225	2	0	15

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07041	LIVER SAUSAGE,LIVERWURST,PORK	326	27	158	860	2	0	14
07911	LIVERWURST SPRD	305	25	118	700	6	3	12
15148	LOBSTER,NORTHERN,CKD,MOIST HEAT	98	0	72	380	1	0	21
15147	LOBSTER,NORTHERN,RAW	90	1	95	296	1	0	19
09167	LOGANBERRIES,FROZEN	55	0	0	1	13	5	2
09173	LONGANS,DRIED	286	0	0	48	74		5
09172	LONGANS,RAW	60	0	0	0	15	1	1
09174	LOQUATS,RAW	47	0	0	1	12	2	0
11796	LOTUS ROOT,CKD,BLD,DRND,W/SALT	66	0	0	281	16	3	2
11255	LOTUS ROOT,CKD,BLD,DRND,WO/SALT	66	0	0	45	16	3	2
11254	LOTUS ROOT,RAW	74	0	0	40	17	5	3
12013	LOTUS SEEDS,DRIED	332	2	0	5	64		15
12205	LOTUS SEEDS,RAW	89	1	0	1	17		4
07254	LOUIS RICH TURKEY BACON	250	17	90	1213	2	0	15
07251	LOUIS RICH,CHICK (WHITE,OVEN RSTD)	128	5	59	1196	2	0	17
07250	LOUIS RICH,CHICK BREAST (OVEN RSTD DELUXE)	101	2	49	1188	3	0	18
07249	LOUIS RICH,CHICK BREAST CLASSIC BKD /GRILL (CARVING BOARD)	98	0	52	1142	4	0	20
07252	LOUIS RICH,FRANKS (TURKEY & CHICK CHEESE)	201	14	94	1070	5	0	13
07253	LOUIS RICH,FRANKS (TURKEY & CHICKEN)	188	13	92	1136	5	0	11
07258	LOUIS RICH,TURKEY (HONEY RSTD,FAT FREE)	102	1	40	1180	5	0	19
07255	LOUIS RICH,TURKEY BOLOGNA	184	13	67	1077	5	0	11
07259	LOUIS RICH,TURKEY BREAST (OVEN RSTD,FAT FREE)	84	1	32	1192	5	0	15
07260	LOUIS RICH,TURKEY BREAST (OVEN RSTD,PORTION FAT FREE)	90	1	40	1177	2	0	19
07261	LOUIS RICH,TURKEY BREAST (SMOKED,CARVING BOARD)	94	1	43	1201	2	0	20
07262	LOUIS RICH,TURKEY BREAST (SMOKED,PORTION FAT FREE)	93	1	41	1288	2	0	19
07256	LOUIS RICH,TURKEY BREAST & WHITE TURKEY (OVEN ROASTED)	99	1	41	966	3	0	17
07257	LOUIS RICH,TURKEY BREAST&WHITE TURKEY (SMOKED SLICED)	100	2	42	919	2	0	18

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07264	LOUIS RICH,TURKEY HAM (10% H2O)	113	3	67	1127	1	0	18
07265	LOUIS RICH,TURKEY NUGGETS/STICKS (BREADED)	276	17	40	679	15	1	14
07266	LOUIS RICH,TURKEY SALAMI	147	8	76	1004	0	0	15
07267	LOUIS RICH,TURKEY SALAMI COTTO	149	9	77	1018	1	0	15
07268	LOUIS RICH,TURKEY SMOKED SAUSAGE	161	9	66	946	3	0	15
07042	LUNCHEON MEAT,BEEF,LOAVED	308	24	64	1329	3	0	14
07043	LUNCHEON MEAT,BF,THIN SLICED	149	6	70	1413	1	0	19
07908	LUNCHEON MEAT,PORK W/HAM,MINCED,CND,INCL SPAM (HORMEL)	315	23	71	1330	5	0	13
07047	LUNCHEON MEAT,PORK,BEEF	353	30	55	1293	2	0	13
07045	LUNCHEON MEAT,PORK,CANNED	334	29	62	1289	2	0	13
07906	LUNCHEON MEAT,PORK,HAM,&CHICK,MINCED,CND,RED NA,VIT C, (SPAM)	293	24	76	946	3	0	13
07909	LUNCHEON MEAT,PORK&CHICK,MINCED,CND,INCL SPAM LITE	196	13	75	1032	1	0	15
07090	LUNCHEON SAUSAGE,PORK&BF	260	20	64	1182	2	0	15
43131	LUNCHEON SLICES,MEATLESS	189	8	0	711	4	0	18
16377	LUPINS,MATURE SEEDS,CKD,BLD,W/SALT	119	2	0	240	10	3	16
16077	LUPINS,MATURE SEEDS,CKD,BLD,WO/SALT	119	2	0	4	10	3	16
16076	LUPINS,MATURE SEEDS,RAW	371	8	0	15	40		36
07060	LUXURY LOAF,PORK	141	4	36	1225	5	0	18
12632	MACADAMIA NUTS,DRY RSTD,W/SALT	716	73	0	265	13	8	8
12132	MACADAMIA NUTS,DRY RSTD,WO/SALT	718	73	0	4	13	8	8
12131	MACADAMIA NUTS,RAW	718	72	0	5	14	9	8
07940	MACARONI & CHS LOAF CHICK PORK & BF	228	15	44	3	12	0	12
22247	Macaroni and Cheese, canned entree	82	2	6	421	12	1	3
20400	MACARONI,CKD,UNENR	158	1	0	1	31	2	6
20100	MACARONI,COOKED,ENRICHED	158	1	0	1	31	2	6
20099	MACARONI,DRY,ENR	371	1	0	5	75	3	13
20499	MACARONI,DRY,UNENRICHED	371	1	0	5	75	3	13

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20102	MACARONI,PROTEIN-FORTIFIED,CKD,ENR,(N X 5.70)	164	0	0	5	32		8
20302	MACARONI,PROTEIN-FORTIFIED,CKD,ENR,(N X 6.25)	164	0	0	5	31	2	9
20101	MACARONI,PROTEIN-FORTIFIED,DRY,ENR,(N X 5.70)	375	2	0	8	68	2	20
20301	MACARONI,PROTEIN-FORTIFIED,DRY,ENR,(N X 6.25)	374	2	0	8	66	2	22
20106	MACARONI,VEG,CKD,ENR	128	0	0	6	27	4	5
20105	MACARONI,VEG,DRY,ENR	367	1	0	43	75	4	13
20108	MACARONI,WHOLE-WHEAT,CKD	124	0	0	3	27	3	5
20107	MACARONI,WHOLE-WHEAT,DRY	348	1	0	8	75	8	15
02022	MACE,GROUND	475	25	0	80	51	20	7
15047	MACKEREL,ATLANTIC,CKD,DRY HEAT	262	15	75	83	0	0	24
15046	MACKEREL,ATLANTIC,RAW	205	12	70	90	0	0	19
15048	MACKEREL,JACK,CND,DRND SOL	156	6	79	379	0	0	23
15200	MACKEREL,KING,CKD,DRY HEAT	134	2	68	203	0	0	26
15049	MACKEREL,KING,RAW	105	2	53	158	0	0	20
15201	MACKEREL,PACIFIC&JACK,MXD SP,CKD,DRY HEAT	201	9	60	110	0	0	26
15050	MACKEREL,PACIFIC&JACK,MXD SP,RAW	158	7	47	86	0	0	20
83110	MACKEREL,SALTED	305	22	95	4450	0	0	19
15052	MACKEREL,SPANISH,CKD,DRY HEAT	158	6	73	66	0	0	24
15051	MACKEREL,SPANISH,RAW	139	5	76	59	0	0	19
11986	MALABAR SPINACH,COOKED	23	0	0	55	3	2	3
14305	MALT BEVERAGE	37	0	0	13	8	0	0
14317	MALTED DRK MIX,CHOC,PDR	411	4	1	190	87	5	5
14318	MALTED DRK MIX,CHOC,PDR,PREP W/ WHL MILK	85	3	10	60	11	1	3
14315	MALTED DRK MIX,CHOC,W/ ADDED NUTR,PDR	389	3	0	594	85	5	5
14316	MALTED DRK MIX,CHOC,W/ ADDED NUTR,PDR,PREP W/ WHL MILK	84	3	10	87	11	0	3
14311	MALTED DRK MIX,NAT,PDR	429	8	24	405	71	1	14
14312	MALTED DRK MIX,NAT,PDR,PREP W/ WHL MILK	88	3	12	79	10	0	4

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14309	MALTED DRK MIX,NAT,W/ ADDED NUTR,PDR	376	0	0	259	85	0	9
14310	MALTED DRK MIX,NAT,W/ ADDED NUTR,PDR,PREP W/ WHL MILK	86	3	11	72	11	0	4
09175	MAMMY-APPLE,(MAMEY),RAW	51	0	0	15	13	3	1
09176	MANGOS,RAW	65	0	0	2	17	2	1
09177	MANGOSTEEN,CND,SYRUP PK	73	0	0	7	18	2	0
09328	MARASCHINO CHERRIES,CND,DRND	165	0	0	4	42	3	0
04630	MARGARINE SPRD,APPROX 48% FAT,TUB	424	45	1	646	1	0	0
04631	MARGARINE SPRD,FAT-FREE,TUB	44	3	0	580	4	0	0
04585	MARGARINE-BUTTER BLEND,60% CORN OIL MARGARINE&40% BUTTER	718	77	88	897	1	0	1
04655	MARGARINE-LIKE SHORTENING,INDUS,SOY(PART HYDR),CTTNSD,& SOY	628	68	0	864	0	0	0
04107	MARGARINE-LIKE SPRD,(APPROX 40% FAT),CORN (HYDR&REG)	345	37	0	960	0	0	1
04110	MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOY(HYDR)&CTTNSD(HYDR)	345	37	0	960	0	0	1
04108	MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOY(HYDR)&PLM(HYDR&REG)	345	37	0	960	0	0	1
04109	MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOYBN (HYDR)	345	37	0	960	0	0	1
04112	MARGARINE-LIKE SPRD,(APPROX 40% FAT),SOYBN (HYDR)&CTTNSD	345	37	0	960	0	0	1
04128	MARGARINE-LIKE SPRD,(APPROX 40% FAT),UNSPEC OILS	345	37	0	960	0	0	1
42313	MARGARINE-LIKE SPRD,70% FAT,LIQ,W/SALT	621	67	0	994	0	0	0
04106	MARGARINE-LIKE SPRD,APPRX 60% FAT,TUB,SOYBN HYDR&CTTNSD HYDR	540	58	0	994	0	0	1
04624	MARGARINE-LIKE SPRD,FAT FREE,LIQ,SALTED	43	3	1	833	3	0	2
04626	MARGARINE-LIKE SPRD,MADE W/YOGURT,STK,SALTED	630	67	0	590	1	0	0
04627	MARGARINE-LIKE SPRD,RED CAL,40% FAT,MADE W/YOGURT,TUB,SALTED	330	34	0	630	2	0	2
42310	MARGARINE-LIKE SPRD,RED CAL,40% FAT,STK,W/SALT	356	38	0	994	0	0	1
04674	MARGARINE-LIKE SPRD,SMART BALANCE LT BUTTERY SPRD	337	35	0	640	0	0	0
04677	MARGARINE-LIKE SPRD,SMART BALANCE OMEGA PLUS SPRD	605	63	0	729	0	0	0
04673	MARGARINE-LIKE SPRD,SMART BALANCE REG BUTTERY SPRD	605	63	0	646	0	0	0
04676	MARGARINE-LIKE SPRD,SMART BEAT SMART SQUEEZE	47	2	0	829	7	0	0
04675	MARGARINE-LIKE SPRD,SMART BEAT SUPER LT WO/ SATURATED FAT	158	14	0	755	0	0	0

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42256	MARGARINE-LIKE SPRD,STK OR TUB,SWTND	534	49	0	542	17	0	0
04629	MARGARINE,70% VEG OIL SPRD,SOYBN & SOYBEAN(HYDROGENATED)	619	66	0	700	1		0
04628	MARGARINE,80% FAT,STK,INCL REG & HYDR CORN & SOYBN OILS	705	75	0	654	2	0	0
04665	MARGARINE,INDUS,NON-DAIRY,CTTNSD,SOY OIL (PART HYDR )	714	76	0	879	0	0	2
04668	MARGARINE,INDUS,SOY & PART HYDR SOY OIL,BAKING,SAUCES,CANDY	714	0	0	886	1	0	0
04071	MARGARINE,REG,HARD,CORN (HYDR)	719	77	0	943	1	0	1
04065	MARGARINE,REG,HARD,CORN (HYDR&REG)	719	77	0	943	1	0	1
04067	MARGARINE,REG,HARD,CORN&SOYBN (HYDR)&CTTNSD (HYDR),W/SALT	719	77	0	943	1	0	1
04068	MARGARINE,REG,HARD,CORN&SOYBN (HYDR)&CTTNSD (HYDR),WO/SALT	714	77	0	2	1	0	1
04078	MARGARINE,REG,HARD,SAFFLOWER&SOYBN (HYDR)	719	77	0	943	1	0	1
04079	MARGARINE,REG,HARD,SAFFLOWER&SOYBN (HYDR)&CTTNSD (HYDR)	719	77	0	943	1	0	1
04089	MARGARINE,REG,HARD,SAFFLOWER&SOYBN (HYDR&REG)&CTTNSD (HYDR)	719	77	0	943	1	0	1
04073	MARGARINE,REG,HARD,SOYBN (HYDR)	719	77	0	943	1	0	1
04083	MARGARINE,REG,HARD,SOYBN (HYDR),CTTNSD (HYDR),&SOYBN	719	77	0	943	1	0	1
04074	MARGARINE,REG,HARD,SOYBN (HYDR)&CORN&CTTNSD (HYDR)	719	77	0	943	1	0	1
04075	MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD	719	77	0	943	1	0	1
04076	MARGARINE,REG,HARD,SOYBN (HYDR)&CTTNSD (HYDR)	719	77	0	943	1	0	1
04077	MARGARINE,REG,HARD,SOYBN (HYDR)&PALM (HYDR)	719	77	0	943	1	0	1
04082	MARGARINE,REG,HARD,SOYBN (HYDR)&PALM (HYDR&REG)	719	77	0	943	1	0	1
04080	MARGARINE,REG,HARD,SOYBN (HYDR&REG)	719	77	0	943	1	0	1
04081	MARGARINE,REG,HARD,SOYBN,SOYBN (HYDR),&CTTNSD (HYDR)	719	77	0	943	1	0	1
04521	MARGARINE,REG,HARD,SUNFLOWER&SOYBN (HYDR)&CTTNSD (HYDR)	719	77	0	943	1	0	1
04105	MARGARINE,REG,LIQ,SOYBN (HYDR&REG)&CTTNSD	721	77	0	781	0	0	2
04610	MARGARINE,REG,STK,COMP,80% FAT,W/SALT	705	75	0	654	2	0	0
04617	MARGARINE,REG,STK,UNSALTED,COMP,80% FAT	719	77	0	2	1	0	1
04611	MARGARINE,REG,TUB,COMP,80% FAT,W/SALT	716	77	0	1079	1	0	1
04618	MARGARINE,REG,TUB,UNSALTED,COMP,80% FAT	716	77	0	28	1	0	1

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04132	MARGARINE,REG,UNSPEC OILS,W/SALT	719	77	0	943	1	0	1
04131	MARGARINE,REG,UNSPEC OILS,WO/ SALT	714	77	0	2	1	0	1
04633	MARGARINE,VEG OIL SPRD,20% FAT	175	18	0	733	0	0	0
04634	MARGARINE,VEG OIL SPRD,20% FAT,WO/ SALT	175	18	0	0	0	0	0
04612	MARGARINE,VEG OIL SPRD,60% FAT,STK	518	53	0	785	0	0	1
04619	MARGARINE,VEG OIL SPRD,60% FAT,STK,NO SALT	519	53	0	2	0	0	1
04613	MARGARINE,VEG OIL SPRD,60% FAT,TUB/BOTTLE	531	56	1	785	0	0	1
04620	MARGARINE,VEG OIL SPRD,60% FAT,TUB/BOTTLE,UNSALTED	531	56	1	28	0	0	1
04614	MARGARINE,VEG OIL SPRD,STICK/TUB/BOTTLE,60% FAT	526	55	1	785	0	0	1
22677	MARIE CALLENDER'S BF STROGANOFF&NOODLES W/CARROTS&PEAS,FRZ	163	7	19	310	16	1	8
22526	MARIE CALLENDER'S CHICK POT PIE,FRZ ENTREE	214	13	6	445	19		5
22685	MARIE CALLENDER'S ESCALLOPED NOODLES&CHICK,FRZ ENTREE	171	9		434	17		6
22599	MARIE CALLENDER'S TURKEY W/GRAVY&DRSNG W/BROCCOLI,FRZ MEAL	127	5	20	513	13		8
02023	MARJORAM,DRIED	271	6	0	77	61	40	13
19303	MARMALADE,ORANGE	246	0	0	56	66	1	0
22676	MARQUEZ PRIMERA SHRED BF,GRN CHILI&MONT JACK CHS BURRITO,FRZ	228	7	19	541	28		11
18613	MARTHA WHITE FOODS,MARTHA WHITE'S ART BLUEBERRY MUFFIN MIX	404	7		858	76		5
18615	MARTHA WHITE FOODS,MARTHA WHITE'S BTTRMLK BISCUIT MIX,DRY	418	13		1230	65		7
18614	MARTHA WHITE'S CHEWY FUDGE BRWNIE MIX,DRY	408	2		494	83		5
35050	MASHU ROOTS,RAW (ALASKA NATIVE)	135	0			23		6
43598	MAYONNAISE DRSNG,NO CHOL	688	74	0	486	0	0	0
43355	MAYONNAISE,LO NA,LO CAL OR DIET	231	18	24	110	16	0	0
42178	MAYONNAISE,MADE WITH TOFU	322	25	0	773	4	1	6
42138	MAYONNAISE,RED-CAL OR DIET,CHOL-FREE	333	32	0	733	7	0	1
21367	MCDOANLD'S CHICK MCGRILL SNDWCH (WITHOUT MAYONNAISE)	150	1	30	471	18	1	14
21231	MCDOANLD'S,CHICK MCGRILL SNDWCH	190	6	33	472	17	1	13
21228	McDONALD'S, Hamburger	252	6	27	507	31	1	12

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21233	MCDONALD'S, CHEESEBURGER	263	8	35	626	28	1	13
21232	MCDONALD'S, FLT-O-FSH	284	11	28	449	29	1	11
21342	MCDONALD'S,APPL DIPPERS	48	0		0	12		0
21366	MCDONALD'S,APPL DIPPERS W/ LOFAT CARAMEL SAU	111	1	3	40	26		0
21377	MCDONALD'S,BACON RANCH SALAD W/ CRISPY CHICK	106	5	21	326	7	1	9
21376	MCDONALD'S,BACON RANCH SALAD W/ GRILLED CHICK	76	3	28	305	4	1	10
21378	MCDONALD'S,BACON RANCH SALAD WO/ CHICK	61	3	12	132	4	2	4
21360	MCDONALD'S,BACON,EGG & CHS BISCUIT	304	13	169	862	23	1	14
21327	MCDONALD'S,BACON,EGG & CHS MCGRIDDLES	268	11	147	749	26	1	12
21310	MCDONALD'S,BARBEQUE SAU	165	1		910	37	1	2
21351	MCDONALD'S,BIG 'N TASTY	226	11	33	317	17	1	11
21352	MCDONALD'S,BIG 'N TASTY (WITHOUT MAYONNAISE)	192	7	31	309	17	2	11
21353	MCDONALD'S,BIG 'N TASTY W/ CHS	232	12	37	387	16	1	11
21354	MCDONALD'S,BIG 'N TASTY W/ CHS (WITHOUT MAYONNAISE)	201	8	34	382	17	1	12
21341	MCDONALD'S,BIG BRKFST	275	16	177	549	18	1	10
21237	MCDONALD'S,BIG MAC	257	8	36	460	20	2	12
21350	MCDONALD'S,BIG MAC (WITHOUT BIG MAC SAUCE)	234	8	35	454	21	2	13
21317	MCDONALD'S,BISCUIT	345	14	0	983	45	2	6
21324	MCDONALD'S,BKD APPL PIE	323	14		199	44	2	3
21371	MCDONALD'S,CAESAR SALAD W/ CRISPY CHICK	96	4	16	298	7	1	8
21370	MCDONALD'S,CAESAR SALAD W/ GRILLED CHICK	65	2	24	276	4	1	9
21372	MCDONALD'S,CAESAR SALAD WO/ CHICK	44	2	5	83	4	2	3
21374	MCDONALD'S,CALIFORNIA COBB SALAD W/ CRISPY CHICK	108	5	37	347	7	1	9
21373	MCDONALD'S,CALIFORNIA COBB SALAD W/ GRILLED CHICK	80	3	45	327	4	1	10
21375	MCDONALD'S,CALIFORNIA COBB SALAD WO/ CHICK	66	3	36	172	4	2	5
21309	MCDONALD'S,CHICK MCNUGGETS	264	15	39	699	16	0	16
21308	MCDONALD'S,CHICK SELECTS PREMIUM BREAST STRIPS	286	14	41	702	19	0	17

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21331	MCDONALD'S,CHOC TRIPLE THICK SHAKE	163	4	14	71	28	0	4
21311	MCDONALD'S,CREAMY RANCH SAU	468	47	21	708	3	0	1
21230	MCDONALD'S,CRISPY CHICK SNDWCH	230	10	22	498	22	1	11
21368	MCDONALD'S,CRISPY CHICK SNDWCH (WITHOUT MAYONNAISE)	194	5	19	499	23	1	12
21363	MCDONALD'S,DELUXE BRKFST	279	10	111	436	30	1	8
21318	MCDONALD'S,DELUXE WARM CINN ROLL	367	14	34	407	52	3	6
21344	MCDONALD'S,DOUBLE CHEESEBURGER	265	12	48	657	20	1	15
21345	MCDONALD'S,DOUBLE QUARTER POUNDER W/ CHS	262	13	57	476	14	1	17
21357	MCDONALD'S,EGG MCMUFFIN	210	6	168	614	21	1	13
21382	MCDONALD'S,FILET-O-FISH (WITHOUT TARTAR SAUCE)	235	5	25	423	32	1	12
21238	MCDONALD'S,FRENCH FR	307	14	0	194	40	4	3
21380	MCDONALD'S,FRUIT 'N YOGURT PARFAIT	105	0	5	58	21	1	3
21381	MCDONALD'S,FRUIT 'N YOGURT PARFAIT (WITHOUT GRANOLA)	90	0	5	38	18	1	2
21369	MCDONALD'S,FRUIT & WALNUT SALAD	118	5	2	32	17		2
21319	MCDONALD'S,HASH BROWNS	257	15	0	546	25	3	2
21312	MCDONALD'S,HONEY	351	0		7	86		0
21335	MCDONALD'S,HOT CARAMEL SUNDAE	188	4	16	80	33	0	4
21336	MCDONALD'S,HOT FUDGE SUNDAE	186	5	13	94	30	0	4
21313	MCDONALD'S,HOT MUSTARD SAU	190	6		902	29	5	3
21321	MCDONALD'S,HOTCAKES (PLAIN)	228	5	13	358	38	1	6
21365	MCDONALD'S,HOTCAKES (WITH 2 PATS MARGARINE & SYRUP)	272	4	9	283	46	1	4
21364	MCDONALD'S,HOTCAKES & SAUSAGE	294	9	19	354	39	1	6
21343	MCDONALD'S,LOFAT CARAMEL SAU	313	3	12	170	72		2
21355	MCDONALD'S,MCCHICKEN SNDWCH	289	13	31	519	27	1	10
21356	MCDONALD'S,MCCHICKEN SNDWCH (WITHOUT MAYONNAISE)	240	7	27	523	29	1	11
21325	MCDONALD'S,MCDONALDLAND CHOC CHIP COOKIES	480	19	65	293	66	2	6
21326	MCDONALD'S,MCDONALDLAND COOKIES	447	13		483	73	2	7

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21338	MCDONALD'S,MCFLURRY W/ M&M'S CANDIES	177	5	16	54	27	0	4
21339	MCDONALD'S,MCFLURRY W/ OREO COOKIES	165	5	15	75	26	0	4
21346	MCDONALD'S,NEWMAN'S OWN COBB DRSNG	196	14	13	709	15	0	2
21347	MCDONALD'S,NEWMAN'S OWN CREAMY CAESAR DRSNG	319	30	35	851	7	0	4
21348	MCDONALD'S,NEWMAN'S OWN LOFAT BALSAMIC VINAIGRETTE	86	6	0	1562	25	0	0
21349	MCDONALD'S,NEWMAN'S OWN RANCH DRSNG	313	26	32	954	17	0	3
21337	MCDONALD'S,PNUTS (FOR SUNDAES)	640	48		0	16	19	28
21234	MCDONALD'S,QUARTER POUNDER	244	8	39	427	22	2	14
21235	MCDONALD'S,QUARTER POUNDER W/ CHS	258	11	47	579	20	1	15
21361	MCDONALD'S,SAUSAGE BISCUIT	368	23	29	882	28	1	10
21362	MCDONALD'S,SAUSAGE BISCUIT W/ EGG	311	19	154	664	20	1	11
21340	MCDONALD'S,SAUSAGE BURRITO	262	13	153	675	21	1	12
21328	MCDONALD'S,SAUSAGE MCGRIDDLES	312	16	24	737	31	1	8
21358	MCDONALD'S,SAUSAGE MCMUFFIN	323	16	40	691	25	1	13
21359	MCDONALD'S,SAUSAGE MCMUFFIN W/ EGG	272	14	156	568	17	1	13
21323	MCDONALD'S,SAUSAGE PATTY	405	34	74	721	1		15
21329	MCDONALD'S,SAUSAGE,EGG & CHS MCGRIDDLES	282	15	132	651	22	1	11
21320	MCDONALD'S,SCRMBLD EGGS	182	10	435	181	2		15
21379	MCDONALD'S,SIDE SALAD	20	0	0	12	4	2	1
21314	MCDONALD'S,SPICY BUFFALO SAU	142	14	0	2140	2	2	1
21334	MCDONALD'S,STRAWBERRY SUNDAE	158	3	13	47	28	0	3
21332	MCDONALD'S,STRAWBERRY TRIPLE THICK SHAKE	158	4	14	49	27	0	4
21315	MCDONALD'S,SWT 'N SOUR SAU	170	1		557	39	0	1
21316	MCDONALD'S,TANGY HONEY MUSTARD SAU	167	5		383	29	3	1
21333	MCDONALD'S,VANILLA RED FAT ICE CRM CONE	162	4	15	67	26	0	4
21330	MCDONALD'S,VANILLA TRIPLE THICK SHAKE	156	4	14	53	27	0	3
21322	MCDONALD'S,WARM CINN ROLL	398	16	58	378	53	2	7

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18612	MCKEE BAKING,LITTL DEBBI NUT BAR,WAFER W/PNUT BUTE,CHOC COVE	548	6		223	55		8
04606	MEAT DRIPPINGS (LARD,BF TALLOW ,MUTTON TALLOW)	889	94	101	545	0	0	0
16106	MEAT EXTENDER	313	3	0	10	38	18	38
43132	MEATBALLS,MEATLESS	197	8	0	550	8	5	21
09185	MELON BALLS,FROZEN	33	0	0	31	8	1	1
35132	MELON,BANANA (NAVAJO)	21	0		11	4	0	1
09181	MELONS,CANTALOUPE,RAW	34	0	0	16	8	1	1
09183	MELONS,CASABA,RAW	28	0	0	9	7	1	1
09184	MELONS,HONEYDEW,RAW	36	0	0	18	9	1	1
22608	MICHELINA'S SPAGHETTI,MEATBALL&POMODORO SAU,LOFAT FRZ ENTREE	110	2	5	356	17	2	5
42131	MILK DSSRT,FRZ,MILK-FAT FREE,CHOC	167	1	0	97	38	0	4
01110	MILK SHAKES,THICK CHOC	119	3	11	111	21	0	3
01111	MILK SHAKES,THICK VANILLA	112	3	12	95	18	0	4
01075	MILK SUBSTITUTES,FLUID W/HYDR VEG OILS	61	3	0	78	6	0	2
01076	MILK SUBSTITUTES,FLUID,W/LAURIC ACID OIL	61	3	0	78	6	0	2
01088	MILK,BTTRMLK,FLUID,CULTURED,LOWFAT	40	1	4	105	5	0	3
42189	MILK,BTTRMLK,FLUID,CULTURED,RED FAT	56	2	8	86	5	0	4
01094	MILK,BUTTERMILK,DRIED	387	5	69	517	49	0	34
01105	MILK,CHOC BEV,HOT COCOA,HOMEMADE	77	2	8	44	11	1	4
01104	MILK,CHOC,FLUID,COMM,LOWFAT	63	1	3	61	10	1	3
01103	MILK,CHOC,FLUID,COMM,RED FAT	76	2	8	66	12	1	3
01202	MILK,CHOC,FLUID,COMM,RED FAT,W/ ADDED CA	78	2	8	66	12	1	3
01102	MILK,CHOC,FLUID,COMM,WHL	83	3	12	60	10	1	3
01095	MILK,CND,COND,SWTND	321	8	34	127	54	0	8
01097	MILK,CND,EVAP,NONFAT	78	0	4	115	11	0	8
01153	MILK,CND,EVAP,W/ VIT A	134	7	29	106	10	0	7
01096	MILK,CND,EVAP,WO/ VIT A	134	7	29	106	10	0	7

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01093	MILK, DRY, NONFAT, CA RED	354	0	2	2280	52	0	36
01092	MILK, DRY, NONFAT, INST, W/ VIT A	358	1	18	549	52	0	35
01155	MILK, DRY, NONFAT, INST, WO/ VIT A	358	1	18	549	52	0	35
01154	MILK, DRY, NONFAT, REG, W/ VIT A	362	1	20	535	52	0	36
01091	MILK, DRY, NONFAT, REG, WO/ VIT A	362	1	20	535	52	0	36
01090	MILK, DRY, WHOLE	496	25	97	371	38	0	26
01059	MILK, FILLED, FLUID, W/BLEND OF HYDR VEG OILS	63	3	2	57	5	0	3
01060	MILK, FILLED, FLUID, W/LAURIC ACID OIL	63	3	2	57	5	0	3
42290	MILK, FLUID, NONFAT, CA FORT (FAT FREE OR SKIM)	35	0	2	52	5	0	3
01106	MILK, GOAT, FLUID	69	4	11	50	4	0	4
01107	MILK, HUMAN, MATURE, FLUID	70	4	14	17	7	0	1
43543	MILK, IMITATION, NON-SOY	46	2	0	55	5	0	2
01108	MILK, INDIAN BUFFALO, FLUID	97	7	19	52	5	0	4
01089	MILK, LOW SODIUM, FLUID	61	3	14	3	4	0	3
01084	MILK, LOWFAT, FLUID, 1% MILKFAT, PROT FORT, W/ VIT A	48	1	4	58	6	0	4
01083	MILK, LOWFAT, FLUID, 1% MILKFAT, W/ NONFAT MILK SOL&VIT A	43	1	4	52	5	0	3
01082	MILK, LOWFAT, FLUID, 1% MILKFAT, W/ VIT A	42	1	5	44	5	0	3
01087	MILK, NONFAT, FLUID, PROT FORT, W/ VIT A (FAT FREE/SKIM)	41	0	2	59	6	0	4
01086	MILK, NONFAT, FLUID, W/ NONFAT MILK SOL&VIT A (FAT FREE/SKIM)	37	0	2	53	5	0	4
01085	MILK, NONFAT, FLUID, W/ VIT A (FAT FREE OR SKIM)	34	0	2	42	5	0	3
01151	MILK, NONFAT, FLUID, WO/ VIT A (FAT FREE OR SKIM)	35	0	2	52	5	0	3
01078	MILK, PRODUCER, FLUID, 3.7% MILKFAT	64	3	14	49	5	0	3
01081	MILK, RED FAT, FLUID, 2% MILKFAT, PROT FORT, W/ VIT A	56	2	8	59	5	0	4
01079	MILK, RED FAT, FLUID, 2% MILKFAT, W/ ADDED VIT A	50	2	8	41	5	0	3
01152	MILK, RED FAT, FLUID, 2% MILKFAT, W/ NONFAT MILK SOL, WO/ VIT A	56	1	8	59	5	0	4
01080	MILK, RED FAT, FLUID, 2% MILKFAT, W/ NONFAT MILK SOL&VIT A	51	2	8	52	5	0	3
01109	MILK, SHEEP, FLUID	108	7	27	44	5	0	6

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01077	MILK,WHL,3.25% MILKFAT	60	3	10	40	5	0	3
15202	MILKFISH,COOKED,DRY HEAT	190	0	67	92	0	0	26
15053	MILKFISH,RAW	148	6	52	72	0	0	21
20032	MILLET,COOKED	119	1	0	2	24	1	4
43483	MILLET,PUFFED	354	3	0	5	80	3	13
20031	MILLET,RAW	378	4	0	5	73	9	11
16112	MISO	199	6	0	3728	26	5	12
18616	MISSION FOODS,MISSION FLR TORTILLAS,SOFT TACO,8 INCH	287	4		488	50		9
12635	MIXED NUTS,DRY RSTD,W/PNUTS,W/SALT	594	49	0	669	25	9	17
12135	MIXED NUTS,DRY RSTD,W/PNUTS,WO/SALT	594	49	0	12	25	9	17
12637	MIXED NUTS,OIL RSTD,W/PNUTS,W/SALT	617	54	0	419	21	9	17
12137	MIXED NUTS,OIL RSTD,W/PNUTS,WO/SALT	617	54	0	11	21	10	17
12138	MIXED NUTS,OIL RSTD,WO/PNUTS,WO/SALT	615	54	0	11	22	6	16
12638	MIXED NUTS,WO/PNUTS,OIL RSTD,W/SALT	615	54	0	306	22	6	16
14119	MIXED VEG & FRUIT JUC DRK,W/ ADDED NUTR	29	0	0	21	7	0	0
19304	MOLASSES	290	0	0	37	75	0	0
15203	MONKFISH,COOKED,DRY HEAT	97	0	32	23	0	0	19
15054	MONKFISH,RAW	76	1	25	18	0	0	14
35051	MOOSE,LIVER,BRSD (ALASKA NATIVE)	155	2	389	70	3		24
16164	MOR-NU,TOFU,SILKEN,LITE FIRM	37	1	0	85	1	0	6
16163	MORI-NU,TOFU,SILKEN,EX FIRM	55	2	0	63	2	0	7
16162	MORI-NU,TOFU,SILKEN,FIRM	62	2	0	36	2	0	7
16165	MORI-NU,TOFU,SILKEN,LITE EX FIRM	38	1	0	98	1	0	7
16161	MORI-NU,TOFU,SILKEN,SOFT	55	2	0	5	3	0	5
07050	MORTADELLA,BEEF,PORK	311	24	56	1246	3	0	16
16379	MOTHBEANS,MATURE SEEDS,CKD,BLD,W/SALT	117	0	0	246	21		8
16079	MOTHBEANS,MATURE SEEDS,CKD,BLD,WO/SALT	117	0	0	10	21		8

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**PER 100 GRAMS**

16078	MOTHBEANS,MATURE SEEDS,RAW	343	1	0	30	62		23
07061	MOTHER'S LOAF,PORK	282	21	45	1127	8	0	12
11927	MOUNTAIN YAM,HAWAII,CKD,STMD,W/ SALT	82	0	0	248	20		2
11259	MOUNTAIN YAM,HAWAII,CKD,STMD,WO/SALT	82	0	0	12	20		2
11258	MOUNTAIN YAM,HAWAII,RAW	67	0	0	13	16		1
22539	MRS PATERSON'S AUSSIE PIE,HAND HELD CHICK PIE,FRZ	278	13	31	512	26		9
18274	MUFFINS,BLUEBERRY,COMMLY PREP	277	6	30	447	48	3	6
18275	MUFFINS,BLUEBERRY,DRY MIX	366	9	0	548	63		5
18278	MUFFINS,BLUEBERRY,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	285	10	37	441	41		7
18277	MUFFINS,BLUEBERRY,TOASTER-TYPE	313	9	6	478	53	2	5
18386	MUFFINS,BLUEBERRY,TOASTER-TYPE,TSTD	333	9	5	509	57	2	5
18279	MUFFINS,CORN,COMMLY PREP	305	7	26	521	51	3	6
18280	MUFFINS,CORN,DRY MIX,PREP	321	9	62	795	49	2	7
18282	MUFFINS,CORN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	316	11	42	585	44		7
18281	MUFFINS,CORN,TOASTER-TYPE	346	11	13	430	58	2	5
18283	MUFFINS,OAT BRAN	270	7	0	393	48	5	7
18273	MUFFINS,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	296	11	39	467	41	3	7
18284	MUFFINS,WHEAT BRAN,DRY MIX	396	11	0	700	73		7
18286	MUFFINS,WHEAT BRAN,TOASTER-TYPE W/RAISINS	295	8	17	495	52	8	5
18388	MUFFINS,WHEAT BRAN,TOASTER-TYPE W/RAISINS,TSTD	313	9	9	527	56	8	6
09190	MULBERRIES,RAW	43	0	0	10	10	2	1
15056	MULLET,STRIPED,CKD,DRY HEAT	150	4	63	71	0	0	25
15055	MULLET,STRIPED,RAW	117	3	49	65	0	0	19
16381	MUNG BNS,MATURE SEEDS,CKD,BLD,W/SALT	105	0	0	238	19	8	7
16081	MUNG BNS,MATURE SEEDS,CKD,BLD,WO/SALT	105	0	0	2	19	8	7
16080	MUNG BNS,MATURE SEEDS,RAW	347	1	0	15	63	16	24
11718	MUNG BNS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	21	0	0	246	4	1	2

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11044	MUNG BNS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	21	0	0	10	4	1	2
11045	MUNG BNS,MATURE SEEDS,SPROUTED,CKD,STIR-FRIED	50	0	0	9	11	2	4
11043	MUNG BNS,MATURE SEEDS,SPROUTED,RAW	30	0	0	6	6	2	3
16384	MUNGO BNS,MATURE SEEDS,CKD,BLD,W/SALT	105	0	0	243	18	6	8
16084	MUNGO BNS,MATURE SEEDS,CKD,BLD,WO/SALT	105	0	0	7	18	6	8
16083	MUNGO BNS,MATURE SEEDS,RAW	341	1	0	38	59	18	25
35130	MUSH,BLUE CORN W/ ASH (NAVAJO)	54	0		8	12	1	1
11987	MUSHROOM,OYSTER,RAW	35	0	0	18	6	2	3
11266	MUSHROOMS,BROWN,ITALIAN,OR CRIMINI,RAW	22	0	0	6	4	1	3
11797	MUSHROOMS,CKD,BLD,DRND,W/SALT	28	0	0	238	5	2	2
11261	MUSHROOMS,CKD,BLD,DRND,WO/SALT	28	0	0	2	5	2	2
11264	MUSHROOMS,CND,DRND SOL	25	0	0	425	5	2	2
11950	MUSHROOMS,ENOKI,RAW	42	0	0	3	7	3	3
11243	MUSHROOMS,PORTABELLA,GRILLED	35	0	0	10	5	2	4
11265	MUSHROOMS,PORTABELLA,RAW	26	0	0	6	5	2	3
11260	MUSHROOMS,RAW	22	0	0	5	3	1	3
11798	MUSHROOMS,SHIITAKE,CKD,W/SALT	56	0	0	240	14	2	2
11269	MUSHROOMS,SHIITAKE,CKD,WO/SALT	56	0	0	4	14	2	2
11268	MUSHROOMS,SHIITAKE,DRIED	296	1	0	13	75	12	10
11267	MUSHROOMS,SHIITAKE,STIR-FRIED	48	0	0	5	8	4	3
11989	MUSHROOMS,STRAW,CND,DRND SOL	32	0	0	384	5	3	4
11992	MUSHROOMS,WHITE,MICROWAVED	44	0	0	17	6	3	4
11263	MUSHROOMS,WHITE,STIR-FRIED	26	0	0	12	4	2	4
15165	MUSSEL,BLUE,CKD,MOIST HEAT	172	3	56	369	7	0	24
15164	MUSSEL,BLUE,RAW	86	2	28	286	4	0	12
11270	MUSTARD GREENS,RAW	26	0	0	25	5	3	3
11799	MUSTARD GRNS,CKD,BLD,DRND,W/SALT	15	0	0	252	2	2	2

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11271	MUSTARD GRNS,CKD,BLD,DRND,WO/SALT	15	0	0	16	2	2	2
11800	MUSTARD GRNS,FRZ,CKD,BLD,DRND,W/SALT	19	0	0	261	3	3	2
11273	MUSTARD GRNS,FRZ,CKD,BLD,DRND,WO/SALT	19	0	0	25	3	3	2
11272	MUSTARD GRNS,FRZ,UNPREP	20	0	0	29	3	3	2
02024	MUSTARD SEED,YELLOW	469	27	0	5	35	15	25
11801	MUSTARD SPINACH,(TENDERGREEN),CKD,BLD,DRND,W/SALT	16	0	0	250	3	2	2
11275	MUSTARD SPINACH,(TENDERGREEN),CKD,BLD,DRND,WO/SALT	16	0	0	14	3	2	2
11274	MUSTARD SPINACH,(TENDERGREEN),RAW	22	0	0	21	4	3	2
02046	MUSTARD,PREPARED,YELLOW	66	3	0	1120	8	3	4
35141	MUTTON,CKD,RSTD (NAVAJO)	234	10	109	135	0		33
14118	NABISCO,KNOX DRINKING GELATIN,ORANGE FLVR,W/ASPRT,LO CAL,PDR	375	1	0	167	25		67
18617	NABISCO,NABISCO GRAHAMS CRACKERS	424	6	0	659	76	3	7
18618	NABISCO,NABISCO NILLA PIE CRUST,READY TO USE	513	25	10	224	63	1	4
18619	NABISCO,NABISCO OREO CRUNCHIES,COOKIE CRUMB TOPPING	476	8		528	70	3	5
18620	NABISCO,NABISCO ORIGINAL PREMIUM SALTINE CRACKERS	420	9	0	1270	71	3	11
18621	NABISCO,NABISCO RITZ CRACKERS	492	24	0	776	64	2	7
18650	NABISCO,NABISCO SNACKWELL'S CARAMEL DELIGHTS COOKIES	383	7	0	184	70	2	5
18645	NABISCO,NABISCO SNACKWELL'S CRACKED PEPPER CRACKER	439	8	0	833	75	3	9
18651	NABISCO,NABISCO SNACKWELL'S FAT FREE DEVIL'S FD COOKIE CAKES	305	1	0	174	74	2	5
18648	NABISCO,NABISCO SNACKWELL'S FRENCH ONION SNACK CRACKERS	428	6	2	915	77	2	7
18647	NABISCO,NABISCO SNACKWELL'S ITALIAN RANCH SNACK CRACKERS	428	6	2	1037	78	2	7
18649	NABISCO,NABISCO SNACKWELL'S MINT CREME COOKIES	432	8	0	289	76	3	4
18646	NABISCO,NABISCO SNACKWELL'S SALSA SNACK CRACKERS	427	6	2	1070	78	2	7
18652	NABISCO,NABISCO SNACKWELL'S WHEAT CRACKER	415	0		1000	77	4	8
18622	NABISCO,NABISCO SNACKWELL'S ZESTY CHS CRACKERS	431	6	4	1050	77	2	7
18624	NABISCO,NABISCO WHEAT THINS CRACKERS,BKD	470	11	0	578	69	3	8
22513	NALLEY CHILI CON CARNE W/BNS,CND ENTREE	109	3	10	477	5	5	16

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16113	NATTO	212	10	0	7	14	5	18
09191	NECTARINES,RAW	44	0	0	0	11	2	1
22215	NESTLE,CHEF-MATE CHILI W/BNS,CND	163	9	22	463	11	4	7
22216	NESTLE,CHEF-MATE CHILI WO/BNS,CND	172	12	34	635	7	1	7
22217	NESTLE,CHEF-MATE CORNED BF HASH,CND	192	12	35	630	11	2	10
07091	NEW ENGLAND BRAND SAUSAGE,PORK,BF	161	7	49	1220	5	0	17
11802	NEW ZEALAND SPINACH,CKD,BLD,DRND,W/SALT	12	0	0	343	2		1
11277	NEW ZEALAND SPINACH,CKD,BLD,DRND,WO/SALT	12	0	0	107	2		1
11276	NEW ZEALAND SPINACH,RAW	14	0	0	130	3		2
16082	NOODLES,CHINESE,CELLOPHANE OR LONG RICE (MUNG BNS),DEHYD	351	0	0	10	86	1	0
20113	NOODLES,CHINESE,CHOW MEIN	527	29	0	439	58	4	8
20110	NOODLES,EGG,CKD,ENR	138	2	29	5	25	1	5
20310	NOODLES,EGG,CKD,ENR,W/ SALT	138	2	29	165	25	1	5
20510	NOODLES,EGG,CKD,UNENR,W/ SALT	138	2	29	165	25	1	5
20410	NOODLES,EGG,CKD,UNENR,WO/ SALT	138	2	29	5	25	1	5
20109	NOODLES,EGG,DRY,ENRICHED	384	4	84	21	71	3	14
20409	NOODLES,EGG,DRY,UNENR	384	4	84	21	71	3	14
20112	NOODLES,EGG,SPINACH,CKD,ENR	132	1	33	12	24	2	5
20111	NOODLES,EGG,SPINACH,DRY,ENR	382	3	95	72	70	7	15
20115	NOODLES,JAPANESE,SOBA,CKD	99	0	0	60	21		5
20114	NOODLES,JAPANESE,SOBA,DRY	336	1	0	792	75		14
20117	NOODLES,JAPANESE,SOMEN,CKD	131	0	0	161	28		4
20116	NOODLES,JAPANESE,SOMEN,DRY	356	1	0	1840	74	4	11
11964	NOPALES,CKD,WO/SALT	15	0	0	20	3	2	1
11963	NOPALES,RAW	16	0	0	21	3	2	1
02025	NUTMEG,GROUND	525	30	0	16	49	21	6
12087	NUTS,CASHEW NUTS,RAW	553	39	0	12	30	3	18

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12147	NUTS,PINE NUTS,DRIED	673	58	0	2	13	4	14
20034	OAT BRAN,COOKED	40	1	0	1	11	3	3
20033	OAT BRAN,RAW	246	6	0	4	66	15	17
20132	OAT FLR,PART DEBRANDED	404	8	0	19	66	7	15
20038	OATS	389	6	0	2	66	11	17
15058	OCEAN PERCH,ATLANTIC,CKD,DRY HEAT	121	2	54	96	0	0	24
15057	OCEAN PERCH,ATLANTIC,RAW	94	1	42	75	0	0	19
35054	OCTOPUS (ALASKA NATIVE)	62	0	41		1		12
15230	OCTOPUS,COMMON,CKD,MOIST HEAT	164	1	96	460	4	0	30
15166	OCTOPUS,COMMON,RAW	82	1	48	230	2	0	15
09192	OHELOBERRIES,RAW	28	0	0	1	7		0
35057	OIL,BEARDED SEAL,(OOGROK OIL) (ALASKA NATIVE)	900	100			0		0
42299	OIL,CANOLA AND SOYBEAN	884	96	0	0	0	0	0
42289	OIL,CORN AND CANOLA	884	96	0	0	0	0	0
44005	OIL,CORN,PEANUT,AND OLIVE	884	95	0	0	0	0	0
04645	OIL,INDUS,CANOLA (PART HYDR) OIL FOR DEEP FAT FRYING	884	95	0	0	0	0	0
04661	OIL,INDUS,COCNT (HYDR),WHIPPED TOPPINGS&COFFEE WHITENERS	880	94	0	7	0	0	0
04659	OIL,INDUS,COCNT,CONFECTION FAT,ICE CRM COATINGS	884	94	0	5	0	0	0
04653	OIL,INDUS,SOY (PART HYDR ) & SOY (WINTERIZED),POURABLE FRY	884	95	0	0	0	0	0
04654	OIL,INDUS,SOY (PART HYDROG) & CTTNSD,TORTILLA SHORTENING	884	95	0	0	0	0	0
04664	OIL,INDUS,SOY (PARTIALLY HYDR ),PALM,FOR ICINGS & FILLINGS	884	95	0	0	0	0	0
04643	OIL,INDUSTRIAL,CANOLA W/ ANTIFOAMING AGENT	884	95	0	0	0	0	0
04646	OIL,INDUSTRIAL,COCNT	884	94	0	0	0	0	0
04663	OIL,INDUSTRIAL,PALM KERNEL (HYDROGENATED),FILLING FAT	884	94	0	6	0	0	0
04053	OIL,OLIVE,SALAD OR COOKING	884	97	0	2	0	0	0
04042	OIL,PNUT,SALAD OR COOKING	884	95	0	0	0	0	0
04058	OIL,SESAME,SALAD OR COOKING	884	96	0	0	0	0	0

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04044	OIL,SOYBN,SALAD OR COOKING	884	96	0	0	0	0	0
04034	OIL,SOYBN,SALAD OR COOKING,(HYDR)	884	96	0	0	0	0	0
04543	OIL,SOYBN,SALAD OR COOKING,(HYDR)&CTTNSD	884	96	0	0	0	0	0
04510	OIL,VEG SAFFLOWER,SALAD OR COOKING,LINOLEIC,(OVER 70%)	884	95	0	0	0	0	0
04511	OIL,VEG SAFFLOWER,SALAD OR COOKING,OLEIC,OVER 70%	884	95	0	0	0	0	0
04530	OIL,VEG,APRICOT KERNEL	884	96	0	0	0	0	0
04501	OIL,VEG,COCOA BUTTER	884	96	0	0	0	0	0
04518	OIL,VEG,CORN,INDUSTRIAL & RTL,ALLPURP SALAD OR COOKING	884	95	0	0	0	0	0
04502	OIL,VEG,CTTNSD,SALAD OR COOKING	884	96	0	0	0	0	0
04658	OIL,VEG,INDUS,PALM KERNEL (HYDROG),CONFECTION FAT	884	94	0	6	0	0	0
04656	OIL,VEG,INDUS,PALM KERNEL,CONFECTION FAT	884	94	0	6	0	0	0
04648	OIL,VEG,INDUS,SOY (PART HYDR),FOR FLAVORING	884	95	0	0	0	0	0
04644	OIL,VEG,INDUSTRIAL,CANOLA FOR SALADS,WOKS & LT FRYING	884	95	0	0	0	0	0
04642	OIL,VEG,INDUSTRIAL,MID-OLEIC,SUNFLOWER	884	95	0	0	0	0	0
04662	OIL,VEG,INDUSTRIAL,PALM & PALM KERNEL,FILLING FAT	880	94	0	6	0	0	0
04660	OIL,VEG,INDUSTRIAL,PALM KERNEL (HYDROG) WHIPPED TOPPINGS	884	94	0	6	0	0	0
04657	OIL,VEG,INDUSTRIAL,PALM KERNEL (HYDROGENATED),CONFECTION FAT	884	94	0	6	0	0	0
04652	OIL,VEG,INDUSTRIAL,SOY ( PART HYDROGENATED),ALLPURP	884	95	0	0	0	0	0
04651	OIL,VEG,INDUSTRIAL,SOY (PART HYDR),NON-DAIRY BUTTER FLAVOR	884	95	0	0	0	0	0
04650	OIL,VEG,INDUSTRIAL,SOY,REFINED,FOR WOKS & LT FRYING	884	95	0	0	0	0	0
04678	OIL,VEG,NATREON CANOLA,HI STABILITY,NON TRANS,HI OLEIC (70%)	884	96	0	0	0	0	0
04572	OIL,VEG,NUTMEG BUTTER	884	95	0	0	0	0	0
04037	OIL,VEG,RICE BRAN	884	94	0	0	0	0	0
04584	OIL,VEG,SUNFLOWER,HI OLEIC (70% & OVER)	884	97	0	0	0	0	0
04060	OIL,VEG,SUNFLOWER,LINOLEIC (LESS THAN 60%)	884	96	0	0	0	0	0
04506	OIL,VEG,SUNFLOWER,LINOLEIC,(APPROX. 65%)	884	96	0	0	0	0	0
04545	OIL,VEG,SUNFLOWER,LINOLEIC,(HYDR)	884	96	0	0	0	0	0

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04573	OIL,VEG,UCUHUBA BUTTER	884	95	0	0	0	0	0
04529	OIL,VEGETABLE,ALMOND	884	96	0	0	0	0	0
04534	OIL,VEGETABLE,BABASSU	884	94	0	0	0	0	0
04541	OIL,VEGETABLE,CUPU ASSU	884	96	0	0	0	0	0
04517	OIL,VEGETABLE,GRAPSEED	884	96	0	0	0	0	0
04532	OIL,VEGETABLE,HAZELNUT	884	96	0	0	0	0	0
04055	OIL,VEGETABLE,PALM	884	96	0	0	0	0	0
04514	OIL,VEGETABLE,POPPYSEED	884	96	0	0	0	0	0
04536	OIL,VEGETABLE,SHEANUT	884	96	0	0	0	0	0
04516	OIL,VEGETABLE,TEASEED	884	96	0	0	0	0	0
04515	OIL,VEGETABLE,TOMATOSEED	884	96	0	0	0	0	0
04528	OIL,VEGETABLE,WALNUT	884	95	0	0	0	0	0
35084	OIL,WALRUS (ALASKA NATIVE)	900	0	120	0	0	0	0
35014	OIL,WHALE,BELUGA (ALASKA NATIVE)	900	0		0	0	0	0
35087	OIL,WHALE,BOWHEAD (ALASKA NATIVE)	900	0		0	0	0	0
04038	OIL,WHEAT GERM	884	96	0	0	0	0	0
11803	OKRA,CKD,BLD,DRND,W/SALT	22	0	0	241	5	3	2
11279	OKRA,CKD,BLD,DRND,WO/SALT	22	0	0	6	5	3	2
11280	OKRA,FROZEN,UNPREPARED	30	0	0	3	7	2	2
11804	OKRA,FRZ,CKD,BLD,DRND,W/SALT	28	0	0	239	6	3	2
11281	OKRA,FRZ,CKD,BLD,DRND,WO/SALT	28	0	0	3	6	3	2
11278	OKRA,RAW	31	0	0	8	7	3	2
22514	OLD EL PASO CHILI W/BNS,CND ENTREE	109	4	16	258	10	4	8
07051	OLIVE LOAF,PORK	235	16	38	1484	9	0	12
09195	OLIVES,PICKLED,CND OR BTLD,GRN	145	15	0	1556	4	3	1
09194	OLIVES,RIPE,CND (JUMBO-SUPER COLOSSAL)	81	7	0	898	6	3	1
09193	OLIVES,RIPE,CND (SMALL-EXTRA LRG)	115	10	0	872	6	3	1

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CAL

FAT

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SODIUM

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02026	ONION POWDER	347	1	0	54	81	6	10
11296	ONION RINGS,BREADED,PAR FR,FRZ,PREP,HTD IN OVEN	407	25	0	375	38	1	5
11295	ONION RINGS,BREADED,PAR FR,FRZ,UNPREP	258	13	0	246	31	2	3
11805	ONIONS,CKD,BLD,DRND,W/SALT	44	0	0	239	10	1	1
11283	ONIONS,CKD,BLD,DRND,WO/SALT	44	0	0	3	10	1	1
11285	ONIONS,CND,SOL&LIQUIDS	19	0	0	371	4	1	1
11284	ONIONS,DEHYDRATED FLAKES	349	0	0	21	83	9	9
11806	ONIONS,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	28	0	0	248	7	2	1
11288	ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	28	0	0	12	7	2	1
11287	ONIONS,FRZ,CHOPD,UNPREP	29	0	0	12	7	2	1
11807	ONIONS,FRZ,WHL,CKD,BLD,DRND,W/SALT	28	0	0	244	7	1	1
11290	ONIONS,FRZ,WHL,CKD,BLD,DRND,WO/SALT	28	0	0	8	7	1	1
11289	ONIONS,FRZ,WHL,UNPREP	35	0	0	10	8	2	1
11282	ONIONS,RAW	42	0	0	3	10	1	1
11291	ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),RAW	32	0	0	16	7	3	2
11294	ONIONS,SWT,RAW	32	0	0	8	8	1	1
11286	ONIONS,YEL,SAUTEED	132	0		12	8	2	1
11292	ONIONS,YOUNG GRN,TOPS ONLY	25	0	0	4	6	4	2
14435	ORANGE BRKFST DRK,RTD	43	0	0	2	11	0	0
14436	ORANGE BRKFST DRK,RTD,W/ ADDED NUTR	53	0	0	54	13	0	0
14426	ORANGE DRK,BRKFST TYPE,W/ JUC & PULP,FRZ CONC	153	0	0	26	39	0	0
14427	ORANGE DRK,BRKFST TYPE,W/JUC&PULP,FRZ CONC,PREP W/H2O	45	0	0	10	11	0	0
14323	ORANGE DRK,CND,W/ ADDED VIT C	49	0	0	3	12	0	0
09209	ORANGE JUC,CHILLED,INCL FROM CONC	44	0	0	1	10	0	1
09207	ORANGE JUC,CND,UNSWTND	42	0	0	2	10	0	1
09215	ORANGE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	45	0	0	1	11	0	1
09214	ORANGE JUC,FRZ CONC,UNSWTND,UNDIL	159	0	0	3	38	1	2

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

CAL

FAT

CHOL

SODIUM

CARB

FIBER

PROT

NDB\_No

**PER 100 GRAMS**

42270	ORANGE JUICE DRINK	54	0	0	2	13	0	0
09206	ORANGE JUICE,RAW	45	0	0	1	10	0	1
09216	ORANGE PEEL,RAW	97	0	0	3	25	11	2
14409	ORANGE-FLAVOR DRK,BRKFST TYPE,LO CAL,PDR	217	0	0	81	86	4	4
14407	ORANGE-FLAVOR DRK,BRKFST TYPE,PDR	386	0	0	17	99	0	0
14408	ORANGE-FLAVOR DRK,BRKFST TYPE,PDR,PREP W/ H2O	49	0	0	4	13	0	0
14424	ORANGE-FLAVOR DRK,BRKFST TYPE,W/PULP,FRZ CONC	172	1	0	24	43	0	0
14425	ORANGE-FLAVOR DRK,BRKFST TYPE,W/PULP,FRZ CONC,PREP W/H2O	49	0	0	8	12	0	0
14403	ORANGE-FLAVOR DRK,KRAFT,TANG DRK MIX	366	0	0	8	98	0	0
14404	ORANGE-FLAVOR DRK,KRAFT,TANG SUGAR FREE LO CAL DRK MIX	217	0	0	81	86	4	4
09217	ORANGE-GRAPEFRUIT JUC,CND,UNSWTND	43	0	0	3	10	0	1
42149	ORANGE-STRAWBERRY-BANANA JUC	46	0	0	4	12	0	0
14327	ORANGE&APRICOT JUC DRK,CND	51	0	0	2	13	0	0
09200	ORANGES,RAW,ALL COMM VAR	47	0	0	0	12	2	1
09201	ORANGES,RAW,CALIFORNIA,VALENCIAS	49	0	0	0	12	3	1
09203	ORANGES,RAW,FLORIDA	46	0	0	0	12	2	1
09202	ORANGES,RAW,NAVELS	49	0	0	1	13	2	1
09205	ORANGES,RAW,WITH PEEL	63	0	0	2	16	5	1
19031	ORIENTAL MIX,RICE-BASED	506	24	0	413	52	13	17
07205	OSCAR MAYER BOLOGNA LIGHT (PORK CHICK BEEF)	202	14	56	1117	6	0	12
07209	OSCAR MAYER CHICKEN BREAST (HONEY GLAZED)	109	1	53	1438	4	0	20
07213	OSCAR MAYER HAM (WATER ADDED BKD CKD 96% FAT FREE)	104	3	48	1242	2	0	16
07211	OSCAR MAYER HAM & CHEESE LOAF	234	17	62	1167	4	0	14
07233	OSCAR MAYER SMOKIES (BEEF)	296	25	62	967	2	0	12
07242	OSCAR MAYER WIENERS (BEEF FRANKS BUN LENGTH)	324	28	59	1025	3	0	11
07202	OSCAR MAYER,BOLOGNA (BEEF LIGHT)	200	13	44	1151	6	0	12
07201	OSCAR MAYER,BOLOGNA (BEEF)	316	29	64	1179	2	0	11

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

07200	OSCAR MAYER,BOLOGNA (CHICK,PORK,BF)	318	29	103	1033	2	0	11
07203	OSCAR MAYER,BOLOGNA (FAT FREE)	79	1	25	977	6	0	13
07208	OSCAR MAYER,BRAUNSCHWEIGER LIVER SAUSAGE (SAREN TUBE)	341	30	160	1118	2	0	14
07207	OSCAR MAYER,BRAUNSCHWEIGER LIVER SAUSAGE (SLICED)	331	30	178	1159	3	0	14
07210	OSCAR MAYER,CHICK BREAST (OVEN RSTD,FAT FREE)	85	0	44	1242	2	0	18
07217	OSCAR MAYER,HAM (40%HAM/WATER PRODUCT,SMOKED,FAT FREE)	72	1	38	1084	2	0	15
07212	OSCAR MAYER,HAM (CHOPPED W/ NAT JUICE)	180	11	59	1249	4	0	16
07214	OSCAR MAYER,HAM (H2O ,BLD)	104	3	47	1348	1	0	17
07215	OSCAR MAYER,HAM (H2O ,HONEY)	111	3	45	1248	3	0	17
07216	OSCAR MAYER,HAM (H2O ,SMOKED,CKD)	99	3	48	1214	0	0	17
07218	OSCAR MAYER,HEAD CHEESE	185	13	91	1073	0	0	16
07220	OSCAR MAYER,LIVER CHS,PORK FAT WRAPPED	313	27	211	1105	3	0	15
07221	OSCAR MAYER,LUNCHEON LOAF (SPICED)	234	16	67	1226	7	0	14
07222	OSCAR MAYER,OLD FASHIONED LOAF	231	16	61	1184	8	0	13
07223	OSCAR MAYER,OLIVE LOAF (CHICK,PORK,TURKEY)	263	21	71	1318	7	0	10
07224	OSCAR MAYER,PICKLE PIMIENTO LOAF (W/CHICK)	269	20	80	1275	9	0	10
07225	OSCAR MAYER,PORK SAUSAGE LINKS (CKD)	343	29	77	836	1	0	16
07228	OSCAR MAYER,SALAMI (FOR BEER)	225	17	69	1231	2	0	14
07229	OSCAR MAYER,SALAMI (GENOA)	388	32	102	1826	1	0	21
07230	OSCAR MAYER,SALAMI (HARD)	368	29	97	1976	2	0	26
07226	OSCAR MAYER,SALAMI BF COTTO	206	14	83	1309	2	0	14
07227	OSCAR MAYER,SALAMI COTTO (BF,PORK,CHICK)	245	20	80	1095	2	0	13
07237	OSCAR MAYER,SMMR SAUSAGE BF THURINGER CERVELAT	309	26	80	1424	2	0	15
07238	OSCAR MAYER,SMMR SAUSAGE THURINGER CERVALAT	304	25	84	1430	1	0	15
07232	OSCAR MAYER,SMOKIE LINKS SAUSAGE	302	25	63	1007	2	0	12
07234	OSCAR MAYER,SMOKIES (CHS)	303	26	70	1046	2	0	13
07235	OSCAR MAYER,SMOKIES SAUSAGE LITTLE (PORK,TURKEY)	301	25	64	1022	2	0	12

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FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

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**PER 100 GRAMS**

07236	OSCAR MAYER,SMOKIES SAUSAGE LITTLE CHS (PORK,TURKEY)	315	27	67	1036	2	0	14
07231	OSCAR MAYER,SNDWCH SPRD (PORK,CHICK,BF)	237	15	45	821	15	0	7
07239	OSCAR MAYER,TURKEY BREAST (SMOKED,FAT FREE)	80	0	31	1095	4	0	15
07243	OSCAR MAYER,WIENERS (BEEF FRANKS,FAT FREE)	78	0	30	927	5	0	13
07244	OSCAR MAYER,WIENERS (BEEF FRANKS,LIGHT)	193	15	49	1079	4	0	11
07241	OSCAR MAYER,WIENERS (BEEF FRANKS)	327	29	56	1025	2	0	11
07245	OSCAR MAYER,WIENERS (CHEESE HOT DOGS W/ TURKEY)	318	27	74	1143	3	0	12
07246	OSCAR MAYER,WIENERS (FAT FREE HOT DOGS)	73	1	29	974	4	0	13
07247	OSCAR MAYER,WIENERS (LIGHT PORK,TURKEY,BEEF)	194	14	62	1036	3	0	12
07240	OSCAR MAYER,WIENERS (PORK,TURKEY)	327	28	72	988	3	0	11
07248	OSCAR MAYER,WIENERS LITTLE (PORK,TURKEY)	311	28	55	1039	2	0	11
07206	OSCAR MAYER. BOLOGNA (WISCONSIN MADE RING)	313	27	62	827	3	0	12
05643	OSTRICH,FAN,RAW	117	2	73	75	0	0	22
05642	OSTRICH,GROUND,CKD,PAN-BROILED	175	5	83	80	0	0	26
05641	OSTRICH,GROUND,RAW	165	6	71	72	0	0	20
05645	OSTRICH,INSIDE LEG,CKD	141	2	73	83	0	0	29
05644	OSTRICH,INSIDE LEG,RAW	111	2	66	72	0	0	22
05647	OSTRICH,INSIDE STRIP,CKD	164	4	97	73	0	0	29
05646	OSTRICH,INSIDE STRIP,RAW	127	3	73	76	0	0	24
05648	OSTRICH,OUTSIDE LEG,RAW	115	2	65	90	0	0	23
05650	OSTRICH,OUTSIDE STRIP,CKD	156	3	93	72	0	0	29
05649	OSTRICH,OUTSIDE STRIP,RAW	120	2	79	70	0	0	23
05652	OSTRICH,OYSTER,CKD	159	4	90	81	0	0	29
05651	OSTRICH,OYSTER,RAW	125	3	73	83	0	0	22
05653	OSTRICH,RND,RAW	116	2	71	72	0	0	22
05654	OSTRICH,TENDERLOIN,RAW	123	3	80	86	0	0	22
05656	OSTRICH,TIP CKD	145	2	85	80	0	0	28

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FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

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**PER 100 GRAMS**

05655	OSTRICH,TIP RAW	114	2	72	67	0	0	22
05658	OSTRICH, TOP LOIN,CKD	155	3	93	77	0	0	28
05657	OSTRICH, TOP LOIN,RAW	119	3	75	81	0	0	22
07935	OVEN-ROASTED CHICK BREAST ROLL	134	7	39	883	2	0	15
35059	OWL,HORNED,MEAT (ALASKA NATIVE)	136	0			0	0	23
15170	OYSTER,EASTERN,CANNED	69	2	55	112	4	0	7
15168	OYSTER,EASTERN,CKD,BREADED&FRIED	197	11	81	417	12	0	9
15246	OYSTER,EASTERN,FARMED,CKD,DRY HEAT	79	2	38	163	7	0	7
15245	OYSTER,EASTERN,FARMED,RAW	59	1	25	178	6	0	5
15244	OYSTER,EASTERN,WILD,CKD,DRY HEAT	72	2	49	244	5	0	8
15169	OYSTER,EASTERN,WILD,CKD,MOIST HEAT	137	4	105	422	8	0	14
15167	OYSTER,EASTERN,WILD,RAW	68	2	53	211	4	0	7
15231	OYSTER,PACIFIC,CKD,MOIST HEAT	163	4	100	212	10	0	19
15171	OYSTER,PACIFIC,RAW	81	2	50	106	5	0	9
43392	PALM HEARTS,RAW	115	0	0	14	26	2	3
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	225	4	18	505	39	2	5
18295	PANCAKES,BUCKWHEAT,DRY MIX,INCOMPLETE	340	2	0	1387	71	9	11
18289	PANCAKES,PLN,DRY MIX,COMPLETE (INCL BTTRMLK)	376	4	21	1215	71	3	10
18290	PANCAKES,PLN,DRY MIX,COMPLETE,PREP	194	2	12	628	37	1	5
18291	PANCAKES,PLN,DRY MIX,INCOMPLETE (INCL BTTRMLK)	355	1	0	1310	74	5	10
18292	PANCAKES,PLN,DRY MIX,INCOMPLETE,PREP	218	7	71	505	29	2	8
18936	PANCAKES,PLN,FRZ,RTH,MICROWAVE (INCLUDES BUTTERMILK)	239	5		566	43	3	6
18300	PANCAKES,WHOLE-WHEAT,DRY MIX,INCOMPLETE,PREP	208	6	61	572	29	3	9
21283	PAPA JOHN'S 14" CHS PIZZA,ORIGINAL CRUST	260	8	19	578	33	2	12
21286	PAPA JOHN'S 14" CHS PIZZA,THIN CRUST	295	14	28	528	26	2	12
21284	PAPA JOHN'S 14" PEPPERONI PIZZA,ORIGINAL CRUST	275	11	26	671	30	1	12
21285	PAPA JOHN'S 14" THE WORKS PIZZA,ORIGINAL CRUST	240	9	21	570	27	3	10

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FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

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**PER 100 GRAMS**

42200	PAPAD	371	3	4	1745	60	19	26
09229	PAPAYA NECTAR,CANNED	57	0	0	5	15	1	0
09226	PAPAYAS,RAW	39	0	0	3	10	2	1
02028	PAPRIKA	289	12	0	34	56	37	15
01185	PARMESAN CHS TOPPING,FAT FREE	370	5	20	1150	40	0	40
02029	PARSLEY,DRIED	276	4	0	452	52	30	22
11625	PARSLEY,FREEZE-DRIED	271	0	0	391	42	33	31
11297	PARSLEY,RAW	36	1	0	56	6	3	3
11808	PARSNIPS,CKD,BLD,DRND,W/SALT	81	0	0	246	20	4	1
11299	PARSNIPS,CKD,BLD,DRND,WO/SALT	71	0	0	10	17	4	1
11298	PARSNIPS,RAW	75	0	0	10	18	5	1
09232	PASSION-FRUIT JUC,PURPLE,RAW	51	0	0	6	14	0	0
09233	PASSION-FRUIT JUC,YEL,RAW	60	0	0	6	14	0	1
09231	PASSION-FRUIT,(GRANADILLA),PURPLE,RAW	97	1	0	28	23	10	2
22907	PASTA W/MEATBALLS IN TOMATO SAU,CND ENTREE	103	3	8	418	12	3	4
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	104	4	9	482	12	1	4
20092	PASTA,CORN,COOKED	126	1	0	0	28	5	3
20091	PASTA,CORN,DRY	357	2	0	3	79	11	7
20093	PASTA,FRESH-REFRIGERATED,PLN,AS PURCHASED	288	2	73	26	55		11
20094	PASTA,FRESH-REFRIGERATED,PLN,CKD	131	1	33	6	25		5
20095	PASTA,FRESH-REFRIGERATED,SPINACH,AS PURCHASED	289	2	73	27	56		11
20096	PASTA,FRESH-REFRIGERATED,SPINACH,CKD	130	1	33	6	25		5
20097	PASTA,HOMEMADE,MADE W/EGG,CKD	130	1	41	83	24		5
20098	PASTA,HOMEMADE,MADE WO/EGG,CKD	124	1	0	74	25		4
07925	PASTRAMI BF 98% FAT-FREE	95	1	47	1010	2	0	20
07052	PASTRAMI,TURKEY	123	4	68	981	4	0	16
07942	PATE TRUFFLE FLAVOR	327	27	105	807	6		11

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**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

**PER 100 GRAMS**

NDB\_No

05282	PATE DE FOIE GRAS,CND (GOOSE LIVER PATE),SMOKED	462	41	150	697	5	0	11
07053	PATE,CHICKEN LIVER,CANNED	201	12	391	386	7	0	13
07054	PATE,GOOSE LIVER,SMOKED,CND	462	41	150	697	5	0	11
07055	PATE,LIVER,NOT SPECIFIED,CND	319	25	255	697	2	0	14
22584	PATIO BF&BEAN BURRITO W/GRN CHILI,MILD,FRZ	232	9	14	628	32	3	7
22586	PATIO MEX STY DIN,TAMALE,BF ENCHLDA&CHILI SAU,BNS&RICE,FR ML	135	5	7	482	18	2	4
09407	PEACH NECTAR,CND,W/ VIT C	54	0	0	7	14	1	0
09251	PEACH NECTAR,CND,WO/ VIT C	54	0	0	7	14	1	0
09242	PEACHES,CND,EX HVY SYRUP PK,SOL&LIQUIDS	96	0	0	8	26	1	0
09239	PEACHES,CND,EX LT SYRUP,SOL&LIQUIDS	42	0	0	5	11	1	0
09237	PEACHES,CND,H2O PK,SOL&LIQUIDS	24	0	0	3	6	1	0
09241	PEACHES,CND,HVY SYRUP PK,SOL&LIQUIDS	74	0	0	6	20	1	0
09370	PEACHES,CND,HVY SYRUP,DRND	77	0	0	6	20	2	1
09238	PEACHES,CND,JUC PK,SOL&LIQUIDS	44	0	0	4	12	1	1
09240	PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS	54	0	0	5	15	1	0
09245	PEACHES,DEHYD (LOW-MOISTURE),SULFURED,STWD	133	0	0	4	34		2
09244	PEACHES,DEHYD (LOW-MOISTURE),SULFURED,UNCKD	325	1	0	10	83		5
09248	PEACHES,DRIED,SULFURED,STWD,W/ SUGAR	103	0	0	2	27	2	1
09247	PEACHES,DRIED,SULFURED,STWD,WO/ SUGAR	77	0	0	2	20	3	1
09246	PEACHES,DRIED,SULFURED,UNCKD	239	1	0	7	61	8	4
09250	PEACHES,FRZ,SLICED,SWTND	94	0	0	6	24	2	1
09236	PEACHES,RAW	39	0	0	0	10	2	1
09243	PEACHES,SPICED,CND,HVY SYRUP PK,SOL&LIQUIDS	75	0	0	4	20	1	0
16097	PEANUT BUTTER,CHUNK STYLE,W/SALT	589	47	0	486	22	8	24
16397	PEANUT BUTTER,CHUNK STYLE,WO/SALT	589	47	0	17	22	8	24
16156	PEANUT BUTTER,CHUNKY,VITAMIN&MINERAL FORT	593	49	0	366	18	6	26
42291	PEANUT BUTTER,RED NA	633	47	0	203	22	7	24

USDA NO.	FOR MACKIE SCIENTIFIC WEBSITE USER							
	USDA FOOD LIST							
NDB_No	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
		PER 100 GRAMS						
16098	PEANUT BUTTER,SMOOTH STYLE,W/SALT	588	48	0	459	20	6	25
16398	PEANUT BUTTER,SMOOTH STYLE,WO/SALT	588	48	0	17	20	6	25
16150	PEANUT BUTTER,SMOOTH,RED FAT	520	34	0	540	36	5	26
16155	PEANUT BUTTER,SMOOTH,VIT & MINERAL FORT	591	49	0	420	19	6	26
16099	PEANUT FLOUR,DEFATTED	327	0	0	180	35	16	52
16100	PEANUT FLOUR,LOW FAT	428	21	0	1	31	16	34
16088	PEANUTS,ALL TYPES,CKD,BLD,W/SALT	318	21	0	751	21	9	14
16090	PEANUTS,ALL TYPES,DRY-ROASTED,W/SALT	585	47	0	813	22	8	24
16390	PEANUTS,ALL TYPES,DRY-ROASTED,WO/SALT	585	47	0	6	22	8	24
16089	PEANUTS,ALL TYPES,OIL-ROASTED,W/SALT	599	50	0	320	15	9	28
16389	PEANUTS,ALL TYPES,OIL-ROASTED,WO/SALT	581	47	0	6	19	7	26
16087	PEANUTS,ALL TYPES,RAW	567	47	0	18	16	9	26
16092	PEANUTS,SPANISH,OIL-ROASTED,W/SALT	579	47	0	433	17	9	28
16392	PEANUTS,SPANISH,OIL-ROASTED,WO/SALT	579	47	0	6	17	9	28
16091	PEANUTS,SPANISH,RAW	570	47	0	22	16	10	26
16094	PEANUTS,VALENCIA,OIL-ROASTED,W/SALT	589	49	0	772	16	9	27
16394	PEANUTS,VALENCIA,OIL-ROASTED,WO/SALT	589	49	0	6	16	9	27
16093	PEANUTS,VALENCIA,RAW	570	45	0	1	21	9	25
16096	PEANUTS,VIRGINIA,OIL-ROASTED,W/SALT	578	46	0	433	20	9	26
16396	PEANUTS,VIRGINIA,OIL-ROASTED,WO/SALT	578	46	0	6	20	9	26
16095	PEANUTS,VIRGINIA,RAW	563	46	0	10	17	9	25
09408	PEAR NECTAR,CND,W/ VIT C	60	0	0	4	16	1	0
09262	PEAR NECTAR,CND,WO/ VIT C	60	0	0	4	16	1	0
09340	PEARS,ASIAN,RAW	42	0	0	0	11	4	1
09258	PEARS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	97	0	0	5	25	2	0
09255	PEARS,CND,EX LT SYRUP PK,SOL&LIQUIDS	47	0	0	2	12	2	0
09253	PEARS,CND,H2O PK,SOL&LIQUIDS	29	0	0	2	8	2	0

USDA NO.	FOR MACKIE SCIENTIFIC WEBSITE USER							
	USDA FOOD LIST							
NDB_No	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
		PER 100 GRAMS						
09257	PEARS,CND,HVY SYRUP PK,SOL&LIQUIDS	74	0	0	5	19	2	0
09374	PEARS,CND,HVY SYRUP,DRND	74	0	0	5	19	3	0
09254	PEARS,CND,JUC PK,SOL&LIQUIDS	50	0	0	4	13	2	0
09256	PEARS,CND,LT SYRUP PK,SOL&LIQUIDS	57	0	0	5	15	2	0
09261	PEARS,DRIED,SULFURED,STWD,W/ SUGAR	140	0	0	3	37	6	1
09260	PEARS,DRIED,SULFURED,STWD,WO/ SUGAR	127	0	0	3	34	6	1
09259	PEARS,DRIED,SULFURED,UNCKD	262	0	0	6	70	8	2
09252	PEARS,RAW	58	0	0	1	15	3	0
11301	PEAS,EDIBLE-PODDED,BLD,DRND,WO/ SALT	42	0	0	4	7	3	3
11809	PEAS,EDIBLE-PODDED,CKD,BLD,DRND,W/SALT	42	0	0	240	7	3	3
11810	PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,W/SALT	52	0	0	241	9	3	4
11303	PEAS,EDIBLE-PODDED,FRZ,CKD,BLD,DRND,WO/SALT	52	0	0	5	9	3	4
11302	PEAS,EDIBLE-PODDED,FRZ,UNPREP	42	0	0	4	7	3	3
11300	PEAS,EDIBLE-PODDED,RAW	42	0	0	4	8	3	3
11304	PEAS,GREEN,RAW	81	0	0	5	14	5	5
11811	PEAS,GRN,CKD,BLD,DRND,W/SALT	84	0	0	239	16	6	5
11305	PEAS,GRN,CKD,BLD,DRND,WO/SALT	84	0	0	3	16	6	5
11813	PEAS,GRN,CND,NO SALT,DRND SOL	69	0	0	2	13	4	4
11812	PEAS,GRN,CND,NO SALT,SOL&LIQUIDS	53	0	0	9	10	3	3
11308	PEAS,GRN,CND,REG PK,DRND SOL	69	0	0	252	13	4	4
11306	PEAS,GRN,CND,REG PK,SOL&LIQUIDS	53	0	0	250	10	3	3
11310	PEAS,GRN,CND,SEASONED,SOL&LIQUIDS	50	0	0	254	9	2	3
11814	PEAS,GRN,FRZ,CKD,BLD,DRND,W/SALT	78	0	0	323	14	6	5
11313	PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT	78	0	0	72	14	6	5
11312	PEAS,GRN,FRZ,UNPREP	77	0	0	112	14	4	5
11815	PEAS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	98	0	0	239	17		7
11317	PEAS,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	98	0	0	3	17		7

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11316	PEAS,MATURE SEEDS,SPROUTED,RAW	128	1	0	20	28		9
16386	PEAS,SPLIT,MATURE SEEDS,CKD,BLD,W/SALT	118	0	0	238	21	8	8
16086	PEAS,SPLIT,MATURE SEEDS,CKD,BLD,WO/SALT	118	0	0	2	21	8	8
16085	PEAS,SPLIT,MATURE SEEDS,RAW	341	1	0	15	60	26	25
11816	PEAS&CARROTS,CND,NO SALT,SOL&LIQUIDS	38	0	0	4	8	3	2
11318	PEAS&CARROTS,CND,REG PK,SOL&LIQUIDS	38	0	0	260	8	2	2
11817	PEAS&CARROTS,FRZ,CKD,BLD,DRND,W/SALT	48	0	0	304	10	3	3
11323	PEAS&CARROTS,FRZ,CKD,BLD,DRND,WO/SALT	48	0	0	68	10	3	3
11322	PEAS&CARROTS,FRZ,UNPREP	53	0	0	79	11	3	3
11324	PEAS&ONIONS,CND,SOL&LIQUIDS	51	0	0	442	9	2	3
11818	PEAS&ONIONS,FRZ,CKD,BLD,DRND,W/SALT	45	0	0	273	9	2	3
11327	PEAS&ONIONS,FRZ,CKD,BLD,DRND,WO/SALT	45	0	0	37	9	2	3
11326	PEAS&ONIONS,FRZ,UNPREP	70	0	0	61	14	4	4
12142	PECANS	691	69	0	0	14	10	9
12643	PECANS,DRY RSTD,W/SALT	710	71	0	383	14	9	10
12143	PECANS,DRY RSTD,WO/SALT	710	71	0	1	14	9	10
12644	PECANS,OIL RSTD,W/SALT	715	72	0	393	13	10	9
12144	PECANS,OIL RSTD,WO/SALT	715	72	0	1	13	10	9
42063	PECTIN,LIQUID	11	0	0	0	2	2	0
19310	PECTIN,UNSWTND,DRY MIX	325	0	0	200	90	9	0
11978	PEPPER,ANCHO,DRIED	281	6	0	43	51	22	12
11976	PEPPER,BANANA,RAW	27	0	0	13	5	3	2
02030	PEPPER,BLACK	255	3	0	44	65	27	11
02031	PEPPER,RED OR CAYENNE	318	14	0	30	57	27	12
11977	PEPPER,SERRANO,RAW	32	0	0	10	7	4	2
02032	PEPPER,WHITE	296	2	0	5	69	26	10
07056	PEPPERED LOAF PORK BF	148	6	46	1523	5	0	17

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18628	PEPPERIDGE FARM APPL TURNOVERS,FRZ,READY TO BAKE	319	5		198	35	2	4
18626	PEPPERIDGE FARM CLASSIC STYLE CROUTONS,SEASONED	465	4		1390	61		14
18627	PEPPERIDGE FARM CRUSTY ITALIAN BREAD,GARLIC	372	16	11	400	42		8
02064	PEPPERMINT,FRESH	70	1	0	31	15	8	4
07057	PEPPERONI,PORK,BEEF	466	38	118	1788	4	2	20
11980	PEPPERS,CHILI,GRN,CND	21	0	0	397	5	2	1
11962	PEPPERS,HOT CHILE,SUN-DRIED	324	4	0	91	70	29	11
11329	PEPPERS,HOT CHILI,GRN,CND,PODS,EXCLUDING SEEDS,SOL&LIQUIDS	21	0	0	1173	5	1	1
11670	PEPPERS,HOT CHILI,GRN,RAW	40	0	0	7	9	2	2
11820	PEPPERS,HOT CHILI,RED,CND,EXCLUDING SEEDS,SOL&LIQUIDS	21	0	0	1173	5	1	1
11819	PEPPERS,HOT CHILI,RED,RAW	40	0	0	9	9	2	2
06962	PEPPERS,HOT,CHILI,IMMAT GRN,CND,CHILI SAU	20	0	0	25	5	2	1
06961	PEPPERS,HOT,CHILI,MATURE RED,CND,CHILI SAU	21	1	0	25	4	1	1
11981	PEPPERS,HUNGARIAN,RAW	29	0	0	1	7		1
11632	PEPPERS,JALAPENO,CND,SOL&LIQUIDS	27	1	0	1671	5	3	1
11979	PEPPERS,JALAPENO,RAW	30	0	0	1	6	3	1
11982	PEPPERS,PASILLA,DRIED	345	0	0	89	51	27	12
11333	PEPPERS,SWEET,GREEN,RAW	20	0	0	3	5	2	1
11821	PEPPERS,SWEET,RED,RAW	26	0	0	2	6	2	1
11951	PEPPERS,SWEET,YELLOW,RAW	27	0	0	2	6	1	1
11822	PEPPERS,SWT,GRN,CKD,BLD,DRND,W/SALT	27	0	0	238	7	1	1
11334	PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT	28	0	0	2	7	1	1
11335	PEPPERS,SWT,GRN,CND,SOL&LIQUIDS	18	0	0	1369	4	1	1
11634	PEPPERS,SWT,GRN,FREEZE-DRIED	314	2	0	193	69	21	18
11338	PEPPERS,SWT,GRN,FRZ,CHOPD,BLD,DRND,WO/SALT	18	0	0	4	4	1	1
11825	PEPPERS,SWT,GRN,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	18	0	0	240	4		1
11337	PEPPERS,SWT,GRN,FRZ,CHOPD,UNPREP	20	0	0	5	4	2	1

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11339	PEPPERS,SWT,GRN,SAUTEED	127	10	0	17	4	2	1
11824	PEPPERS,SWT,RED,CKD,BLD,DRND,W/SALT	27	0	0	238	7	1	1
11823	PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT	28	0	0	2	7	1	1
11916	PEPPERS,SWT,RED,CND,SOL&LIQUIDS	18	0	0	1369	4	1	1
11931	PEPPERS,SWT,RED,FREEZE-DRIED	314	2	0	193	69	21	18
11919	PEPPERS,SWT,RED,FRZ,CHOPD,CKD,BLD,DRND,W/SALT	18	0	0	240	4		1
11918	PEPPERS,SWT,RED,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT	18	0	0	4	4		1
11917	PEPPERS,SWT,RED,FRZ,CHOPD,UNPREP	20	0	0	5	4	2	1
11921	PEPPERS,SWT,RED,SAUTEED	145	11		21	7	2	1
15060	PERCH,MIXED SPECIES,RAW	91	1	90	62	0	0	19
15061	PERCH,MXD SP,CKD,DRY HEAT	117	1	115	79	0	0	25
09264	PERSIMMONS,JAPANESE,DRIED	274	0	0	2	73	15	1
09263	PERSIMMONS,JAPANESE,RAW	70	0	0	1	19	4	1
05155	PHEASANT,BREAST,MEAT ONLY,RAW	133	3	58	33	0	0	24
43283	PHEASANT,CKD,TOTAL EDIBLE	247	11	89	43	0	0	32
05156	PHEASANT,LEG,MEAT ONLY,RAW	134	4	80	45	0	0	22
05154	PHEASANT,RAW,MEAT ONLY	133	3	66	37	0	0	24
05153	PHEASANT,RAW,MEAT&SKN	181	8	71	40	0	0	23
18338	PHYLLO DOUGH	299	6	0	483	53	2	7
11958	PICKLE RELISH,HAMBURGER	129	0	0	1096	34	3	1
11944	PICKLE RELISH,HOT DOG	91	0	0	1091	23	2	2
11945	PICKLE RELISH,SWEET	130	0	0	811	35	1	0
11941	PICKLE,CUCUMBER,SOUR	11	0	0	1208	2	1	0
11946	PICKLE,CUCUMBER,SOUR,LO NA	11	0	0	18	2	1	0
11940	PICKLE,CUCUMBER,SWEET	117	0	0	939	32	1	0
11948	PICKLE,CUCUMBER,SWT,LO NA	122	0	0	18	34	1	0
07058	PICKLE&PIMIENTO LOAF,PORK	225	15	58	1304	8	1	11

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11983	PICKLES,CHOWCHOW,W/CAULIFLOWER ONION MUSTARD,SWT	121	1	0	527	27	2	2
11937	PICKLES,CUCUMBER,DILL	18	0	0	1282	4	1	1
11947	PICKLES,CUCUMBER,DILL,LO NA	18	0	0	18	4	1	1
11942	PICKLES,CUCUMBER,FRSH,(BREAD&BUTTER PICKLES)	81	0	0	673	19	2	1
07062	PICNIC LOAF,PORK,BEEF	232	16	38	1164	5	0	15
18399	PIE CRUST,COOKIE-TYPE,PREP FR RECIPE,GRAHAM CRACKER,CHILLED	484	23	0	560	64	2	4
18398	PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,CHOC WAFER,CHILLED	506	29	1	672	54	2	5
18330	PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,GRAHAM CRACKER,BKD	494	23	0	571	65	2	4
18401	PIE CRUST,COOKIE-TYPE,PREP FROM RECIPE,VANILLA WAFER,CHILLED	531	34	39	515	50	0	4
18333	PIE CRUST,STANDARD-TYPE,DRY MIX,PREP,BKD	501	29	0	729	50	2	7
18335	PIE CRUST,STANDARD-TYPE,FRZ,RTB,BKD	514	30	0	647	50	1	4
18334	PIE CRUST,STANDARD-TYPE,FRZ,RTB,ENR	457	28	0	576	44	1	4
18446	PIE CRUST,STANDARD-TYPE,FRZ,RTB,UNENR	457	28	0	576	44	1	4
18336	PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,BKD	527	33	0	542	48	2	6
18402	PIE CRUST,STANDARD-TYPE,PREP FROM RECIPE,UNBAKED	469	29	0	482	42	3	6
19312	PIE FILLINGS,APPL,CND	101	0	0	44	26	1	0
44158	PIE FILLINGS,BLUEBERRY,CND	181	0	0	12	44	3	0
43098	PIE FILLINGS,CHERRY,LO CAL	46	0	0	12	10	1	1
19314	PIE FILLINGS,CND,CHERRY	115	0	0	18	28	1	0
18301	PIE,APPL,COMMLY PREP,ENR FLR	237	10	0	266	34	2	2
18443	PIE,APPL,COMMLY PREP,UNENR FLR	237	10	0	266	34	2	2
18303	PIE,BANANA CRM,PREP FROM MIX,NO-BAKE TYPE	251	12	29	290	32	1	3
18304	PIE,BANANA CRM,PREP FROM RECIPE	269	13	51	240	33	1	4
18305	PIE,BLUEBERRY,COMMLY PREP	232	9	0	325	35	1	2
18306	PIE,BLUEBERRY,PREP FROM RECIPE	245	11	0	185	34		3
18308	PIE,CHERRY,COMMLY PREP	260	10	0	246	40	1	2
18309	PIE,CHERRY,PREP FROM RECIPE	270	12	0	191	39		3

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18310	PIE,CHOC CREME,COMMLY PREP	304	18	5	136	34	2	3
18312	PIE,CHOC MOUSSE,PREP FROM MIX,NO-BAKE TYPE	260	14	35	460	30		4
18313	PIE,COCNT CREME,COMMLY PREP	298	16	0	255	37	1	2
18314	PIE,COCNT CRM,PREP FROM MIX,NO-BAKE TYPE	276	17	23	329	29	1	3
18316	PIE,COCNT CUSTARD,COMMLY PREP	260	13	35	335	30	2	6
18317	PIE,EGG CUSTARD,COMMLY PREP	210	11	33	240	21	2	6
18444	PIE,FRIED PIES,CHERRY	316	15	0	374	43	3	3
18319	PIE,FRIED PIES,FRUIT	316	15	0	374	43	3	3
18445	PIE,FRIED PIES,LEMON	316	15	0	374	43	3	3
18320	PIE,LEMON MERINGUE,COMMLY PREP	268	8	45	146	47	1	2
18321	PIE,LEMON MERINGUE,PREP FROM RECIPE	285	12	53	242	39		4
18322	PIE,MINCE,PREP FROM RECIPE	289	10	0	254	48	3	3
18323	PIE,PEACH	223	9	0	270	33	1	2
18324	PIE,PECAN,COMMLY PREP	400	17	32	424	57	4	4
18325	PIE,PECAN,PREP FROM RECIPE	412	21	87	262	52		5
18326	PIE,PUMPKIN,COMMLY PREP	210	9	20	282	27	3	4
18327	PIE,PUMPKIN,PREP FROM RECIPE	204	9	42	225	26		5
18328	PIE,VANILLA CRM,PREP FROM RECIPE	278	14	62	260	33	1	5
16402	PIGEON PEAS (RED GM),MATURE SEEDS,CKD,BLD,W/SALT	121	0	0	241	23	7	7
16102	PIGEON PEAS (RED GM),MATURE SEEDS,CKD,BLD,WO/SALT	121	0	0	5	23	7	7
16101	PIGEON PEAS (RED GM),MATURE SEEDS,RAW	343	1	0	17	63	15	22
11826	PIGEONPEAS,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	111	1	0	240	19	6	6
11345	PIGEONPEAS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	111	1	0	5	19	6	6
11344	PIGEONPEAS,IMMAT SEEDS,RAW	136	1	0	5	24	5	7
15063	PIKE,NORTHERN,CKD,DRY HEAT	113	1	50	49	0	0	25
15062	PIKE,NORTHERN,RAW	88	0	39	39	0	0	19
15204	PIKE,WALLEYE,CKD,DRY HEAT	119	1	110	65	0	0	25

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15064	PIKE,WALLEYE,RAW	93	1	86	51	0	0	19
12145	PILINUTS-CANARYTREE,DRIED	719	76	0	3	4		11
18629	PILLSBURY BTTRMLK BISCUITS,ART FLAVOR,REFR DOUGH	241	2		855	48		8
18635	PILLSBURY CINN ROLLS W/ICING,REFR DOUGH	341	3		760	54		5
18633	PILLSBURY GRANDS BTTRMLK BISCUITS,REFR DOUGH	319	4		992	41		7
18634	PILLSBURY HUNGRY JACK BTTRMLK BISCUITS,ART FLAVOR,REFR DOUGH	319	11		1010	43		7
18630	PILLSBURY,CHOC CHIP COOKIES,REFR DOUGH	455	17		313	64	2	4
18631	PILLSBURY,CRUSTY FRENCH LOAF,REFR DOUGH	249	2		627	47		9
18632	PILLSBURY,TRADITIONAL FUDGE BROWNIE MIX,DRY	441	3		292	78		5
11943	PIMENTO,CANNED	23	0	0	14	5	2	1
12149	PINE NUTS,PINYON,DRIED	629	58	0	72	19	11	12
09409	PINEAPPLE JUC,CND,UNSWTND,W/ ADDED VIT C	53	0	0	2	13	0	0
09273	PINEAPPLE JUC,CND,UNSWTND,WO/ VIT C	53	0	0	2	13	0	0
09275	PINEAPPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	52	0	0	1	13	0	0
09274	PINEAPPLE JUC,FRZ CONC,UNSWTND,UNDIL	179	0	0	3	44	1	1
09271	PINEAPPLE,CND,EX HVY SYRUP PK,SOL&LIQUIDS	83	0	0	1	22	1	0
09267	PINEAPPLE,CND,H2O PK,SOL&LIQUIDS	32	0	0	1	8	1	0
09270	PINEAPPLE,CND,HVY SYRUP PK,SOL&LIQUIDS	78	0	0	1	20	1	0
09354	PINEAPPLE,CND,JUC PK,DRND	60	0	0	1	16	1	1
09268	PINEAPPLE,CND,JUC PK,SOL&LIQUIDS	60	0	0	1	16	1	0
09269	PINEAPPLE,CND,LT SYRUP PK,SOL&LIQUIDS	52	0	0	1	13	1	0
09272	PINEAPPLE,FRZ,CHUNKS,SWTND	86	0	0	2	22	1	0
09266	PINEAPPLE,RAW,ALL VAR	48	0	0	1	13	1	1
09430	PINEAPPLE,RAW,EX SWT VAR	51	0		1	14	1	1
09429	PINEAPPLE,RAW,TRADITIONAL VAR	45	0		1	12		1
14334	PINEAPPLE&GRAPEFRUIT JUC DRK,CND	47	0	0	14	12	0	0
14341	PINEAPPLE&ORANGE JUC DRK,CND	50	0	0	3	12	0	1

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12652	PISTACHIO NUTS, DRY RSTD, W/SALT	568	44	0	405	27	10	21
12152	PISTACHIO NUTS, DRY RSTD, WO/SALT	571	44	0	10	28	10	21
12151	PISTACHIO NUTS, RAW	557	42	0	1	28	10	21
09276	PITANGA, (SURINAM-CHERRY), RAW	33	0	0	3	7		1
21271	PIZZA HUT 12" CHS PIZZA, REG CRUST	271	10	24	685	31	2	12
21272	PIZZA HUT 12" CHS PIZZA, THICK CRUST	280	11	21	624	30	2	12
21273	PIZZA HUT 12" CHS PIZZA, THIN 'N CRISPY CRUST	303	12	34	784	29	2	15
21274	PIZZA HUT 12" PEPPERONI PIZZA, REG CRUST	280	11	26	801	32	2	13
21275	PIZZA HUT 12" PEPPERONI PIZZA, THICK CRUST	298	13	25	692	30	2	12
21276	PIZZA HUT 12" SUPER SUPREME PIZZA, REG CRUST	243	10	20	689	26	2	11
21293	PIZZA HUT 14" CHS PIZZA, REG CRUST	271	9	26	632	32	1	12
21294	PIZZA HUT 14" CHS PIZZA, THICK CRUST	280	11	29	561	30	1	12
21295	PIZZA HUT 14" CHS PIZZA, THIN 'N CRISPY CRUST	296	12	41	783	29	1	15
21296	PIZZA HUT 14" PEPPERONI PIZZA, REG CRUST	287	10	29	744	32	3	12
21297	PIZZA HUT 14" PEPPERONI PIZZA, THICK CRUST	298	12	32	668	30	2	12
21298	PIZZA HUT 14" SUPER SUPREME PIZZA, REG CRUST	248	10	28	658	26	2	11
21224	PIZZA, CHS TOPPING, REG CRUST, FRZ, CKD	268	10	14	447	29	2	10
21225	PIZZA, CHS TOPPING, RISING CRUST, FRZ, CKD	260	7	16	556	33	3	12
21226	PIZZA, MEAT & VEG TOPPING, REG CRUST, FRZ, CKD	276	13	16	555	25	2	11
21227	PIZZA, MEAT & VEG TOPPING, RISING CRUST, FRZ, CKD	271	10	19	640	29	2	13
22903	PIZZA, PEPPERONI TOPPING, REG CRUST, FRZ, CKD	296	14	15	618	29	2	11
09278	PLANTAINS, COOKED	116	0	0	5	31	2	1
09277	PLANTAINS, RAW	122	0	0	4	32	2	1
09379	PLUMS, CND, HVY SYRUP, DRND	89	0	0	19	23	2	0
09285	PLUMS, CND, PURPLE, EX HVY SYRUP PK, SOL&LIQUIDS	101	0	0	19	26	1	0
09281	PLUMS, CND, PURPLE, H2O PK, SOL&LIQUIDS	41	0	0	1	11	1	0
09284	PLUMS, CND, PURPLE, HVY SYRUP PK, SOL&LIQUIDS	89	0	0	19	23	1	0

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09282	PLUMS,CND,PURPLE,JUC PK,SOL&LIQUIDS	58	0	0	1	15	1	1
09283	PLUMS,CND,PURPLE,LT SYRUP PK,SOL&LIQUIDS	63	0	0	20	16	1	0
09293	PLUMS,DRIED (PRUNES),STWD,W/ ADDED SUGAR	124	0	0	2	33	4	1
09292	PLUMS,DRIED (PRUNES),STWD,WO/ ADDED SUGAR	107	0	0	1	28	3	1
09291	PLUMS,DRIED (PRUNES),UNCKD	240	0	0	2	64	7	2
09279	PLUMS,RAW	46	0	0	0	11	1	1
11349	POI	112	0	0	12	27	0	0
11827	POKEBERRY SHOOT,(POKE),CKD,BLD,DRND,W/SALT	20	0	0	254	3	2	2
11351	POKEBERRY SHOOT,(POKE),CKD,BLD,DRND,WO/SALT	20	0	0	18	3	2	2
11350	POKEBERRY SHOOT,(POKE),RAW	23	0	0	23	4	2	3
19257	POLANER ALL-FRUIT STRAWBERRY SPRD	231	0		20	57		1
07059	POLISH SAUSAGE,PORK	326	27	70	876	2	0	14
15205	POLLOCK,ATLANTIC,CKD,DRY HEAT	118	1	91	110	0	0	25
15065	POLLOCK,ATLANTIC,RAW	92	1	71	86	0	0	19
15067	POLLOCK,WALLEYE,CKD,DRY HEAT	113	1	96	116	0	0	24
15066	POLLOCK,WALLEYE,RAW	81	1	71	99	0	0	17
46168	POLYDEXTROSE	100	0	0	0	96	0	0
09286	POMEGRANATES,RAW	68	0	0	3	17	1	1
15069	POMPANO,FLORIDA,CKD,DRY HEAT	211	9	64	76	0	0	24
15068	POMPANO,FLORIDA,RAW	164	7	50	65	0	0	18
19034	POPCORN,AIR-POPPED	387	4	0	8	78	15	13
19806	POPCORN,AIR-POPPED,WHITE POPCORN	382	4	0	4	78	15	12
19036	POPCORN,CAKES	384	3	0	288	80	3	10
19038	POPCORN,CARAMEL-COATED,W/PNUTS	400	7	0	295	81	4	6
19039	POPCORN,CARAMEL-COATED,WO/PNUTS	431	11	5	206	79	5	4
19040	POPCORN,CHEESE-FLAVOR	526	31	11	889	52	10	9
43572	POPCORN,MICROWAVE,LOFAT&NA	429	9	0	490	73	14	13

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

**PER 100 GRAMS**

NDB\_No

42271	POPCORN,OIL-POPPED,LOFAT	425	9	0	884	72	14	13
42259	POPCORN,OIL-POPPED,UNSALTED	521	26	0	3	58	10	9
19807	POPCORN,OIL-POPPED,WHITE POPCORN	500	26	0	884	57	10	9
19436	POPCORN,SUGAR SYRUP/CARAMEL,FAT-FREE	381	1	0	286	90	3	2
18339	POPOVERS,DRY MIX,ENRICHED	371	4	0	906	71		10
18447	POPOVERS,DRY MIX,UNENR	371	4	0	906	71		10
02033	POPPY SEED	533	42	0	21	24	10	18
07957	PORK & TURKEY SAUSAGE,PRE-COOKED	342	27	72	876	4	0	12
42190	PORK SAUSAGE RICE LINKS,BROWN&SERVE,CKD	407	18	66	689	2	0	14
07064	PORK SAUSAGE,FRSH,CKD	339	25	84	749	0	0	19
07063	PORK SAUSAGE,FRSH,RAW	304	24	72	636	0	0	15
07953	PORK SAUSAGE,PRE-COOKED	378	32	74	752	0	0	14
19408	PORK SKINS,BARBECUE-FLAVOR	538	30	115	2667	2		58
19041	PORK SKINS,PLAIN	545	30	95	1838	0	0	61
10864	PORK,BACON,RENDERED FAT,CKD	898	84	97	27	0	0	0
10860	PORK,CURED,BACON,CKD,BKD	548	38	107	2193	1	0	36
10124	PORK,CURED,BACON,CKD,BRLD,PAN-FRIED OR RSTD	541	37	110	2310	1	0	37
43378	PORK,CURED,BACON,CKD,BRLD,PAN-FRIED OR RSTD,RED NA	541	37	110	1030	1	0	37
10861	PORK,CURED,BACON,CKD,MICROWAVED	505	33	117	2073	1	0	39
10862	PORK,CURED,BACON,CKD,PAN-FRIED	533	36	113	2428	2	0	38
10123	PORK,CURED,BACON,RAW	458	40	68	833	1	0	12
10129	PORK,CURED,BRKFST STRIPS,CKD	459	35	105	2099	1	0	29
10128	PORK,CURED,BRKFST STRIPS,RAW OR UNHTD	388	35	69	987	1	0	12
10131	PORK,CURED,CANADIAN-STYLE BACON,GRILLED	185	8	58	1546	1	0	24
10130	PORK,CURED,CANADIAN-STYLE BACON,UNHTD	157	6	50	1409	2	0	21
10167	PORK,CURED,FAT (FROM HAM&ARM PICNIC),RSTD	591	59	86	624	0	0	8
10166	PORK,CURED,FAT (FROM HAM&ARM PICNIC),UNHTD	579	59	68	505	0	0	6

USDA NO.	FOR MACKIE SCIENTIFIC WEBSITE USER							
	USDA FOOD LIST							
NDB_No	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
		PER 100 GRAMS						
10132	PORK,CURED,FEET,PICKLED	204	15	80	923	0	0	14
10134	PORK,CURED,HAM,BNLESS,EX LN (APPROX 5% FAT),RSTD	145	5	53	1203	2	0	21
10183	PORK,CURED,HAM,BNLESS,EX LN&REG,RSTD	165	7	57	1385	1	0	22
10182	PORK,CURED,HAM,BNLESS,EX LN&REG,UNHTD	162	8	53	1278	2	0	18
43327	PORK,CURED,HAM,BNLESS,LO NA,EX LN (APPROXIMATLY 5% FAT),RSTD	145	5	53	969	2	0	21
43325	PORK,CURED,HAM,BNLESS,LO NA,EX LN & REG,RSTD	165	7	57	969	1	0	22
10136	PORK,CURED,HAM,BNLESS,REG (APPROX 11% FAT),RSTD	178	9	59	1500	0	0	23
10141	PORK,CURED,HAM,CNTR SLICE,COUNTRY-STYLE,LN,RAW	195	8	70	2695	0	0	28
10142	PORK,CURED,HAM,CNTR SLICE,LN&FAT,UNHTD	203	12	54	1386	0	0	20
10138	PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,RSTD	136	5	30	1135	1	0	21
10137	PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,UNHTD	120	4	38	1255	0	0	18
10185	PORK,CURED,HAM,EX LN&REG,CND,RSTD	167	8	41	1068	0	0	21
10184	PORK,CURED,HAM,EX LN&REG,CND,UNHTD	144	7	38	1276	0	0	18
43326	PORK,CURED,HAM,LO NA,LN & FAT,CKD	172	8	58	969	0	0	22
10147	PORK,CURED,HAM,PATTIES,GRILLED	342	29	72	1063	2	0	13
10146	PORK,CURED,HAM,PATTIES,UNHTD	315	26	70	1088	2	0	13
10140	PORK,CURED,HAM,REG (APPROX 13% FAT),CND,RSTD	226	14	62	941	0	0	21
10139	PORK,CURED,HAM,REG (APPROX 13% FAT),CND,UNHTD	190	12	39	1240	0	0	17
10149	PORK,CURED,HAM,STEAK,BNLESS,EX LN,UNHTD	122	4	45	1269	0	0	20
10153	PORK,CURED,HAM,WHL,LN,RSTD	157	5	55	1327	0	0	25
10152	PORK,CURED,HAM,WHL,LN,UNHTD	147	5	52	1516	0	0	22
10151	PORK,CURED,HAM,WHL,LN&FAT,RSTD	243	16	62	1187	0	0	22
10150	PORK,CURED,HAM,WHL,LN&FAT,UNHTD	246	17	56	1284	0	0	18
10165	PORK,CURED,SALT PORK,RAW	748	77	86	1424	0	0	5
10169	PORK,CURED,SHLDR,ARM PICNIC,LN,RSTD	170	6	48	1231	0	0	25
10168	PORK,CURED,SHLDR,ARM PICNIC,LN&FAT,RSTD	280	20	58	1072	0	0	20
10171	PORK,CURED,SHLDR,BLADE ROLL,LN&FAT,RSTD	287	22	67	973	0	0	17

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

**PER 100 GRAMS**

NDB\_No

10170	PORK,CURED,SHLDR,BLADE ROLL,LN&FAT,UNHTD	269	20	53	1250	0	0	16
10004	PORK,FRESH,BACKFAT,RAW	812	85	57	11	0	0	3
10220	PORK,FRESH,GROUND,COOKED	297	19	94	73	0	0	26
10219	PORK,FRESH,GROUND,RAW	263	19	72	56	0	0	17
10193	PORK,FRSH,BACKRIBS,LN&FAT,CKD,RSTD	370	27	118	101	0	0	24
10192	PORK,FRSH,BACKRIBS,LN&FAT,RAW	282	21	81	75	0	0	16
10005	PORK,FRSH,BELLY,RAW	518	50	72	32	0	0	9
10001	PORK,FRSH,CARCASS,LN&FAT,RAW	376	32	74	42	0	0	14
10188	PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIBS),LN&FAT,CKD	273	15	91	62	0	0	28
10187	PORK,FRSH,COMP (LEG,LOIN,SHLDR,&SPARERIBS),LN&FAT,RAW	216	13	67	55	0	0	19
10003	PORK,FRSH,COMP OF LEG,LOIN,SHLDR,&SPARERIBS,LN&FAT,RAW	227	15	69	54	0	0	18
10093	PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,&SHLDR),LN,CKD	212	9	86	59	0	0	29
10002	PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,SHLDR),LN,RAW	143	5	61	57	0	0	21
10229	PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,CKD	211	8	85	57	0	0	29
10228	PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,RAW	144	5	60	54	0	0	21
10227	PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN&FAT,CKD	252	13	86	57	0	0	28
10226	PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN&FAT,RAW	200	12	64	51	0	0	20
10007	PORK,FRSH,FAT,CKD	418	34	78	168	0	0	22
10006	PORK,FRSH,FAT,RAW	638	61	93	18	0	0	6
10015	PORK,FRSH,LEG (HAM),RUMP HALF,LN,CKD,RSTD	206	7	96	65	0	0	31
10014	PORK,FRSH,LEG (HAM),RUMP HALF,LN,RAW	137	5	61	69	0	0	21
10013	PORK,FRSH,LEG (HAM),RUMP HALF,LN&FAT,CKD,RSTD	252	13	96	62	0	0	29
10012	PORK,FRSH,LEG (HAM),RUMP HALF,LN&FAT,RAW	222	14	66	61	0	0	19
10019	PORK,FRSH,LEG (HAM),SHANK HALF,LN,CKD,RSTD	215	10	92	64	0	0	28
10018	PORK,FRSH,LEG (HAM),SHANK HALF,LN,RAW	139	5	60	67	0	0	21
10017	PORK,FRSH,LEG (HAM),SHANK HALF,LN&FAT,CKD,RSTD	289	18	92	59	0	0	25
10016	PORK,FRSH,LEG (HAM),SHANK HALF,LN&FAT,RAW	263	19	68	55	0	0	17

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

**PER 100 GRAMS**

NDB\_No

10011	PORK,FRSH,LEG (HAM),WHL,LN,CKD,RSTD	211	9	94	64	0	0	29
10010	PORK,FRSH,LEG (HAM),WHL,LN,RAW	136	5	68	55	0	0	20
10009	PORK,FRSH,LEG (HAM),WHL,LN&FAT,CKD,RSTD	273	16	94	60	0	0	27
10008	PORK,FRSH,LEG (HAM),WHL,LN&FAT,RAW	245	17	73	47	0	0	17
10032	PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BONE-IN,LN,RAW	157	7	64	67	0	0	19
10028	PORK,FRSH,LOIN,BLADE (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	285	22	72	54	0	0	16
10034	PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,BRLD	234	12	84	80	0	0	25
10033	PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,BRSD	225	11	83	62	0	0	25
10120	PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	241	13	82	78	0	0	25
10030	PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	320	22	86	70	0	0	22
10029	PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	323	23	85	55	0	0	22
10178	PORK,FRSH,LOIN,BLADE (CHOPS),BONE-IN,LN&FAT,CKD,PAN-FRIED	342	25	85	67	0	0	21
10035	PORK,FRSH,LOIN,BLADE (ROASTS),BONE-IN,LN,CKD,RSTD	247	13	93	29	0	0	27
10031	PORK,FRSH,LOIN,BLADE (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	323	22	93	30	0	0	24
10040	PORK,FRSH,LOIN,CNTR LOIN (CHOPS OR ROASTS),BONE-IN,LN,RAW	140	5	63	66	0	0	22
10042	PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRLD	202	7	82	60	0	0	30
10041	PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRSD	202	7	85	62	0	0	30
10176	PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	232	9	92	86	0	0	32
10038	PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	240	12	82	58	0	0	29
10037	PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	247	13	86	59	0	0	28
10043	PORK,FRSH,LOIN,CNTR LOIN (ROASTS),BONE-IN,LN,CKD,RSTD	199	8	79	66	0	0	28
10039	PORK,FRSH,LOIN,CNTR LOIN (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	234	12	80	63	0	0	26
10036	PORK,FRSH,LOIN,CNTR LOIN CHOPS OR ROASTS,BONE-IN,LN&FAT,RAW	200	11	67	60	0	0	20
10179	PORK,FRSH,LOIN,CNTR LOIN CHOPS,BONE-IN,LN&FAT,CKD,PAN-FRIED	277	15	92	80	0	0	30
10199	PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BNLESS,LN,RAW	152	6	55	45	0	0	22
10194	PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BNLESS,LN&FAT,RAW	211	13	60	42	0	0	20
10048	PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BONE-IN,LN,RAW	149	5	55	45	0	0	22

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

CAL

FAT

CHOL

SODIUM

CARB

FIBER

PROT

NDB\_No

**PER 100 GRAMS**

10044	PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	209	12	60	42	0	0	20
10201	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,BRLD	216	9	81	65	0	0	29
10200	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,BRSD	211	10	71	41	0	0	28
10202	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,PAN-FRIED	224	11	70	52	0	0	28
10196	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,BRLD	260	14	82	62	0	0	28
10195	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,BRSD	255	15	73	40	0	0	26
10197	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN&FAT,CKD,PAN-FRIED	273	17	73	50	0	0	26
10050	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRLD	219	9	81	65	0	0	31
10049	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRSD	206	9	71	41	0	0	28
10177	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	218	10	70	52	0	0	28
10046	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	263	14	82	62	0	0	29
10045	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	250	14	73	40	0	0	27
10180	PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN&FAT,CKD,PAN-FRIED	265	16	73	50	0	0	26
10203	PORK,FRSH,LOIN,CNTR RIB (ROASTS),BNLESS,LN,CKD,RSTD	214	9	83	50	0	0	29
10198	PORK,FRSH,LOIN,CNTR RIB (ROASTS),BNLESS,LN&FAT,CKD,RSTD	252	13	81	48	0	0	27
10051	PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN,CKD,RSTD	223	10	71	47	0	0	29
10047	PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	255	14	73	46	0	0	27
10208	PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,CKD,BRSD	234	12	86	63	0	0	26
10209	PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,CKD,RSTD	247	13	93	29	0	0	27
10207	PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,RAW	157	7	64	67	0	0	19
10205	PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,CKD,BRSD	296	19	87	59	0	0	24
10206	PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,CKD,RSTD	328	22	92	52	0	0	23
10204	PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN&FAT,RAW	241	17	69	58	0	0	17
10214	PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN,RAW	128	4	63	51	0	0	21
10210	PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN&FAT,RAW	145	6	64	50	0	0	21
10056	PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN,RAW	142	5	63	51	0	0	21
10052	PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN&FAT,RAW	205	12	67	54	0	0	19

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

10216	PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRLD	193	6	92	56	0	0	31
10215	PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRSD	175	6	81	46	0	0	27
10212	PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRLD	208	7	91	56	0	0	31
10211	PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRSD	189	7	81	46	0	0	27
10058	PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN,CKD,BRLD	213	9	85	72	0	0	28
10057	PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN,CKD,BRSD	197	8	81	53	0	0	27
10054	PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRLD	259	14	86	68	0	0	27
10053	PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN&FAT,CKD,BRSD	245	14	82	51	0	0	25
10217	PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN,CKD,RSTD	198	7	86	56	0	0	29
10213	PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	207	8	86	56	0	0	29
10059	PORK,FRSH,LOIN,SIRLOIN (ROASTS),BONE-IN,LN,CKD,RSTD	216	9	86	63	0	0	29
10055	PORK,FRSH,LOIN,SIRLOIN (ROASTS),BONE-IN,LN&FAT,CKD,RSTD	261	14	87	60	0	0	27
10223	PORK,FRSH,LOIN,TENDERLOIN,LN,CKD,BRLD	187	5	94	65	0	0	30
10061	PORK,FRSH,LOIN,TENDERLOIN,LN,CKD,RSTD	164	4	79	56	0	0	28
10060	PORK,FRSH,LOIN,TENDERLOIN,LN,RAW	120	3	65	50	0	0	21
10221	PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,CKD,BRLD	201	7	94	64	0	0	30
10222	PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,CKD,RSTD	173	5	79	55	0	0	28
10218	PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,RAW	136	5	66	49	0	0	21
10064	PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,CKD,BRLD	181	5	76	246	0	0	29
10063	PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,CKD,BRSD	188	6	75	187	0	0	28
10062	PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,RAW	144	5	57	178	0	0	21
10068	PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,BRLD	166	4	76	251	0	0	30
10067	PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,BRSD	171	5	75	189	0	0	29
10858	PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,PAN-BROILED	169	5	75	209	0	0	29
10181	PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,CKD,PAN-FRIED	225	9	77	57	0	0	30
10066	PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,RAW	117	2	55	184	0	0	22
10186	PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN&FAT,CKD,PAN-FRIED	257	13	78	55	0	0	29

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

10859	PORK,FRSH,LOIN, TOP LOIN (CHPS),BNLESS,LN & FAT,CKD,PAN-BROIL	190	7	75	205	0	0	28
10069	PORK,FRSH,LOIN, TOP LOIN (ROASTS),BNLESS,LN,CKD,RSTD	194	6	78	45	0	0	30
10225	PORK,FRSH,LOIN, TOP LOIN (ROASTS),BNLESS,LN,RAW	141	5	55	45	0	0	22
10065	PORK,FRSH,LOIN, TOP LOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	226	10	78	44	0	0	29
10224	PORK,FRSH,LOIN, TOP LOIN (ROASTS),BNLESS,LN&FAT,RAW	191	10	59	43	0	0	20
10026	PORK,FRSH,LOIN,WHL,LN,CKD,BRLD	210	9	79	64	0	0	29
10025	PORK,FRSH,LOIN,WHL,LN,CKD,BRSD	204	8	79	50	0	0	29
10027	PORK,FRSH,LOIN,WHL,LN,CKD,RSTD	209	9	81	58	0	0	29
10024	PORK,FRSH,LOIN,WHL,LN,RAW	143	5	59	52	0	0	21
10022	PORK,FRSH,LOIN,WHL,LN&FAT,CKD,BRLD	242	13	80	62	0	0	27
10021	PORK,FRSH,LOIN,WHL,LN&FAT,CKD,BRSD	239	12	80	48	0	0	27
10023	PORK,FRSH,LOIN,WHL,LN&FAT,CKD,RSTD	248	13	82	59	0	0	27
10020	PORK,FRSH,LOIN,WHL,LN&FAT,RAW	198	11	63	50	0	0	20
10078	PORK,FRSH,SHLDR,ARM PICNIC, LN,CKD,BRSD	248	11	114	102	0	0	32
10079	PORK,FRSH,SHLDR,ARM PICNIC, LN,CKD,RSTD	228	11	95	80	0	0	27
10077	PORK,FRSH,SHLDR,ARM PICNIC, LN,RAW	140	6	65	82	0	0	20
10075	PORK,FRSH,SHLDR,ARM PICNIC, LN&FAT,CKD,BRSD	329	21	109	88	0	0	28
10076	PORK,FRSH,SHLDR,ARM PICNIC, LN&FAT,CKD,RSTD	317	22	94	70	0	0	23
10074	PORK,FRSH,SHLDR,ARM PICNIC, LN&FAT,RAW	253	18	71	68	0	0	17
10084	PORK,FRSH,SHLDR, BLADE, BOSTON (ROASTS OR STEAKS), LN, RAW	155	7	68	70	0	0	19
10080	PORK,FRSH,SHLDR, BLADE, BOSTON (ROASTS OR STEAKS), LN&FAT, RAW	218	14	71	63	0	0	18
10087	PORK,FRSH,SHLDR, BLADE, BOSTON (ROASTS), LN, CKD, RSTD	232	13	85	88	0	0	24
10083	PORK,FRSH,SHLDR, BLADE, BOSTON (ROASTS), LN&FAT, CKD, RSTD	269	17	86	67	0	0	23
10086	PORK,FRSH,SHLDR, BLADE, BOSTON (STEAKS), LN, CKD, BRLD	227	11	94	74	0	0	27
10085	PORK,FRSH,SHLDR, BLADE, BOSTON (STEAKS), LN, CKD, BRSD	273	14	116	75	0	0	31
10082	PORK,FRSH,SHLDR, BLADE, BOSTON (STEAKS), LN&FAT, CKD, BRLD	259	15	95	69	0	0	26
10081	PORK,FRSH,SHLDR, BLADE, BOSTON (STEAKS), LN&FAT, CKD, BRSD	319	20	113	70	0	0	29

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

10073	PORK,FRSH,SHLDR,WHL,LN,CKD,RSTD	230	12	90	75	0	0	25
10072	PORK,FRSH,SHLDR,WHL,LN,RAW	148	6	67	76	0	0	20
10071	PORK,FRSH,SHLDR,WHL,LN&FAT,CKD,RSTD	292	19	90	68	0	0	23
10070	PORK,FRSH,SHLDR,WHL,LN&FAT,RAW	236	16	71	65	0	0	17
10089	PORK,FRSH,SPARERIBS,LN&FAT,CKD,BRSD	397	27	121	93	0	0	29
10088	PORK,FRSH,SPARERIBS,LN&FAT,RAW	286	21	78	76	0	0	17
10863	PORK,FRSH,VAR MEATS & BY-PRODUCTS,STOMACH,CKD,SIMMRD	157	6	316	40	0	0	21
10097	PORK,FRSH,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	138	5	2552	91	0	0	12
10096	PORK,FRSH,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	127	5	2195	120	0	0	10
10099	PORK,FRSH,VAR MEATS&BY-PRODUCTS,CHITTERLINGS,CKD,SIMMRD	233	18	277	18	0	0	12
10098	PORK,FRSH,VAR MEATS&BY-PRODUCTS,CHITTERLINGS,RAW	182	14	154	24	0	0	8
10101	PORK,FRSH,VAR MEATS&BY-PRODUCTS,EARS,FRZ,CKD,SIMMRD	166	10	90	167	0	0	16
10100	PORK,FRSH,VAR MEATS&BY-PRODUCTS,EARS,FRZ,RAW	234	14	82	191	1	0	22
10173	PORK,FRSH,VAR MEATS&BY-PRODUCTS,FEET,CKD,SIMMRD	232	14	107	73	0	0	22
10102	PORK,FRSH,VAR MEATS&BY-PRODUCTS,FEET,RAW	212	11	88	132	0	0	23
10104	PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	148	4	221	35	0	0	24
10103	PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,RAW	118	3	131	56	1	0	17
10105	PORK,FRSH,VAR MEATS&BY-PRODUCTS,JOWL,RAW	655	66	90	25	0	0	6
10107	PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	151	3	480	80	0	0	25
10106	PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	100	2	319	121	0	0	16
10109	PORK,FRSH,VAR MEATS&BY-PRODUCTS,LEAF FAT,RAW	857	90	110	5	0	0	2
10111	PORK,FRSH,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	165	3	355	49	4	0	26
10110	PORK,FRSH,VAR MEATS&BY-PRODUCTS,LIVER,RAW	134	3	301	87	2	0	21
10113	PORK,FRSH,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	99	2	387	81	0	0	17
10112	PORK,FRSH,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	85	2	320	153	0	0	14
10114	PORK,FRSH,VAR MEATS&BY-PRODUCTS,MECHANICALLY SEPARATED,RAW	304	25	77	50	0	0	15
10116	PORK,FRSH,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	219	10	315	42	0	0	29

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

10115	PORK,FRSH,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	199	12	193	44	0	0	19
10118	PORK,FRSH,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	149	2	504	107	0	0	28
10117	PORK,FRSH,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	100	2	363	98	0	0	18
10119	PORK,FRSH,VAR MEATS&BY-PRODUCTS,STOMACH,RAW	159	9	223	75	0	0	17
10175	PORK,FRSH,VAR MEATS&BY-PRODUCTS,TAIL,CKD,SIMMRD	396	33	129	25	0	0	17
10174	PORK,FRSH,VAR MEATS&BY-PRODUCTS,TAIL,RAW	378	31	97	63	0	0	18
10122	PORK,FRSH,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	271	17	146	109	0	0	24
10121	PORK,FRSH,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	225	16	101	110	0	0	16
43297	PORK,ORIENTAL STYLE,DEHYD	615	59	67	685	1	0	12
07065	PORK&BF SAUSAGE,FRSH,CKD	396	34	71	805	3	0	14
19042	POTATO CHIPS,BARBECUE-FLAVOR	491	31	0	750	53	4	8
19421	POTATO CHIPS,CHEESE-FLAVOR	496	26	4	793	58	5	9
19437	POTATO CHIPS,FAT FREE,SALTED	379	0	0	643	84	8	10
19422	POTATO CHIPS,LIGHT	471	20	0	492	67	6	7
19046	POTATO CHIPS,MADE FR DRIED POTATOES,SOUR-CREAM&ONION-FLAVOR	547	35	3	720	51	1	7
19412	POTATO CHIPS,MADE FROM DRIED POTATOES,CHEESE-FLAVOR	551	35	4	755	51	3	7
19045	POTATO CHIPS,MADE FROM DRIED POTATOES,LT	501	25	0	428	65	4	6
19410	POTATO CHIPS,MADE FROM DRIED POTATOES,PLN	558	37	0	656	51	4	6
19411	POTATO CHIPS,PLAIN,SALTED	547	33	0	525	50	4	7
19809	POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,SALTED	536	33	0	594	53	5	7
19810	POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,UNSALTED	536	33	0	8	53	5	7
19811	POTATO CHIPS,PLN,UNSALTED	536	33	0	8	53	5	7
19043	POTATO CHIPS,SOUR-CREAM-AND-ONION-FLAVOR	531	32	7	625	52	5	8
42283	POTATO CHIPS,WHITE,RESTRUCTURED,BKD	469	17	0	917	71	5	5
19823	POTATO CHIPS,WO/SALT,RED FAT	487	20	0	8	68	6	7
11413	POTATO FLOUR	357	0	0	55	83	6	7
11672	POTATO PANCAKES	269	14	95	764	28	3	6

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

CAL

FAT

CHOL

SODIUM

CARB

FIBER

PROT

NDB\_No

**PER 100 GRAMS**

11399	POTATO PUFFS,FRZ,OVEN-HEATED	190	8	0	480	28	3	2
11398	POTATO PUFFS,FRZ,UNPREP	175	7	0	457	26	2	2
11414	POTATO SALAD,HOME-PREPARED	143	8	68	529	11	1	3
06969	POTATO SOUP,INST,DRY MIX	343	3	12	612	76	8	9
19415	POTATO STICKS	522	33	0	250	53	3	7
11674	POTATO,BKD,FLESH & SKN,WO/ SALT	93	0	0	10	21	2	3
11352	POTATO,FLESH & SKN,RAW	77	0	0	6	17	2	2
11385	POTATOES,AU GRATIN,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	93	4	15	439	13	1	2
11384	POTATOES,AU GRATIN,DRY MIX,UNPREP	314	3		2095	74	4	9
11373	POTATOES,AU GRATIN,HOME-PREPARED FROM RECIPE USING BUTTER	132	7	23	433	11	2	5
11843	POTATOES,AU GRATIN,HOME-PREPARED FROM RECIPE USING MARGARINE	132	7	15	433	11	2	5
11828	POTATOES,BKD,FLESH & SKN,W/ SALT	93	0	0	244	21	2	3
11829	POTATOES,BKD,FLESH,W/SALT	93	0	0	241	22	2	2
11363	POTATOES,BKD,FLESH,WO/SALT	93	0	0	5	22	2	2
11830	POTATOES,BKD,SKN,W/ SALT	198	0	0	257	46	8	4
11364	POTATOES,BKD,SKN,WO/SALT	198	0	0	21	46	8	4
11831	POTATOES,BLD,CKD IN SKN,FLESH,W/SALT	87	0	0	240	20	2	2
11365	POTATOES,BLD,CKD IN SKN,FLESH,WO/SALT	87	0	0	4	20	2	2
11832	POTATOES,BLD,CKD IN SKN,SKN,W/SALT	78	0	0	250	17	3	3
11366	POTATOES,BLD,CKD IN SKN,SKN,WO/SALT	78	0	0	14	17	3	3
11833	POTATOES,BLD,CKD WO/ SKN,FLESH,W/ SALT	86	0	0	241	20	2	2
11367	POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SALT	86	0	0	5	20	2	2
11376	POTATOES,CND,DRND SOL	60	0	0	219	14	2	1
43311	POTATOES,CND,DRND SOL,NO SALT	62	0	0	5	14	2	1
11374	POTATOES,CND,SOL&LIQUIDS	44	0	0	217	10	1	1
11842	POTATOES,FR FR,ALL TYPES,SALT NOT ADDED IN PROC,FRZ,AS PURCH	150	4	0	23	25	2	2
11841	POTATOES,FR FR,ALL TYPES,SALT NOT ADDED IN PROC,FRZ,OVN-HTD	172	5	0	32	29	3	3

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

11359	POTATOES,FR FR,CRNKL OR REG,SALT ADDED IN PROC,FRZ,AS PURCH	174	4	0	358	30	3	2
11360	POTATOES,FR FR,CRNKL/REG CUT,SALT ADDED IN PROC,FRZ,OVEN-HTD	166	5	0	391	28	2	3
11403	POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,OVEN HTD	141	5	0	388	30	3	3
11402	POTATOES,FRENCH FR,ALL TYPES,SALT ADDED IN PROC,FRZ,UNPREP	147	4	0	332	25	2	2
11394	POTATOES,FRENCH FR,SHOESTRING,SALT ADDED IN PROC,FRZ,AS PRCH	167	5	0	322	27	2	2
11395	POTATOES,FRENCH FR,SHOESTRNG,SALT ADDED IN PROC,FRZ,OVEN-HTD	199	6	0	400	32	3	3
11411	POTATOES,FRENCH FR,STK FRIES,SALT ADDED IN PROC,FRZ,AS PRCH	133	3	0	317	24	2	2
11412	POTATOES,FRENCH FR,STK FRIES,SALT ADDED IN PROC,FRZ,OVEN-HTD	152	3	0	373	27	3	3
11840	POTATOES,FRZ,FRCH FR,PAR FR,CTTGE-CUT,PREP,HTD OVEN,W/SALT	218	8	0	281	34	3	3
11407	POTATOES,FRZ,FRCH FR,PAR FR,CTTGE-CUT,PREP,HTD OVEN,WO/SALT	218	8	0	45	34	3	3
11409	POTATOES,FRZ,FRCH FR,PAR FR,EXTRUDED,PREP,HTD OVEN,WO/SALT	333	19	0	613	40	3	4
11406	POTATOES,FRZ,FRENCH FR,PAR FR,COTTAGE-CUT,UNPREP	153	6	0	32	24	3	2
11408	POTATOES,FRZ,FRENCH FR,PAR FR,EXTRUDED,UNPREP	260	14	0	490	30	5	3
11837	POTATOES,FRZ,WHL,CKD,BLD,DRND,W/SALT	65	0	0	256	15	1	2
11401	POTATOES,FRZ,WHL,CKD,BLD,DRND,WO/SALT	65	0	0	20	15	1	2
11400	POTATOES,FRZ,WHL,UNPREP	78	0	0	25	17	1	2
11391	POTATOES,HASHED BROWN,FRZ,PLN,PREP	218	11	0	34	28	2	3
11390	POTATOES,HASHED BROWN,FRZ,PLN,UNPREP	82	0		22	18	1	2
11393	POTATOES,HASHED BROWN,FRZ,W/BUTTER SAU,PREP	178	8	23	101	24	4	2
11392	POTATOES,HASHED BROWN,FRZ,W/BUTTER SAU,UNPREP	135	6		77	18	3	2
11370	POTATOES,HASHED BROWN,HOME-PREPARED	265	9	0	342	35	3	3
11835	POTATOES,MICROWAVED,CKD IN SKN,FLESH,W/SALT	100	0	0	243	23	2	2
11368	POTATOES,MICROWAVED,CKD IN SKN,FLESH,WO/SALT	100	0	0	7	23	2	2
11675	POTATOES,MICROWAVED,CKD IN SKN,FLESH&SKN,WO/SALT	105	0	0	8	24	2	2
11369	POTATOES,MICROWAVED,CKD IN SKN,SKN,WO/SALT	132	0	0	16	30	6	4
11834	POTATOES,MICROWAVED,CKD,IN SKN,FLESH&SKN,W/SALT	105	0	0	244	24	2	2
11836	POTATOES,MICROWAVED,CKD,IN SKN,SKN W/SALT	132	0	0	252	30	6	4

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

11378	POTATOES,MSHD,DEHYD,FLAKES WO/MILK,DRY FORM	354	0	0	107	81	7	8
11382	POTATOES,MSHD,DEHYD,GRANULES W/MILK,DRY FORM	358	1	2	82	78	7	11
11380	POTATOES,MSHD,DEHYD,GRANULES WO/MILK,DRY FORM	372	0	0	67	86	7	8
11381	POTATOES,MSHD,DEHYD,PREP FR GRNLS WO/MILK,WHL MILK&BUTTER	108	5	14	257	14	2	2
11383	POTATOES,MSHD,DEHYD,PREP FROM GRNLS W/ MLK,H2O&MRGRN ADDED	116	5	2	171	16	1	2
11379	POTATOES,MSHD,DEHYD,PRP FROM FLKS WO/ MLK,WHL MLK&BTTR ADDED	97	5	14	163	11	1	2
11934	POTATOES,MSHD,HOME-PREPARED,WHL MILK & BUTTER ADDED	113	3	11	317	17	2	2
11371	POTATOES,MSHD,HOME-PREPARED,WHL MILK & MARGARINE ADDED	113	4	1	333	17	2	2
11657	POTATOES,MSHD,HOME-PREPARED,WHL MILK ADDED	83	0	2	302	18	2	2
11930	POTATOES,MSHD,PREP FROM FLAKES,WO/MILK,WHL MILK&MARGARINE	113	5	4	332	15	2	2
11929	POTATOES,MSHD,PREP FROM GRANULES,WO/MILK,WHL MILK&MARGARINE	108	5	3	263	14	2	2
11397	POTATOES,O'BRIEN,FRZ,PREP	204	13	0	43	22	2	2
11396	POTATOES,O'BRIEN,FRZ,UNPREP	76	0		33	17	2	2
11671	POTATOES,O'BRIEN,HOME-PREPARED	81	1	4	217	15		2
11362	POTATOES,RAW,SKIN	58	0	0	10	12	3	3
11358	POTATOES,RED,FLESH & SKN,BKD	89	0	0	8	20	2	2
11355	POTATOES,RED,FLESH & SKN,RAW	72	0	0	6	16	2	2
11356	POTATOES,RUSSET,FLESH & SKN,BKD	97	0	0	8	21	2	3
11353	POTATOES,RUSSET,FLESH & SKN,RAW	79	0	0	5	18	1	2
11387	POTATOES,SCALLPD,DRY MIX,PREP W/H2O,WHL MILK&BUTTER	93	4	11	341	13	1	2
11386	POTATOES,SCALLPD,DRY MIX,UNPREP	358	3	5	1578	74	9	8
11372	POTATOES,SCALLPD,HOME-PREPARED W/BUTTER	86	3	12	335	11	2	3
11844	POTATOES,SCALLPD,HOME-PREPARED W/MARGARINE	86	3	6	335	11	2	3
11357	POTATOES,WHITE,FLESH & SKN,BKD	94	0	0	7	21	2	2
11354	POTATOES,WHITE,FLESH & SKN,RAW	70	0	0	6	16	2	2
05306	POULTRY FD PRODUCTS,GROUND TURKEY,CKD	235	12	102	107	0	0	27
05305	POULTRY FD PRODUCTS,GROUND TURKEY,RAW	149	7	79	94	0	0	17

USDA NO.	FOR MACKIE SCIENTIFIC WEBSITE USER							
	USDA FOOD LIST							
NDB_No	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
		PER 100 GRAMS						
07067	POULTRY SALAD SNDWCH SPRD	200	13	30	377	7	0	12
02034	POULTRY SEASONING	307	6	0	27	66	11	10
05301	POULTRY,MECHANICALLY DEBONED,FROM BACKS&NECKS W/SKN,RAW	272	23	130	40	0	0	11
05302	POULTRY,MECHANICALLY DEBONED,FROM BACKS&NECKS WO/SKN,RAW	199	14	104	51	0	0	14
05303	POULTRY,MECHANICALLY DEBONED,FROM MATURE HENS,RAW	243	19	143	40	0	0	15
15206	POUT,OCEAN,CKD,DRY HEAT	102	1	67	78	0	0	21
15059	POUT,OCEAN,RAW	79	1	52	61	0	0	17
19048	PRETZELS,HARD,CONFECTIONER'S COATING,CHOCOLATE-FLAVOR	458	15	0	569	71		8
19812	PRETZELS,HARD,PLN,MADE W/UNENR FLR,SALTED	381	3	0	1715	79	3	9
19813	PRETZELS,HARD,PLN,MADE W/UNENR FLR,UNSALTED	381	3	0	289	79	3	9
19047	PRETZELS,HARD,PLN,SALTED	380	3	0	1357	80	3	10
19050	PRETZELS,HARD,WHOLE-WHEAT	362	2	0	203	81	8	11
43109	PRETZELS,SOFT	338	3	3	1404	69	2	8
09287	PRICKLY PEARS,RAW	41	0	0	5	10	4	1
09294	PRUNE JUICE,CANNED	71	0	0	4	17	1	1
09423	PRUNE PUREE	257	0	0	23	65	3	2
09288	PRUNES,CND,HVY SYRUP PK,SOL&LIQUIDS	105	0	0	3	28	4	1
09290	PRUNES,DEHYD (LOW-MOISTURE),STWD	113	0	0	2	30		1
09289	PRUNES,DEHYD (LOW-MOISTURE),UNCKD	339	1	0	5	89		4
44260	PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,INST,DRY MIX	350	1	0	4250	85	1	1
44259	PUDDINGS,ALL FLAVORS XCPT CHOC,LO CAL,REG,DRY MIX	351	0	0	1765	86	1	2
19318	PUDDINGS,BANANA,DRY MIX,INST	367	1	0	1499	93	0	0
19121	PUDDINGS,BANANA,DRY MIX,INST,PREP W/ 2% MILK	105	2	6	296	20	0	3
19319	PUDDINGS,BANANA,DRY MIX,INST,PREP W/ WHL MILK	115	3	11	296	20	0	3
19705	PUDDINGS,BANANA,DRY MIX,INST,W/ ADDED OIL	386	4	0	1499	89	0	0
19320	PUDDINGS,BANANA,DRY MIX,REG	376	0	0	788	93	0	0
19122	PUDDINGS,BANANA,DRY MIX,REG,PREP W/ 2% MILK	101	2	7	164	18	0	3

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

19321	PUDDINGS,BANANA,DRY MIX,REG,PREP W/ WHL MILK	111	3	12	164	18	0	3
19706	PUDDINGS,BANANA,DRY MIX,REG,W/ ADDED OIL	387	5	0	788	88	0	0
19311	PUDDINGS,BANANA,RTE	127	3	0	196	21	0	2
44061	PUDDINGS,CHOC FLAVOR,LO CAL,INST,DRY MIX	356	2	0	2838	78	6	5
44258	PUDDINGS,CHOC FLAVOR,LO CAL,REG,DRY MIX	365	3	0	3326	74	10	10
19184	PUDDINGS,CHOC,DRY MIX,INST	377	2	0	1429	88	4	2
19123	PUDDINGS,CHOC,DRY MIX,INST,PREP W/ 2% MILK	105	2	6	284	19	0	3
19185	PUDDINGS,CHOC,DRY MIX,INST,PREP W/ WHL MILK	111	3	11	284	19	1	3
19188	PUDDINGS,CHOC,DRY MIX,REG	387	2	1	353	89	5	3
19190	PUDDINGS,CHOC,DRY MIX,REG,PREP W/ 2% MILK	109	2	7	104	20	0	3
19189	PUDDINGS,CHOC,DRY MIX,REG,PREP W/ WHL MILK	119	3	9	98	19	1	3
19183	PUDDINGS,CHOC,RTE	139	4	3	129	23	1	3
19235	PUDDINGS,CHOC,RTE,FAT FREE	97	0	1	170	20	1	3
19322	PUDDINGS,COCNT CRM,DRY MIX,INST	434	10	0	1040	85	4	1
19191	PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ 2% MILK	107	2	6	246	19	0	3
19323	PUDDINGS,COCNT CRM,DRY MIX,INST,PREP W/ WHL MILK	117	3	11	246	19	0	3
19324	PUDDINGS,COCNT CRM,DRY MIX,REG	434	11	0	682	82	5	1
19219	PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ 2% MILK	104	2	7	163	18	0	3
19325	PUDDINGS,COCNT CRM,DRY MIX,REG,PREP W/ WHL MILK	114	4	12	162	18	0	3
19288	PUDDINGS,KRAFT,JELL-O BRAND FAT FREE PUDD SNACKS CHOC,RTE	90	0	2	170	20	1	3
19289	PUDDINGS,KRAFT,JELL-O BRAND FAT FREE PUDD SNACKS VANILLA,RTE	92	0	2	213	21	0	2
19284	PUDDINGS,KRAFT,JELL-O BRAND INST PUDD & PIE FILLING CHOC,PDR	355	1	0	1477	90	2	2
19285	PUDDINGS,KRAFT,JELL-O BRAND INST PUDD & PIE FILLING VAN,PDR	375	0	0	1411	94	0	0
19330	PUDDINGS,LEMON,DRY MIX,INST	378	1	0	1332	95	0	0
19204	PUDDINGS,LEMON,DRY MIX,INST,PREP W/ 2% MILK	107	2	6	268	20	0	3
19331	PUDDINGS,LEMON,DRY MIX,INST,PREP W/ WHL MILK	115	3	11	267	20	0	3
19332	PUDDINGS,LEMON,DRY MIX,REG	363	0	0	506	92	0	0

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19333	PUDDINGS,LEMON,DRY MIX,REG,PREP W/ SUGAR,EGG YOLK & H2O	113	1	52	64	25	0	1
19708	PUDDINGS,LEMON,DRY MIX,REG,W/ ADDED OIL,K,NA	366	1	0	849	90	0	0
19380	PUDDINGS,LEMON,RTE	125	3	0	140	25	0	0
19194	PUDDINGS,RICE,DRY MIX	376	0	0	366	91	1	3
19208	PUDDINGS,RICE,DRY MIX,PREP W/ 2% MILK	111	1	6	109	21	0	3
19195	PUDDINGS,RICE,DRY MIX,PREP W/ WHL MILK	121	3	11	108	21	0	3
19193	PUDDINGS,RICE,RTE	163	7	1	85	22	0	2
19198	PUDDINGS,TAPIOCA,DRY MIX	369	0	0	477	94	0	0
19209	PUDDINGS,TAPIOCA,DRY MIX,PREP W/ 2% MILK	105	2	6	121	20	0	3
19199	PUDDINGS,TAPIOCA,DRY MIX,PREP W/ WHL MILK	115	3	12	120	19	0	3
19709	PUDDINGS,TAPIOCA,DRY MIX,W/ NO ADDED SALT	369	0	0	8	94	0	0
19218	PUDDINGS,TAPIOCA,RTE	119	4	1	159	19	0	2
19234	PUDDINGS,TAPIOCA,RTE,FAT FREE	89	0	1	212	20	0	2
19202	PUDDINGS,VANILLA,DRY MIX,INST	377	1	0	1441	93	0	0
19203	PUDDINGS,VANILLA,DRY MIX,INST,PREP W/ WHL MILK	114	3	11	286	20	0	3
19206	PUDDINGS,VANILLA,DRY MIX,REG	379	0	0	754	94	1	0
19212	PUDDINGS,VANILLA,DRY MIX,REG,PREP W/ 2% MILK	101	2	7	159	19	0	3
19207	PUDDINGS,VANILLA,DRY MIX,REG,PREP W/ WHL MILK	112	3	9	156	19	0	3
19710	PUDDINGS,VANILLA,DRY MIX,REG,W/ ADDED OIL	369	1	0	754	92	0	0
19201	PUDDINGS,VANILLA,RTE	130	3	7	135	22	0	2
19233	PUDDINGS,VANILLA,RTE,FAT FREE	93	0	1	213	23	0	2
18337	PUFF PASTRY,FRZ,RTB	551	36	0	249	45	2	7
18211	PUFF PASTRY,FRZ,RTB,BKD	558	37	0	253	46	2	7
09295	PUMMELO,RAW	38	0	0	1	10	1	1
11417	PUMPKIN FLOWERS,CKD,BLD,DRND,WO/SALT	15	0	0	6	3	1	1
11416	PUMPKIN FLOWERS,RAW	15	0	0	5	3		1
11419	PUMPKIN LEAVES,CKD,BLD,DRND,WO/SALT	21	0	0	8	3	3	3

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11418	PUMPKIN LEAVES,RAW	19	0	0	11	2		3
11426	PUMPKIN PIE MIX,CANNED	104	0	0	208	26	8	1
02035	PUMPKIN PIE SPICE	342	8	0	52	69	15	6
11846	PUMPKIN,CANNED,WITH SALT	34	0	0	241	8	3	1
11845	PUMPKIN,CKD,BLD,DRND,W/SALT	20	0	0	237	5	1	1
11423	PUMPKIN,CKD,BLD,DRND,WO/SALT	20	0	0	1	5	1	1
11424	PUMPKIN,CND,WO/SALT	34	0	0	5	8	3	1
11847	PUMPKIN,FLOWERS,CKD,BLD,DRND,W/SALT	15	0	0	242	3	1	1
11848	PUMPKIN,LEAVES,CKD,BLD,DRND,W/SALT	21	0	0	244	3	3	3
11422	PUMPKIN,RAW	26	0	0	1	7	1	1
12014	PUMPKIN&SQUASH SD KRNL,DRIED	541	44	0	18	18	4	25
12516	PUMPKIN&SQUASH SD KRNL,RSTD,W/SALT	522	40	0	575	13	4	33
12016	PUMPKIN&SQUASH SD KRNL,RSTD,WO/SALT	522	40	0	18	13	4	33
12663	PUMPKIN&SQUASH SEEDS,WHL,RSTD,W/SALT	446	19	0	575	54		19
12163	PUMPKIN&SQUASH SEEDS,WHL,RSTD,WO/SALT	446	19	0	18	54		19
11849	PURSLANE,CKD,BLD,DRND,W/SALT	18	0	0	280	4		1
11428	PURSLANE,CKD,BLD,DRND,WO/SALT	18	0	0	44	4		1
11427	PURSLANE,RAW	16	0	0	45	3		1
05159	QUAIL,BREAST,MEAT ONLY,RAW	123	2	58	55	0	0	23
43282	QUAIL,COOKED,TOTAL EDIBLE	234	12	86	52	0	0	25
05157	QUAIL,MEAT AND SKIN,RAW	192	11	76	53	0	0	20
05158	QUAIL,MEAT ONLY,RAW	134	4	70	51	0	0	22
18643	QUAKER OATS,AUNT JEMIMA ORIGINAL WAFFLES,FRZ	273	2	16	782	42		7
14462	QUAKER OATS,PROPEL FITNESS H2O,FRUIT-FLAVORED,NON-CARBONATED	5	0	0	13	1	0	0
09296	QUINCES,RAW	57	0	0	4	15	2	0
20035	QUINOA	374	4	0	21	69	6	13
11952	RADICCHIO,RAW	23	0	0	22	4	1	1

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NDB_No	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
		PER 100 GRAMS						
11676	RADISH SEEDS,SPROUTED,RAW	43	2	0	6	4		4
43142	RADISHES,HAWAIIAN STYLE,PICKLED	28	0	0	789	5	2	1
11850	RADISHES,ORIENTAL,CKD,BLD,DRND,W/SALT	17	0	0	249	3	2	1
11431	RADISHES,ORIENTAL,CKD,BLD,DRND,WO/SALT	17	0	0	13	3	2	1
11432	RADISHES,ORIENTAL,DRIED	271	1	0	278	63		8
11430	RADISHES,ORIENTAL,RAW	18	0	0	21	4	2	1
11429	RADISHES,RAW	16	0	0	39	3	2	1
11637	RADISHES,WHITE ICICLE,RAW	14	0	0	16	3	1	1
09297	RAISINS,GOLDEN SEEDLESS	302	0	0	12	80	4	3
09299	RAISINS,SEEDED	296	0	0	28	78	7	3
09298	RAISINS,SEEDLESS	299	0	0	11	79	4	3
09301	RAMBUTAN,CND,SYRUP PK	82	0	0	11	21	1	1
09304	RASPBERRIES,CND,RED,HVY SYRUP PK,SOL&LIQUIDS	91	0	0	3	23	3	1
09306	RASPBERRIES,FRZ,RED,SWTND	103	0	0	1	26	4	1
09302	RASPBERRIES,RAW	52	0	0	1	12	7	1
22540	RED BARON PREMIUM POCKETS,ORIGINAL HAM&CHS,FRZ	268	11	31	791	27		11
01200	REDDI WIP FAT FREE WHIPPED TOPPING	149	4	16	72	25	0	3
16103	REFRIED BEANS,CANNED (INCL USDA COMMODITY)	94	1	8	299	16	5	5
19213	RENNIN,CHOC,DRY MIX,PREP W/ 2% MILK	85	2	7	52	13	1	3
19221	RENNIN,CHOC,DRY MIX,PREP W/ WHL MILK	96	3	12	51	13	1	3
19214	RENNIN,VANILLA,DRY MIX,PREP W/ 2% MILK	77	2	7	46	12	0	3
19223	RENNIN,VANILLA,DRY MIX,PREP W/ WHL MILK	89	3	13	46	12	0	3
09309	RHUBARB,FROZEN,UNCOOKED	21	0	0	2	5	2	1
09310	RHUBARB,FRZ,CKD,W/SUGAR	116	0	0	1	31	2	0
09307	RHUBARB,RAW	21	0	0	4	5	2	1
35063	RHUBARB,WILD,LEAVES (ALASKA NATIVE)	61	0			10		4
14342	RICE BEV,RICE DREAM,CND	49	1	0	35	10	0	0

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20060	RICE BRAN,CRUDE	316	19	0	5	50	21	13
42204	RICE CAKE,CRACKER (INCL HAIN MINI RICE CAKES)	392	4	0	71	81	4	7
19052	RICE CAKES,BROWN RICE,BUCKWHEAT	380	3	0	116	80	4	9
19817	RICE CAKES,BROWN RICE,BUCKWHEAT,UNSALTED	380	3	0	4	80		9
19413	RICE CAKES,BROWN RICE,CORN	385	3	0	291	81	3	8
19414	RICE CAKES,BROWN RICE,MULTIGRAIN	387	3	0	252	80	3	9
19818	RICE CAKES,BROWN RICE,MULTIGRAIN,UNSALTED	387	3	0	4	80		9
19051	RICE CAKES,BROWN RICE,PLN	387	3	0	326	82	4	8
19816	RICE CAKES,BROWN RICE,PLN,UNSALTED	387	3	0	26	82	4	8
19416	RICE CAKES,BROWN RICE,RYE	386	3	0	110	80	4	8
19053	RICE CAKES,BROWN RICE,SESAME SD	392	3	0	227	82	5	8
19819	RICE CAKES,BROWN RICE,SESAME SD,UNSALTED	392	3	0	4	82		8
20090	RICE FLOUR,BROWN	363	3	0	8	76	5	7
20061	RICE FLOUR,WHITE	366	1	0	0	80	2	6
20134	RICE NOODLES,COOKED	109	0	0	19	25	1	1
20133	RICE NOODLES,DRY	364	0	0	182	83	2	3
20037	RICE,BROWN,LONG-GRAIN,CKD	111	1	0	5	23	2	3
20036	RICE,BROWN,LONG-GRAIN,RAW	370	3	0	7	77	4	8
20041	RICE,BROWN,MEDIUM-GRAIN,CKD	112	1	0	1	24	2	2
20040	RICE,BROWN,MEDIUM-GRAIN,RAW	362	2	0	4	76	3	8
20055	RICE,WHITE,GLUTINOUS,CKD	97	0	0	5	21	1	2
20054	RICE,WHITE,GLUTINOUS,RAW	370	1	0	7	82	3	7
20047	RICE,WHITE,LONG-GRAIN,PARBLD,ENR,CKD	123	0	0	2	26	1	3
20046	RICE,WHITE,LONG-GRAIN,PARBLD,ENR,DRY	374	1	0	3	80	2	8
20447	RICE,WHITE,LONG-GRAIN,PARBLD,UNENR,CKD	123	0	0	2	26	1	3
20446	RICE,WHITE,LONG-GRAIN,PARBLD,UNENR,DRY	374	1	0	3	80	2	8
20048	RICE,WHITE,LONG-GRAIN,PRECKD OR INST,ENR,DRY	380	1	0	10	82	2	8

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20049	RICE,WHITE,LONG-GRAIN,PRECKD OR INST,ENR,PREP	117	0	0	4	25	1	2
20045	RICE,WHITE,LONG-GRAIN,REG,CKD	130	0	0	1	28	0	3
20345	RICE,WHITE,LONG-GRAIN,REG,CKD,ENR,W/SALT	130	0	0	382	28	0	3
20545	RICE,WHITE,LONG-GRAIN,REG,CKD,UNENR,W/SALT	130	0	0	382	28	0	3
20445	RICE,WHITE,LONG-GRAIN,REG,CKD,UNENR,WO/SALT	130	0	0	1	28	0	3
20044	RICE,WHITE,LONG-GRAIN,REG,RAW,ENR	365	1	0	5	80	1	7
20444	RICE,WHITE,LONG-GRAIN,REG,RAW,UNENR	365	1	0	5	80	1	7
20051	RICE,WHITE,MEDIUM-GRAIN,CKD	130	0	0	0	29	0	2
20451	RICE,WHITE,MEDIUM-GRAIN,CKD,UNENR	130	0	0	0	29		2
20050	RICE,WHITE,MEDIUM-GRAIN,RAW,ENR	360	0	0	1	79	1	7
20450	RICE,WHITE,MEDIUM-GRAIN,RAW,UNENR	360	0	0	1	79		7
20053	RICE,WHITE,SHORT-GRAIN,CKD	130	0	0	0	29		2
20453	RICE,WHITE,SHORT-GRAIN,CKD,UNENR	130	0	0	0	29		2
20052	RICE,WHITE,SHORT-GRAIN,RAW	358	0	0	1	79	3	7
20452	RICE,WHITE,SHORT-GRAIN,RAW,UNENR	358	0	0	1	79		7
20057	RICE,WHITE,W/PASTA,CKD	122	3	1	568	21	3	3
20056	RICE,WHITE,WITH PASTA,DRY	368	2	2	1866	75		9
07912	ROAST BF SPRD	223	12	70	724	4	0	15
15071	ROCKFISH,PACIFIC,MXD SP,CKD,DRY HEAT	121	2	44	77	0	0	24
15070	ROCKFISH,PACIFIC,MXD SP,RAW	94	1	35	60	0	0	19
15072	ROE,MIXED SPECIES,RAW	140	6	374	91	2	0	22
15207	ROE,MXD SP,CKD,DRY HEAT	204	7	479	117	2	0	29
18344	ROLLS,DINNER,EGG	307	6	50	545	52	4	10
18345	ROLLS,DINNER,OAT BRAN	236	4	0	413	40	4	10
18342	ROLLS,DINNER,PLN,COMMPLY PREP (INCL BROWN-AND-SERVE)	300	7	1	521	50	3	8
18396	ROLLS,DINNER,PLN,PREP FROM RECIPE,MADE W/LOFAT (2%) MILK	316	7	35	415	53	2	9
18346	ROLLS,DINNER,RYE	286	3	0	892	53	5	10

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18347	ROLLS,DINNER,WHEAT	273	6	0	340	46	4	9
18348	ROLLS,DINNER,WHOLE-WHEAT	266	4	0	478	51	8	9
18349	ROLLS,FRENCH	277	4	0	609	50	3	9
18351	ROLLS,HAMBURGER OR HOTDOG,MIXED-GRAIN	263	5	0	458	45	4	10
18350	ROLLS,HAMBURGER OR HOTDOG,PLN	279	4	0	479	49	2	10
18352	ROLLS,HAMBURGER OR HOTDOG,RED-CAL	196	2	0	442	42	6	8
18353	ROLLS,HARD (INCL KAISER)	293	3	0	544	53	2	10
43441	ROLLS,PUMPERNICKEL	277	2	0	569	53	5	11
09312	ROSE-APPLES,RAW	25	0	0	0	6		1
09311	ROSELLE,RAW	49	0	0	6	11		1
02036	ROSEMARY,DRIED	331	13	0	50	64	43	5
02063	ROSEMARY,FRESH	131	5	0	26	21	14	3
15232	ROUGHY,ORANGE,CKD,DRY HEAT	105	1	80	69	0	0	23
15073	ROUGHY,ORANGE,RAW	76	0	60	72	0	0	16
09428	ROWAL,RAW	111	0		4	24	6	2
11851	RUTABAGAS,CKD,BLD,DRND,W/SALT	39	0	0	254	9		1
11436	RUTABAGAS,CKD,BLD,DRND,WO/SALT	39	0	0	20	9	2	1
11435	RUTABAGAS,RAW	36	0	0	20	8	3	1
20062	RYE	335	2	0	6	70	15	15
20063	RYE FLOUR,DARK	324	2	0	1	69	23	14
20065	RYE FLOUR,LIGHT	367	1	0	2	80	15	8
20064	RYE FLOUR,MEDIUM	354	1	0	3	77	15	9
15208	SABLEFISH,COOKED,DRY HEAT	250	17	63	72	0	0	17
15074	SABLEFISH,RAW	195	13	49	56	0	0	13
15075	SABLEFISH,SMOKED	257	18	64	737	0	0	18
12021	SAFFLOWER SD KRNL,SD,DRIED	517	37	0	3	34		16
12022	SAFFLOWER SD MEAL,PART DEFATTED	342	2	0	3	49		36

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02037	SAFFRON	310	4	0	148	65	4	11
02038	SAGE,GROUND	315	11	0	11	61	40	11
43016	SALAD DRESSING,COLESLAW	390	32	26	710	24	0	1
04635	SALAD DRSNG,1000 ISLAND DRSNG,FAT-FREE	132	1	5	729	29	3	1
04023	SALAD DRSNG,1000 ISLAND DRSNG,RED FAT	204	10	1	831	22	1	1
04017	SALAD DRSNG,1000 ISLAND,COMM,REG	370	31	26	863	15	1	1
43331	SALAD DRSNG,BACON&TOMATO	326	33	4	1084	2	0	2
04140	SALAD DRSNG,BLUE + ROQUEFORT CHS,COMM,REG,WO/SALT	504	10	17	30	7	0	5
04539	SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,COMM,REG	504	50	17	1094	7	0	5
42192	SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,FAT-FREE	115	1	3	799	26	3	2
42153	SALAD DRSNG,BLUE OR ROQUEFORT CHS DRSNG,RED CAL	86	3	10	1610	13	0	2
43020	SALAD DRSNG,BLUE OR ROQUEFORT CHS,LO CAL	99	7	1	1200	3	0	5
43215	SALAD DRSNG,BTTRMLK,LITE	225	11	21	932	16	1	1
43015	SALAD DRSNG,CAESAR DRSNG,REG	528	55	2	1078	3	0	1
43021	SALAD DRSNG,CAESAR,LO CAL	110	4	2	1078	19	0	0
42230	SALAD DRSNG,COLESLAW DRSNG,RED FAT	329	19	25	1600	40	0	0
04120	SALAD DRSNG,FRENCH DRSNG,COMM,REG	457	35	0	836	16	0	1
04141	SALAD DRSNG,FRENCH DRSNG,COMM,REG,WO/ SALT	459	35	0	0	16	0	1
04367	SALAD DRSNG,FRENCH DRSNG,FAT-FREE	132	0	0	799	32	2	0
42171	SALAD DRSNG,FRENCH DRSNG,RED CAL	200	12	0	1000	27	0	0
04020	SALAD DRSNG,FRENCH DRSNG,RED FAT	232	12	0	804	29	1	1
04142	SALAD DRSNG,FRENCH DRSNG,RED FAT,WO/ SALT	233	12	0	30	29	1	1
04146	SALAD DRSNG,FRENCH,CTTNSD,OIL,HOME RECIPE	631	18	0	658	3	0	0
04133	SALAD DRSNG,FRENCH,HOME RECIPE	631	67	0	658	3	0	0
43017	SALAD DRSNG,GRN GODDESS,REG	427	39	40	867	7	0	2
04134	SALAD DRSNG,HOME RECIPE,CKD	157	9	57	734	15	0	4
04135	SALAD DRSNG,HOME RECIPE,VINEGAR&OIL	449	48	0	1	3	0	0

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04114	SALAD DRSNG,ITALIAN DRSNG,COMM,REG	291	24	0	1654	10	0	0
04143	SALAD DRSNG,ITALIAN DRSNG,COMM,REG,WO/ SALT	292	24	67	30	10	0	0
04636	SALAD DRSNG,ITALIAN DRSNG,FAT-FREE	47	1	2	1129	9	1	1
42140	SALAD DRSNG,ITALIAN DRSNG,RED CAL	200	19	0	1421	7	0	0
04021	SALAD DRSNG,ITALIAN DRSNG,RED FAT	75	4	6	1366	5	0	0
04144	SALAD DRSNG,ITALIAN DRSNG,RED FAT,WO/ SALT	76	4	6	30	5	0	0
04121	SALAD DRSNG,KRAFT FREE FAT FREE ITALIAN DRSNG	62	1	3	1302	11	1	1
04119	SALAD DRSNG,KRAFT FREE FAT FREE RANCH DRSNG	138	0	1	1011	31	1	1
04118	SALAD DRSNG,KRAFT LT DONE RIGHT! ITALIAN DRSNG	170	1	1	736	8	1	1
04117	SALAD DRSNG,KRAFT LT DONE RIGHT! RANCH DRSNG	256	2	28	1009	11	1	1
04013	SALAD DRSNG,KRAFT MAYO FAT FREE MAYO DRSNG	70	1	10	750	12	2	0
04011	SALAD DRSNG,KRAFT MAYO LT MAYO	334	5	35	797	9	0	1
04014	SALAD DRSNG,KRAFT MIRACLE WHIP FREE NONFAT DRSNG	84	1	9	788	16	2	0
04012	SALAD DRSNG,KRAFT MIRACLE WHIP LT DRSNG	231	3	26	821	14	0	1
04115	SALAD DRSNG,KRAFT RANCH DRSNG	510	8	28	990	5	0	1
04116	SALAD DRSNG,KRAFT ZESTY ITALIAN DRSNG	351	4	0	1630	6	1	0
43329	SALAD DRSNG,MAYO & MAYONNAISE-TYPE,LO CAL	263	18	26	691	24	0	1
43599	SALAD DRSNG,MAYO DRSNG,DIET,NO CHOL	390	32	0	711	24	0	1
04018	SALAD DRSNG,MAYO TYPE,REG,W/SALT	390	32	26	711	24	0	1
04028	SALAD DRSNG,MAYO,IMITN,MILK CRM	97	5	43	504	11	0	2
04027	SALAD DRSNG,MAYO,IMITN,SOYBN	232	18	24	497	16	0	0
04029	SALAD DRSNG,MAYO,IMITN,SOYBN WO/CHOL	482	46	0	353	16	0	0
04641	SALAD DRSNG,MAYO,LT	324	31	35	673	8	0	1
04025	SALAD DRSNG,MAYO,SOYBN OIL,W/SALT	717	74	38	568	4	0	1
04145	SALAD DRSNG,MAYO,SOYBN OIL,WO/SALT	717	72	59	30	3	0	1
04026	SALAD DRSNG,MAYO,SOYBN&SAFFLOWER OIL,W/SALT	717	77	59	568	3	0	1
42193	SALAD DRSNG,MAYONNAISE-LIKE,FAT-FREE	84	3	9	788	16	2	0

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42137	SALAD DRSNG,PEPPERCORN DRSNG,COMM,REG	564	58	49	1065	4	0	1
04639	SALAD DRSNG,RANCH DRSNG,COMM,REG	484	0	33	816	7	1	1
04638	SALAD DRSNG,RANCH DRSNG,FAT-FREE	119	0	7	755	27	0	0
04640	SALAD DRSNG,RANCH DRSNG,RED FAT	219	11	21	932	16	1	1
04015	SALAD DRSNG,RUSSIAN DRSNG	355	25	0	941	31	2	2
04022	SALAD DRSNG,RUSSIAN DRSNG,LO CAL	141	4	6	868	28	0	1
04016	SALAD DRSNG,SESAME SD DRSNG,REG	443	43	0	1000	9	1	3
43019	SALAD DRSNG,SWT&SOUR	15	0	0	208	4	0	0
07068	SALAMI CKD BF	258	22	71	1140	2	0	13
07926	SALAMI ITALIAN PORK	425	35	80	1890	1	0	22
07941	SALAMI ITALIAN PORK & BF DRY SLICED 50% LESS NA	350	25	89	936	6	0	22
07913	SALAMI PORK BF LESS NA	399	27	90	623	7	0	15
07069	SALAMI,CKD,BF&PORK	250	19	65	1065	2	0	14
07070	SALAMI,COOKED,TURKEY	152	8	76	1004	0	0	15
07071	SALAMI,DRY OR HARD,PORK	407	32	79	2260	2	0	23
07072	SALAMI,DRY OR HARD,PORK,BF	385	28	100	2010	4	0	23
15237	SALMON,ATLANTIC,FARMED,CKD,DRY HEAT	206	11	63	61	0	0	22
15236	SALMON,ATLANTIC,FARMED,RAW	183	10	59	59	0	0	20
15209	SALMON,ATLANTIC,WILD,CKD,DRY HEAT	182	7	71	56	0	0	25
15076	SALMON,ATLANTIC,WILD,RAW	142	6	55	44	0	0	20
15210	SALMON,CHINOOK,CKD,DRY HEAT	231	12	85	60	0	0	26
15078	SALMON,CHINOOK,RAW	179	10	50	47	0	0	20
15077	SALMON,CHINOOK,SMOKED	117	4	23	784	0	0	18
15179	SALMON,CHINOOK,SMOKED,(LOX),REG	117	4	23	2000	0	0	18
15211	SALMON,CHUM,CKD,DRY HEAT	154	4	95	64	0	0	26
15180	SALMON,CHUM,CND,WO/SALT,DRND SOL W/BONE	141	5	39	75	0	0	21
15080	SALMON,CHUM,DRND SOL W/BONE	141	5	39	487	0	0	21

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15079	SALMON,CHUM,RAW	120	3	74	50	0	0	20
15239	SALMON,COHO,FARMED,CKD,DRY HEAT	178	8	63	52	0	0	24
15238	SALMON,COHO,FARMED,RAW	160	7	51	47	0	0	21
15247	SALMON,COHO,WILD,CKD,DRY HEAT	139	4	55	58	0	0	23
15082	SALMON,COHO,WILD,CKD,MOIST HEAT	184	7	57	53	0	0	27
15081	SALMON,COHO,WILD,RAW	146	5	45	46	0	0	22
15212	SALMON,PINK,CKD,DRY HEAT	149	4	67	86	0	0	26
15260	SALMON,PINK,CND,DRND SOL W/BONE	136	3	82	399	0	1	23
15084	SALMON,PINK,CND,SOL W/BONE&LIQ	139	5	55	554	0	0	20
15181	SALMON,PINK,CND,WO/SALT,SOL W/BONE&LIQ	139	5	55	75	0	0	20
15083	SALMON,PINK,RAW	116	3	52	67	0	0	20
15086	SALMON,SOCKEYE,CKD,DRY HEAT	216	10	87	66	0	0	27
15087	SALMON,SOCKEYE,CND,DRND SOL W/BONE	166	6	44	360	0	0	23
15182	SALMON,SOCKEYE,CND,WO/SALT,DRND SOL W/BONE	153	7	44	75	0	0	20
15085	SALMON,SOCKEYE,RAW	168	7	62	47	0	0	21
11437	SALSIFY,(VEG OYSTER),RAW	82	0	0	20	19	3	3
11852	SALSIFY,CKD,BLD,DRND,W/SALT	68	0	0	252	15	3	3
11438	SALSIFY,CKD,BLD,DRND,WO/SALT	68	0	0	16	15	3	3
02047	SALT, TABLE	0	0	0	38758	0	0	0
04030	SANDWICH SPRD,W/CHOPD PICKLE,REG,UNSPEC OILS	389	33	76	1000	22	0	1
43135	SANDWICH SPREAD,MEATLESS	149	8	0	630	9	3	8
07073	SANDWICH SPREAD,PORK,BEEF	235	16	38	1013	12	0	8
21096	SANDWICHES&BURGERS,CHEESEBURGER,LRG,SINGLE MEAT PATTY,PLN	329	16	52	859	26		16
21089	SANDWICHES&BURGERS,CHEESEBURGER,REG,SINGLE MEAT PATTY,PLN	313	14	49	490	31		14
21097	SANDWICHES&BURGERS,CHSBURGER,LRG,SNGLE PATTY,W/BACON&CONDMN	312	17	57	535	19		16
21112	SANDWICHES&BURGERS,HAMBURGER,LRG,SINGLE MEAT PATTY,PLN	311	15	52	346	23		17
21113	SANDWICHES&BURGERS,HAMBURGER,LRG,SINGLE PATTY,W/CONDMNT&VEG	235	11	40	378	18		12

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21122	SANDWICHES&BURGERS,RST BF SNDWCH W/CHS	269	9	44	928	26		18
21123	SANDWICHES&BURGERS,STEAK SNDWCH	225	6	36	391	25		15
09313	SAPODILLA,RAW	83	1	0	12	20	5	0
09314	SAPOTES,(MARMALADE PLUM),RAW	134	0	0	10	34	3	2
15088	SARDINE,ATLANTIC,CND IN OIL,DRND SOL W/BONE	208	11	142	505	0	0	25
15089	SARDINE,PACIFIC,CND IN TOMATO SAU,DRND SOL W/BONE	186	10	61	414	1	0	21
06960	SAUCE,ALFREDO MIX,DRY	535	35	56	2590	37	2	15
06150	SAUCE,BARBECUE SAUCE	75	2	0	815	13	1	2
06975	SAUCE,BARBEQUE,LO NA,COMMLY CND	75	2	0	133	13	3	2
06102	SAUCE,BEARNAISE,DEHYD,DRY	362	9	1	3390	60		14
06720	SAUCE,CHS SAU MIX,DRY	438	16	23	3202	61	1	8
06103	SAUCE,CHS,DEHYD,DRY	448	24	51	4110	34	1	23
06930	SAUCE,CHS,RTS	174	12	29	828	7	1	7
06721	SAUCE,CPC,KNORR ALFREDO SAU,DRY MIX	412	19	36	4868	48		15
06104	SAUCE,CURRY,DEHYD,DRY	427	22	1	4080	51		9
06710	SAUCE,CUSTOM FOODS,RED LABEL ALLPURP ITALIAN SAU MIX,DRY	346	4	1	6416	76	5	3
06716	SAUCE,CUSTOM FOODS,SUPERB INST CHEDDAR CHS SAU MIX,DRY	423	18	27	4825	57	4	8
06715	SAUCE,CUSTOM FOODS,SUPERB INST NACHO CHS SAU MIX,DRY	420	18	21	5164	56	3	8
06179	SAUCE,FISH,READY-TO-SERVE	35	0	0	7720	4	0	5
06175	SAUCE,HOISIN,RTS	220	3	3	1615	44	3	3
06155	SAUCE,HOLLANDAISE,W/BUTTER FAT,DEHYD,DRY	554	43	118	3650	32	1	11
06555	SAUCE,HOLLANDAISE,W/BUTTERFAT,DEHYD,PREP W/H2O	92	7	20	604	5	0	2
06154	SAUCE,HOLLANDAISE,W/VEG OIL,DEHYD,DRY	374	9	1	2600	62	1	14
06166	SAUCE,HOMEMADE,WHITE,MED	147	10	7	354	9	0	4
06167	SAUCE,HOMEMADE,WHITE,THICK	186	13	6	373	12	0	4
06165	SAUCE,HOMEMADE,WHITE,THIN	105	6	8	328	7	0	4
06308	SAUCE,KRAFT BARBECUE SAU HICKORY SMOKE	116	0	0	1228	26	1	1

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06307	SAUCE,KRAFT BARBECUE SAU ORIGINAL	116	0	0	1248	26	1	1
06277	SAUCE,LA VICTORIA,CHEDDAR CHS SAU	161	12	3	971	9	0	2
06273	SAUCE,LA VICTORIA,GRN SALSA JALAPENA	32	0	0	600	5	1	1
06139	SAUCE,LA VICTORIA,LA VICTORIA CHUNKY CHILI DIP,SALSA,CND	31	0		493	7	1	1
06275	SAUCE,LA VICTORIA,LA VICTORIA ENCHILADA SAU	33	0	0	658	5	1	0
06269	SAUCE,LA VICTORIA,LA VICTORIA GRN CHILE SALSA,MILD	25	0		574	4	0	1
06260	SAUCE,LA VICTORIA,LA VICTORIA GRN TACO SAU,MED	30	0	0	634	6	1	1
06259	SAUCE,LA VICTORIA,LA VICTORIA GRN TACO SAU,MILD	30	0	0	634	6	1	1
06258	SAUCE,LA VICTORIA,LA VICTORIA RED TACO SAU,MED	42	0	0	655	8	1	1
06257	SAUCE,LA VICTORIA,LA VICTORIA RED TACO SAU,MILD	42	0	0	655	8	1	1
06266	SAUCE,LA VICTORIA,LA VICTORIA SALSA PICANTE,MED	28	0	0	499	5	1	1
06265	SAUCE,LA VICTORIA,LA VICTORIA SALSA PICANTE,MILD	27	0	0	596	5	0	1
06263	SAUCE,LA VICTORIA,LA VICTORIA SALSA RANCHERA,HOT	30	0	0	563	5	0	1
06268	SAUCE,LA VICTORIA,LA VICTORIA SALSA SUPREMA,MED	26	0	0	550	5	1	1
06267	SAUCE,LA VICTORIA,LA VICTORIA SALSA SUPREMA,MILD	27	0	0	587	5	1	1
06262	SAUCE,LA VICTORIA,LA VICTORIA SALSA VICTORIA,HOT	24	0	0	541	4	1	1
06272	SAUCE,LA VICTORIA,LA VICTORIA THICK 'N CHUNKY SALSA,HOT	28	0	0	436	5	1	2
06271	SAUCE,LA VICTORIA,LA VICTORIA THICK 'N CHUNKY SALSA,MED	25	0	0	525	4	1	1
06270	SAUCE,LA VICTORIA,LA VICTORIA THICK 'N CHUNKY SALSA,MILD	26	0	0	519	5	1	1
06276	SAUCE,LA VICTORIA,MOLE POBLANO	421	0	0	3240	50	16	15
06278	SAUCE,LA VICTORIA,NACHO CHS SAU W/JALAPENO PEPPERS,MED	170	13	5	765	10	0	2
06274	SAUCE,LA VICTORIA,RED SALSA JALAPENA	40	0	0	487	7	1	1
06261	SAUCE,LA VICTORIA,SALSA BRAVA,HOT	40	0	0	648	6	0	1
06933	SAUCE,LIPTON,RAGU OLD WORLD STYLE SMOOTH PASTA SAU,TRAD,JAR	64	2		605	10	2	2
06137	SAUCE,MOLE POBLANO,DRY MIX,SINGLE BRAND	571	0		1164	42	10	7
06136	SAUCE,MOLE POBLANO,PREP FROM RECIPE	164	0		134	13	4	4
06106	SAUCE,MUSHROOM,DEHYD,DRY	349	9	0	6230	55		14

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**USDA FOOD LIST  
FOOD DESCRIPTION**

CAL

FAT

CHOL

SODIUM

CARB

FIBER

PROT

PER 100 GRAMS

NDB_No		CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
06921	SAUCE,NESTLE,CHEF-MATE BASIC CHEDDAR CHS SAU,RTS	132	3	10	760	13	0	3
06908	SAUCE,NESTLE,CHEF-MATE GOLDEN CHS SAU,RTS	220	17	46	796	4	1	11
06156	SAUCE,NESTLE,CHEF-MATE HOT DOG CHILI SAU,RTS	110	3	7	633	15	3	4
06907	SAUCE,NESTLE,CHEF-MATE SHARP CHEDDAR CHS SAU,READY-TO -SERVE	211	16	36	751	3	1	9
06130	SAUCE,NESTLE,LJ MINOR ALLPURP STIR FRY SAU,RTS	108	4	0	1556	16	0	2
06903	SAUCE,NESTLE,LJ MINOR CREOLE SAU,RTS	40	1	0	547	6	1	1
06181	SAUCE,NESTLE,LJ MINOR ITALIAN SAU,RTS	98	2	0	490	18	1	2
06905	SAUCE,NESTLE,LJ MINOR LEMON SAU,RTS	134	1	0	8	32	0	0
06131	SAUCE,NESTLE,LJ MINOR SWT N' SOUR GLAZE,RTS	158	0	0	717	39	0	0
06132	SAUCE,NESTLE,LJ MINOR SWT N' SOUR SAU,RTS	122	2	0	353	25	1	0
06129	SAUCE,NESTLE,LJ MINOR TERIYAKI SAU,RTS	130	3	0	996	23	0	1
06153	SAUCE,NESTLE,ORTEGA ENCHILADA SAUCE,RTS	50	2	0	258	7	1	1
06909	SAUCE,NESTLE,ORTEGA MILD NACHO CHS SAU,RTS	189	15	32	781	4	1	7
06910	SAUCE,NESTLE,ORTEGA NACHO CHS SAU,RTS	203	9	46	920	6	1	8
06157	SAUCE,NESTLE,ORTEGA PICANTE SAUCE,RTS	34	0	0	840	7	0	1
06922	SAUCE,NESTLE,QUE BUENO JALAPENO CHS SAU,RTS	129	7	10	907	12	0	3
06711	SAUCE,NESTLE,TRIO ALFREDO SAU MIX,DRY	535	35	56	2590	37	2	15
06713	SAUCE,NESTLE,TRIO CHS SAU MIX,DRY	446	20	19	2580	61	0	7
06714	SAUCE,NESTLE,TRIO NACHO CHS SAU MIX,DRY	428	15	17	2820	63	1	9
06176	SAUCE,OYSTER,RTS	51	0	0	2733	11	0	1
06931	SAUCE,PASTA,SPAGHETTI/MARINARA,RTS	74	2	0	481	11	0	2
06151	SAUCE,PLUM,READY-TO-SERVE	184	1	0	538	43	1	1
06932	SAUCE,PREGO 100% NAT SPAGHETTI SAU,TRADITIONAL,JAR	105	1	0	430	16	3	2
06140	SAUCE,RIDG'S,BULLS-EYE ORIGINAL BARBECUE SAU	175	0		838	42		1
06168	SAUCE,RTS,PEPPER OR HOT	11	0	0	2643	2	0	1
06169	SAUCE,RTS,PEPPER,TABASCO	12	1	0	633	1	1	1
06164	SAUCE,RTS,SALSA	27	0	0	600	6	2	2

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06142	SAUCE,SOFRITO,PREP FROM RECIPE	237	0		1145	5	2	13
06148	SAUCE,SOUR CRM,DEHYD,DRY	512	30	80	1260	48		16
06108	SAUCE,SPAGHETTI W/MUSHROOMS,DEHYD,DRY	304	9	28	9420	49		10
06107	SAUCE,SPAGHETTI,DEHYD,DRY	281	1	0	8480	64	3	6
06976	SAUCE,SPAGHETTI,LO NA	109	4	0	30	16	3	2
06109	SAUCE,STROGANOFF,DEHYD,DRY	351	9	25	4050	58	1	12
06110	SAUCE,SWT&SOUR,DEHYD,DRY	389	0	0	1030	96	2	1
06111	SAUCE,TERIYAKI,DEHYD,DRY	283	2	0	10400	60	2	9
06112	SAUCE,TERIYAKI,RTS	84	0	0	3833	16	0	6
06189	SAUCE,TERIYAKI,RTS,RED NA	84	0	0	1778	16	0	6
06141	SAUCE,TEXAS BEST BARBECUE SAU ORIGINAL RECIPE	131	2	0	984	13		2
06973	SAUCE,TOMATO CHILI SAU,BTLD,NO SALT,LO NA	104	0	0	20	29	1	3
06972	SAUCE,TOMATO CHILI SAU,BTLD,W/SALT	104	0	0	1338	20	6	3
06113	SAUCE,WHITE,DEHYD,DRY	463	26	1	3410	51	3	11
06971	SAUCE,WORCESTERSHIRE	67	0	0	980	19	0	0
43350	SAUERKRAUT,CND,LO NA	22	0	0	308	4	3	1
11439	SAUERKRAUT,CND,SOL&LIQUIDS	19	0	0	661	4	3	1
07004	SAUSAGE BERLINER PORK BF	230	16	46	1297	3	0	15
07928	SAUSAGE CHICK BF PORK SKINLESS SMOKED	216	13	120	1034	8	0	14
07914	SAUSAGE ITALIAN SWT LINKS	149	7	30	570	2	0	16
07927	SAUSAGE ITALIAN TURKEY SMOKED	158	0	53	928	5	1	15
07915	SAUSAGE POLISH BF W/CHICK HOT	259	19	66	1540	4	0	18
07916	SAUSAGE POLISH PORK & BF SMOKED	301	24	71	848	2	0	12
07917	SAUSAGE PORK & BF W/CHEDDAR CHS SMOKED	296	25	63	848	2	0	13
07918	SAUSAGE SMMR PORK & BF STKS W/CHEDDAR CHS	426	27	89	1483	2	0	19
07919	SAUSAGE TURKEY BRKFST LINKS MILD	235	16	60	585	2	0	15
07929	SAUSAGE TURKEY HOT SMOKED	158	8	53	928	5	1	15

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21306	Sausage Griddle Cake Sandwich	318	16	24	737	31	1	8
42262	SAUSAGE,CHICK&BF,SMOKED	296	22	70	1020	0	0	19
07089	SAUSAGE,ITALIAN,PORK,CKD	344	25	57	1207	4	0	19
07036	SAUSAGE,ITALIAN,PORK,RAW	346	30	76	731	1	0	14
16107	SAUSAGE,MEATLESS	257	17	0	888	10	3	19
07075	SAUSAGE,SMOKED LINK SAUSAGE,PORK & BF	320	26	58	911	2	0	12
07083	SAUSAGE,VIENNA,CND,CHICK,BF,PORK	230	18	87	969	3	0	11
02039	SAVORY,GROUND	272	3	0	24	69	46	7
90240	SCALLOP,(BAY&SEA),CKD,STMD	112	1	53	265	0	0	23
15172	SCALLOP,MIXED SPECIES,RAW	88	0	33	161	2	0	17
15173	SCALLOP,MXD SP,CKD,BREADED&FRIED	215	10	61	464	10		18
15174	SCALLOP,MXD SP,IMITN,MADE FROM SURIMI	99	0	22	795	11	0	13
22595	SCRAMBLED EGGS&SAUSAGE W/HASHED BROWN POTATOES,FRZ BRKFST	204	13	160	436	10	1	7
07951	SCRAPPLE,PORK	213	13	49	659	14	0	8
15213	SCUP,COOKED,DRY HEAT	135	0	67	54	0	0	24
15090	SCUP,RAW	105	2	52	42	0	0	19
15092	SEA BASS,MXD SP,CKD,DRY HEAT	124	2	53	87	0	0	24
15091	SEA BASS,MXD SP,RAW	97	2	41	68	0	0	18
35070	SEA CUCUMBER,YANE (ALASKA NATIVE)	68	0			3		13
35055	SEAL,BEARDED (OOGROK),MEAT,AIR-DRIED (ALASKA NATIVE)	351	2			0		83
35056	SEAL,BEARDED (OOGROK),MEAT,RAW (ALASKA NATIVE)	110	0	100		0		27
35072	SEAL,RINGED,LIVER,(ALASKA NATIVE)	116	3			3		19
35071	SEAL,RINGED,MEAT (ALASKA NATIVE)	142	3	90	11	0		28
15214	SEATROUT,MXD SP,CKD,DRY HEAT	133	3	106	74	0	0	21
15093	SEATROUT,MXD SP,RAW	104	3	83	58	0	0	17
11663	SEAWEED,AGAR,DRIED	306	0	0	102	81	8	6
11442	SEAWEED,AGAR,RAW	26	0	0	9	7	1	1

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11444	SEAWEED,IRISHMOSS,RAW	49	0	0	67	12	1	2
11445	SEAWEED,KELP,RAW	43	0	0	233	10	1	2
11446	SEAWEED,LAVER,RAW	35	0	0	48	5	0	6
11667	SEAWEED,SPIRULINA,DRIED	290	5	0	1048	24	4	57
11666	SEAWEED,SPIRULINA,RAW	26	0	0	98	2		6
11669	SEAWEED,WAKAME,RAW	45	0	0	872	9	1	3
12220	SEEDS,FLAXSEED	534	40	0	30	29	27	18
20066	SEMOLINA,ENRICHED	360	1	0	1	73	4	13
20466	SEMOLINA,UNENRICHED	360	1	0	1	73	4	13
12169	SESAME BUTTER,PASTE	595	49	0	12	25	6	18
12198	SESAME BUTTER,TAHINI,FROM RAW&STONE GROUND KRNL	570	46	0	74	26	9	18
12166	SESAME BUTTER,TAHINI,FROM RSTD&TSTD KRNL (MOST COMMON TYPE)	595	51	0	115	21	9	17
12171	SESAME BUTTER,TAHINI,FROM UNROASTED KRNL	607	54	0	1	18	9	18
12698	SESAME BUTTER,TAHINI,KRNL UNSPEC	592	51	0	35	22	5	17
12170	SESAME FLOUR,HIGH-FAT	526	35	0	41	27		31
12033	SESAME FLOUR,LOW-FAT	333	1	0	39	36		50
12032	SESAME FLR,PART DEFATTED	382	11	0	41	35		40
12034	SESAME MEAL,PART DEFATTED	567	46	0	39	26		17
12201	SESAME SD KRNL,DRIED (DECORT)	631	58	0	47	12	12	20
12529	SESAME SD KRNL,TSTD,W/SALT (DECORT)	567	46	0	588	26	17	17
12029	SESAME SD KRNL,TSTD,WO/SALT (DECORT)	567	46	0	39	26	17	17
12024	SESAME SEEDS,WHL,RSTD&TSTD	565	46	0	11	26	14	17
12023	SESAME SEEDS,WHOLE,DRIED	573	47	0	11	23	12	18
19418	SESAME STKS,WHEAT-BASED,SALTED	541	35	0	1488	47	3	11
19820	SESAME STKS,WHEAT-BASED,UNSALTED	541	35	0	29	47		11
11922	SESBANIA FLOWER,CKD,STMD,W/SALT	21	0	0	247	5		1
11448	SESBANIA FLOWER,CKD,STMD,WO/SALT	22	0	0	11	5		1

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11447	SESBANIA FLOWER,RAW	27	0	0	15	7		1
15215	SHAD,AMERICAN,CKD,DRY HEAT	252	0	96	65	0	0	22
15094	SHAD,AMERICAN,RAW	197	12	75	51	0	0	17
14428	SHAKE,FAST FD,STRAWBERRY	113	2	11	83	19	0	3
14346	SHAKE,FAST FOOD,CHOCOLATE	127	4	13	97	21	2	3
14347	SHAKE,FAST FOOD,VANILLA	148	6	23	81	20	1	3
11640	SHALLOTS,FREEZE-DRIED	348	0	0	59	81		12
11677	SHALLOTS,RAW	72	0	0	12	17		3
15095	SHARK,MIXED SPECIES,RAW	130	4	51	79	0	0	21
15096	SHARK,MXD SP,CKD,BATTER-DIPPED&FRIED	228	13	59	122	6	0	19
15098	SHEEPSHEAD,CKD,DRY HEAT	126	1	64	73	0	0	26
15097	SHEEPSHEAD,RAW	108	2	50	71	0	0	20
19097	SHERBET,ORANGE	144	2	0	46	30	3	1
04546	SHORTENING BREAD,SOYBN (HYDR)&CTTNSD	884	96	0	0	0	0	0
04548	SHORTENING CAKE MIX,SOYBN (HYDR)&CTTNSD (HYDR)	884	96	0	0	0	0	0
04551	SHORTENING CONFECTIONERY,COCNT (HYDR)&OR PALM KERNEL (HYDR)	884	95	0	0	0	0	0
04550	SHORTENING FRYING (HVY DUTY),BF TALLOW&CTTNSD	900	92	100	0	0	0	0
04556	SHORTENING FRYING (HVY DUTY),PALM (HYDR)	884	96	0	0	0	0	0
04547	SHORTENING FRYING (REG),SOYBN (HYDR)&CTTNSD (HYDR)	884	96	0	0	0	0	0
04560	SHORTENING FRYING HVY DUTY,SOYBN HYDR,LINOLEIC (LESS THAN 1%	884	95	0	0	0	0	0
04552	SHORTENING FRYING HVY DUTY,SOYBN HYDR,LINOLEIC 30% W/SILICON	884	96	0	0	0	0	0
04559	SHORTENING HOUSEHOLD SOYBN (HYDR)&PALM	884	94	0	0	0	0	0
04549	SHORTENING INDUSTRIAL,LARD&VEG OIL	900	96	56	0	0	0	0
04554	SHORTENING INDUSTRIAL,SOYBN (HYDR)&CTTNSD	884	96	0	0	0	0	0
04570	SHORTENING,CONFECTIONERY,FRACTIONATED PALM	884	96	0	0	0	0	0
04615	SHORTENING,HOUSEHOLD,COMP	884	96	0	0	0	0	0
04544	SHORTENING,HOUSEHOLD,LARD&VEG OIL	900	96	56	0	0	0	0

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04031	SHORTENING,HOUSEHOLD,SOYBN (HYDR) -COTTONSEED (HYDR)	884	96	0	0	0	0	0
04667	SHORTENING,INDUS,SOY (PART HYDR ) FOR BAKING & CONFECTIONS	884	95	0	0	0	0	0
04649	SHORTENING,INDUS,SOY (PART HYDROG),POURABLE LIQ FRY	884	95	0	0	0	0	0
04666	SHORTENING,INDUSTRIAL,SOY (PARTIALLY HYDR )&CORN FOR FRYING	884	94	0	0	0	0	0
04616	SHORTENING,INSTITUTIONAL,COMP	894	96	0	0	0	0	0
04595	SHORTENING,MULTIPURPOSE,SOYBN (HYDR)&PALM (HYDR)	884	96	0	0	0	0	0
04587	SHORTENING,SPL PURPOSE FOR BAKING,SOYBN (HYDR) PALM&CTTNSD	884	96	0	0	0	0	0
04586	SHORTENING,SPL PURPOSE FOR CAKES&FROSTINGS,SOYBN (HYDR)	884	95	0	0	0	0	0
15149	SHRIMP,MIXED SPECIES,RAW	106	1	152	148	1	0	20
15150	SHRIMP,MXD SP,CKD,BREADED&FRIED	242	11	177	344	11	0	21
15151	SHRIMP,MXD SP,CKD,MOIST HEAT	99	1	195	224	0	0	21
15152	SHRIMP,MXD SP,CND	100	1	252	777	0	0	20
15153	SHRIMP,MXD SP,IMITN,MADE FROM SURIMI	101	1	36	705	9	0	12
			0					
21140	SIDE DISHES,POTATO SALAD	114	6	60	328	14		2
12193	SISYMBRIUM SP. SEEDS,WHL,DRIED	318	4	0	92	58		12
15100	SMELT,RAINBOW,CKD,DRY HEAT	124	3	90	77	0	0	23
15099	SMELT,RAINBOW,RAW	97	2	70	60	0	0	18
07074	SMOKED LINK SAUSAGE,PORK	389	30	68	1500	2	0	22
07076	SMOKED LINK SAUSAGE,PORK&BF,FLR&NONFAT DRY MILK	304	20	65	1272	0	0	13
07077	SMOKED LINK SAUSAGE,PORK&BF,NONFAT DRY MILK	313	25	65	1173	2	0	13
19056	Snacks, tortilla chips, plain, white corn	488	22	0	421	65	5	8
19407	SNACKS,BF STKS,SMOKED	550	46	133	1480	5		22
19804	SNACKS,CORN-BASE,EXTRUD,CHIPS,BARBECUE-FLAVOR,W/ENR MASA FLR	523	30	0	763	56		7
19802	SNACKS,CORN-BASED,EXTRDD,PUFFS OR TWISTS,CHEESE-FLAVOR,UNENR	558	35	4	896	54	2	6
43447	SNACKS,CORN-BASED,EXTRUDED,CHIPS,UNSALTED	557	30	0	15	57	4	7
19272	SNACKS,FARLEY CANDY,FARLEY FRUIT SNACKS,W/VITAMINS A,C,&E	341	0		36	81		4

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19269	SNACKS,GENERAL MILLS,BETTY CROCKER FRT RL UPS,BRY FLV,W/WT C	373	3		317	85		0
19435	SNACKS,GRANOLA BAR,FRUIT-FILLED,NONFAT	342	1	0	16	78	7	6
19441	SNACKS,KELLOGG,KELLOGG'S NUTRI-GRAIN CRL BARS,FRUIT	368	7	0	297	73	2	4
19438	SNACKS,KELLOGG,KELLOGG'S RICE KRISPIES TREATS SQUARES	414	9	0	351	81	1	3
19439	SNACKS,KELLOGG'S LOFAT GRANOLA BAR,CRUNCHY ALMD/BRN SUGAR	390	7	0	291	78	6	8
19049	SNACKS,M&M MARS,COMBOS SNACKS CHEDDAR CHS PRETZEL	463	0	5	1117	67		10
19440	SNACKS,M&M MARS,KUDOS WHL GRAIN BARS,CHOC CHIP	437	16	136	280	68	4	6
19035	SNACKS,POPCORN,OIL-POPPED,MICROWAVED	541	32	0	800	58	8	7
19423	SNACKS,POTATO CHIPS,FAT-FREE,MADE W/OLESTRA	265	1	0	652	59	4	7
19445	SNACKS,POTATO CHIPS,RESTRUCTURED,FAT-FREE,MADE W/OLESTRA	253	1	0	553	56	7	6
19814	SNACKS,PRETZELS,HARD,PLN,MADE W/ ENR FLR,UNSALTED	381	3	0	289	79	3	9
19273	SNACKS,SUNKIST,SUNKIST FRUIT ROLL,STRAWBERRY,W/ITMNS A,C,&E	342	0		111	83	8	1
19444	SNACKS,TORTILLA CHIPS,LOFAT,MADE W/OLESTRA,NACHO CHS	320	4	2	792	63	4	8
43566	SNACKS,TORTILLA CHIPS,LT (BAKED W/ LESS OIL)	465	14	3	1003	73	6	9
19057	SNACKS,TORTILLA CHIPS,NACHO-FLAVOR	508	25		615	61	5	8
19857	SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,MADE W/ENR MASA FLR	498	24	3	708	62	5	8
19424	SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,RED FAT	445	14	3	1003	72	5	9
19058	SNACKS,TORTILLA CHIPS,RANCH-FLAVOR	501	24		519	63	4	7
43364	SNACKS,TORTILLA CHIPS,UNSALTED,WHITE CORN	488	22	0	15	65	5	8
90560	SNAIL,RAW	90	1	50	70	2	0	16
15101	SNAPPER,MIXED SPECIES,RAW	100	1	37	64	0	0	21
15102	SNAPPER,MXD SP,CKD,DRY HEAT	128	1	47	57	0	0	26
14123	SNAPPLE,SNAPPLE KIWI STRAWBERRY COCKTAIL,RTD	48	0	0	3	12	0	0
19251	SOKOL,SOLO POPPY SD FILLING	332	8		74	58		5
20067	SORGHUM	339	3	0	6	75	6	11
06984	Soup, Swanson chickne broth	4	0	0	409	0	0	1
06731	SOUP,BEAN W/BACON,COND,SINGLE BRAND	117	2	3	736	18	5	7

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06074	SOUP,BEAN W/BACON,DEHYD,DRY MIX	370	7	11	3275	58	31	19
06474	SOUP,BEAN W/BACON,DEHYD,PREP W/H2O	40	1	1	350	6	3	2
06006	SOUP,BEAN W/FRANKFURTERS,CND,COND,COMM	142	5	9	831	17	5	8
06406	SOUP,BEAN W/FRANKFURTERS,CND,PREP W/EQ VOLUME H2O,COMM	75	3	5	437	9		4
06007	SOUP,BEAN W/HAM,CND,CHUNKY,RTS,COMM	95	3	9	400	11	5	5
06004	SOUP,BEAN W/PORK,CND,COND,COMM	129	4	2	709	17	6	6
06404	SOUP,BEAN W/PORK,CND,PREP W/EQ VOLUME H2O,COMM	68	2	1	376	9	3	3
06190	SOUP,BEAN&HAM,CND,RED NA,PREP W/H2O OR RTS	74	1	2	187	14	4	4
06076	SOUP,BEEF BROTH,CUBED,DRY	170	4	4	24000	16	0	17
06032	SOUP,BF BROTH BOUILLON&CONSOMME,CND,COND,COMM	24	0	0	520	1	0	4
06008	SOUP,BF BROTH OR BOUILLON CND,RTS	7	0	0	326	0	0	1
06075	SOUP,BF BROTH OR BOUILLON,PDR,DRY	238	8	10	16982	24	0	16
06475	SOUP,BF BROTH OR BOUILLON,PDR,PREP W/H2O	8	0	0	558	1	0	1
06432	SOUP,BF BROTH,BOUILLON,CONSOMME,PREP W/EQ VOLUME H2O,COMM	12	0	0	264	1	0	2
06732	SOUP,BF BROTH,CND,COND,SINGLE BRAND	18	0	1	769	0		3
06476	SOUP,BF BROTH,CUBED,PREP W/H2O	3	0	0	480	0	0	0
06147	SOUP,BF MUSHROOM,CND,COND,COMM	61	2	5	773	5	0	5
06547	SOUP,BF MUSHROOM,CND,PREP W/EQ VOLUME H2O,COMM	30	1	3	386	3	0	2
06077	SOUP,BF NOODLE MIX,DEHYD,DRY FORM	330	6	13	8408	49	3	18
06009	SOUP,BF NOODLE,CND,COND,COMM	67	2	4	759	7	1	4
06409	SOUP,BF NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	34	1	2	390	4	0	2
06477	SOUP,BF NOODLE,DEHYD,PREP W/H2O	16	0	1	415	2	0	1
06980	SOUP,BF STROGANOFF,CND,CHUNKY STYLE,RTS	98	4	21	435	9	1	5
06749	SOUP,BF W/COUNTRY VEG,CHUNKY,RTS,SINGLE BRAND	63	1	10	357	7		5
06733	SOUP,BF W/VEG&BARLEY,CND,COND,SINGLE BRAND	61	1	6	707	8		4
06070	SOUP,BF,CND,CHUNKY,RTS	71	2	6	361	8	1	5
06978	SOUP,BF&MUSHROOM,LO NA,CHUNK STYLE	69	2	6	25	10	0	4

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06002	SOUP,BLACK BEAN,CND,COND,COMM	91	1	0	970	15	7	5
06402	SOUP,BLACK BEAN,CND,PREP W/EQ VOLUME H2O,COMM	47	1	0	485	8	2	2
06981	SOUP,BOUILLON CUBES&GRANULES,LO NA,DRY	438	13	13	1067	65	0	17
06584	SOUP,BROCCOLI CHS,CND,COND,COMM	87	5	4	683	8	2	2
06194	SOUP,CAMPBELL,HEALTHY REQUEST CHICK BROTH,CND,RTS	7	0	0	158	0	0	1
06059	SOUP,CAMPBELL'S CHICK NOODLE,CND,COND	51	1	9	751	7	1	3
06029	SOUP,CAMPBELL'S HEALTHY REQUEST CHICK W/RICE,CND,COND	49	1	6	338	7	1	2
06195	SOUP,CAMPBELL'S HEALTHY REQUEST CRM OF CHICK,CND,RTS	58	1	6	357	10	0	2
06193	SOUP,CAMPBELL'S HEALTHY REQUEST SPLIT PEA W/HAM,CND,RTS	68	1	3	196	11	2	4
06078	SOUP,CAULIFLOWER,DEHYD,DRY MIX	360	9	2	4450	57		15
06478	SOUP,CAULIFLOWER,DEHYD,PREP W/H2O	27	1	0	329	4		1
06081	SOUP,CHICK BROTH CUBES,DEHYD,DRY	198	5	13	24000	24	0	15
06481	SOUP,CHICK BROTH CUBES,DEHYD,PREP W/H2O	5	0	0	326	1		0
06080	SOUP,CHICK BROTH OR BOUILLON,DEHYD,DRY	267	13	13	18586	18	0	17
06480	SOUP,CHICK BROTH OR BOUILLON,DEHYD,PREP W/H2O	9	0	0	608	1	0	1
06013	SOUP,CHICK BROTH,CND,COND,COMM	31	1	1	626	1	0	4
06183	SOUP,CHICK BROTH,CND,LESS/REDUCED NA	7	0	0	231	0	0	1
06413	SOUP,CHICK BROTH,CND,PREP W/EQ VOLUME H2O,COMM	16	1	0	318	0	0	2
06970	SOUP,CHICK BROTH,LO NA,CND	16	1	0	30	1	0	2
06725	SOUP,CHICK CORN CHOWDER,CHUNKY,RTS,SINGLE BRAND	99	5	11	299	8	1	3
06017	SOUP,CHICK GUMBO,CND,COND,COMM	45	1	3	761	7	2	2
06417	SOUP,CHICK GUMBO,CND,PREP W/EQ VOLUME H2O,COMM	23	1	2	391	3	1	1
06726	SOUP,CHICK MUSHROOM CHOWDER,CHUNKY,RTS,SINGLE BRAND	80	4	6	339	7	1	3
06149	SOUP,CHICK MUSHROOM,CND,COND,COMM	109	7	8	773	8	0	4
06549	SOUP,CHICK MUSHROOM,CND,PREP W/EQ VOLUME H2O,COMM	54	4	4	386	4	0	2
06128	SOUP,CHICK NOODLE MIX,DEHYD,DRY FORM	377	6	74	3643	62	3	15
06741	SOUP,CHICK NOODLE W/CELERY&CARROTS,HOMESTYLE,RTS,SINGLE BRAN	31	1	7	323	3		2

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06727	SOUP,CHICK NOODLE,CHUNKY,RTS,SINGLE BRAND	47	1	10	360	6		3
06018	SOUP,CHICK NOODLE,CND,CHUNKY,RTS	73	2	8	354	7	2	5
06019	SOUP,CHICK NOODLE,CND,COND,COMM	53	2	11	706	6	0	3
06419	SOUP,CHICK NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	31	1	3	459	4	0	2
06528	SOUP,CHICK NOODLE,DEHYD,PREP W/H2O	23	0	4	229	4	0	1
06966	SOUP,CHICK NOODLE,LO NA	31	1	3	173	5	0	2
06021	SOUP,CHICK NOODLE,W/MEATBALLS,CND,CHUNKY,RTS	40	1	4	419	3		3
06085	SOUP,CHICK RICE MIX,DEHYD,DRY FORM	369	9	18	6048	57	2	15
06022	SOUP,CHICK RICE,CND,CHUNKY,RTS	53	1	5	370	5	0	5
06485	SOUP,CHICK RICE,DEHYD,PREP W/H2O	24	1	1	388	4	0	1
06208	SOUP,CHICK VEG W/POTATO&CHS,CHUNKY,RTS	65	4	7	416	5	0	1
06740	SOUP,CHICK VEG,CHUNKY,RED FAT,RED NA,RTS,SINGLE BRAND	40	0	4	192	6		3
06024	SOUP,CHICK VEG,CND,CHUNKY,RTS	69	2	7	445	8		5
06025	SOUP,CHICK VEG,CND,COND,COMM	61	2	7	771	7	1	3
06425	SOUP,CHICK VEG,CND,PREP W/EQ VOLUME H2O,COMM	31	1	4	392	4	0	2
06086	SOUP,CHICK VEG,DEHYD,DRY	346	5	20	5698	55	3	19
06486	SOUP,CHICK VEG,DEHYD,PREP W/H2O	20	0	1	322	3		1
06012	SOUP,CHICK W/DUMPLINGS,CND,COND,COMM	79	4	27	703	5	0	5
06412	SOUP,CHICK W/DUMPLINGS,CND,PREP W/EQ VOLUME H2O,COMM	40	2	14	357	3	0	2
06023	SOUP,CHICK W/RICE,CND,COND,COMM	49	1	5	665	6	1	3
06423	SOUP,CHICK W/RICE,CND,PREP W/EQ VOLUME H2O,COMM	25	1	3	338	3	0	1
06734	SOUP,CHICK W/STAR-SHAPED PASTA,CND,COND,SINGLE BRAND	50	1	4	732	7		2
06015	SOUP,CHICK,CND,CHUNKY,RTS,COMM	71	3	12	354	7	1	5
06026	SOUP,CHILI BF,CND,COND,COMM	129	5	10	788	16	7	5
06426	SOUP,CHILI BF,CND,PREP W/EQ VOLUME H2O,COMM	68	3	5	414	9	4	3
06011	SOUP,CHS,CND,COND,COMM	121	8	23	747	8	1	4
06411	SOUP,CHS,CND,PREP W/EQ VOLUME H2O,COMM	63	4	12	388	4	0	2

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06211	SOUP,CHS,CND,PREP W/EQ VOLUME MILK,COMM	92	5	19	406	6	0	4
06027	SOUP,CLAM CHOWDER,MANHATTAN STYLE,CND,CHUNKY,RTS	56	1	6	417	8	1	3
06087	SOUP,CLAM CHOWDER,MANHATTAN STYLE,DEHYD,DRY	345	8	0	7070	57		11
06028	SOUP,CLAM CHOWDER,MANHATTAN,CND,COND,COMM	61	2	2	457	10	1	2
06428	SOUP,CLAM CHOWDER,MANHATTAN,CND,PREP W/EQ VOLUME H2O	32	1	1	237	5	1	1
06030	SOUP,CLAM CHOWDER,NEW ENGLAND,CND,COND,COMM	70	2	4	743	9	1	4
06430	SOUP,CLAM CHOWDER,NEW ENGLAND,CND,PREP W/EQ VOLUME H2O,COMM	39	1	2	375	5	1	2
06230	SOUP,CLAM CHOWDER,NEW ENGLAND,CND,PREP W/EQ VOLUME MILK,COMM	66	3	9	400	7	1	4
06088	SOUP,CLAM CHOWDER,NEW ENGLAND,DEHYD,DRY	418	15	3	3283	57	5	12
06089	SOUP,CONSOMME W/GELATIN,DEHYD,DRY	137	0	0	26200	16	0	17
06489	SOUP,CONSOMME W/GELATIN,DEHYD,PREP W/H2O	7	0	0	1325	1	0	1
06034	SOUP,CRAB,CND,RTS	31	1	4	506	4	0	2
06001	SOUP,CRM OF ASPARAGUS,CND,COND,COMM	69	3	4	782	9	0	2
06401	SOUP,CRM OF ASPARAGUS,CND,PREP W/EQ VOLUME H2O,COMM	35	2	2	402	4	0	1
06201	SOUP,CRM OF ASPARAGUS,CND,PREP W/EQ VOLUME MILK,COMM	65	3	9	420	7	0	3
06073	SOUP,CRM OF ASPARAGUS,DEHYD,DRY MIX	366	10	1	4980	56	2	14
06473	SOUP,CRM OF ASPARAGUS,DEHYD,PREP W/H2O	23	1	0	319	4		1
06010	SOUP,CRM OF CELERY,CND,COND,COMM	72	4	11	757	7	1	1
06410	SOUP,CRM OF CELERY,CND,PREP W/EQ VOLUME H2O,COMM	37	2	6	389	4	0	1
06210	SOUP,CRM OF CELERY,CND,PREP W/EQ VOLUME MILK,COMM	66	4	13	407	6	0	2
06079	SOUP,CRM OF CELERY,DEHYD,DRY	358	9	3	4810	56	3	15
06479	SOUP,CRM OF CELERY,DEHYD,PREP W/H2O	25	1	0	330	4		1
06016	SOUP,CRM OF CHICK,CND,COND,COMM	89	5	8	655	7	0	2
06955	SOUP,CRM OF CHICK,CND,COND,RED NA	58	1	6	357	10	0	2
06736	SOUP,CRM OF CHICK,CND,COND,SINGLE BRAND	99	5	7	788	8		2
06416	SOUP,CRM OF CHICK,CND,PREP W/EQ VOLUME H2O,COMM	48	3	4	404	4	0	1
06083	SOUP,CRM OF CHICK,DEHYD,DRY	436	20	12	4820	54	2	7

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06483	SOUP,CRM OF CHICK,DEHYD,PREP W/H2O	41	2	1	454	5	0	1
06216	SOUP,CRM OF CHICK,PREP W/EQ VOLUME MILK,COMM	77	4	11	422	6	0	3
06043	SOUP,CRM OF MUSHROOM,CND,COND,COMM	85	4	0	645	7	0	2
06182	SOUP,CRM OF MUSHROOM,CND,COND,RED NA	52	2	3	383	8	1	1
06443	SOUP,CRM OF MUSHROOM,CND,PREP W/EQ VOLUME H2O,COMM	53	3	1	361	4	0	1
06243	SOUP,CRM OF MUSHROOM,CND,PREP W/EQ VOLUME MILK,COMM	82	5	8	370	6	0	2
06968	SOUP,CRM OF MUSHROOM,LO NA,RTS,CND	53	3	1	20	5	0	1
06046	SOUP,CRM OF ONION,CND,COND,COMM	88	4	12	760	10	0	2
06446	SOUP,CRM OF ONION,CND,PREP W/EQ VOLUME H2O,COMM	44	2	6	380	5	0	1
06246	SOUP,CRM OF ONION,CND,PREP W/EQ VOLUME MILK,COMM	75	4	13	405	7	0	3
06053	SOUP,CRM OF POTATO,CND,COND	59	2	5	797	9	0	1
06453	SOUP,CRM OF POTATO,CND,PREP W/EQ VOLUME H2O,COMM	30	1	2	410	5	0	1
06253	SOUP,CRM OF POTATO,CND,PREP W/EQ VOLUME MILK,COMM	60	2	9	428	7	0	2
06056	SOUP,CRM OF SHRIMP,CND,COND	72	4	13	778	7	0	2
06456	SOUP,CRM OF SHRIMP,CND,PREP W/EQ VOLUME H2O,COMM	37	2	7	400	3	0	1
06256	SOUP,CRM OF SHRIMP,CND,PREP W/EQ VOLUME MILK,COMM	66	4	14	418	6	0	3
06101	SOUP,CRM OF VEG,DEHYD,DRY	446	23	2	4957	52	3	8
06501	SOUP,CRM OF VEG,DEHYD,PREP W/H2O	41	2	0	450	5	0	1
06035	SOUP,ESCAROLE,CND,RTS	11	1	1	1558	1		1
35073	SOUP,FISH,HOMEMADE (ALASKA NATIVE)	72	1	12	30	6		7
06036	SOUP,GAZPACHO,CND,RTS	19	0	0	303	2	0	3
06490	SOUP,LEEK,DEHYD,PREP W/H2O	28	1	1	380	5	1	1
06090	SOUP,LEEK,DEHYDRATED,DRY	377	10	12	5140	61	4	11
06037	SOUP,LENTIL W/HAM,CND,RTS	56	1	3	532	8		4
06286	SOUP,LIPTON,CUP-A-SOUP BROCCOLI&CHS,MIX,DRY	418	5	18	3408	56	5	11
06291	SOUP,LIPTON,CUP-A-SOUP CHICK FLAVOR VEG	374	3	69	3703	69	2	10
06289	SOUP,LIPTON,CUP-A-SOUP CHICK NOODLE W/MEAT	381	3	88	4177	62	2	16

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06290	SOUP,LIPTON,CUP-A-SOUP CRM OF CHICK,MIX,DRY	401	2	3	3739	69	3	5
06295	SOUP,LIPTON,CUP-A-SOUP CRM OF MUSHROOM,MIX,DRY	399	2	4	4051	65	3	5
06294	SOUP,LIPTON,CUP-A-SOUP GRN PEA,MIX,DRY	358	1	0	2476	59	15	21
06288	SOUP,LIPTON,CUP-A-SOUP HEARTY CHICK NOODLE,MIX,DRY	384	3	89	3696	64	2	16
06287	SOUP,LIPTON,CUP-A-SOUP HEARTY CHICK SUPREME,MIX,DRY	429	7	3	3023	65	3	5
06292	SOUP,LIPTON,CUP-A-SOUP RING NOODLE,MIX,DRY	381	3	83	3976	67	2	11
06296	SOUP,LIPTON,CUP-A-SOUP SPRING VEG,MIX,DRY	361	2	60	3820	63	5	13
06293	SOUP,LIPTON,CUP-A-SOUP TOMATO,MIX,DRY	366	2	9	1948	77	2	9
06297	SOUP,LIPTON,FAT FREE CUP-A-SOUP CHICK BROTH,MIX,DRY	307	0	1	7359	54	0	20
06298	SOUP,LIPTON,FAT FREE CUP-A-SOUP CHICKEN/PASTA,MIX,DRY	340	0	0	3457	64	1	16
06300	SOUP,LIPTON,KETTLE CREATIONS CHICK W/PASTA&BEAN,MIX,DRY	353	1	19	2329	65	9	16
06299	SOUP,LIPTON,KETTLE CREATIONS HOMESTYLE LENTIL,MIX,DRY	354	0	0	2092	62	15	21
06031	SOUP,LIPTON,KETTLE CREATIONS PASTA&BEAN,MIX,DRY	358	1	0	1981	65	13	16
06722	SOUP,LIPTON,RECIPE SECRETS BEEFY MUSHROOM,MIX,DRY	298	0	2	5865	60	1	8
06724	SOUP,LIPTON,RECIPE SECRETS BEEFY ONION,MIX,DRY	314	2	0	7582	59	4	6
06723	SOUP,LIPTON,RECIPE SECRETS FIESTA HERB W/RED,MIX,DRY	322	1	15	6210	64	5	11
06302	SOUP,LIPTON,RECIPE SECRETS ONION MUSHROOM,MIX,DRY	322	1	0	6257	57	3	8
06033	SOUP,LIPTON,RECIPE SECRETS ONION,MIX,DRY	263	0	0	8711	62	6	7
06305	SOUP,LIPTON,RECIPE SECRETS SAVORY HERB W/GARLIC,MIX,DRY	343	1	16	5299	67	3	11
06301	SOUP,LIPTON,RECIPE SECRETS VEG,MIX,DRY	276	0	0	6028	65	10	8
06281	SOUP,LIPTON,SOUP SECRETS CHICK NOODLE,MIX,DRY	385	3	75	3452	57	2	17
06279	SOUP,LIPTON,SOUP SECRETS EX NOODLE,MIX,DRY	374	2	101	2961	65	3	14
06283	SOUP,LIPTON,SOUP SECRETS GIGGLE NOODLE,MIX,DRY	387	4	94	3874	60	2	13
06284	SOUP,LIPTON,SOUP SECRETS NOODLE W/REAL CHICK BROTH,MIX,DRY	388	4	90	4524	57	2	13
06282	SOUP,LIPTON,SOUP SECRETS RING-O-NOODLE	388	4	92	4259	58	2	13
06280	SOUP,LIPTON,SOUP SECRETS SPIRAL PASTA SOUP,MIX,DRY	353	2	10	3651	64	2	12
06039	SOUP,MINESTRONE,CND,CHUNKY,RTS	53	1	2	360	9	2	2

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06040	SOUP,MINESTRONE,CND,COND,COMM	68	2	1	744	9	1	3
06440	SOUP,MINESTRONE,CND,PREP W/EQ VOLUME H2O,COMM	34	1	1	378	5	0	2
06177	SOUP,MINESTRONE,CND,RED NA,RTS	50	1	0	215	9	2	2
06092	SOUP,MINESTRONE,DEHYD,DRY	358	7	8	4620	54	4	20
06492	SOUP,MINESTRONE,DEHYD,PREP W/H2O	31	1	1	404	5		2
06042	SOUP,MUSHROOM BARLEY,CND,COND,COMM	61	2	0	730	10		2
06442	SOUP,MUSHROOM BARLEY,CND,PREP W/EQ VOLUME H2O,COMM	30	1	0	365	5	0	1
06044	SOUP,MUSHROOM W/BF STOCK,CND,COND,COMM	68	3	6	773	7	0	3
06444	SOUP,MUSHROOM W/BF STOCK,CND,PREP W/EQ VOLUME H2O,COMM	35	2	3	397	4	0	1
06093	SOUP,MUSHROOM,DEHYD,DRY	441	21	2	4681	51	4	10
06493	SOUP,MUSHROOM,DEHYD,PREP W/H2O	38	2	0	403	4	0	1
06582	SOUP,NISSIN,CUP NOODLES,RAMEN NOODLE,CHICK FLAVOR,DRY MIX	463	10		2240	58		9
06094	SOUP,ONION MIX,DEHYD,DRY FORM	303	1	5	8031	60	7	7
06045	SOUP,ONION,CND,COND,COMM	46	1	0	860	7	1	3
06445	SOUP,ONION,CND,PREP W/EQ VOLUME H2O,COMM	24	1	0	437	3	0	2
06494	SOUP,ONION,DEHYD,PREP W/H2O	11	0	0	345	2	0	0
06581	SOUP,OODLES OF NOODLES RAMEN NOODLE ORIENTAL FLAVOR, DRY	453	15		1160	66		9
06095	SOUP,OXTAIL,DEHYD,DRY	377	13	15	6460	48	1	15
06495	SOUP,OXTAIL,DEHYD,PREP W/H2O	28	1	1	478	4	0	1
06048	SOUP,OYSTER STEW,CND,COND,COMM	48	3	11	800	3	0	2
06448	SOUP,OYSTER STEW,CND,PREP W/EQ VOLUME H2O,COMM	24	1	6	407	2		1
06248	SOUP,OYSTER STEW,CND,PREP W/EQ VOLUME MILK,COMM	55	3	13	425	4	0	3
06049	SOUP,PEA,GRN,CND,COND,COMM	125	2	0	698	20	4	7
06449	SOUP,PEA,GRN,CND,PREP W/EQ VOLUME H2O,COMM	66	1	0	367	11	2	3
06249	SOUP,PEA,GRN,CND,PREP W/EQ VOLUME MILK,COMM	94	3	7	382	13	1	5
06096	SOUP,PEA,GRN,MIX,DEHYD,DRY FORM	356	5	1	3263	61	10	20
06496	SOUP,PEA,GRN,MIX,DEHYD,PREP W/H2O	49	1	1	450	8	1	3

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06965	SOUP,PEA,LO NA,W/H2O	66	1	0	10	11	0	3
06050	SOUP,PEA,SPLIT W/HAM,CND,CHUNKY,RTS	77	2	3	402	11	2	5
06051	SOUP,PEA,SPLIT W/HAM,CND,COND,COMM	141	3	6	750	21	2	8
06451	SOUP,PEA,SPLIT W/HAM,CND,PREP W/EQ VOLUME H2O,COMM	75	2	3	398	11	1	4
06052	SOUP,PEPPERPOT,CND,COND,COMM	84	4	8	792	8	0	5
06452	SOUP,PEPPERPOT,CND,PREP W/EQ VOLUME H2O,COMM	43	2	4	403	4	0	3
06728	SOUP,POTATO HAM CHOWDER,CHUNKY,RTS,SINGLE BRAND	80	4	9	364	6	1	3
06205	SOUP,PROG HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER,CND,RTS	48	1	2	217	8	1	2
06747	SOUP,PROGRESSO CHICK&WILD RICE W/VEG	39	1	6	328	5		3
06748	SOUP,PROGRESSO HEALTHY CLASSICS BF BARLEY,99% FAT FREE	57	1	8	219	7	2	5
06199	SOUP,PROGRESSO HEALTHY CLASSICS BF BARLEY,CND,RTS	59	1	8	195	8	1	5
06198	SOUP,PROGRESSO HEALTHY CLASSICS BF VEG,CND,RTS	64	1	6	168	10	2	4
06200	SOUP,PROGRESSO HEALTHY CLASSICS CHICK NOODLE,CND,RTS	32	1	8	194	4	1	2
06202	SOUP,PROGRESSO HEALTHY CLASSICS CHICK RICE W/VEG,CND,RTS	37	1	7	192	5	0	3
06203	SOUP,PROGRESSO HEALTHY CLASSICS CRM OF BROCCOLI,CND,RTS	36	1	2	237	5	1	1
06197	SOUP,PROGRESSO HEALTHY CLASSICS GARLIC&PASTA,CND,RTS	41	0	2	185	8	1	2
06204	SOUP,PROGRESSO HEALTHY CLASSICS LENTIL,CND,RTS	52	1	0	183	8	2	3
06206	SOUP,PROGRESSO HEALTHY CLASSICS MINISTRONE,CND,RTS	51	1	0	195	8	1	2
06192	SOUP,PROGRESSO HEALTHY CLASSICS SPLIT PEA,CND,RTS	71	1	2	166	12	2	4
06191	SOUP,PROGRESSO HEALTHY CLASSICS TOMATO GARDEN,CND,RTS	40	0	0	196	9	2	1
06207	SOUP,PROGRESSO HEALTHY CLASSICS VEG,CND,RTS	34	0	2	196	6	1	2
06583	SOUP,RAMEN NOODLE,ANY FLAVOR,DEHYD,DRY	453	17	0	1160	66	2	9
06982	SOUP,RAMEN NOODLE,BF FLAVOR,DEHYD,DRY	436	16		2002	63	2	10
06983	SOUP,RAMEN NOODLE,CHICK FLAVOR,DEHYD,DRY	437	15		2071	64	2	11
06055	SOUP,SCOTCH BROTH,CND,COND,COMM	66	2	4	826	8	1	4
06455	SOUP,SCOTCH BROTH,CND,PREP W/EQ VOLUME H2O,COMM	33	1	2	420	4	1	2
06180	SOUP,SHARK FIN,REST-PREP	46	1	2	501	4	0	3

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06729	SOUP,SIRLOIN BURGER W/VEG,RTS,SINGLE BRAND	77	3	11	361	7	2	4
06730	SOUP,SPLIT PEA W/ HAM,CHUNKY,RED FAT,RED NA,RTS,SINGLE BRAND	76	1	6	343	11		5
06738	SOUP,SPLIT PEA W/HAM&BACON,CND,COND,SINGLE BRAND	140	2	3	729	21	3	9
06170	SOUP,STOCK,BEEF,HOME-PREPARED	13	0	0	198	1	0	2
06172	SOUP,STOCK,CHICK,HOME-PREPARED	36	1	3	143	4	0	3
06174	SOUP,STOCK,FISH,HOME-PREPARED	17	1	1	156	0	0	2
06060	SOUP,STOCKPOT,CND,COND,COMM	78	3	3	816	9		4
06460	SOUP,STOCKPOT,CND,PREP W/EQ VOLUME H2O,COMM	40	1	2	424	5		2
06061	SOUP,TOMATO BF W/NOODLE,CND,COND,COMM	112	3	3	731	17	1	4
06461	SOUP,TOMATO BF W/NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	57	2	2	376	9	1	2
06158	SOUP,TOMATO BISQUE,CND,COND,COMM	96	2	4	816	18	1	2
06558	SOUP,TOMATO BISQUE,CND,PREP W/EQ VOLUME H2O,COMM	50	1	2	424	10	0	1
06358	SOUP,TOMATO BISQUE,CND,PREP W/EQ VOLUME MILK,COMM	79	2	9	442	12	0	3
06063	SOUP,TOMATO RICE,CND,COND,COMM	93	2	1	635	17	1	2
06463	SOUP,TOMATO RICE,CND,PREP W/EQ VOLUME H2O,COMM	48	1	1	330	9	1	1
06099	SOUP,TOMATO VEG MIX,DEHYD,DRY FORM	325	5	3	6722	60	3	12
06499	SOUP,TOMATO VEG,DEHYD,PREP W/H2O	22	0	0	453	4	0	1
06159	SOUP,TOMATO,CND,COND,COMM	60	1	0	551	13	1	2
06956	SOUP,TOMATO,CND,COND,RED NA	35	1	0	20	7	0	1
06559	SOUP,TOMATO,CND,PREP W/EQ VOLUME H2O,COMM	35	1	0	285	7	0	1
06359	SOUP,TOMATO,CND,PREP W/EQ VOLUME MILK,COMM	65	2	7	300	9	1	2
06098	SOUP,TOMATO,DEHYD,DRY	360	8	3	3319	68	2	9
06498	SOUP,TOMATO,DEHYD,PREP W/H2O	39	1	0	356	7	0	1
06964	SOUP,TOMATO,LO NA,W/H2O	35	1	0	20	7	0	1
06065	SOUP,TURKEY NOODLE,CND,COND,COMM	55	1	4	650	7	1	3
06465	SOUP,TURKEY NOODLE,CND,PREP W/EQ VOLUME H2O,COMM	28	1	2	334	4	0	2
06066	SOUP,TURKEY VEG,CND,COND,COMM	60	2	1	739	7	1	3

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06466	SOUP,TURKEY VEG,CND,PREP W/EQ VOLUME H2O,COMM	30	1	1	376	4	0	1
06064	SOUP,TURKEY,CHUNKY,RTS	57	2	4	391	6		4
06071	SOUP,VEG BF,CND,COND,COMM	63	1	4	631	8	2	4
06739	SOUP,VEG BF,CND,COND,SINGLE BRAND	53	1	5	555	8		4
06100	SOUP,VEG BF,DEHYD,DRY	344	7	8	6460	52	2	19
06500	SOUP,VEG BF,DEHYD,PREP W/H2O	21	0	0	396	3	0	1
06742	SOUP,VEG BF,MICROWAVABLE,RTS,SINGLE BRAND	44	1	3	376	3	2	6
06471	SOUP,VEG BF,PREP W/EQ VOLUME H2O,COMM	32	1	2	324	4	0	2
06974	SOUP,VEG CHICK,LO NA	69	2	7	35	9	0	5
06072	SOUP,VEG W/BF BROTH,CND,COND,COMM	66	1	1	661	11	1	2
06472	SOUP,VEG W/BF BROTH,CND,PREP W/EQ VOLUME H2O,COMM	34	1	1	336	5	0	1
06067	SOUP,VEG,CND,CHUNKY,RTS,COMM	51	1	0	421	8	1	1
06217	SOUP,VEG,CND,LO NA,COND	65	1	0	385	12	2	2
06068	SOUP,VEGETARIAN VEG,CND,COND,COMM	59	2	0	672	10	1	2
06468	SOUP,VEGETARIAN VEG,CND,PREP W/EQ VOLUME H2O,COMM	30	1	0	341	5	0	1
01180	SOUR CREAM,FAT FREE	74	0	9	141	16	0	3
01179	SOUR CREAM,LIGHT	136	10	35	71	7	0	4
01178	SOUR CREAM,REDUCED FAT	181	13	35	70	7	0	7
01074	SOUR CRM,IMITN,CULTURED	208	18	0	102	7	0	2
01058	SOUR DRSNG,NON-BUTTERFAT,CULTURED,FILLED CREAM-TYPE	178	16	5	48	5	0	3
35074	SOURDOCK,YOUNG LEAVES (ALASKA NATIVE)	42	0			7		2
09315	SOURSOP,RAW	66	0	0	14	17	3	1
16117	SOY FLOUR,DEFATTED	330	1	0	20	38	18	47
16115	SOY FLOUR,FULL-FAT,RAW	436	19	0	13	35	10	35
16118	SOY FLOUR,LOW-FAT	372	6	0	18	38	10	47
16417	SOY FLR,DEFATTED,CRUDE PROT BASIS (N X 6.25)	327	1	0	20	34	16	51
16415	SOY FLR,FULL-FAT,RAW,CRUDE PROT BASIS (N X 6.25)	434	19	0	13	32	10	38

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16116	SOY FLR,FULL-FAT,RSTD	441	20	0	12	34	10	35
16416	SOY FLR,FULL-FAT,RSTD,CRUDE PROT BASIS (N X 6.25)	439	20	0	12	30		38
16418	SOY FLR,LOW-FAT,CRUDE PROT BASIS (N x 6.25)	369	6	0	18	34	10	51
16119	SOY MEAL,DEFATTED,RAW	339	2	0	3	40		45
16419	SOY MEAL,DEFATTED,RAW,CRUDE PROT BASIS (N X 6.25)	337	2	0	3	36		49
16120	SOY MILK,FLUID	52	1	0	55	5	1	4
16166	SOY MILK,FLUID	49	1	0	12	6	1	3
16139	SOY MILK,FLUID,CA FORT	40	1	0	39	3		3
16421	SOY PROT CONC,CRUDE PROT BASIS (N X 6.25),ACID WASH	328	0	0	900	25	6	64
16420	SOY PROT CONC,PRODUCED BY ACID WASH	331	0	0	900	31	6	58
16121	SOY PROT CONC,PRODUCED BY ALCOHOL EXTRACTION	331	0	0	3	31	6	58
16422	SOY PROT ISOLATE,K TYPE	326	0	0	50	10	6	81
16423	SOY PROT ISOLATE,K TYPE,CRUDE PROT BASIS	321	0	0	50	3	2	88
16176	SOY PROT ISOLATE,PROT TECHNOLOGIES INTERNATIONAL,PROPLUS	380	3	0	40	0		86
16175	SOY PROT ISOLATE,PROT TECHNOLOGIES INTERNATIONAL,SUPRO	388	3	0	1188	0		88
16122	SOY PROTEIN ISOLATE	338	3	0	1005	7	6	81
16125	SOY SAU MADE FROM HYDROLYZED VEG PROT	40	0	0	5689	8	1	2
16124	SOY SAU MADE FROM SOY (TAMARI)	60	0	0	5586	6	1	11
16123	SOY SAU MADE FROM SOY&WHEAT (SHOYU)	53	0	0	5637	8	1	6
16424	SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA	53	0	0	3333	9	1	5
43299	SOYBEAN,CURD CHEESE	151	8	0	20	7	0	13
11450	SOYBEANS,GREEN,RAW	147	5	0	15	11	4	13
11853	SOYBEANS,GRN,CKD,BLD,DRND,W/SALT	141	5	0	250	11	4	12
11451	SOYBEANS,GRN,CKD,BLD,DRND,WO/SALT	141	5	0	14	11	4	12
16109	SOYBEANS,MATURE CKD,BLD,WO/SALT	173	8	0	1	10	6	17
16409	SOYBEANS,MATURE SEEDS,CKD,BLD,W/SALT	173	8	0	237	10	6	17
16111	SOYBEANS,MATURE SEEDS,DRY RSTD	451	20	0	2	33	8	40

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16108	SOYBEANS,MATURE SEEDS,RAW	416	19	0	2	30	9	36
16110	SOYBEANS,MATURE SEEDS,RSTD,SALTED	471	24	0	163	34	18	35
16410	SOYBEANS,MATURE SEEDS,RSTED,NO SALT ADDED	471	24	0	4	34	18	35
11454	SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STIR-FRIED	125	7	0	14	9	1	13
11924	SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STIR-FRIED,W/SALT	125	0	0	250	9	1	13
11453	SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STMD	81	4	0	10	7	1	8
11923	SOYBEANS,MATURE SEEDS,SPROUTED,CKD,STMD,W/SALT	81	4	0	246	7	1	8
11452	SOYBEANS,MATURE SEEDS,SPROUTED,RAW	122	6	0	14	10	1	13
43133	SOYBURGER	179	4	0	550	13	5	18
22401	SPAGHETTI W/MEAT SAU, FRZ ENTREE	90	1	6	167	15	2	5
20321	SPAGHETTI,CKD,ENR,W/ SALT	157	1	0	128	31	2	6
20121	SPAGHETTI,CKD,ENR,WO/ SALT	158	1	0	1	31	2	6
20521	SPAGHETTI,CKD,UNENR,W/ SALT	157	1	0	128	31	2	6
20421	SPAGHETTI,CKD,UNENR,WO/ SALT	158	1	0	1	31	2	6
20120	SPAGHETTI,DRY,ENRICHED	371	1	0	5	75	3	13
20420	SPAGHETTI,DRY,UNENRICHED	371	1	0	5	75	3	13
22914	SPAGHETTI,NO MEAT,CND	75	1		344	15		3
20123	SPAGHETTI,PROTEIN-FORTIFIED,CKD,ENR (N X 5.70)	164	0	0	5	32	2	8
20523	SPAGHETTI,PROTEIN-FORTIFIED,CKD,ENR (N X 6.25)	164	0	0	5	31	2	9
20122	SPAGHETTI,PROTEIN-FORTIFIED,DRY,ENR (N X 5.70)	375	2	0	8	68		20
20622	SPAGHETTI,PROTEIN-FORTIFIED,DRY,ENR (N X 6.25)	374	2	0	8	66	2	22
20127	SPAGHETTI,SPINACH,COOKED	130	0	0	14	26		5
20126	SPAGHETTI,SPINACH,DRY	372	1	0	36	75	11	13
22912	SPAGHETTI,W/ MEATBALLS,CND	107	5	9	406	11		4
20125	SPAGHETTI,WHOLE-WHEAT,CKD	124	0	0	3	27	5	5
20124	SPAGHETTI,WHOLE-WHEAT,DRY	348	1	0	8	75		15
02066	SPEARMINT,DRIED	285	5	0	344	52	30	20

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02065	SPEARMINT,FRESH	44	1	0	30	8	7	3
02003	SPICES,BASIL,DRIED	251	3	0	34	61	41	14
02004	SPICES,BAY LEAF	313	6	0	23	75	26	8
02006	SPICES,CARDAMOM	311	2	0	18	68	28	11
02027	SPICES,OREGANO,DRIED	306	9	0	15	64	43	11
02041	SPICES,TARRAGON,DRIED	295	6	0	62	50	7	23
02042	SPICES,THYME,DRIED	276	4	0	55	64	37	9
11658	SPINACH SOUFFLE	171	10	118	566	6	1	8
11854	SPINACH,CKD,BLD,DRND,W/SALT	23	0	0	306	4	2	3
11458	SPINACH,CKD,BLD,DRND,WO/ SALT	23	0	0	70	4	2	3
11461	SPINACH,CND,DRND SOL	23	0	0	27	3	2	3
11855	SPINACH,CND,NO SALT,SOL&LIQUIDS	19	0	0	75	3	2	2
11459	SPINACH,CND,REG PK,SOL&LIQUIDS	19	0	0	319	3	2	2
11856	SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,W/SALT	32	0	0	322	5	4	4
11464	SPINACH,FRZ,CHOPD OR LEAF,CKD,BLD,DRND,WO/SALT	32	0	0	97	5	4	4
11463	SPINACH,FRZ,CHOPD OR LEAF,UNPREP	31	0	0	74	4	3	4
11457	SPINACH,RAW	23	0	0	79	4	2	3
15228	SPINY LOBSTER,MXD SP,CKD,MOIST HEAT	143	1	90	227	3	0	26
15154	SPINY LOBSTER,MXD SP,RAW	112	1	70	177	2	0	21
14461	SPORTS DRK,COCA-COLA,POWERADE,LEMON-LIME FLAV,RTD	32	0		22	8	0	0
14383	SPORTS DRK,FRUIT-FLAVORED,LO CAL,RTD	11	0	0	35	3	0	0
14382	SPORTS DRK,FRUIT-FLAVORED,RTD	27	0	0	30	7	0	0
14460	SPORTS DRK,QUAKER OATS,GATORADE,FRUIT-FLAVORED,RTD	26	0	0	39	6	0	0
15216	SPOT,COOKED,DRY HEAT	158	5	77	37	0	0	24
15103	SPOT,RAW	123	4	60	29	0	0	19
05162	SQUAB,(PIGEON),LT MEAT WO/SKN,RAW	134	4	90	55	0	0	22
05161	SQUAB,(PIGEON),MEAT ONLY,RAW	142	6	90	51	0	0	18

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05160	SQUAB,(PIGEON),MEAT&SKN,RAW	294	21	95	54	0	0	18
35139	SQUASH,INDIAN,CKD,BLD (NAVAJO)	16	0			3	2	0
35138	SQUASH,INDIAN,RAW (NAVAJO)	26	0		20	6		1
11857	SQUASH,SMMR,ALL VAR,CKD,BLD,DRND,W/SALT	20	0	0	237	4	1	1
11642	SQUASH,SMMR,ALL VAR,CKD,BLD,DRND,WO/SALT	20	0	0	1	4	1	1
11641	SQUASH,SMMR,ALL VAR,RAW	16	0	0	2	3	1	1
11858	SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CKD,BLD,DRND,W/SALT	20	0	0	0	4	1	1
11468	SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CKD,BLD,DRND,WO/SALT	20	0	0	0	4	1	1
11471	SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,CND,DRND,SOLID,WO/SALT	13	0	0	5	3	1	1
11859	SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,CKD,BLD,DRND,W/SALT	25	0	0	242	6	1	1
11474	SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,CKD,BLD,DRND,WO/SALT	25	0	0	6	6	1	1
11473	SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,FRZ,UNPREP	20	0	0	5	5	1	1
11467	SQUASH,SMMR,CROOKNECK&STRAIGHTNECK,RAW	19	0	0	2	4	2	1
11860	SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,W/SALT	16	0	0	237	3	2	1
11476	SQUASH,SMMR,SCALLOP,CKD,BLD,DRND,WO/SALT	16	0	0	1	3	2	1
11861	SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,W/SALT	16	0	0	239	4	1	1
11478	SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,WO/SALT	16	0	0	3	4	1	1
11862	SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,CKD,BLD,DRND,W/SALT	17	0	0	238	4	1	1
11480	SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,CKD,BLD,DRND,WO/SALT	17	0	0	2	4	1	1
11479	SQUASH,SMMR,ZUCCHINI,INCL SKN,FRZ,UNPREP	17	0	0	2	4	1	1
11477	SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW	16	0	0	10	3	1	1
11481	SQUASH,SMMR,ZUCCHINI,ITALIAN STYLE,CND	29	0	0	374	7		1
11475	SQUASH,SUMMER,SCALLOP,RAW	18	0	0	1	4		1
11482	SQUASH,WINTER,ACORN,RAW	40	0	0	3	10	2	1
11489	SQUASH,WINTER,HUBBARD,RAW	40	0	0	7	9		2
11864	SQUASH,WNTR,ACORN,CKD,BKD,W/SALT	56	0	0	240	15	4	1
11483	SQUASH,WNTR,ACORN,CKD,BKD,WO/SALT	56	0	0	4	15	4	1

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11865	SQUASH,WNTR,ACORN,CKD,BLD,MSHD,W/SALT	34	0	0	239	9	3	1
11484	SQUASH,WNTR,ACORN,CKD,BLD,MSHD,WO/SALT	34	0	0	3	9	3	1
11863	SQUASH,WNTR,ALL VAR,CKD,BKD,W/SALT	39	0	0	237	9	3	1
11644	SQUASH,WNTR,ALL VAR,CKD,BKD,WO/SALT	37	0	0	1	9	3	1
11643	SQUASH,WNTR,ALL VAR,RAW	34	0	0	4	9	2	1
11866	SQUASH,WNTR,BUTTERNUT,CKD,BKD,W/SALT	40	0	0	240	10		1
11486	SQUASH,WNTR,BUTTERNUT,CKD,BKD,WO/SALT	40	0	0	4	10		1
11867	SQUASH,WNTR,BUTTERNUT,FRZ,CKD,BLD,W/SALT	39	0	0	238	10		1
11488	SQUASH,WNTR,BUTTERNUT,FRZ,CKD,BLD,WO/SALT	39	0	0	2	10		1
11487	SQUASH,WNTR,BUTTERNUT,FRZ,UNPREP	57	0	0	2	14	1	2
11485	SQUASH,WNTR,BUTTERNUT,RAW	45	0	0	4	12	2	1
11868	SQUASH,WNTR,HUBBARD,CKD,BKD,W/SALT	50	0	0	244	11		2
11490	SQUASH,WNTR,HUBBARD,CKD,BKD,WO/SALT	50	0	0	8	11		2
11869	SQUASH,WNTR,HUBBARD,CKD,BLD,MSHD,W/SALT	30	0	0	241	6	3	1
11491	SQUASH,WNTR,HUBBARD,CKD,BLD,MSHD,WO/SALT	30	0	0	5	6	3	1
11870	SQUASH,WNTR,SPAGHETTI,CKD,BLD,DRND,OR BKD,W/SALT	27	0	0	254	6	1	1
11493	SQUASH,WNTR,SPAGHETTI,CKD,BLD,DRND,OR BKD,WO/SALT	27	0	0	18	6	1	1
11492	SQUASH,WNTR,SPAGHETTI,RAW	31	0	0	17	7		1
11953	SQUASH,ZUCCHINI,BABY,RAW	21	0	0	3	3	1	3
15175	SQUID,MIXED SPECIES,RAW	92	1	233	44	3	0	16
15176	SQUID,MXD SP,CKD,FRIED	175	7	260	306	8	0	18
35075	SQUIRREL,GROUND,MEAT (ALASKA NATIVE)	111	0			0		19
22716	STAGG CLASSIC CHILI W/BNS,CND ENTREE	131	6	17	334	12	3	7
22717	STAGG COUNTRY CHILI W/BNS,CND ENTREE	129	6	16	458	12	2	6
22714	STAGG DYNAMITE CHILI W/BNS,CND ENTREE	135	5	18	349	12	3	7
22715	STAGG RANCHHOUSE CHILI W/BNS,CND ENTREE	115	4	19	329	13	4	8
22718	STAGG SILVERADO CHILI W/BNS,CND ENTREE	92	1	16	350	13	3	7

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35144	STEW,DUMPLING W/ MUTTON (NAVAJO)	101	4	28	46	8		9
35145	STEW,HOMINY W/ MUTTON (NAVAJO)	83	2	13	45	9	2	7
35048	STEW,MOOSE (ALASKA NATIVE)	55	0		222	6	1	7
35146	STEW,MUTTON CORN SQUASH (NAVAJO)	103	4	43	49	7	2	9
35148	STEW,STMD CORN (NAVAJO)	112	3		104	11	2	9
35024	STEW/SOUP,CARIBOU (ALASKA NATIVE)	41	0		72	5	0	4
22615	STOUFFER'S CHICK ENCHLDA&MEX RICE,MONT JACK CHS SAU,FRZ ENTR	133	4	9	354	17	2	4
22527	STOUFFER'S CHICK PIE,FRZ ENTREE	202	12	27	333	13	1	8
22579	STOUFFER'S CRMD CHIPPED BF,FRZ ENTREE	140	8	35	497	6		8
22614	STOUFFER'S ESCALOPED CHICK&NOODLES,FRZ ENTREE	148	10	27	428	11		6
22583	STOUFFER'S HOMESTYLE SALSBRY STK,GRAVY&MACRONI&CHS,FRZ ENTRE	142	7	23	373	10		8
22570	STOUFFER'S LASAGNA W/MEAT&SAU,FRZ ENTREE	129	4	19	342	12	2	9
22581	STOUFFER'S LN CUISINE CHICK A L'ORANGE W/SAU,BROC&RICE,FR ML	105	1	18	141	15		10
22577	STOUFFER'S LN CUISINE CHICK&VEG W/VERMICELLI,FRZ ENTREE	85	2	8	196	11	2	6
22585	STOUFFER'S LN CUISINE HOMESTY STUFF CABGE,MT,TOM SAU,POT,FRZ	74	2	9	153	10	2	4
22578	STOUFFER'S LN CUISINE HOMESTYLE BF POT RST,WHIP POT,FRZ ENTR	81	2	15	194	9	1	7
22609	STOUFFER'S LN CUISINE LUNCH EXP RICE&CHICK STIR-FRY,FRZ ENTR	106	3	10	248	16	2	5
22576	STOUFFER'S LN CUISINE MACARONI&BF IN TOMATO SAU,FRZ ENTREE	88	2	8	199	13	1	5
22582	STOUFFER'S LN CUISINE ORIENTAL BF W/VEG&RICE,FRZ MEAL	95	2	9	195	14		5
22580	STOUFFER'S LN CUISINE SPAGHETTI W/MEAT SAU,FRZ ENTREE	96	2	4	187	16	2	4
22572	STOUFFER'S LN CUISINE SPAGHETTI W/MEATBALLS&SAU,FRZ ENTREE	111	2	2	173	15	2	7
22573	STOUFFER'S LN CUISINE SWEDISH MEATBALLS W/PASTA,FRZ ENTREE	107	2	18	218	12	1	8
22611	STOUFFER'S LN CUISN CHICK ENCHLDA SUIZA,SAU&MEX-STY RICE,FRZ	117	2	8	211	20	2	5
22610	STOUFFER'S LUNCH EXPRS CHICK ALFREDO W/FETUCINI&VEG,FRZ MEAL	137	6	21	216	12	1	7
22569	STOUFFER'S STUFFED PEPPERS W/BF IN TOMATO SAU,FRZ ENTREE	86	3	10	263	10	2	4
22602	STOUFFER'S,CRMD SPINACH,FRZ	135	9	13	268	7	2	3
09317	STRAWBERRIES,CND,HVY SYRUP PK,SOL&LIQUIDS	92	0	0	4	24	2	1

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09320	STRAWBERRIES,FRZ,SWTND,SLICED	96	0	0	3	26	2	1
09319	STRAWBERRIES,FRZ,SWTND,WHL	78	0	0	1	21	2	1
09318	STRAWBERRIES,FRZ,UNSWTND	35	0	0	2	9	2	0
09316	STRAWBERRIES,RAW	32	0	0	1	8	2	1
14350	STRAWBERRY-FLAVOR BEV MIX,PDR	389	0	0	38	99	0	0
14351	STRAWBERRY-FLAVOR BEV MIX,PDR,PREP W/ WHL MILK	88	3	12	48	12	0	3
18354	STRUDEL,APPLE	274	11	6	269	41	2	3
15105	STURGEON,MXD SP,CKD,DRY HEAT	135	5	77	69	0	0	21
15104	STURGEON,MXD SP,RAW	105	4	60	54	0	0	16
15106	STURGEON,MXD SP,SMOKED	173	4	80	739	0	0	31
11871	SUCCOTASH,(CORN&LIMAS),CKD,BLD,DRND,W/SALT	111	1	0	253	24		5
11496	SUCCOTASH,(CORN&LIMAS),CKD,BLD,DRND,WO/SALT	115	1	0	17	24	5	5
11497	SUCCOTASH,(CORN&LIMAS),CND,W/CRM STYLE CORN	77	0	0	245	18	3	3
11499	SUCCOTASH,(CORN&LIMAS),CND,W/WHL KERNEL CORN,SOL&LIQUIDS	63	0	0	221	14	3	3
11872	SUCCOTASH,(CORN&LIMAS),FRZ,CKD,BLD,DRND,W/SALT	93	1	0	281	20	4	4
11502	SUCCOTASH,(CORN&LIMAS),FRZ,CKD,BLD,DRND,WO/SALT	93	1	0	45	20	4	4
11501	SUCCOTASH,(CORN&LIMAS),FRZ,UNPREP	93	1	0	45	20	4	4
11495	SUCCOTASH,(CORN&LIMAS),RAW	99	1	0	4	20	4	5
15217	SUCKER,WHITE,CKD,DRY HEAT	119	3	53	51	0	0	21
15107	SUCKER,WHITE,RAW	92	2	41	40	0	0	17
09321	SUGAR-APPLES,(SWEETSOP),RAW	94	0	0	9	24	4	2
19334	SUGARS,BROWN	377	0	0	39	97	0	0
19335	SUGARS,GRANULATED	387	0	0	0	100	0	0
19340	SUGARS,MAPLE	354	0	0	11	91	0	0
19336	SUGARS,POWDERED	389	0	0	1	100	0	0
15218	SUNFISH,PUMPKIN SD,CKD,DRY HEAT	114	1	86	103	0	0	25
15108	SUNFISH,PUMPKIN SEED,RAW	89	1	67	80	0	0	19

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12540	SUNFLOWER SD BUTTER,W/SALT	579	46	0	520	27		20
12040	SUNFLOWER SD BUTTER,WO/SALT	579	46	0	3	27		20
12041	SUNFLOWER SD FLR,PART DEFATTED	326	1	0	3	36	5	48
12036	SUNFLOWER SD KRNL,SDRIED	570	47	0	3	19	11	23
12537	SUNFLOWER SD KRNL,SDRY RSTD,W/SALT	582	48	0	410	24	9	19
12037	SUNFLOWER SD KRNL,SDRY RSTD,WO/SALT	582	48	0	3	24	11	19
12538	SUNFLOWER SD KRNL,OIL RSTD,W/SALT	592	49	0	410	23	11	20
12038	SUNFLOWER SD KRNL,OIL RSTD,WO/SALT	592	49	0	3	23	11	20
12539	SUNFLOWER SD KRNL,TSTD,W/SALT	619	54	0	613	21	12	17
12039	SUNFLOWER SD KRNL,TSTD,WO/SALT	619	54	0	3	21	12	17
22363	SUNNY FRSH,BRKfst "STUFF-ITS",PRE-COOKED FRZ EGG&CHS POCKETS	230	7	146	364	23	2	11
22362	SUNNY FRSH,FRZ BAGEL FRENCH TOAST W/MAPLE SYRUP	268	6	181	399	30	0	20
22361	SUNNY FRSH,PRE-COOKED FRZ EGG,HAM&CHS BISCUIT SNDWCH	202	6	95	602	21	0	10
22360	SUNNY FRSH,PRE-COOKED FRZ EGG&CHS BISCUIT SNDWCH	226	7	112	569	25	0	10
15109	SURIMI	99	1	30	143	7	0	15
11503	SWAMP CABBAGE,(SKUNK CABBAGE),RAW	19	0	0	113	3	2	3
11873	SWAMP CABBAGE,CKD,BLD,DRND,W/SALT	20	0	0	358	4	2	2
11504	SWAMP CABBAGE,CKD,BLD,DRND,WO/SALT	20	0	0	122	4	2	2
11874	SWEET POTATO LEAVES,CKD,STMD,W/ SALT	34	0	0	249	7	2	2
11506	SWEET POTATO LEAVES,CKD,STMD,WO/ SALT	34	0	0	13	7	2	2
11505	SWEET POTATO LEAVES,RAW	35	0	0	9	6	2	4
11875	SWEET POTATO,CKD,BKD IN SKN,W/ SALT	90	0	0	246	21	3	2
11508	SWEET POTATO,CKD,BKD IN SKN,WO/ SALT	90	0	0	36	21	3	2
11510	SWEET POTATO,CKD,BLD,WO/ SKN	76	0	0	27	18	3	1
11876	SWEET POTATO,CKD,BLD,WO/ SKN,W/ SALT	76	0	0	27	18	3	1
11659	SWEET POTATO,CKD,CANDIED,HOME-PREPARED	144	2	8	70	28	2	1
11514	SWEET POTATO,CND,MSHD	101	0	0	75	23	2	2

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11647	SWEET POTATO,CND,SYRUP PK,DRND SOL	108	0	0	39	25	3	1
11645	SWEET POTATO,CND,SYRUP PK,SOL & LIQUIDS	89	0	0	44	21	3	1
11512	SWEET POTATO,CND,VACUUM PK	91	0	0	53	21	2	2
11877	SWEET POTATO,FRZ,CKD,BKD,W/ SALT	100	0	0	244	23	2	2
11517	SWEET POTATO,FRZ,CKD,BKD,WO/ SALT	100	0	0	8	23	2	2
11516	SWEET POTATO,FRZ,UNPREP	96	0	0	6	22	2	2
11507	SWEET POTATO,RAW,UNPREP	86	0	0	55	20	3	2
18355	SWEET ROLLS,CHEESE	360	17	76	357	44	1	7
18356	SWEET ROLLS,CINN,COMMLY PREP W/RAISINS	372	15	66	383	51	2	6
18357	SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG	333	12	0	765	52		5
18358	SWEET ROLLS,CINN,REFR DOUGH W/FRSTNG,BKD	362	12	0	832	56		5
22703	SWEET SUE CHICK&DUMPLINGS,CND	91	3	15	394	10	1	6
19337	SWEETENERS,TABLETOP,ASPRT,EQ,PACKETS	365	0	0	0	89	0	2
43216	SWEETENERS,TABLETOP,FRUCTOSE,DRY,PDR	368	0	0	12	100	0	0
44018	SWEETENERS,TABLETOP,FRUCTOSE,LIQ	279	0	0	2	76	0	0
43158	SWEETENERS,TABLETOP,SACCHARIN	360	0	0	428	89	0	1
19868	SWEETENERS,TABLETOP,SUCRALOSE,SPLENDA PACKETS	331	0	0	0	90	0	0
07920	SWISSWURST PORK & BF W/ SWISS CHS SMOKED	307	17	61	827	2	0	13
15111	SWORDFISH,COOKED,DRY HEAT	155	5	50	115	0	0	25
15110	SWORDFISH,RAW	121	4	39	90	0	0	20
19348	SYRUPS,CHOC,FUDGE-TYPE	350	8	2	346	63	3	5
19345	SYRUPS,CHOC,HERSHEY'S GENUINE CHOC FLAV LITE SYRUP	144	0	0	100	34	0	1
19349	SYRUPS,CORN,DK	286	0	0	155	78	0	0
19351	SYRUPS,CORN,HIGH-FRUCTOSE	281	0	0	2	76	0	0
19350	SYRUPS,CORN,LT	283	0	0	62	77	0	0
43026	SYRUPS,DIETETIC	40	0	0	21	49	3	1
42040	SYRUPS,GRENADINE	268	0	0	27	67	0	0

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19352	SYRUPS,MALT	318	0	0	35	71	0	6
19353	SYRUPS,MAPLE	261	0	0	9	67	0	0
19355	SYRUPS,SORGHUM	290	0	0	8	75	0	0
19361	SYRUPS, TABLE BLENDS,CANE&15% MAPLE	278	0	0	104	70	0	0
19362	SYRUPS, TABLE BLENDS,CORN,REFINER,&SUGAR	319	0	0	71	84	0	0
19129	SYRUPS, TABLE BLENDS,PANCAKE	234	0	0	82	61	1	0
19128	SYRUPS, TABLE BLENDS,PANCAKE,RED-CAL	164	0	0	200	44	0	0
19360	SYRUPS, TABLE BLENDS,PANCAKE,W/2% MAPLE	265	0	0	61	70	0	0
19720	SYRUPS, TABLE BLENDS,PANCAKE,W/2% MAPLE,W/ K	265	0	0	61	70	0	0
19113	SYRUPS, TABLE BLENDS,PANCAKE,W/BUTTER	296	2	4	98	74	0	0
14133	TABASCO TOMATO COCKTAIL,BLOODY MARY MIX,MILD,RTD	23	0		485	5	0	1
21264	TACO BELL,BEAN BURRITO	204	6	9	614	28	4	8
21265	TACO BELL,BURRITO SUPREME W/ BF	189	7	16	574	21	3	8
21266	TACO BELL,BURRITO SUPREME W/ CHICK	179	6	21	564	21	2	10
21267	TACO BELL,BURRITO SUPREME W/ STEAK	183	6	21	534	20	2	9
21268	TACO BELL,NACHOS	366	20	4	514	36	4	5
21269	TACO BELL,NACHOS SUPREME	246	12	19	430	23	4	8
21260	TACO BELL,ORIGINAL TACO W/ BF	236	12	31	447	18	4	11
21261	TACO BELL,SOFT TACO W/ BF	219	10	28	632	20	3	12
21262	TACO BELL,SOFT TACO W/ CHICK	202	7	37	606	20	2	14
21263	TACO BELL,SOFT TACO W/ STEAK	225	11	31	551	17	2	12
21270	TACO BELL,TACO SALAD	170	8	19	363	15	3	7
18360	TACO SHELLS,BAKED	468	21	0	367	62	8	7
18448	TACO SHELLS,BKD,WO/ SALT	468	21	0	15	62	8	7
35147	TAMALES (NAVAJO)	153	6	17	427	18	3	6
09322	TAMARINDS,RAW	239	1	0	28	63	5	3
09223	TANGERINE JUC,CND,SWTND	50	0	0	1	12	0	1

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09225	TANGERINE JUC,FRZ CONC,SWTND,DIL W/3 VOLUME H2O	46	0	0	1	11		0
09224	TANGERINE JUC,FRZ CONC,SWTND,UNDIL	161	0	0	3	39	1	2
09221	TANGERINE JUICE,RAW	43	0	0	1	10	0	1
09219	TANGERINES,(MANDARIN ORANGES),CND,JUC PK	37	0	0	5	10	1	1
09383	TANGERINES,(MANDARIN ORANGES),CND,JUC PK,DRND	38	0	0	5	9	1	1
09220	TANGERINES,(MANDARIN ORANGES),CND,LT SYRUP PK	61	0	0	6	16	1	0
09218	TANGERINES,(MANDARIN ORANGES),RAW	53	0	0	2	13	2	1
20068	TAPIOCA,PEARL,DRY	358	0	0	1	89	1	0
19524	TARO CHIPS	498	24	0	342	68	7	2
11521	TARO LEAVES,CKD,STMD,WO/SALT	24	0	0	2	4	2	3
11520	TARO LEAVES,RAW	42	1	0	3	7	4	5
11523	TARO SHOOTS,CKD,WO/SALT	14	0	0	2	3		1
11522	TARO SHOOTS,RAW	11	0	0	1	2		1
11878	TARO,COOKED,WITH SALT	142	0	0	251	35	5	1
11519	TARO,COOKED,WITHOUT SALT	142	0	0	15	35	5	1
11879	TARO,LEAVES,CKD,STMD,W/SALT	24	0	0	238	4	2	3
11518	TARO,RAW	112	0	0	11	26	4	2
11880	TARO,SHOOTS,CKD,W/SALT	14	0	0	238	3		1
11881	TARO,TAHITIAN,CKD,W/SALT	44	0	0	290	7		4
11526	TARO,TAHITIAN,CKD,WO/SALT	44	0	0	54	7		4
11525	TARO,TAHITIAN,RAW	44	1	0	50	7		3
14544	TEA,BREWED,PREP W/DISTILLED H2O	1	0	0	0	0	0	0
14355	TEA,BREWED,PREP W/TAP H2O	1	0	0	3	0	0	0
14352	TEA,BREWED,PREP W/TAP H2O,DECAFFEINATED	1	0	0	3	0	0	0
14545	TEA,HERB,CHAMOMILE,BREWED	1	0	0	1	0	0	0
14381	TEA,HERB,OTHER THAN CHAMOMILE,BREWED	1	0	0	1	0	0	0
14356	TEA,INST,SWTND W/NA SACCHARIN,LEMON-FLAV,PDR,DECAFFEINATED	338	0	0	412	85	1	3

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14375	TEA,INST,SWTND W/NA SACCHARIN,LEMON-FLAVORED,PDR	338	0	0	412	85	1	3
14376	TEA,INST,SWTND W/NA SACCHARIN,LEMON-FLAVORED,PREP	2	0	0	4	0	0	0
14357	TEA,INST,SWTND W/SUGAR,LEMN-FLAV,WO/ VIT C,PDR,DECAFFEINATED	385	0	0	5	99	0	0
14548	TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,W/ VIT C,PDR	385	0	0	5	98	0	1
14370	TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,WO/ VIT C,PDR	401	0	0	5	99	1	0
14371	TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,WO/ VIT C,PDR,PREP	35	0	0	2	9	0	0
14368	TEA,INST,UNSWTND,LEMON-FLAVORED,PDR	346	0	0	55	78	5	7
14366	TEA,INST,UNSWTND,PDR	315	0	0	72	59	9	20
14353	TEA,INST,UNSWTND,PDR,DECAFFEINATED	315	0	0	72	59	9	20
14367	TEA,INST,UNSWTND,PDR,PREP	1	0	0	2	0	0	0
14475	TEA,RTD,ARIZONA ICED TEA,W/ LEMON FLAVOR	39	0	0	4	10	0	0
14476	TEA,RTD,LIPTON BRISK ICED TEA,W/ LEMON FLAVOR	35	0	0	21	9	0	0
14137	TEA,RTD,NESTLE,COOL NESTEA ICE TEA LEMON FLAVOR	36	0		21	9	0	0
14601	TEA,RTD,UNSWTND,WENDY'S,FAST FD,WO/ ICE	1	0		3	0		0
35078	TEA,TUNDRA,HERB & LABORADOR COMBINATION (ALASKA NATIVE)	1	0	0	132	0		0
16114	TEMPEH	193	9	0	9	9		19
16174	TEMPEH,CKD	196	10		14	9		18
22673	THE BUDGET GOURMET ITALIAN SAUSAGE LASAGNA,FRZ ENTREE	153	7	16	303	13	1	7
22603	THE BUDGET GOURMET,SPINACH AU GRATIN,FRZ	143	5	27	422	7	2	4
07078	THURINGER,CERVELAT,SMMR SAUSAGE,BF,PORK	362	26	74	1300	3	0	17
02049	THYME,FRSH	101	1	0	9	24	14	6
15113	TILEFISH,COOKED,DRY HEAT	147	3	64	59	0	0	24
15112	TILEFISH,RAW	96	2	50	53	0	0	18
18361	TOASTER PASTRIES,BROWN-SUGAR-CINNAMON	412	13	0	424	68	1	5
18362	TOASTER PASTRIES,FRUIT	393	10	0	419	71	2	5
18483	TOASTER PASTRIES,KELLOGG,KELLOG POP TARTS,FRSTD CHOC VAN CRM	391	10	0	441	71	1	5
18489	TOASTER PASTRIES,KELLOGG,KELLOG'S POP TARTS,FRSTD STRAWBERRY	390	10	0	325	72	1	4

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18475	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,APPL CINN	395	10	0	334	72	1	4
18476	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,BLUEBERRY	408	13	0	398	68	1	5
18478	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,BRWN SUGAR CINN	438	18	0	428	64	2	5
18477	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD BLUEBERRY	391	10	0	398	72	1	5
18481	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD CHERRY	393	10	0	423	72	1	4
18482	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD CHOC FUDG	387	9	0	390	72	1	5
18484	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD GRAPE	391	10	0	381	72	1	4
18486	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD RASPBERRY	395	11	0	406	72	1	4
18490	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,FRSTD WLD BERRY	388	9	0	311	73	1	4
18485	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,MILK CHOC	395	11	0	437	69	2	7
18487	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,S'MORES	392	11	0	382	70	1	6
18488	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TARTS,STRAWBERRY	394	11	0	355	71	1	5
18479	TOASTER PASTRIES,KELLOGG,KELLOGG'S POP TRTS,FRSTD BR SGR CIN	422	15	0	369	68	1	5
18480	TOASTER PASTRIES,KELLOGG,KELLOGG'S POPTARTS,CHERRY	393	10	0	423	71	1	5
43476	TOFU YOGURT	94	2	0	35	16	0	4
16128	TOFU,DRIED-FROZEN (KOYADOFU)	480	28	0	6	15	7	48
16428	TOFU,DRIED-FROZEN (KOYADOFU),PREP W/CA SULFATE	472	28	0	6	13	1	48
16159	TOFU,EX FIRM,PREP W/NIGARI	91	5	0	8	2	0	10
16126	TOFU,FIRM,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	70	4	0	12	2	1	8
16129	TOFU,FRIED	271	19	0	16	10	4	17
16429	TOFU,FRIED,PREP W/CA SULFATE	271	19	0	16	11	4	17
16160	TOFU,HARD,PREP W/NIGARI	146	9	0	2	4	1	13
16130	TOFU,OKARA	77	1	0	9	13		3
16426	TOFU,RAW,FIRM,PREP W/CA SULFATE	145	8	0	14	4	2	16
16427	TOFU,RAW,REG,PREP W/CA SULFATE	76	4	0	7	2	0	8
16132	TOFU,SALTED&FERMENTED (FUYU)	116	7	0	2873	5		8
16432	TOFU,SALTED&FERMENTED (FUYU),PREP W/CA SULFATE	116	7	0	2873	5		8

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16127	TOFU,SOFT,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	61	3	0	8	2	0	7
11954	TOMATILLOS,RAW	32	1	0	1	6	2	1
11540	TOMATO JUC,CND,W/SALT	17	0	0	269	4	0	1
11886	TOMATO JUC,CND,WO/SALT	17	0	0	10	4	0	1
11548	TOMATO POWDER	302	0	0	134	75	17	13
11887	TOMATO PRODUCTS,CND,PASTE,W/SALT	82	0	0	790	19	5	4
11546	TOMATO PRODUCTS,CND,PASTE,WO/SALT	82	0	0	98	19	5	4
11888	TOMATO PRODUCTS,CND,PUREE,W/SALT	38	0	0	399	9	2	2
11547	TOMATO PRODUCTS,CND,PUREE,WO/SALT	38	0	0	28	9	2	2
11549	TOMATO PRODUCTS,CND,SAU	32	0	0	524	7	2	1
11649	TOMATO PRODUCTS,CND,SAU,SPANISH STYLE	33	0	0	472	7	1	1
11555	TOMATO PRODUCTS,CND,SAU,W/HERBS&CHS	59	2	3	543	10	2	2
11551	TOMATO PRODUCTS,CND,SAU,W/MUSHROOMS	35	0	0	452	8	2	1
11553	TOMATO PRODUCTS,CND,SAU,W/ONIONS	42	0	0	551	10	2	2
11557	TOMATO PRODUCTS,CND,SAU,W/ONIONS,GRN PEPPERS,&CELERY	41	1	0	546	9	1	1
11559	TOMATO PRODUCTS,CND,SAU,W/TOMATO TIDBITS	32	0	0	15	7	1	1
43217	TOMATO SAU,NO SALT	37	0	0	11	7	2	1
43365	TOMATO&VEG JUC,LO NA	22	0	0	70	5	1	1
11693	TOMATOES,CRUSHED,CANNED	32	0	0	132	7	2	2
11527	TOMATOES,GREEN,RAW	23	0	0	13	5	1	1
11695	TOMATOES,ORANGE,RAW	16	0	0	42	3	1	1
11530	TOMATOES,RED,RIPE,CKD	18	0	0	11	4	1	1
11660	TOMATOES,RED,RIPE,CKD,STWD	79	2	0	455	13	2	2
11884	TOMATOES,RED,RIPE,CKD,W/ SALT	18	0	0	247	4	1	1
11533	TOMATOES,RED,RIPE,CND,STWD	26	0	0	221	6	1	1
11537	TOMATOES,RED,RIPE,CND,W/GRN CHILIES	15	0	0	401	4		1
11535	TOMATOES,RED,RIPE,CND,WEDGES IN TOMATO JUC	26	0	0	217	6	1	1

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11885	TOMATOES,RED,RIPE,CND,WHL,NO SALT	19	0	0	10	4	1	1
11531	TOMATOES,RED,RIPE,CND,WHL,REG PK	17	0	0	128	4	1	1
11529	TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE	18	0	0	5	4	1	1
11955	TOMATOES,SUN-DRIED	258	2	0	2095	56	12	14
11956	TOMATOES,SUN-DRIED,PACKED IN OIL,DRND	213	13	0	266	23	6	5
11696	TOMATOES,YELLOW,RAW	15	0	0	23	3	1	1
19364	TOPPINGS,BUTTERSCOTCH OR CARAMEL	252	0	1	349	66	1	2
19365	TOPPINGS,MARSHMLLW CRM	322	0	0	80	79	0	1
19367	TOPPINGS,NUTS IN SYRUP	448	21	0	42	58	2	5
19366	TOPPINGS,PINEAPPLE	253	0	0	42	66	0	0
19137	TOPPINGS,STRAWBERRY	254	0	0	21	66	1	0
22901	TORTELLINI,PASTA W/CHS FILLING	307	6	42	344	47	2	14
19433	TORTILLA CHIPS,LOFAT,BKD WO/FAT	415	5	0	419	80	5	11
19833	TORTILLA CHIPS,LOFAT,UNSALTED	416	5	0	15	80	5	11
19063	TORTILLA CHIPS,TACO-FLAVOR	480	22	5	787	63	5	8
35143	TORTILLA,INCL PLN & FROM MUTTON SNDWCH (NAVAJO)	237	1		482	50	2	7
18363	TORTILLAS,RTB OR -FRY,CORN	218	3	0	45	45	6	6
18449	TORTILLAS,RTB OR -FRY,CORN,WO/ SALT	222	2	0	11	47	5	6
18364	TORTILLAS,RTB OR -FRY,FLR	312	7	0	636	51	3	8
18450	TORTILLAS,RTB OR -FRY,FLR,WO/ CA	325	7	0	478	56	3	9
21088	TOSTADA WITH GUACAMOLE	138	8	15	306	12		5
19821	TRAIL MIX,REG,UNSALTED	462	28	0	10	45		14
19062	TRAIL MIX,REG,W/CHOC CHIPS,SALTED NUTS&SEEDS	484	31	4	121	45		14
19822	TRAIL MIX,REG,W/CHOC CHIPS,UNSALTED NUTS&SEEDS	484	31	4	27	45		14
19059	TRAIL MIX,REGULAR	462	28	0	229	45		14
19061	TRAIL MIX,TROPICAL	407	16	0	10	66		6
11928	TREE FERN,CKD,W/SALT	40	0	0	241	11	4	0

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11563	TREE FERN,CKD,WO/SALT	40	0	0	5	11	4	0
20069	TRITICALE	336	1	0	5	72		13
20070	TRITICALE FLR,WHOLE-GRAIN	338	1	0	2	73	15	13
14139	TROPICANA TWISTER ORANGE STRAWBERRY BANANA DRK,FRZ CONC	191	0	0	26	47	0	0
15114	TROUT,MIXED SPECIES,RAW	148	6	58	52	0	0	21
15219	TROUT,MXD SP,CKD,DRY HEAT	190	8	74	67	0	0	27
15241	TROUT,RAINBOW,FARMED,CKD,DRY HEAT	169	7	68	42	0	0	24
15240	TROUT,RAINBOW,FARMED,RAW	138	5	59	35	0	0	21
15116	TROUT,RAINBOW,WILD,CKD,DRY HEAT	150	5	69	56	0	0	23
15115	TROUT,RAINBOW,WILD,RAW	119	3	59	31	0	0	20
15128	TUNA SALAD	187	9	13	402	9	0	16
15117	TUNA,FRESH,BLUEFIN,RAW	144	4	38	39	0	0	23
15123	TUNA,FRESH,SKIPJACK,RAW	103	1	47	37	0	0	22
15127	TUNA,FRESH,YELLOWFIN,RAW	108	1	45	37	0	0	23
15118	TUNA,FRSH,BLUEFIN,CKD,DRY HEAT	184	6	49	50	0	0	30
15121	TUNA,LT,CND IN H2O,DRND SOL	116	1	30	338	0	0	26
15184	TUNA,LT,CND IN H2O,WO/SALT,DRND SOL	116	1	30	50	0	0	26
15119	TUNA,LT,CND IN OIL,DRND SOL	198	7	18	354	0	0	29
15183	TUNA,LT,CND IN OIL,WO/SALT,DRND SOL	198	7	18	50	0	0	29
15220	TUNA,SKIPJACK,FRSH,CKD,DRY HEAT	132	1	60	47	0	0	28
15126	TUNA,WHITE,CND IN H2O,DRND SOL	128	3	42	377	0	0	24
15186	TUNA,WHITE,CND IN H2O,WO/SALT,DRND SOL	128	3	42	50	0	0	24
15124	TUNA,WHITE,CND IN OIL,DRND SOL	186	8	31	396	0	0	27
15185	TUNA,WHITE,CND IN OIL,WO/SALT,DRND SOL	186	8	31	50	0	0	27
15221	TUNA,YELLOWFIN,FRSH,CKD,DRY HEAT	139	1	58	47	0	0	30
15222	TURBOT,EUROPEAN,CKD,DRY HEAT	122	0	62	192	0	0	21
15129	TURBOT,EUROPEAN,RAW	95	2	48	150	0	0	16

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

07944	TURKEY WHITE ROTISSERIE DELI CUT	112	1	55	1200	8	0	14
05286	TURKEY AND GRAVY,FROZEN	67	2	18	554	5	0	6
42130	TURKEY BACON,COOKED	382	26	98	2285	3	0	30
07079	TURKEY BREAST MEAT	104	1	43	1015	4	1	17
05293	TURKEY BREAST,PRE-BASTED,MEAT&SKN,CKD,RSTD	126	3	42	397	0	0	22
07080	TURKEY HAM,CURED TURKEY THIGH MEAT	126	5	72	1114	2	0	18
42128	TURKEY HAM,SLICED,EX LN,PREPACKAGED OR DELI-SLICED	118	3	67	1038	2	0	20
05292	TURKEY PATTIES,BREADED,BATTERED,FRIED	283	17	62	800	16	1	14
22528	TURKEY POT PIE,FRZ ENTREE	176	8	16	350	18	1	7
07081	TURKEY ROLL,LIGHT MEAT	147	6	43	489	1	0	19
07082	TURKEY ROLL,LT&DK MEAT	149	6	55	586	2	0	18
05295	TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RAW	120	2	53	678	6	0	18
05296	TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RSTD	155	5	53	680	3	0	21
07958	TURKEY SAUSAGE,FRSH,CKD	196	8	92	665	0	0	24
07955	TURKEY SAUSAGE,FRSH,RAW	155	7	75	593	0	0	19
07066	TURKEY SAUSAGE,RED FAT,BROWN&SERVE,CKD	200	9	58	617	11	0	17
05300	TURKEY STKS,BREADED,BATTERED,FRIED	279	16	64	838	17		14
05294	TURKEY THIGH,PRE-BASTED,MEAT&SKN,CKD,RSTD	157	8	62	437	0	0	19
05190	TURKEY,ALL CLASSES,BACK,MEAT&SKN,CKD,RSTD	243	13	91	73	0	0	27
05189	TURKEY,ALL CLASSES,BACK,MEAT&SKN,RAW	196	12	74	66	0	0	18
05192	TURKEY,ALL CLASSES,BREAST,MEAT&SKN,CKD,RSTD	189	6	74	63	0	0	29
05191	TURKEY,ALL CLASSES,BREAST,MEAT&SKN,RAW	157	6	65	59	0	0	22
05188	TURKEY,ALL CLASSES,DK MEAT,CKD,RSTD	187	6	85	79	0	0	29
05184	TURKEY,ALL CLASSES,DK MEAT,MEAT&SKN,CKD,RSTD	221	10	89	76	0	0	27
05183	TURKEY,ALL CLASSES,DK MEAT,MEAT&SKN,RAW	160	8	72	71	0	0	19
05187	TURKEY,ALL CLASSES,DK MEAT,RAW	125	4	69	77	0	0	20
05172	TURKEY,ALL CLASSES,GIBLETS,CKD,SIMMRD,SOME GIBLET FAT	199	10	289	64	1	0	21

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

05171	TURKEY,ALL CLASSES,GIBLETS,RAW	129	3	282	87	2	0	19
05194	TURKEY,ALL CLASSES,LEG,MEAT&SKN,CKD,RSTD	208	9	85	77	0	0	28
05193	TURKEY,ALL CLASSES,LEG,MEAT&SKN,RAW	144	6	71	74	0	0	20
05186	TURKEY,ALL CLASSES,LT MEAT,CKD,RSTD	157	2	69	64	0	0	30
05182	TURKEY,ALL CLASSES,LT MEAT,MEAT&SKN,CKD,RSTD	197	7	76	63	0	0	29
05181	TURKEY,ALL CLASSES,LT MEAT,MEAT&SKN,RAW	159	7	65	59	0	0	22
05185	TURKEY,ALL CLASSES,LT MEAT,RAW	115	1	60	63	0	0	24
05168	TURKEY,ALL CLASSES,MEAT ONLY,CKD,RSTD	170	4	76	70	0	0	29
05167	TURKEY,ALL CLASSES,MEAT ONLY,RAW	119	2	65	70	0	0	22
05166	TURKEY,ALL CLASSES,MEAT&SKN,CKD,RSTD	208	9	82	68	0	0	28
05165	TURKEY,ALL CLASSES,MEAT&SKN,RAW	160	7	68	65	0	0	20
05164	TURKEY,ALL CLASSES,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	205	8	95	67	0	0	28
05163	TURKEY,ALL CLASSES,MEAT&SKN&GIBLETS&NECK,RAW	157	7	78	67	0	0	20
05180	TURKEY,ALL CLASSES,NECK,MEAT ONLY,CKD,SIMMRD	180	6	122	56	0	0	27
05179	TURKEY,ALL CLASSES,NECK,MEAT ONLY,RAW	135	5	79	93	0	0	20
05170	TURKEY,ALL CLASSES,SKN ONLY,CKD,RSTD	442	36	113	53	0	0	20
05169	TURKEY,ALL CLASSES,SKN ONLY,RAW	387	34	91	36	0	0	13
05196	TURKEY,ALL CLASSES,WING,MEAT&SKN,CKD,RSTD	229	11	81	61	0	0	27
05195	TURKEY,ALL CLASSES,WING,MEAT&SKN,RAW	197	11	70	55	0	0	20
07943	TURKEY,BREAST,SMOKED,LEMON PEPPER FLAVOR,97% FAT-FREE	95	1	48	1160	1	0	21
05284	TURKEY,CND,MEAT ONLY,W/BROTH	163	6	66	467	0	0	24
05285	TURKEY,DICED,LT&DK MEAT,SEASONED	138	5	55	850	1	0	19
43367	TURKEY,DRUMSTK,SMOKED,CKD,W/SKN,BONE REMOVED	208	9	85	996	0	0	28
05216	TURKEY,FRYER-ROASTERS,BACK,MEAT ONLY,CKD,RSTD	170	5	95	73	0	0	28
05215	TURKEY,FRYER-ROASTERS,BACK,MEAT ONLY,RAW	120	3	74	65	0	0	21
05214	TURKEY,FRYER-ROASTERS,BACK,MEAT&SKN,CKD,RSTD	204	9	108	70	0	0	26
05213	TURKEY,FRYER-ROASTERS,BACK,MEAT&SKN,RAW	151	7	86	60	0	0	20

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

CAL

FAT

CHOL

SODIUM

CARB

FIBER

PROT

NDB\_No

**PER 100 GRAMS**

05220	TURKEY,FRYER-ROASTERS,BREAST,MEAT ONLY,CKD,RSTD	135	1	83	52	0	0	30
05219	TURKEY,FRYER-ROASTERS,BREAST,MEAT ONLY,RAW	111	0	62	49	0	0	25
05218	TURKEY,FRYER-ROASTERS,BREAST,MEAT&SKN,CKD,RSTD	153	3	90	53	0	0	29
05217	TURKEY,FRYER-ROASTERS,BREAST,MEAT&SKN,RAW	125	2	70	48	0	0	24
05212	TURKEY,FRYER-ROASTERS,DK MEAT,MEAT ONLY,CKD,RSTD	162	4	112	79	0	0	29
05211	TURKEY,FRYER-ROASTERS,DK MEAT,MEAT ONLY,RAW	111	2	81	69	0	0	20
05208	TURKEY,FRYER-ROASTERS,DK MEAT,MEAT&SKN,CKD,RSTD	182	6	117	76	0	0	28
05207	TURKEY,FRYER-ROASTERS,DK MEAT,MEAT&SKN,RAW	129	4	87	66	0	0	20
05224	TURKEY,FRYER-ROASTERS,LEG,MEAT ONLY,CKD,RSTD	159	3	119	81	0	0	29
05223	TURKEY,FRYER-ROASTERS,LEG,MEAT ONLY,RAW	108	2	84	71	0	0	20
05222	TURKEY,FRYER-ROASTERS,LEG,MEAT&SKN,CKD,RSTD	170	5	70	80	0	0	28
05221	TURKEY,FRYER-ROASTERS,LEG,MEAT&SKN,RAW	118	3	87	69	0	0	20
05210	TURKEY,FRYER-ROASTERS,LT MEAT,MEAT ONLY,CKD,RSTD	140	1	86	56	0	0	30
05209	TURKEY,FRYER-ROASTERS,LT MEAT,MEAT ONLY,RAW	108	0	66	52	0	0	24
05206	TURKEY,FRYER-ROASTERS,LT MEAT,MEAT&SKN,CKD,RSTD	164	4	95	57	0	0	29
05205	TURKEY,FRYER-ROASTERS,LT MEAT,MEAT&SKN,RAW	133	3	76	50	0	0	23
05202	TURKEY,FRYER-ROASTERS,MEAT ONLY,CKD,RSTD	150	2	98	67	0	0	30
05201	TURKEY,FRYER-ROASTERS,MEAT ONLY,RAW	110	1	73	61	0	0	22
05200	TURKEY,FRYER-ROASTERS,MEAT&SKN,CKD,RSTD	172	5	105	66	0	0	28
05199	TURKEY,FRYER-ROASTERS,MEAT&SKN,RAW	134	4	81	58	0	0	22
05198	TURKEY,FRYER-ROASTERS,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	171	5	118	65	0	0	28
05197	TURKEY,FRYER-ROASTERS,MEAT&SKN&GIBLETS&NECK,RAW	133	4	92	61	0	0	22
05204	TURKEY,FRYER-ROASTERS,SKN ONLY,CKD,RSTD	299	21	144	61	0	0	21
05203	TURKEY,FRYER-ROASTERS,SKN ONLY,RAW	283	22	139	35	0	0	17
05228	TURKEY,FRYER-ROASTERS,WING,MEAT ONLY,CKD,RSTD	163	3	102	78	0	0	31
05227	TURKEY,FRYER-ROASTERS,WING,MEAT ONLY,RAW	106	1	81	65	0	0	22
05226	TURKEY,FRYER-ROASTERS,WING,MEAT&SKN,CKD,RSTD	207	9	115	73	0	0	28

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FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

05225	TURKEY,FRYER-ROASTERS,WING,MEAT&SKN,RAW	159	7	98	56	0	0	21
05174	TURKEY,GIZZARD,ALL CLASSES,CKD,SIMMRD	123	3	203	67	0	0	22
05173	TURKEY,GIZZARD,ALL CLASSES,RAW	123	4	197	72	0	0	19
05176	TURKEY,HEART,ALL CLASSES,CKD,SIMMRD	130	4	184	90	1	0	21
05175	TURKEY,HEART,ALL CLASSES,RAW	118	4	147	94	0	0	17
05178	TURKEY,LIVER,ALL CLASSES,CKD,SIMMRD	275	18	388	56	1	0	20
05177	TURKEY,LIVER,ALL CLASSES,RAW	232	15	331	71	2	0	18
43391	TURKEY,LT OR DK MEAT,SMOKED,CKD,SKN & BONE REMOVED	170	4	76	996	0	0	29
43390	TURKEY,LT OR DK MEAT,SMOKED,CKD,W/SKN,BONE REMOVED	208	8	82	996	0	0	28
05304	TURKEY,MECHANICALLY DEBONED,FROM TURKEY FRAMES,RAW	201	15	95	48	0	0	13
07900	TURKEY,PORK,&BF SAUSAGE,LOFAT,SMOKED	101	2	21	796	12	1	8
42241	TURKEY,PORK,&BF SAUSAGE,RED FAT,SMOKED	240	15	65	957	3	0	19
43366	TURKEY,WING,SMOKED,CKD,W/SKN,BONE REMOVED	229	11	81	996	0	0	27
05246	TURKEY,YOUNG HEN,BACK,MEAT&SKN,CKD,RSTD	254	14	85	69	0	0	26
05245	TURKEY,YOUNG HEN,BACK,MEAT&SKN,RAW	218	14	68	61	0	0	18
05248	TURKEY,YOUNG HEN,BREAST,MEAT&SKN,CKD,RSTD	194	7	72	58	0	0	29
05247	TURKEY,YOUNG HEN,BREAST,MEAT&SKN,RAW	167	7	62	55	0	0	22
05244	TURKEY,YOUNG HEN,DK MEAT,MEAT ONLY,CKD,RSTD	192	7	80	75	0	0	28
05243	TURKEY,YOUNG HEN,DK MEAT,MEAT ONLY,RAW	130	4	62	74	0	0	20
05240	TURKEY,YOUNG HEN,DK MEAT,MEAT&SKN,CKD,RSTD	232	11	84	72	0	0	27
05239	TURKEY,YOUNG HEN,DK MEAT,MEAT&SKN,RAW	172	9	65	67	0	0	19
05250	TURKEY,YOUNG HEN,LEG,MEAT&SKN,CKD,RSTD	213	9	82	73	0	0	28
05249	TURKEY,YOUNG HEN,LEG,MEAT&SKN,RAW	151	7	63	70	0	0	19
05242	TURKEY,YOUNG HEN,LT MEAT,MEAT ONLY,CKD,RSTD	161	3	68	60	0	0	30
05241	TURKEY,YOUNG HEN,LT MEAT,MEAT ONLY,RAW	116	1	58	60	0	0	24
05238	TURKEY,YOUNG HEN,LT MEAT,MEAT&SKN,CKD,RSTD	207	8	74	58	0	0	29
05237	TURKEY,YOUNG HEN,LT MEAT,MEAT&SKN,RAW	165	7	62	55	0	0	22

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

CAL

FAT

CHOL

SODIUM

CARB

FIBER

PROT

NDB\_No

**PER 100 GRAMS**

05234	TURKEY, YOUNG HEN, MEAT ONLY, CKD, RSTD	175	5	73	67	0	0	29
05233	TURKEY, YOUNG HEN, MEAT ONLY, RAW	122	3	60	66	0	0	22
05232	TURKEY, YOUNG HEN, MEAT&SKN, CKD, RSTD	218	10	78	64	0	0	28
05231	TURKEY, YOUNG HEN, MEAT&SKN, RAW	168	8	63	61	0	0	20
05230	TURKEY, YOUNG HEN, MEAT&SKN&GIBLETS&NECK, CKD, RSTD	215	9	94	63	0	0	28
05229	TURKEY, YOUNG HEN, MEAT&SKN&GIBLETS&NECK, RAW	166	8	73	63	0	0	20
05236	TURKEY, YOUNG HEN, SKN ONLY, CKD, RSTD	482	41	106	44	0	0	19
05235	TURKEY, YOUNG HEN, SKN ONLY, RAW	417	37	81	32	0	0	12
05252	TURKEY, YOUNG HEN, WING, MEAT&SKN, CKD, RSTD	238	12	77	56	0	0	27
05251	TURKEY, YOUNG HEN, WING, MEAT&SKN, RAW	210	13	65	51	0	0	20
05270	TURKEY, YOUNG TOM, BACK, MEAT&SKN, CKD, RSTD	238	12	94	77	0	0	27
05269	TURKEY, YOUNG TOM, BACK, MEAT&SKN, RAW	179	10	79	71	0	0	18
05272	TURKEY, YOUNG TOM, BREAST, MEAT&SKN, CKD, RSTD	189	6	75	67	0	0	29
05271	TURKEY, YOUNG TOM, BREAST, MEAT&SKN, RAW	151	6	67	63	0	0	22
05268	TURKEY, YOUNG TOM, DK MEAT, MEAT ONLY, CKD, RSTD	185	6	88	82	0	0	29
05267	TURKEY, YOUNG TOM, DK MEAT, MEAT ONLY, RAW	123	4	75	80	0	0	20
05264	TURKEY, YOUNG TOM, DK MEAT, MEAT&SKN, CKD, RSTD	216	10	91	80	0	0	28
05263	TURKEY, YOUNG TOM, DK MEAT, MEAT&SKN, RAW	152	7	77	75	0	0	19
05274	TURKEY, YOUNG TOM, LEG, MEAT&SKN, CKD, RSTD	206	8	90	80	0	0	28
05273	TURKEY, YOUNG TOM, LEG, MEAT&SKN, RAW	141	6	76	77	0	0	20
05266	TURKEY, YOUNG TOM, LT MEAT, MEAT ONLY, CKD, RSTD	154	2	69	68	0	0	30
05265	TURKEY, YOUNG TOM, LT MEAT, MEAT ONLY, RAW	114	1	62	67	0	0	23
05262	TURKEY, YOUNG TOM, LT MEAT, MEAT&SKN, CKD, RSTD	191	7	75	67	0	0	28
05261	TURKEY, YOUNG TOM, LT MEAT, MEAT&SKN, RAW	156	6	67	63	0	0	22
05258	TURKEY, YOUNG TOM, MEAT ONLY, CKD, RSTD	168	4	77	74	0	0	29
05257	TURKEY, YOUNG TOM, MEAT ONLY, RAW	117	2	68	73	0	0	22
05256	TURKEY, YOUNG TOM, MEAT&SKN, CKD, RSTD	202	8	82	72	0	0	28

USDA NO.

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**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

05255	TURKEY,YOUNG TOM,MEAT&SKN,RAW	154	7	72	68	0	0	20
05254	TURKEY,YOUNG TOM,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	199	8	96	72	0	0	28
05253	TURKEY,YOUNG TOM,MEAT&SKN&GIBLETS&NECK,RAW	152	6	81	70	0	0	20
05260	TURKEY,YOUNG TOM,SKN ONLY,CKD,RSTD	422	34	117	60	0	0	20
05259	TURKEY,YOUNG TOM,SKN ONLY,RAW	368	32	95	40	0	0	13
05276	TURKEY,YOUNG TOM,WING,MEAT&SKN,CKD,RSTD	221	10	81	66	0	0	27
05275	TURKEY,YOUNG TOM,WING,MEAT&SKN,RAW	188	10	72	60	0	0	20
42173	TURKEY&PORK SAUSAGE,FRSH,BULK,PATTY OR LINK,CKD	307	21	84	878	1	0	23
02043	TURMERIC,GROUND	354	7	0	38	65	21	8
11568	TURNIP GREENS,RAW	32	0	0	40	7	3	2
11891	TURNIP GRNS,CKD,BLD,DRND,W/SALT	20	0	0	265	4	4	1
11569	TURNIP GRNS,CKD,BLD,DRND,WO/SALT	20	0	0	29	4	4	1
43387	TURNIP GRNS,CND,NO SALT	19	0	0	29	3	1	1
11570	TURNIP GRNS,CND,SOL&LIQUIDS	14	0	0	277	2	2	1
11892	TURNIP GRNS,FRZ,CKD,BLD,DRND,W/SALT	29	0	0	251	5	3	3
11575	TURNIP GRNS,FRZ,CKD,BLD,DRND,WO/SALT	29	0	0	15	5	3	3
11574	TURNIP GRNS,FRZ,UNPREP	22	0	0	12	4	3	2
11893	TURNIP GRNS&TURNIPS,FRZ,CKD,BLD,DRND,W/SALT	21	0	0	251	3	2	2
11577	TURNIP GRNS&TURNIPS,FRZ,CKD,BLD,DRND,WO/SALT	21	0	0	15	3	2	2
11576	TURNIP GRNS&TURNIPS,FRZ,UNPREP	21	0	0	18	3	2	2
11889	TURNIPS,CKD,BLD,DRND,W/SALT	22	0	0	286	5	2	1
11565	TURNIPS,CKD,BLD,DRND,WO/SALT	22	0	0	16	5	2	1
11566	TURNIPS,FROZEN,UNPREPARED	16	0	0	25	3	2	1
11890	TURNIPS,FRZ,CKD,BLD,DRND,W/SALT	23	0	0	272	4	2	2
11567	TURNIPS,FRZ,CKD,BLD,DRND,WO/SALT	23	0	0	36	4	2	2
11564	TURNIPS,RAW	28	0	0	67	6	2	1
93600	TURTLE,GREEN,RAW	89	0	50	68	0	0	20

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

22686	TYSON BF STIR FRY KIT;RICE,VEGS,BEEF STRIPS,SAUCE,FRZ ENTREE	107	0		391	17		6
22687	TYSON CHICK FAJITA KIT,FRZ ENTREE,PROD CD 2266-921	121	3	12	327	16		7
22688	TYSON CHICK MESQ W/BBQ SAU,CORN,POTATOES AU GRATIN,FRZ MEAL	126	2	10	311	18	2	7
22712	TYSON RSTD CHICK W/GARLIC SAU,PASTA&VEG MEDLEY,FRZ ENTREE	84	2	11	183	8	1	7
04670	USDA CMDTY FD,OIL,VEG,LO SATURATED FAT	884	95	0	0	0	0	0
04669	USDA CMDTY FD,OIL,VEG,SOYBN,REFINED	884	95	0	0	0	0	0
04672	USDA CMDTY FD,SHORTENING,ALLPURP,SOYBN (PART HYDROG)&CTTNSD	884	95	0	0	0	0	0
04671	USDA CMDTY FD,SHORTENING,SOYBN & SOYBN (PARTIALLY HYDROG)	884	95	0	0	0	0	0
18931	USDA CMDTY,BAKERY FLR MIX LOW-FAT	361	3	0	1360	71	4	9
18930	USDA CMDTY,BAKERY,FLR MIX	400	12	0	1410	63	7	8
09432	USDA CMDTY,MXD FRUIT (PEACH,PEAR,GRAPE),CND,LT SYR,SOL & LIQ	55	0	0	6	14	1	0
09431	USDA CMDTY,MXD FRUIT (PEACH,PEARS,GRAPES),CND,LT SYRUP,DRND	57	0	0	5	15	2	0
16167	USDA CMDTY,PNUT BUTTER,SMOOTH	630	42	0	476	24	6	22
23501	USDA COMMODITY,BF PATTIES W/VPP,FRZ,CKD	247	15	38	66	8	1	16
23506	USDA COMMODITY,BF PATTIES W/VPP,FRZ,RAW	225	14	33	55	4	1	15
23502	USDA COMMODITY,BF,GROUND BULK/COARSE GROUND,FRZ,CKD	259	14	89	95	0	0	26
23508	USDA COMMODITY,BF,GROUND,BULK/COARSE GROUND,FRZ,RAW	228	15	69	57	0	0	17
23503	USDA COMMODITY,BF,PATTIES (100%),FRZ,CKD	249	15	86	66	1	0	23
23507	USDA COMMODITY,BF,PATTIES (100%),FRZ,RAW	204	14	53	74	0	0	15
01182	USDA COMMODITY,CHS,CHEDDAR,RED FAT	282	17	56	725	2	0	27
07907	USDA COMMODITY,PORK SAUSAGE,BULK/LINKS/PATTIES,FRZ,RAW	231	15	73	507	0	0	15
10802	USDA COMMODITY,PORK,CURED,HAM,BNLESS,CKD,HTD	149	5	73	1155	0	0	19
10804	USDA COMMODITY,PORK,CURED,HAM,BNLESS,CKD,UNHTD	133	5	71	1210	1	0	17
10803	USDA COMMODITY,PORK,GROUND,FINE/COARSE,FRZ,CKD	265	17	105	76	0	0	24
10805	USDA COMMODITY,PORK,GROUND,FINE/COARSE,FRZ,RAW	221	16	58	58	0	0	15
07901	USDA COMMODITY,PORK,SAUSAGE,BULK/LINKS/PATTIES,FRZ,CKD	267	17	98	540	0	0	20
11410	USDA COMMODITY,POTATO WEDGES,FRZ	123	2	0	49	26	2	3

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FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

15251	USDA COMMODITY,SALMON NUGGETS,BREADED,FRZ,HTD	212	9	26	173	14	0	13
15252	USDA COMMODITY,SALMON NUGGETS,CKD AS PURCHASED,UNHTD	189	9	27	167	12	0	12
06178	USDA COMMODITY,SALSA	36	0	0	430	7	1	2
06143	USDA COMMODITY,SPAGHETTI SAU,MEATLESS,CND	48	1	0	590	9		1
05600	USDA COMMODITY,TURKEY HAM,DK MEAT,SMOKED,FRZ	118	3	64	909	3	0	16
02050	VANILLA EXTRACT	288	0	0	9	13	0	0
02051	VANILLA EXTRACT,IMITN,ALCOHOL	237	0	0	4	2	0	0
02052	VANILLA EXTRACT,IMITN,NO ALCOHOL	56	0	0	3	14	0	0
17270	VEAL,BREAST,FAT,CKD	521	51	95	49	0	0	9
17273	VEAL,BREAST,PLATE HALF,BNLESS,LN&FAT,CKD,BRSD	282	18	112	64	0		26
17274	VEAL,BREAST,POINT HALF,BNLESS,LN&FAT,CKD,BRSD	248	13	114	66	0		28
17275	VEAL,BREAST,WHL,BNLESS,LN,CKD,BRSD	218	9	116	68	0		30
17272	VEAL,BREAST,WHL,BNLESS,LN&FAT,CKD,BRSD	266	16	113	65	0		27
17271	VEAL,BREAST,WHL,BNLESS,LN&FAT,RAW	208	14	71	71	0		17
17093	VEAL,COMP OF RTL CUTS,FAT,CKD	642	64	73	57	0	0	9
17092	VEAL,COMP OF RTL CUTS,FAT,RAW	638	65	73	26	0	0	6
17091	VEAL,COMP OF RTL CUTS,LN,CKD	196	5	118	89	0	0	32
17090	VEAL,COMP OF RTL CUTS,LN,RAW	112	2	83	86	0	0	20
17089	VEAL,COMP OF RTL CUTS,LN&FAT,CKD	231	9	114	87	0	0	30
17088	VEAL,COMP OF RTL CUTS,LN&FAT,RAW	144	6	82	82	0	0	19
17141	VEAL,CUBED FOR STEW (LEG&SHLDR),LN,CKD,BRSD	188	3	145	93	0	0	35
17140	VEAL,CUBED FOR STEW (LEG&SHLDR),LN,RAW	109	2	84	83	0	0	20
17143	VEAL,GROUND,CKD,BRLD	172	6	103	83	0	0	24
17142	VEAL,GROUND,RAW	144	6	82	82	0	0	19
17100	VEAL,LEG (TOP RND),LN,CKD,BRSD	203	4	135	67	0	0	37
17101	VEAL,LEG (TOP RND),LN,CKD,PAN-FRIED,BREADED	206	5	113	455	10	0	28
17102	VEAL,LEG (TOP RND),LN,CKD,PAN-FRIED,NOT BREADED	183	3	107	77	0	0	33

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17103	VEAL,LEG (TOP RND),LN,CKD,RSTD	150	3	103	68	0	0	28
17099	VEAL,LEG (TOP RND),LN,RAW	107	1	78	64	0	0	21
17095	VEAL,LEG (TOP RND),LN&FAT,CKD,BRSD	211	5	134	67	0	0	36
17096	VEAL,LEG (TOP RND),LN&FAT,CKD,PAN-FRIED,BREADED	228	8	112	454	10	0	27
17097	VEAL,LEG (TOP RND),LN&FAT,CKD,PAN-FRIED,NOT BREADED	211	7	105	76	0	0	32
17098	VEAL,LEG (TOP RND),LN&FAT,CKD,RSTD	160	4	103	68	0	0	28
17094	VEAL,LEG (TOP RND),LN&FAT,RAW	117	3	78	63	0	0	21
17108	VEAL,LOIN,LN,CKD,BRSD	226	7	125	84	0	0	34
17109	VEAL,LOIN,LN,CKD,RSTD	175	6	106	96	0	0	26
17107	VEAL,LOIN,LN,RAW	116	2	80	91	0	0	20
17105	VEAL,LOIN,LN&FAT,CKD,BRSD	284	15	118	80	0	0	30
17106	VEAL,LOIN,LN&FAT,CKD,RSTD	217	11	103	93	0	0	25
17104	VEAL,LOIN,LN&FAT,RAW	163	8	79	85	0	0	19
17114	VEAL,RIB,LN,CKD,BRSD	218	6	144	99	0	0	34
17115	VEAL,RIB,LN,CKD,RSTD	177	5	115	97	0	0	26
17113	VEAL,RIB,LN,RAW	120	3	83	95	0	0	20
17111	VEAL,RIB,LN&FAT,CKD,BRSD	251	11	139	95	0	0	32
17112	VEAL,RIB,LN&FAT,CKD,RSTD	228	12	110	92	0	0	24
17110	VEAL,RIB,LN&FAT,RAW	162	8	82	89	0	0	19
17279	VEAL,SHANK (FORE&HIND),LN,CKD,BRSD	177	3	126	94	0	0	32
17278	VEAL,SHANK (FORE&HIND),LN,RAW	108	2	75	85	0		19
17277	VEAL,SHANK (FORE&HIND),LN&FAT,CKD,BRSD	191	5	124	93	0		32
17276	VEAL,SHANK (FORE&HIND),LN&FAT,RAW	113	3	75	84	0		19
17126	VEAL,SHLDR,ARM,LN,CKD,BRSD	201	4	155	90	0	0	36
17127	VEAL,SHLDR,ARM,LN,CKD,RSTD	164	5	109	91	0	0	26
17125	VEAL,SHLDR,ARM,LN,RAW	105	2	83	86	0	0	20
17123	VEAL,SHLDR,ARM,LN&FAT,CKD,BRSD	236	9	148	87	0	0	34

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17124	VEAL,SHLDR,ARM,LN&FAT,CKD,RSTD	183	7	108	90	0	0	25
17122	VEAL,SHLDR,ARM,LN&FAT,RAW	132	5	82	83	0	0	19
17132	VEAL,SHLDR,BLADE,LN,CKD,BRSD	198	5	158	101	0	0	33
17133	VEAL,SHLDR,BLADE,LN,CKD,RSTD	171	6	119	102	0	0	26
17131	VEAL,SHLDR,BLADE,LN,RAW	113	2	90	97	0	0	20
17129	VEAL,SHLDR,BLADE,LN&FAT,CKD,BRSD	225	8	153	98	0	0	31
17130	VEAL,SHLDR,BLADE,LN&FAT,CKD,RSTD	186	7	117	100	0	0	25
17128	VEAL,SHLDR,BLADE,LN&FAT,RAW	129	4	90	95	0	0	19
17120	VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,BRSD	199	4	130	97	0	0	34
17121	VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,RSTD	170	5	114	97	0	0	26
17119	VEAL,SHLDR,WHL (ARM&BLD),LN,RAW	112	2	86	92	0	0	20
17117	VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,BRSD	228	8	126	95	0	0	32
17118	VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,RSTD	184	7	113	96	0	0	25
17116	VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,RAW	130	4	87	91	0	0	19
17138	VEAL,SIRLOIN,LN,CKD,BRSD	204	5	113	81	0	0	34
17139	VEAL,SIRLOIN,LN,CKD,RSTD	168	5	104	85	0	0	26
17137	VEAL,SIRLOIN,LN,RAW	110	2	79	80	0	0	20
17135	VEAL,SIRLOIN,LN&FAT,CKD,BRSD	252	11	108	79	0	0	31
17136	VEAL,SIRLOIN,LN&FAT,CKD,RSTD	202	9	102	83	0	0	25
17134	VEAL,SIRLOIN,LN&FAT,RAW	152	7	78	76	0	0	19
17189	VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,BRSD	136	5	3100	156	0	0	11
17190	VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,CKD,PAN-FRIED	213	11	2120	176	0	0	14
17188	VEAL,VAR MEATS&BY-PRODUCTS,BRAIN,RAW	118	5	1590	127	0	0	10
17194	VEAL,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	186	5	176	58	0	0	29
17193	VEAL,VAR MEATS&BY-PRODUCTS,HEART,RAW	110	3	104	77	0	0	17
17198	VEAL,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	163	4	791	110	0	0	26
17197	VEAL,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	99	2	364	178	1	0	16

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17203	VEAL,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	192	4	511	78	4	0	28
17204	VEAL,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	193	4	485	85	4	0	27
17202	VEAL,VAR MEATS&BY-PRODUCTS,LIVER,RAW	140	3	334	77	3	0	20
17208	VEAL,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	104	2	263	56	0	0	19
17207	VEAL,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	90	2	229	108	0	0	16
17213	VEAL,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	256	13		68	0	0	29
17212	VEAL,VAR MEATS&BY-PRODUCTS,PANCREAS,RAW	182	11	173	67	0	0	15
17217	VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	129	2	447	58	0	0	24
17216	VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	98	1	340	97	0	0	18
17219	VEAL,VAR MEATS&BY-PRODUCTS,THYMUS,CKD,BRSD	125	2	350	59	0	0	23
17218	VEAL,VAR MEATS&BY-PRODUCTS,THYMUS,RAW	101	2	250	67	0	0	17
17223	VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	202	9	238	64	0	0	26
17222	VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	131	5	62	82	2	0	17
11578	VEGETABLE JUC COCKTAIL,CND	19	0	0	270	5	1	1
42151	VEGETABLE OIL-BUTTER SPRD,RED CAL	465	50	54	581	0	0	0
42309	VEGETABLE OIL-BUTTER SPRD,RED CAL,TUB,SALTED	450	48	71	607	1	0	1
04600	VEGETABLE OIL-BUTTER SPRD,TUB,SALTED	362	38	0	786	1	0	1
04581	VEGETABLE OIL,AVOCADO	884	96		0	0	0	0
04582	VEGETABLE OIL,CANOLA	884	96	0	0	0	0	0
04047	VEGETABLE OIL,COCONUT	862	94	0	0	0	0	0
04583	VEGETABLE OIL,MUSTARD	884	92		0	0	0	0
04588	VEGETABLE OIL,OAT	884	96	0	0	0	0	0
04513	VEGETABLE OIL,PALM KERNEL	862	95	0	0	0	0	0
04531	VEGETABLE OIL,SOYBN LECITHIN	763	71	0	0	0	0	0
06967	VEGETABLE SOUP,LO NA,W/H2O	22	0	0	52	5	0	1
43312	VEGETABLES,MXD (CORN,LIMA BNS,PEAS,GRN BNS,CRRT) CND,NO SALT	37	0	0	26	7	3	1
11581	VEGETABLES,MXD,CND,DRND SOL	49	0	0	149	9	3	3

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11579	VEGETABLES,MXD,CND,SOL&LIQUIDS	36	0	0	224	7	4	1
11894	VEGETABLES,MXD,FRZ,CKD,BLD,DRND,W/SALT	60	0	0	271	13	4	3
11584	VEGETABLES,MXD,FRZ,CKD,BLD,DRND,WO/SALT	65	0	0	35	13	4	3
11583	VEGETABLES,MXD,FRZ,UNPREP	64	0	0	47	13	4	3
43134	VEGETARIAN FILLETS	290	17	0	490	9	6	23
43137	VEGETARIAN MEATLOAF OR PATTIES	197	8	0	550	8	5	21
43136	VEGETARIAN STEW	123	3	0	400	7	1	17
16147	VEGGIE BURGERS,UNPREP	177	0	5	569	14	5	16
43114	VERMICELLI,MADE FROM SOY	330	0	0	4	82	4	0
14122	VERYFINE APPL QUENCHERS APPL RSPBRRY CHRY JUC CKTL,RTD	52	0		5	13		0
02048	VINEGAR,CIDER	21	0	0	5	1	0	0
02053	VINEGAR,DISTILLED	18	0	0	2	0	0	0
11587	VINESPINACH,(BASELLA),RAW	19	0	0	24	3		2
48052	VITAL WHEAT GLUTEN	370	1	0	29	14	1	75
18934	WAFFLE,BTTRMLK,FRZ,RTH,MICROWAVED	289	9	16	663	44	2	7
18933	WAFFLE,BTTRMLK,FRZ,RTH,TSTD	309	9	13	710	48	3	7
18935	WAFFLE,PLN,FRZ,RTH,MICROWAVE	298	9	16	682	45	2	7
18932	WAFFLES,BTTRMLK,FRZ,RTH	273	8	15	621	41	2	7
18403	WAFFLES,PLN,FRZ,READY -TO-HEAT,TSTD	312	9	15	730	49	2	7
18365	WAFFLES,PLN,FRZ,RTH	285	9	14	638	43	2	6
18367	WAFFLES,PLN,PREP FROM RECIPE	291	13	69	511	33		8
12154	WALNUTS,BLACK,DRIED	618	53	0	2	10	7	24
12155	WALNUTS,ENGLISH	654	62	0	2	14	7	15
35083	WALRUS,LIVER,RAW (ALASKA NATIVE)	125	0			4		21
35082	WALRUS,MEAT & SUBCUTANEOUS FAT (ALASKA NATIVE)	282	0			0		16
35079	WALRUS,MEAT,DRY (ALASKA NATIVE)	251	0			0		57
35081	WALRUS,MEAT,RAW (ALASKA NATIVE)	199	14	80		0		19

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11990	WASABI,ROOT,RAW	109	0	0	17	24	8	5
14555	WATER,BTLD,GENERIC	0	0	0	2	0	0	0
14437	WATER,BTLD,NON-CARBONATED,CALISTOGA	0	0		0	0		0
14438	WATER,BTLD,NON-CARBONATED,CRYSTAL GEYSER	0	0		1	0		0
14432	WATER,BTLD,NON-CARBONATED,DANNON	0	0		0	0		0
14440	WATER,BTLD,NON-CARBONATED,DANNON FLUORIDE TO GO	0	0		1	0		0
14434	WATER,BTLD,NON-CARBONATED,DASANI	0	0		0	0		0
14559	WATER,BTLD,NON-CARBONATED,EVIAN	0	0		0	0		0
14439	WATER,BTLD,NON-CARBONATED,NAYA	0	0		1	0		0
14433	WATER,BTLD,NON-CARBONATED,PEPSI,AQUAFINA	0	0		0	0		0
14384	WATER,BTLD,PERRIER	0	0	0	1	0	0	0
14385	WATER,BTLD,POLAND SPRING	0	0	0	1	0	0	0
14429	WATER,MUNICIPAL	0	0	0	2	0	0	0
11588	WATERCHESTNUTS,CHINESE,(MATAI),RAW	97	0	0	14	24	3	1
11590	WATERCHESTNUTS,CHINESE,CND,SOL&LIQUIDS	50	0	0	8	12	3	1
11591	WATERCRESS,RAW	11	0	0	41	1	1	2
12174	WATERMELON SD KRNL,DRIED	557	45	0	99	15		28
09326	WATERMELON,RAW	30	0	0	1	8	0	1
11895	WAXGOURD,(CHINESE PRESERVING MELON),CKD,BLD,DRND,W/SALT	14	0	0	343	3	1	0
11594	WAXGOURD,(CHINESE PRESERVING MELON),CKD,BLD,DRND,WO/SALT	14	0	0	107	3	1	0
11593	WAXGOURD,(CHINESE PRESERVING MELON),RAW	13	0	0	111	3	3	0
22671	WEIGHT WATCHERS CHICKEN ENCHILADA SUIZA,FRZ ENTREE	111	3	25	203	13	1	6
22680	WEIGHT WATCHERS MACARONI&BF IN TOMATO SAU,FRZ ENTREE	105	1	5	183	17	3	6
22541	WEIGHT WATCHERS ON-THE-GO CHICK,BROCLI&CHDR POCKT SNDWCH,FRZ	189	4	10	275	28		10
22672	WEIGHT WATCHERS SMART ONES RST TURKEY&MUSHROOMS,SAU,RICE&VEG	89	1	10	210	14	1	6
22618	WEIGHT WATCHERS ULTIMATE 200 BARBQ GLAZE CHICK,SAU,FRZ ENTR	104	2	23	194	12		9
14141	WELCH'S ORCHARD TROPICALS PASSION FRUIT DRK,FRZ CONC	198	0		44	49		0

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21246	WENDY'S,CHICK NUGGETS	334	22	50	679	15	1	16
21243	WENDY'S,CLASSIC DOUBLE,W/ CHS	241	13	51	422	12	1	17
21239	WENDY'S,CLASSIC SINGLE HAMBURGER,NO CHS	213	9	35	395	17	1	13
21240	WENDY'S,CLASSIC SINGLE HAMBURGER,W/ CHS	221	11	38	476	14	1	15
21247	WENDY'S,FRENCH FR	319	15		172	39	4	4
21248	WENDY'S,FROSTY DAIRY DSSRT	132	2	16	98	24	3	3
21244	WENDY'S,HOMESTYLE CHICK FILLET SNDWCH	214	8	31	401	22	1	14
21242	WENDY'S,JR. HAMBURGER,W/ CHS	256	11	36	660	25	1	13
21241	WENDY'S,JR. HAMBURGER,WO/ CHS	243	8	27	539	28	2	13
21245	WENDY'S,ULTIMATE CHICK GRILL SNDWCH	179	4	40	427	19	1	15
35010	WHALE,BELUGA,EYES,RAW (ALASKA NATIVE)	291	0			1		20
35012	WHALE,BELUGA,FLIPPER,RAW (ALASKA NATIVE)	271	0			0		19
35013	WHALE,BELUGA,LIVER,RAW (ALASKA NATIVE)	117	0			2		18
35009	WHALE,BELUGA,MEAT,AIR-DRIED,RAW (ALASKA NATIVE)	313	0			0		73
35011	WHALE,BELUGA,MEAT,RAW (ALASKA NATIVE)	111	0	80		0		27
35086	WHALE,BOWHEAD,SKN & SUBCUTANEOUS FATMUKTUK(ALASKA NATIVE)	470	43	54		1		13
35085	WHALE,BOWHEAD,SUBCUTANEOUS FAT (BLUBBER) (ALASKA NATIVE)	870	0	150		0		0
20077	WHEAT BRAN,CRUDE	216	3	0	2	65	43	16
20080	WHEAT FLOUR,WHOLE-GRAIN	339	1	0	5	73	12	14
20129	WHEAT FLOURS,BREAD,UNENR	361	1	0	2	73	2	12
20628	WHEAT FLR,WHITE (INDUSTRIAL),10% PROT,BLEACHED,ENR	366	1	0	2	76		10
20629	WHEAT FLR,WHITE (INDUSTRIAL),10% PROT,BLEACHED,UNENR	366	1	0	2	76		10
20630	WHEAT FLR,WHITE (INDUSTRIAL),10% PROT,UNBLEACHED,ENR	366	1		2	76		10
20634	WHEAT FLR,WHITE (INDUSTRIAL),11.5% PROT,BLEACHED,ENR	363	1	0	2	74		12
20635	WHEAT FLR,WHITE (INDUSTRIAL),11.5% PROT,BLEACHED,UNENR	363	1	0	2	74		12
20636	WHEAT FLR,WHITE (INDUSTRIAL),11.5% PROT,UNBLEACHED,ENR	363	1		2	74		12
20640	WHEAT FLR,WHITE (INDUSTRIAL),13% PROT,BLEACHED,ENR	362	1	0	2	72		13

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20641	WHEAT FLR,WHITE (INDUSTRIAL),13% PROT,BLEACHED,UNENR	362	1	0	2	72		13
20645	WHEAT FLR,WHITE (INDUSTRIAL),15% PROT,BLEACHED,ENR	362	1	0	2	70		15
20646	WHEAT FLR,WHITE (INDUSTRIAL),15% PROT,BLEACHED,UNENR	362	1	0	2	70		15
20623	WHEAT FLR,WHITE (INDUSTRIAL),9% PROT,BLEACHED,ENR	367	1	0	2	77		9
20624	WHEAT FLR,WHITE (INDUSTRIAL),9% PROT,BLEACHED,UNENR	367	1	0	2	77		9
20081	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED	364	1	0	2	76	3	10
20381	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,CALCIUM-FORTIFIED	364	1	0	2	76	3	10
20581	WHEAT FLR,WHITE,ALL-PURPOSE,ENR,UNBLEACHED	364	1	0	2	76	3	10
20082	WHEAT FLR,WHITE,ALL-PURPOSE,SELF-RISING,ENR	354	1	0	1270	74	3	10
20481	WHEAT FLR,WHITE,ALL-PURPOSE,UNENR	364	1	0	2	76	3	10
20083	WHEAT FLR,WHITE,BREAD,ENR	361	1	0	2	73	2	12
20084	WHEAT FLR,WHITE,CAKE,ENR	362	1	0	2	78	2	8
20086	WHEAT FLR,WHITE,TORTILLA MIX,ENR	405	10	0	677	67		10
20078	WHEAT GERM,CRUDE	360	9	0	12	52	13	23
20076	WHEAT,DURUM	339	2	0	2	71		14
20071	WHEAT,HARD RED SPRING	329	1	0	2	68	12	15
20072	WHEAT,HARD RED WINTER	327	1	0	2	71	12	13
20074	WHEAT,HARD WHITE	342	1	0	2	76	12	11
20073	WHEAT,SOFT RED WINTER	331	1	0	2	74	13	10
20075	WHEAT,SOFT WHITE	340	1	0	2	75	13	11
20087	WHEAT,SPROUTED	198	1	0	16	43	1	7
15178	WHELK,UNSPEC,CKD,MOIST HEAT	275	0	130	412	16	0	48
15177	WHELK,UNSPECIFIED,RAW	137	0	65	206	8	0	24
01113	WHEY,ACID,DRIED	339	1	3	968	73	0	12
01112	WHEY,ACID,FLUID	24	0	1	48	5	0	1
01115	WHEY,SWEET,DRIED	353	1	6	1079	74	0	13
01114	WHEY,SWEET,FLUID	27	0	2	54	5	0	1

USDA NO.

FOR MACKIE SCIENTIFIC WEBSITE USER

**USDA FOOD LIST  
FOOD DESCRIPTION**

**CAL FAT CHOL SODIUM CARB FIBER PROT**

NDB\_No

**PER 100 GRAMS**

43268	WHIPPED CRM SUB,DIETETIC,MADE FROM PDR MIX	100	6	0	106	11	0	1
42135	WHIPPED TOPPING,FRZ,LOFAT	220	12	2	72	24	0	3
14028	WHISKEY SOUR MIX,BTLD	87	0	0	102	21	0	0
14530	WHISKEY SOUR MIX,BTLD,W/ K&NA	84	0	0	33	21	0	0
14024	WHISKEY SOUR MIX,PDR	383	0	0	274	97	0	1
15223	WHITEFISH,MXD SP,CKD,DRY HEAT	172	6	77	65	0	0	24
15130	WHITEFISH,MXD SP,RAW	134	5	60	51	0	0	19
15131	WHITEFISH,MXD SP,SMOKED	108	1	33	1019	0	0	23
15132	WHITING,MIXED SPECIES,RAW	90	1	67	72	0	0	18
15133	WHITING,MXD SP,CKD,DRY HEAT	116	1	84	132	0	0	23
20089	WILD RICE,COOKED	101	0	0	3	21	2	4
20088	WILD RICE,RAW	357	1	0	7	75	6	15
35092	WILLOW,LEAVES IN OIL (ALASKA NATIVE)	592	0			8		3
35093	WILLOW,YOUNG LEAVES,CHOPD (ALASKA NATIVE)	122	0			21		6
14553	WINE,NON-ALCOHOLIC	6	0	0	7	1	0	1
11597	WINGED BEAN LEAVES,RAW	74	1	0	9	14		6
11599	WINGED BEAN TUBER,RAW	148	1	0	35	28		12
11896	WINGED BEAN,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	37	1	0	240	3		5
11596	WINGED BNS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	38	1	0	4	3		5
11595	WINGED BNS,IMMAT SEEDS,RAW	49	1	0	4	4		7
16436	WINGED BNS,MATURE SEEDS,CKD,BLD,W/SALT	147	5	0	249	15		11
16135	WINGED BNS,MATURE SEEDS,RAW	409	13	0	38	42		30
15224	WOLFFISH,ATLANTIC,CKD,DRY HEAT	123	3	59	109	0	0	22
15134	WOLFFISH,ATLANTIC,RAW	96	2	46	85	0	0	18
18368	WONTON WRAPPERS (INCL EGG ROLL WRAPPERS)	291	1	9	572	58	2	10
22126	WORTHINGTON FOODS,LOMA LINDA,BIG FRANKS,MEATLESS FRANKS,CND	232	12	0	439	3	3	24
22120	WORTHINGTON FOODS,MORNINGSTAR FARMS "BURGER"CRUMBLES	210	12	0	433	6	5	20

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**PER 100 GRAMS**

22121	WORTHINGTON FOODS,MORNINGSTAR FARMS BETTER'N BURGERS,FRZ	107	1	0	450	9	5	16
22122	WORTHINGTON FOODS,MORNINGSTAR FARMS BRKFST PATTIES	209	7	2	682	10	5	26
22119	WORTHINGTON FOODS,MORNINGSTAR FARMS DELI FRANKS	248	14	1	957	8	6	23
22118	WORTHINGTON FOODS,MORNINGSTAR FARMS GARDEN VEGE PATTIES,FRZ	178	6	1	570	15	6	17
22123	WORTHINGTON FOODS,MORNINGSTAR FARMS,SPICY BLACK BEAN BURGER	147	1	1	640	19	6	15
22128	WORTHINGTON FOODS,NAT TOUCH VEGAN BURGERS,FRZ	107	1	0	450	9	5	16
22127	WORTHINGTON FOODS,NAT TOUCH,GARDEN VEGE PATTIES,FRZ	178	6	1	570	15	6	17
07930	YACHTWURST,W/ PISTACHIO NUTS,CKD	268	8	64	936	1	0	15
11897	YAM,CKD,BLD,DRND,OR BKD,W/SALT	116	0	0	244	28	4	1
11602	YAM,CKD,BLD,DRND,OR BKD,WO/SALT	116	0	0	8	28	4	1
11601	YAM,RAW	118	0	0	9	28	4	2
11898	YAMBEAN (JICAMA),CKD,BLD,DRND,W/SALT	38	0	0	242	9		1
11604	YAMBEAN (JICAMA),CKD,BLD,DRND,WO/SALT	38	0	0	4	9		1
11603	YAMBEAN (JICAMA),RAW	38	0	0	4	9	5	1
11899	YARDLONG BEAN,CKD,BLD,DRND,W/SALT	47	0	0	240	9		3
11200	YARDLONG BEAN,CKD,BLD,DRND,WO/SALT	47	0	0	4	9		3
11199	YARDLONG BEAN,RAW	47	0	0	4	8		3
16134	YARDLONG BNS,MATURE SEEDS,CKD,BLD,WO/SALT	118	0	0	5	21	4	8
16133	YARDLONG BNS,MATURE SEEDS,RAW	347	1	0	17	62	11	24
16434	YARDLONG BNS,YARDLONG,MATURE SEEDS,CKD,BLD,W/SALT	118	0	0	241	21	4	8
11991	YAUTIA (TANNIER),RAW	98	0	0	21	24	2	1
43406	YEAST EXTRACT SPREAD	158	0	0	3600	12	3	28
15225	YELLOWTAIL,MXD SP,CKD,DRY HEAT	187	0	71	50	0	0	30
15135	YELLOWTAIL,MXD SP,RAW	146	5	55	39	0	0	23
01187	YOGURT,CHOC,NONFAT MILK	112	0	1	135	24	1	4
43261	YOGURT,FRUIT VAR,NON-FAT	94	0	2	58	19	0	4
01121	YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ	102	1	4	58	19	0	4

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	USDA FOOD LIST							
NDB_No	FOOD DESCRIPTION	CAL	FAT	CHOL	SODIUM	CARB	FIBER	PROT
		PER 100 GRAMS						
01122	YOGURT,FRUIT,LOFAT,11 GRAMS PROT PER 8 OZ	105	1	6	65	19	0	5
01120	YOGURT,FRUIT,LOFAT,9 GRAMS PROT PER 8 OZ	99	1	5	53	19	0	4
01203	YOGURT,FRUIT,LOFAT,W/LO CAL SWEETENER	105	1	6	58	19	0	5
01117	YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ	63	1	6	70	7	0	5
01118	YOGURT,PLN,SKIM MILK,13 GRAMS PROT PER 8 OZ	56	0	2	77	8	0	6
01116	YOGURT,PLN,WHL MILK,8 GRAMS PROT PER 8 OZ	61	3	13	46	5	0	3
01184	YOGURT,VAN OR LEM FLAV,NONFAT MILK,SWTND W/LOW-CALORIE SWTNR	43	0	2	59	8	0	4
01119	YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ	85	1	5	66	14	0	5
03217	ZWIEBACK	426	9	21	232	74	3	10