

Nutritional Value of Foods

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Breads, Rolls & Grains	Portion	Size	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carbs (g)	Total Fat (g)	Sat-Fat (g)	Trans-Fat ¹ (g)
Bagels 2.2 oz, Bakecrafters	each	2.2 oz	160	0	291	1	1.98	60	0	0	5	32	1	0	0
Biscuit, Buttermilk Whole Grain	each	2.0 oz	170	0	420	3	1.44	20	0	0	4	26	6	3.5	0
Bread, WG White Sliced	each	1.01 oz	75	0	95	1.5	0.9	125	0	0	3	14	0.75	0	0
Muffins, Blueberry	each	2.0 oz	160	20	190	1	4.5	200	1000	0	3	24	6	1	0
Muffin, Banana	each	2.0 oz	170	20	200	1	3.6	200	1000	1.2	3	26	6	1	0
Muffin, Apple Cinnamon	each	2.0 oz	160	20	190	1	0.72	20	0	0	3	25	6	1	0
Rice, White Cooked	serving	1/2 cup	92	0	2	0.36	1.11	3.9	0	0	1.69	20.24	0.15	0.04	0
Roll, Dinner, WG	each	1.12 oz	68	0	165	0.97	0.7	38.8	0	0	2.91	13.56	0.97	0	0
Roll, Sub WG	each	2.17 oz	150	0	360	2	1.44	40	0	0	6	29	1.5	0	0
Rolls, Sandwich, WG	each	1.6 oz	120	0	220	2	1.44	20	0	0	4	21	1.5	0	0
Roll, Whole Grain	each	2.1 oz	140	0	180	5	0.72	0	0	4.8	6	24	2.5	0.5	0
Rolls, Kaiser, Whole Wheat	each	2.0 oz	160	0	380	3	1.8	40	0	0	6	30	1.5	0	0
Stuffing, Cornbread	serving	1/2 cup	129	0	745	0.99	1.79	39.7	0	0	3.97	24.84	0.99	0	0
Taco shells, hard	2 shells	1.92 oz	149	0	0	1	0	0	0	0	1	18.93	6.98	0.5	0
Tortilla, 9" WG	each	1.82 oz	150	0	210	3	1.44	100	0	0	5	25	4	1	0
Tortilla, Whole Grain, 8", bowl	each	1.50 oz	110	0	200	3	1.08	40	0	0	4	19	3	0	0
Tortilla soft flour	2 shells	2.25 oz	200	0	260	2	1.8	40	0	0	6	35	4	0	0
Waffle	each	1.2 oz	92	2	257	0.48	4.36	169.5	0	0	1.94	15.01	2.91	0.48	0

Condiments	Portion	Size	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carbs (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
BBQ Sauce		1 ounce	34	0	59	0.02	0.02	2.6	119	1.33	0.02	6.35	0.46	0.21	0
Barbeque Sauce, Tangy		1 ounce	50	0	55	0.44	1.46	62.8	352	2.75	0.63	11.91	0.07	0.01	0
Buffalo Sauce		1 ounce	69	4	216	0.01	0	16.7	40	0.86	0.83	1.38	6.62	1.24	0
Dressing, Ranch Lite		1 ounce	76	5	236	0	0	18.9	0	0	0.94	0.94	7.56	1.42	0
Dressing, Italian Fat Free		1 ounce	15	0	490	0	0	0	0	0	0	3	0	0	0
Dressing, French, Fat Free		1 ounce	28	0	292	0.94	0	0	0	0	0	7.55	0	0	0
Dressing, Caesar Fat Free		1 ounce	19	0	420	0	0	0	0	0	0	2.8	0	0	0
Gravy mix, Chicken		1 ounce	20	0	65	0	0	0	0	0	0.5	3	0.75	0	0
Gravy mix, Beef		1 ounce	12	0	70	0	0	0	0	0	0.5	2.5	0.25	0	0
Honey		1 ounce	86	0	1	0.06	0.12	1.7	0	0.14	0.09	23.36	0	0	0
Jelly, Mixed Fruit		1/2 oz	40	0	6	0	0	0	0	0	0	10.13	0	0	0
Ketchup, Low sodium		1 ounce	33	0	83	0	0	0	167	2	0	6.67	0	0	0
Mayonnaise, Reduced Calorie		1 ounce	106	7	168	0	0	0	0	0	0	7.09	7.97	0.89	0
Mustard, Yellow		1/2 oz	11	0	188	0.15	0.3	12.6	0	0	0.7	0.96	0.66	0.03	0
Ranch Dip, BBQ		1/2 oz	28	1	33	0.01	0.02	2.8	7	0.11	0.14	4.88	0.97	0.19	0
Salsa, Canned Low Sodium		1/4 cup	22	0	70	0.9	1.4	7	343	2.5	0.94	4.37	0.12	0.02	0
Syrup, Pancake		1 ounce	99	0	27	0	0	0	0	0	0	25.19	0	0	0

Dairy	Portion	Size	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carbs (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Cheese, Reduced Fat, Low sodium	ounce		70	15	300	0	0	150	300	0	6	2	4.5	2.5	0
Cheese, Mozzarella	ounce		79	15	150	0	0.07	207.2	178	0	7.8	0.89	4.85	3.09	0
Cheese, Cheddar, Shredded	ounce		80	20	170	0	0	200	300	0	7	0.57	6	3.5	0
Cream Cheese & Yogurt Spread	each	1.07 oz	60	15	90	0	0	80	200	0	5	3	3.5	2	0
Cream Cheese & Yogurt, Strawberry	each	1.07 oz	60	10	75	0	0	60	200	1.2	4	4	3	2	0
Milk, FF Chocolate	each	8 fl.oz	120	5	200	0	0.36	300	500	2.4	8	22	0	0	0
Milk, FF Strawberry	each	8 fl.oz	120	5	115	0	0	300	500	2.4	8	22	0	0	0
Milk, Lowfat 1% Dairy Maid	each	8 fl.oz	100	10	120	0	0	300	500	2.4	8	11	2.5	1.5	0
Milk, Skim, Dairy Maid	each	8 fl.oz	80	5	120	0	0	300	500	2.4	8	11	0	0	0
Yogurt, Upstate Farms	each	4 oz	90	0	75	0	0	300	0	0	3	19	0	0	0
Yogurt, Swiss Style, Dairy Maid	each	8 oz	212	10	106	0	0.36	201.6	101	6.05	7.06	41.33	2.52	1.51	0

Nutritional Value of Foods

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Entrees	Portion	Size	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carbs (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
BBQ Sliders	serving	4.25 oz	281	42	378	4.14	3.21	126.6	0	0.51	17.92	32.69	9.41	2.91	0
Beef Noodle Bowl	serving	1 cup	243	58	350	1.33	1.55	109.8	240	1.72	18.12	18.67	11.45	4.72	0
Beef Patty, 3 oz	each	2.0 oz cooked	180	60	60	0	1.62	0	0	0	15	0	13	5	0
Burger, Signature	each	3.5 oz	268	77	377	0	1.98	91.2	182	0	21.15	1.22	19.24	7.77	0
Cheese Wrap	each	4.57 oz	335	35	757	3.54	1.64	457.5	779	5.13	18.15	28.48	16.71	7.57	0
Chicken Club	each	4.2 oz	215	58	760	0.45	1	95	187	1	18	14	11.25	2.75	0
Chicken Grilled, Caesar Wrap	each	4.82 oz	271	47	716	3.57	2.64	116.8	172	2.59	19.41	27.41	10.08	3.01	0
Chicken Hoagie w/cheese	each	4.12 oz	285	52	830	2	0	95	150	0	15	17	17.25	5.25	0
Chicken Parmesan	each	3.95 oz	231	54	713	0.69	1.59	123.9	199	1.85	18.97	15.95	11.57	3.03	0
Chicken Patty	each	3.2 oz	180	50	610	0.45	1	20	37	1	15	13	9	1.5	0
Chicken Patty, Spicy	each	2.8 oz	182	52	540	0	1.7	20	46	1.2	14	11	10	2	0
Chicken Pot Pie	serving	2/3 cup	236	58	382	2.37	1.37	40.5	1987	10.29	19.81	14.15	10.42	3.03	0
Chicken Tenders, Regular	serving	2.85 oz	186	51	437	1	1.99	18	72	1	13.96	10.97	9.98	2.99	0
Chicken Wrap, Crispy	each	5.52 oz	339	46	820	4.27	3.13	129.2	314	6.91	20.44	39.76	13.05	2.5	0
Chicken Wrap, Spicy Buffalo	each	4.57 oz	498	84	718	2.62	3.39	321.4	111	1.97	34.44	31.23	24.56	5.51	0
Chicken, Popcorn	serving	3.2 oz	177	47	794	1	0.5	18	40	1	12	12	9	2	0
Chili, w/ Beans	serving	1/2 cup	180	42	204	2.5	2.7	46	813	14.49	15.43	10.67	8.58	3.56	0
Cold Cut Wrap	each	4.82 oz	250	28	947	3.76	2.27	183.6	392	4.88	16.15	29.17	8.41	2.29	0
egg, Hard boiled	each		78	187	62	0	0.6	25	260	0	6.29	0.56	5.31	1.63	0
Eggs, Scrambled	serving	1/4 cup	82	218	147	0	0.94	54	305	0.2	6.2	1.48	5.18	1.61	0
Fish Filet, Natural Shape	each	3.6 oz	214	61	357	0	0	0	0	0	14.28	18.36	9.18	1.53	0
Fish Shapes	serving	4.0 oz	260	30	930	0	1.8	20	0	2.4	15	21	13	2	0
Glazed Ham & Swiss	each	4.75 oz	243	42	661	0.02	0.63	276.1	607	0	14.3	6.79	17.53	8.82	0
Ham & Swiss Wrap	each	4.82 oz	289	39	834	3.29	2.24	298.3	262	0.8	18.81	27.37	12.3	4.94	0
Ham and Cheese Wrap	each	4.82 oz	316	28	859	4.95	4.69	219.9	515	9.48	17.03	42.25	8.94	1.58	0
Hot Ham & Cheese Melt	each	2.75 oz	96	28	747	0	0.73	75	150	0	11.1	2.01	4.78	1.3	0
Lasagna	serving	5.98 oz	244	40	405	1.99	2.5	326.6	457	8.52	17.13	22.94	9.45	5.01	0
Macaroni & Cheese	serving	2/3 cup	333	33	741	0.93	1.08	515	1154	0.94	21.28	33	13.25	5.78	0
Mashed Potato Bowl w/beef	serving	1.25 cups	269	50	399	1.88	1.25	135.1	169	4.33	18.24	20.37	11.36	4.63	0
Mashed Potato Bowl w/chicken	serving	1.25 cups	199	26	600	2.61	1.1	33.7	1852	33.18	14.02	26.3	5.01	0.81	0
Mashed Potato Bowl, Turkey	serving	1.25 cups	199	26	600	2.61	1.1	33.7	1852	33.18	14.02	26.3	5.01	0.81	0
Meatballs w/marinara	serving	2.75 oz	172	87	601	0.53	2.11	69	355	2.63	10.99	5.97	11.51	3.59	0
Pasta, WW w/meat sauce	serving	2/3 cup	311	58	204	3.72	3.57	46.6	349	9.53	20.97	31.17	12.28	4.22	0
Pizza, Cheese WG 1.5	each	4.3 oz	270	30	400	3	1.8	450	500	6	21	22	11	6	0
Pizza, Cheese, WG 2.0	each	5.0 oz	320	15	620	5	3.6	400	500	9	16	28	16	4.5	0
Pizza, French Bread WG	each	5.5 oz	320	30	380	3	0.36	399.8	500	14.99	22.99	32.98	10.99	6	0
Pizza, French Bread, Pepperoni WG	each	5.5 oz	350	35	610	3	0.72	349.8	500	11.99	21.99	32.98	14.99	8	0
Pizza, Pepperoni, WG	each	5.0 oz	350	30	830	4	3.6	300	400	9	17	27	20	6	0
Pizza, Stuffed Crust	each	5.75 oz	380	15	940	4	5.4	350	500	0	18	46	15	4.5	0
Quesadilla, Vegetable & Cheese	each	4.78 oz	383	32	513	4.22	3.61	647.2	582	13.25	20.63	38.23	16.38	7.14	0
Ribique	each	3.35 oz	264	45	733	1.01	1.45	41.9	286	3.36	14	12.56	17.32	6.05	0
Sloppy Joe	serving	1/3 cup	185	44	189	0.74	1.72	18.4	645	3.77	13	13.02	8.61	3.37	0
Spaghetti w/ Meat Sauce	serving	2/3 cup	317	58	192	2.01	2.99	38.7	519	8.48	20.5	30.75	12.12	4.11	0
Spaghetti w/meat Sauce	serving	2/3 cup	317	58	192	2.01	2.99	38.7	519	8.48	20.5	30.75	12.12	4.11	0
Stir Fry, Chicken	serving	1/2 cup	184	55	322	0.61	0.81	13.5	875	3.7	17.98	5.43	9.49	1.83	0
Turkey & Cheese	each	2.5 oz	86	28	717	0	0.36	75	150	0	10.09	3.02	3.77	1.25	0
Turkey & Cheese BLT	each	3.5 oz	140	35	857	0.76	1.01	83.6	392	4.88	13.15	4.68	7.4	2.52	0
Turkey & Cheese Wrap	each	4.82 oz	249	29	972	3.8	2.13	183.8	412	5.49	16.17	29.97	8.02	2.27	0
Turkey Club Wrap	each	4.82 oz	270	31	952	3.76	2	264.6	554	4.88	17.11	30.25	9.95	3.62	0
Turkey Ham	serving	2.8 oz	85	28	836	0	1.02	0	0	0	11.34	1.42	3.54	0.07	0

Nutritional Value of Foods

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Entrees (Continued)	Portion	Size	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carbs (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Turkey Provolone Cheese Wrap	each	4.82 oz	305	35	883	3.76	2	311.1	512	4.88	17.62	28.17	13.37	5.07	0
Veggie Cheese Wrap	each	4.82 oz	367	35	924	5.86	2.22	475.6	947	30.13	19.73	35.21	16.97	7.61	0
Taco's, Reg	serving	1/4 cup	162	53	527	0	1.28	6.7	0	0	14.79	2	9.25	3.63	0
Taco Rice Bowl	each	5.0 oz	336	63	617	1.57	2.89	125.8	233	2.61	21.91	31.33	12.93	5.53	0
Toasted Cheese w/ Bread	each	4.0 oz	314	30	817	3	1.8	550	721	0	18	32	13.17	6.21	0
Toasted Cheese & Ham w/bread	each	4.5 oz	390	55	1563	3	2.71	550	721	0	28.12	33.27	16.34	6.28	0
Toasted Cheese Club w/bread	each	5.0 oz	359	38	952	3	2.16	550	721	0	20.5	32	16.67	7.46	0
Turkey Roast, raw to cooked	serving	2.0 oz cooked	70	25	300	0	0.36	0	0	0.6	10	0.5	3	0.75	0
Turkey, Deli	serving	1.0 oz	25	10	283	0	0.18	0	0	0	3.54	1.01	0.76	0	0
Vegetarian Burger, w/teriyaki	each	2.9 oz	150	0	470	1	1.8	60	100	0	10	12	7	0.5	0
Veggie Cheese Wrap	each	4.82 oz	367	35	924	5.86	2.22	475.6	947	30.13	19.73	35.21	16.97	7.61	0
Vegetable Sub, no roll	each	3.0 oz	183	32	532	0.64	0.22	370.7	3146	12.56	14.63	5.18	11.84	6.05	0
Wafer Steak	each	2.5 oz	157	37	97	0	1.8	8.9	47	0.3	13	1	11	4	0
Western Rib	each	4.35 oz	318	52	884	1.02	1.82	42.5	319	3.73	16.5	14.34	20.94	7.45	0
Yogurt Salad Plate	each		440	15	537	1	1.98	740	200	0	16	83	4.5	2	0
Ziti, Baked	serving	2/3 cup	331	33	465	2.04	1.81	454.2	712	3.92	21.54	34.83	12.03	6.7	0

Fruit	Portion	Size	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carbs (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Apples, Fresh	each	medium, whole	72	0	1	3.31	0.17	8.3	75	6.35	0.36	19.06	0.23	0.04	0
Apples, Slices	serving	1/4 cup	27	0	1	1.21	0.1	2.5	22	0.1	0.15	6.86	0.2	0.03	0
Apple Juice	serving	1/4 cup	57	0	5	0.25	0.15	9.9	1	47.74	0.12	14.01	0.16	0.03	0
Applesauce	serving	1/4 cup	26	0	1	0.67	0.14	2.4	18	12.93	0.1	6.87	0.06	0	0
Apricots	serving	1/4 cup	40	0	3	1.01	0.25	7	836	1.71	0.34	10.43	0.03	0	0
Bananas	each	medium, whole	90	0	1	2.63	0.26	5.1	65	8.79	1.1	23.07	0.33	0.11	0
Blueberries, Fresh	serving	1/4 cup	21	0	0	0.89	0.1	2.2	20	3.59	0.27	5.36	0.12	0.01	0
Cherries, tart red	serving	1/4 cup	57	0	2	0.82	0.32	10.1	530	1.27	0.89	14.55	0.06	0.01	0
Cranberry Sauce	serving	1/4 cup	105	0	20	0.69	0.15	2.8	29	1.39	0.14	26.94	0.1	0.01	0
Fruit Cocktail	serving	1/4 cup	34	0	4	0.61	0.18	3.6	124	1.15	0.24	9.03	0.04	0.01	0
Grapes, Fresh	serving	1/4 cup	15	0	0	0.21	0.07	3.2	23	0.92	0.14	3.94	0.08	0.03	0
Melons, Cantaloupe	serving	1/2 cup	54	0	26	1.44	0.34	14.4	5411	58.72	1.34	13.06	0.3	0.08	0
Melons, Honey Dew	serving	1/2 cup	32	0	16	0.71	0.15	5.3	44	15.93	0.48	8.04	0.12	0.03	0
Mixed Fruit	serving	1/4 cup	34	0	4	0.61	0.18	3.6	124	1.15	0.24	9.03	0.04	0.01	0
Oranges, Fresh	each	medium, whole	45	0	0	2.3	0.1	38.4	216	51.07	0.9	11.28	0.12	0.02	0
Pears, Fresh	each	medium, whole	96	0	2	5.15	0.28	14.9	38	6.97	0.63	25.66	0.2	0.02	0
Pears: canned	serving	1/4 cup	36	0	3	1	0.18	3.1	0	0.44	0.12	9.52	0.02	0	0
Peaches, Fresh	each	medium, whole	34	0	0	1.3	0.22	5.2	284	5.74	0.79	8.3	0.22	0.02	0
Peaches, canned	serving	1/4 cup	34	0	3	0.82	0.23	1.9	222	1.51	0.28	9.13	0.02	0	0
Pineapple Chunks, canned	serving	1/4 cup	33	0	1	0.5	0.25	8.8	24	4.72	0.23	8.47	0.08	0.01	0
Raisins	serving	1/4 cup	108	0	4	1.34	0.68	18.1	0	0.83	1.11	28.7	0.17	0.02	0
Strawberries, Fresh	serving	1/4 cup	12	0	0	0.72	0.15	5.8	4	21.17	0.24	2.76	0.11	0.01	0
Watermelon	serving	1/4 cup	12	0	0	0.16	0.1	2.8	228	3.24	0.24	3.02	0.06	0.01	0

Vegetables	Portion	Size	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carbs (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Beans, Black		1/4 cup	60	0	230	3.19	0.91	28.1	85	1.72	3.19	12.81	0.38	0.1	0
Beans, Chick Peas		1/4 cup	60	0	231	4.15	0.62	14.8	11	1.75	2.77	10.15	0.92	0.23	0
Beans, Kidney		1/4 cup	83	0	1	4.81	1.91	18.2	0	0.78	5.64	14.82	0.33	0.05	0
Beans, Red/White Combo		1/4 cup	88	0	96	5	1.26	34.3	0	1.06	5.61	16.27	0.32	0.08	0
Beans, Refried		1/2 cup	120	0	540	6	1.8	20	0	0	6	19	2	0	0
Broccoli, Fresh		1/4 cup	8	0	8	0.59	0.17	10.7	142	20.29	0.64	1.51	0.08	0.01	0
Broccoli, frozen, steamed		1/4 cup	13	0	5	1.38	0.28	15.2	465	18.45	1.43	2.46	0.06	0.01	0
Carrots, frozen, steamed		1/4 cup	14	0	22	1.2	0.19	12.8	6179	0.84	0.21	2.82	0.25	0.04	0

Nutritional Value of Foods

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Vegetables (Continued)	Portion	Size	Calories	Cholesterol (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (g)	Carbs (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Carrot Sticks, Fresh		1/4 cup	2	0	3	0.12	0.01	1.5	739	0.26	0.04	0.42	0.01	0	0
Cauliflower, Fresh		1/4 cup	6	0	8	0.5	0.11	5.5	0	12.05	0.48	1.24	0.07	0.02	0
Celery Sticks, Fresh		1/4 cup	13	0	66	1.32	0.16	33	370	2.56	0.57	2.45	0.14	0.03	0
Celery/Carrot Sticks		1/4 cup	12	0	31	0.91	0.1	15.1	3559	1.86	0.33	2.59	0.08	0.02	0
Coleslaw, Commercial Dressing		1/4 cup	108	6	259	1.14	0.23	17.8	1362	16.29	0.58	7.38	9.01	1.29	0
Corn, yellow, canned		1/4 cup	32	0	76	0.78	0.23	1.6	18	0.66	1.01	7.29	0.46	0.07	0
Corn, frozen, yellow		1/4 cup	33	0	0	0.99	0.19	1.2	82	1.44	1.05	7.96	0.28	0.04	0
Cucumber, Fresh		1/4 cup	14	0	2	0.62	0.31	14.6	47	4.89	0.52	3.02	0.1	0.03	0
Fajita Mix		1/4 cup	14	0	1	0.86	0.17	5.3	597	35.32	0.46	3.15	0.1	0.01	0
Green Beans, canned		1/4 cup	7	0	85	0.64	0.3	8.8	118	1.45	0.41	1.52	0.03	0.01	0
Green Beans, frozen, steamed		1/4 cup	9	0	0	1.01	0.22	14.2	188	1.38	0.5	2.18	0.06	0.01	0
Mixed Vegetables, frozen, steamed		1/4 cup	30	0	16	2	0.37	11.4	1946	1.46	1.3	5.96	0.07	0.01	0
Mushrooms, Fresh		1/4 cup	5	0	1	0.25	0.12	0.7	0	0.51	0.76	0.8	0.08	0.01	0
Onions, Fresh		1 ounce	11	0	1	0.48	0.06	6.5	1	2.1	0.31	2.65	0.03	0.01	0
Oriental Blend Vegetables		1/4 cup	25	0	5	2.96	0.89	19.8	395	8.89	1.98	3.95	0	0	0
Romaine Lettuce		1/4 cup	4	0	2	0.45	0.21	7.1	1881	0.86	0.27	0.71	0.06	0.01	0
Peas, frozen, steamed		1/4 cup	31	0	29	2.2	0.61	9.6	840	3.96	2.06	5.7	0.11	0.02	0
Peas & Carrots, frozen, steamed		1/4 cup	19	0	27	1.24	0.38	9.2	3806	3.24	1.24	4.05	0.17	0.03	0
Peppers, Green, Fresh		1/4 cup	12	0	1	0.82	0.21	4.1	287	40.51	0.4	2.92	0.09	0.01	0
Peppers, Red Fresh		1/4 cup	12	0	1	0.78	0.16	2.6	1166	47.57	0.37	2.25	0.11	0.01	0
Peppers, Red & Green		1/4 cup	8	0	1	0.59	0.12	2.7	548	32.55	0.29	1.67	0.07	0.01	0
Potato, Fresh	each	7-8 ounces	188	0	20	4.44	2.18	30.3	20	19.39	5.05	42.72	0.26	0.08	0
Potato, Hash Brown Stix	each	1/2 cup	100	0	280	1	0.36	0	0	2.4	1	15	3.5	0	0
Potatoes, Mashed		1/2 cup	80	0	210	1	0.36	20	0	30	2	17	1	0	0
Potato, Redskin Halves		1/2 cup	100	0	180	2	0.72	0	0	6	2	19	2	0	0
Potato, Seasoned, Diced		1/2 cup	140	0	160	2	0.72	0	0	4.8	2	25	3.5	0.5	0
Potato Rounds, (Tots)		1/2 cup	141	0	283	1.68	0.42	7.1	10	4.06	1.4	15.86	8	2.24	0
Potato Wedges		1/2 cup	90	0	30	2	0.72	0	0	3.6	2	15	2.5	0	0
Potato Smiles		1/2 cup	130	0	180	2	0.36	0	0	2.4	2	20	4.5	0.5	0
Potatoes, Straight Cut		1/2 cup	119	0	149	0.99	0.36	0	0	3.57	1.98	19.84	3.47	0.5	0
Lettuce, Shredded		1/4 cup	2	0	1	0.19	0.07	2.6	45	0.54	0.14	0.29	0.03	0	0
Salad Mix: no dressing		1 cup	16	0	15	1.32	0.4	19.8	1816	5.68	0.89	3.59	0.14	0.02	0
Radishes, Fresh		1/4 cup	6	0	15	0.6	0.13	9.4	3	5.59	0.26	1.29	0.04	0.01	0
Mesclum/Field Green		1/2 cup	8	0	16	0.69	0.7	36.9	2322	6.57	0.88	1.27	0.16	0.02	0
Sweet Potato Fries		1/2 cup	140	0	210	2.33	0.42	23.3	5837	11.21	0	25.68	3.5	0.58	0
Sweet Potato, Baked	each	4-5 ounces	103	0	41	3.76	0.79	43.3	21908	22.34	2.29	23.61	0.17	0.04	0
Sweet Potatoes, canned		1/4 cup	106	0	21	1.21	0.87	15.2	5542	10.5	1.76	24.92	0	0	0
Sauerkraut, canned		1/4 cup	7	0	235	1.03	0.52	10.7	6	5.22	0.32	1.52	0.05	0.01	0
Spinach, Fresh		1/4 cup	4	0	14	0.4	0.49	18	1701	5.1	0.52	0.66	0.07	0.01	0
Spinach, Frozen steamed		1/4 cup	16	0	46	1.76	0.93	72.7	5729	1.05	1.9	2.28	0.41	0.07	0
Tomatoes, Fresh		1/4 cup	13	0	6	0.68	0.28	3.1	383	11.75	0.52	2.85	0.2	0.03	0
Tomatoes, Stewed		1/4 cup	24	0	139	0.63	0.84	21	121	4.84	0.62	5.28	0.29	0.04	0
Zucchini, Steamed		1/4 cup	9	0	2	0.6	0.22	10.8	670	7.74	0.68	1.61	0.22	0.04	0
Squash, Yellow/Green, Fresh		1/4 cup	5	0	1	0.36	0.11	4.9	65	5.51	0.39	1.09	0.06	0.01	0
Soup, Tomato, Campbell's		1 cup	90	0	710	1	0.72	0	400	6	2	20	0	0	0
Vegetable Soup		1/2 cup	29	0	184	0.9	0.54	14.5	953	6.64	1.61	5.76	0.31	0.06	0

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