



# YOUR GAME PLAN

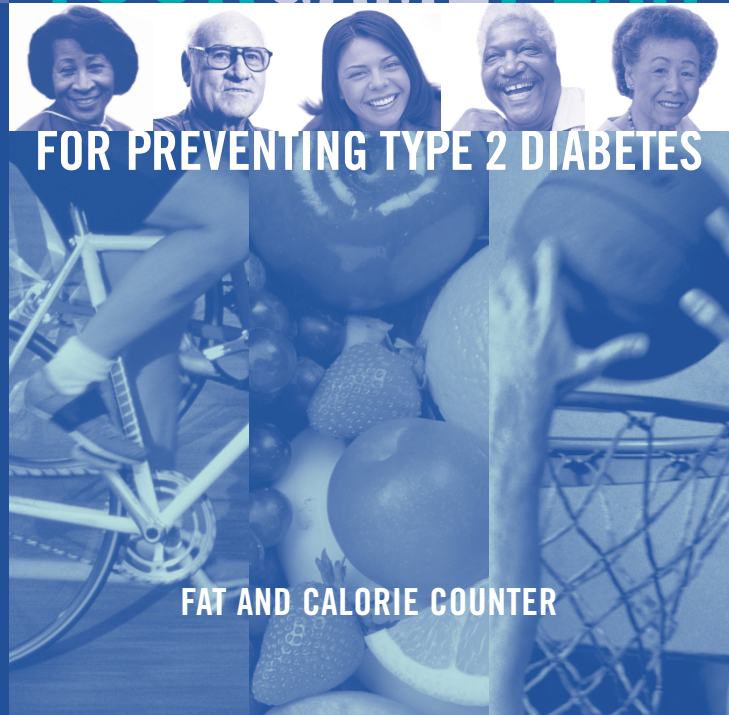


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## FOR PREVENTING TYPE 2 DIABETES

### FAT AND CALORIE COUNTER



## FAT AND CALORIE COUNTER

More than 1,500 foods,  
including regional foods from  
all parts of the United States.

Complete information on  
FAT GRAMS • CALORIES

## Acknowledgements

The fat gram and calorie values in the Fat Counter were calculated using the Nutrient Data System (NDS, version 2.8) from the University of Minnesota Nutrition Coordinating Center. Appreciation is expressed to Antoinette Angeles, Bonnie Gillis, Holly Henry, and Gaye Koenning for their conscientious work in researching the nutrient values and to Carolyn Huffmyer for her preparation of the manuscript. The nutritionists from the Diabetes Prevention Program and Women's Health Initiative provided valuable suggestions for improving this guide.

Version 1.0

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## About the Fat Counter

The Fat Counter is designed to help you keep track of the number of fat grams and calories you eat. It shows the grams of fat and calories for more than 1,500 commonly eaten foods.

Foods are listed from A to Z.

Regional foods are at the back of the book.

Please note:

- If the food is described as having the “skin removed” or fat “trimmed,” this has been done before cooking.
- Cooking methods are without added fat unless described differently (for example, “stir-fried”).
- Serving sizes are after cooking (if any) and with only the parts to be eaten (for example, no bone).
- Modified foods (low-fat, diet, etc.) are described as such.
- Foods containing “mayo” are prepared with imitation mayonnaise.

If you eat manufactured products such as frozen dinners or store-bought cookies, look at the food label to find the grams and calories. You can add these and other foods that are not in the Fat Counter to the blank pages at the back of the book.

ITEM	SERVING	FAT (g)	CALORIES
<b>A</b> nchovies, canned in oil, drained (1 can = 2 oz)	1 can	4	94
Apple, 2 3/4" diam	1 each	0	81
Apple butter	1 Tbsp	0	34
Apple, cider or juice, unsweetened	3/4 cup	0	87
Applesauce, unsweetened	1/2 cup	0	52
Apples, dried	1/4 cup	0	52
Apricot halves, dried	1/4 cup	0	77
Apricot nectar, unsweetened	3/4 cup	0	23
Apricots, fresh (2 = 1/2 cup)	1/2 cup	0	37
Artichoke, globe	1 med	0	60
Asparagus spears	1/2 cup	0	25
Avocado, black or green skin	1/2 cup	11	121
<b>B</b> aby corn	1/2 cup	0	20
Bacon:			
turkey	1 slice	2	32
pork	1 slice	3	36
Bacon bits:			
imitation	1 Tbsp	1	32
real	1 Tbsp	2	29
Bacon Fat	1 Tbsp	9	89
Bagel:			
white, 3" diam	1 each	1	157
white, with raisins, 3" diam	1 each	1	183
white, 4" diam	1 each	2	279
whole wheat, 3" diam	1 each	1	168
whole wheat, with raisins, 3" diam	1 each	1	195
whole wheat, 4" diam	1 each	2	290

ITEM	SERVING	FAT (g)	CALORIES
Baked Beans:			
vegetarian baked beans	1/2 cup	1	127
pork and beans (Campbell's®)	1/2 cup	2	140
Baklava, 2" square	1 pc	27	381
Bamboo shoots, canned	1/2 cup	0	12
Banana, fresh, 8" long	1 each	0	96
Banana pudding,			
With vanilla wafers	1/2 cup	4	152
Barbecue sauce	1 Tbsp	0	12
Barley	1/2 cup	0	96
BBQ sandwich, on a bun:			
chicken	1 med	6	245
pork	1 med	10	341
beef	1 med	18	396
Beans and peas, dried (navy, lima, red, pinto, kidney or black beans, split peas, lentils, black eye peas, pigeon peas):			
no fat added	1/2 cup	1	129
cooked with bacon, ham or sausage	1/2 cup	2	144
Beans, green, or Italian:			
no fat added	1/2 cup	0	19
cooked with bacon, ham or sausage	1/2 cup	2	34
Beans, mung	1/2 cup	0	139
Beef, canned	1/2 cup	10	166
Beef jerky:			
strip, 8 1/2" x 1" x 1/8"	1 pc	3	67
cut pieces	1/2 cup	8	204
Beef stew, gravy-based, with vegetables:			
homemade, with round steak, trimmed, no fat added	1 cup	3	161

ITEM	SERVING	FAT (g)	CALORIES
homemade, with stew meat, trimmed, no fat added	1 cup	7	192
homemade, with stew meat, trimmed, fat added	1 cup	11	228
homemade, with stew meat, untrimmed, fat added	1 cup	16	269
canned	1 cup	14	237
Beef Stroganoff (no noodles), homemade:			
with round steak, trimmed, nonfat sour cream, no fat added	1 cup	5	
with beef cubes, trimmed, nonfat sour cream, no fat added	1 cup	14	310
with beef cubes, trimmed, low fat sour cream, fat added	1 cup	22	378
with beef cubes, untrimmed regular sour cream, fat added	1 cup	37	485
Beer (1 can = 12 fl oz):			
low calorie	1 can	0	101
regular, malt, or no alcohol	1 can	0	148
Beets	1/2 cup	0	37
Biscochitos (cookie), 1 1/2" diam	1 pc	3	58
Biscuit, from refrigerated dough:			
buttermilk (Pillsbury®)	1 each	1	50
buttermilk, flaky (Hungry Jack®)	1 each	4	90
Grands! (Pillsbury®)	1 each	8	190
Biscuit, from mix, small, 2" diam	1 each	7	125
Biscuit, mix only:			
Bisquick® Light	1/3 cup	2	150
Bisquick®	1/3 cup	6	170
Blackberries, fresh	1/2 cup	0	37

ITEM	SERVING	FAT (g)	CALORIES
Blintz, cheese filled, 7" long	1 each	9	184
Blueberries, fresh	1/2 cup	0	41
Bok choy:			
no fat added	1/2 cup	0	10
stir-fried	1/2 cup	2	30
Bologna:			
chicken or turkey	1 oz	4	56
beef light or pork	1 oz	6	70
beef, regular	1 oz	8	88
Borscht (beet soup)	1 cup	0	61
Bouillabaisse	1 cup	8	237
Braunschweiger	1 oz	9	102
Bread, rye:			
diet	1 slice	1	52
regular	1 slice	1	67
Bread, white or whole wheat:			
diet	1 slice	0	40
regular	1 slice	1	70
Bread pudding, with raisins	1/2 cup	9	217
Bread crumbs, plain	1 cup	6	427
Breaded and fried steak (chicken-fried steak)	3 oz	15	240
Bread stick, 5" long	1 each	1	64
Breakfast biscuit (McDonald's®):			
plain	1 each	13	262
with bacon, egg, cheese	1 each	28	456
with sausage	1 each	29	435
with sausage, egg	1 each	35	519
Breakfast Croissan'wich (Burger King®):			
plain, croissant only	1 each	9	163
with egg, cheese	1 each	20	302
with egg, bacon, cheese	1 each	24	348
with egg, sausage, cheese	1 each	41	537

ITEM	SERVING	FAT (g)	CALORIES
Breakfast drink, instant:			
with skim milk	1 cup	1	189
with whole milk	1 cup	8	245
Breakfast fruit drink powders, pre-sweetened, prepared (Tang®, etc)	1 cup	0	115
Broccoli	1/2 cup	0	26
Broccoli, with cheese sauce:			
with skim milk, nonfat cheese, no fat added	1/2 cup	0	58
with skim milk, reduced fat cheddar, fat added	1/2 cup	5	100
with whole milk, regular cheddar, fat added	1/2 cup	9	128
Broccoli casserole with mushroom soup, mayonnaise, cheese and crackers:			
with nonfat mayo, nonfat cheese	1/2 cup	5	114
with reduced calorie mayo, reduced fat cheddar	1/2 cup	13	176
with regular mayo, regular cheddar	1/2 cup	24	262
Broth or bouillon:			
beef	1 cup	0	29
chicken	1 cup	1	39
Brownie, 2 1/2" square:			
without nuts	1 pc	18	310
with nuts	1 pc	23	368
Brussels sprouts	1/2 cup	0	33

ITEM	SERVING	FAT (g)	CALORIES
Brussels sprouts, with cheese sauce:			
with skim milk, nonfat cheese, no fat added	1/2 cup	0	69
with skim milk, reduced fat	1/2 cup	6	115
with whole milk, regular cheddar, fat added	1/2 cup	10	146
Bulgur, cooked	1/2 cup	0	74
Bun, hamburger, 3" diam	1 each	2	91
Bun, hamburger, 4" diam	1 each	3	161
Bun, hot dog, 6" long (regular)	1 each	2	123
Bun, hot dog (large)	1 each	3	163
Burrito (Taco Bell®):			
light bean	1 each	5	300
light supreme	1 each	9	373
bean	1 each	14	420
beef	1 each	21	484
Burrito, breakfast, fast food (McDonald's®)	1 each	17	280
Burrito made from 8" tortilla:			
bean with cheese			
with nonfat refried beans, reduced fat cheddar	1 each	10	312
with homemade refried beans, regular cheddar	1 each	23	452
beef, plain	1 each	10	228
beef with beans and cheese			
with nonfat refried beans, reduced fat cheddar	1 each	9	237
with homemade refried beans, regular cheddar	1 each	12	271
chicken, plain	1 each	5	190

ITEM	SERVING	FAT (g)	CALORIES
chicken with beans and cheese with nonfat refried beans, reduced fat cheddar with homemade refried beans, regular cheddar	1 each	6	217
with homemade refried beans, regular cheddar	1 each	10	252
Butter:			
whipped	1 tsp	3	23
regular	1 tsp	4	34
regular	1 Tbsp	12	102
Butter buds	1 tsp	0	6
Buttermilk:			
1/2% fat	1 cup	1	110
1 1/2% fat	1 cup	4	120
whole	1 cup	8	149
<b>C</b> abbage:			
no fat added	1/2 cup	0	16
cooked with bacon, ham or sausage	1/2 cup	2	31
Cabbage roll, with ground beef and rice, 3" long x 2" diam:			
with diet lean (10% fat) ground beef	1 roll	3	95
with regular (25% fat) ground beef	1 roll	6	121
Cake, angel food, 1/8 of 10" diam	1 pc	0	212
Cake, yellow or chocolate from mix, 3" x 3" x 2":			
without icing	1 pc	13	296
with icing, white	1 pc	24	595
with icing, chocolate	1 pc	27	551

ITEM	SERVING	FAT (g)	CALORIES
Cake, pound, 4 1/2" x 2 1/2" x 1/2":			
fat-free	1 pc	1	106
regular	1 pc	10	176
Calzone, 4" diam:			
with cheese and meat	1 pc	5	99
with cheese	1 pc	5	105
Canadian bacon	1 slice	2	39
Candy:			
caramels	3 pcs	2	92
divinity (1 pc = 0.5 oz)	3 pcs	0	168
divinity with nuts (1 pc = 0.5 oz)	3 pcs	3	199
fudge, 1" cube			
plain	1 pc	2	84
with nuts	1 pc	4	99
gumdrops, 1/2" diam	3 pcs	0	41
hard (1 pc = 0.2 oz)	1 pc	0	22
jelly beans (1 pc = 0.1 oz)	3 pcs	0	31
licorice (1 stick = 0.4 oz)	1 stick	0	40
marshmallows (large size)	1 each	0	23
taffy (1 pc = 0.5 oz)	2 pcs	1	72
truffle (1 pc = 1 oz)	1 pc	11	143
Candy bars:			
Baby Ruth®, 2.18 oz bar	1 bar	13	274
chocolate bar, regular size, 1.5 oz bar	1 bar	13	221
chocolate bar with almonds, regular size, 1.5 oz bar	1 bar	14	216
granola bar, regular, 0.9 oz bar	1 bar	4	110
granola bar, fat-free, 1.5 oz bar	1 bar	1	127
Hershey's Kiss®	2 pcs	3	50

ITEM	SERVING	FAT (g)	CALORIES
M&M's®, regular pkg = 1.7 oz	1 pkg	11	228
M&M's®, peanuts, regular pkg = 1.7 oz	1 pkg	13	244
Milky Way®, 2.2 oz bar	1 bar	10	258
Reese's Peanut Butter Cup®, 1.6 oz pkg of 2	1 pkg	14	222
Snickers®, 2.1 oz bar	1 bar	13	271
Caramel, butterscotch syrup	1 Tbsp	0	52
Caramel corn, fat-free, Cracker Jack®	3 cups	0	305
Caramel corn, coated popcorn with peanuts, Cracker Jack®	3 cups	13	505
Carrots	1/2 cup	0	35
Carrot and raisin salad:			
with nonfat mayo	1/2 cup	0	76
with reduced calorie mayo	1/2 cup	7	124
with regular mayo	1/2 cup	16	199
Catsup	1 Tbsp	0	16
Cauliflower	1/2 cup	0	17
Cauliflower, with cheese sauce:			
with skim milk, nonfat cheese, no fat added	1/2 cup	0	52
with skim milk, reduced fat cheddar, fat added	1/2 cup	5	95
with whole milk, regular cheddar, fat added	1/2 cup	8	124
Caviar	1 Tbsp	3	40
Celery	1/2 cup	0	13
Cereal, cold:			
without nuts			
cornflakes	1 cup	0	110
puffed rice	1 cup	0	57
wheat flakes	1 cup	1	100



ITEM	SERVING	FAT (g)	CALORIES
with nuts			
Mueslix Golden Crunch®	1 cup	3	239
Fruit and Fiber® - Dates, Raisins, Walnuts	1 cup	3	173
granola			
fat-free (Health Valley®)	1/4 cup	1	73
regular (Nature Valley®)	1/4 cup	4	95
homemade, with nuts	1/4 cup	10	174
Cereal, hot:			
Cream of Wheat®			
no fat added	1/2 cup	0	61
fat added	1/2 cup	2	78
grits			
no fat added	1/2 cup	0	73
fat added	1/2 cup	2	90
oatmeal			
no fat added	1/2 cup	1	73
fat added	1/2 cup	3	90
Cereal party mix, homemade	1 cup	22	318
Challah bread, 3 1/2" x 2" x 1/2"	1 slice	1	67
<b>Cheese:</b>			
<b>Fat-free cheeses</b>			
fat-free cream cheese	1 oz	0	23
Kraft free® (1 slice = 0.75 oz)	1 slice	0	30
Weight Watchers®, fat-free			
American slices	1 oz	0	38
<b>Reduced fat cheeses</b>			
Borden's Lite-line®			
(1 slice = 0.67 oz)	1 slice	1	30
Kraft Light N' Lively®			
(1 slice = 0.75 oz)	1 slice	3	55
"Laughing Cow Wedges-Light®"			
(1 wedge = 1 oz)	1 wedge	4	70

ITEM	SERVING	FAT (g)	CALORIES
Cheddar, Colby, Monterey Jack, provolone (generic, Kraft Light Naturals®, Kraft Healthy Favorites Natural®, Weight Watchers' Natural®)	1 oz	5	79
<b>Part-skim cheeses</b>			
Light cream cheese	2 Tbsp	5	64
Neufchatel®	2 Tbsp	7	75
Mozzarella, part skim	1 oz	5	79
Ricotta, part skim	1/2 cup	10	170
<b>Whole milk cheeses</b>			
American, Cheddar, Monterey Jack	1 oz	9	114
Blue, Brie, Gouda, provolone, Swiss	1 oz	8	101
Cream cheese, regular	2 Tbsp	10	101
Farmer's cheese, regular	1 oz	1	29
Goat's cheese, feta	1 oz	6	75
Mozzarella	1 oz	7	90
Parmesan cheese, dry grated	2 Tbsp	3	46
Processed cheese	1 oz	9	106
Ricotta	1/2 cup	16	214
<b>Cheese, cottage:</b>			
uncreamed (dry curd)	1/2 cup	0	61
nonfat	1/2 cup	0	71
low fat (1% fat)	1/2 cup	1	82
low fat (2% fat)	1/2 cup	2	101
creamed (4% fat)	1/2 cup	5	109
Cheese puffs	1 cup	11	184

ITEM	SERVING	FAT (g)	CALORIES
Cheese sauce:			
with skim milk, nonfat cheese, no fat added	1/4 cup	0	52
with skim milk, reduced fat cheddar, fat added	1/4 cup	7	108
with whole milk, regular cheddar, fat added	1/4 cup	11	146
Cheesecake, 9" diam:			
with cream cheese, low calorie, commercial	1/8 pie	5	138
with cottage cheese, commercial	1/8 pie	12	303
with light (18% fat) cream cheese, homemade	1/8 pie	27	474
with regular (35% fat) cream cheese, homemade	1/8 pie	41	585
Cherries, sweet, fresh	1/2 cup	1	52
Chestnuts, roasted	1 each	0	19
Chicken, light meat only	1 oz	1	47
Chicken, dark meat only	1 oz	2	56
Chicken a la King (no toast or rice):			
with skim milk, chicken breast, skin removed	1 cup	14	283
with whole milk, dark meat, skin removed	1 cup	20	328
Chicken and vegetable stir fry:			
with chicken breast, skin removed	1 cup	7	167
with dark meat, skin removed	1 cup	9	184

ITEM	SERVING	FAT (g)	CALORIES
Chicken breast (1 med = 1/2 breast):			
baked with oven coating mix, skin removed	1 med	3	161
baked, broiled, or stewed skin removed	1 med	3	142
skin eaten	1 med	9	205
breaded/battered, pan-fried skin removed	1 med	5	174
skin eaten	1 med	12	242
breaded/battered, deep-fried (fast food):			
skin removed	1 med	17	347
skin eaten	1 med	24	439
Chicken drumstick:			
Baked with oven coating mix, skin removed	1 med	2	82
baked, broiled, or stewed skin removed	1 med	2	73
skin eaten	1 med	7	123
breaded/battered, pan-fried skin removed	1 med	3	89
skin eaten	1 med	8	143
breaded/battered, deep-fried (fast food):			
skin removed	1 med	8	178
skin eaten	1 med	15	247
Chicken thigh:			
baked with oven coating mix, skin removed	1 med	4	113
baked, broiled, or stewed skin removed	1 med	4	102
skin eaten	1 med	8	147

ITEM	SERVING	FAT (g)	CALORIES
breaded/battered, pan-fried skin removed	1 med	6	121
skin eaten	1 med	10	170
breaded/battered, deep-fried (fast food):			
skin removed	1 med	12	226
skin eaten	1 med	18	295
Chicken wing:			
baked with oven coating mix, skin removed	1 med	2	49
baked, broiled, or stewed			
skin removed	1 med	2	44
skin eaten	1 med	7	102
breaded/battered, pan-fried			
skin removed	1 med	3	52
skin eaten	1 med	8	115
breaded/battered, deep-fried (fast food):			
skin removed	1 med	5	94
skin eaten	1 med	12	183
Chicken casserole, with egg noodles, mushroom soup, and vegetables:			
with chicken breast, skin removed, no cheese	1 cup	5	214
with chicken breast, skin removed, regular cheddar	1 cup	7	242
with dark meat, skin removed, regular cheddar	1 cup	9	253
Chicken Creole (no rice):			
with chicken breast, skin removed	1 cup	3	174
with dark meat, skin removed	1 cup	10	221

ITEM	SERVING	FAT (g)	CALORIES
Chicken fricassee:	1 cup	29	457
with chicken breast, skin removed, skim milk	1 cup	20	414
with dark meat, skin removed, whole milk	1 cup	28	468
Chicken gizzard:			
baked, broiled, or stewed	1 each	1	35
breaded/battered, pan-fried	1 each	2	43
breaded/battered, deep-fried	1 each	4	87
Chicken liver:			
baked, broiled, or stewed	1 each	1	31
breaded/battered, pan-fried	1 each	2	39
breaded/battered, deep-fried	1 each	4	79
Chicken McNuggets (McDonald's®)	6 pcs	18	306
Chicken, 1 whole, baked, broiled, or stewed:			
skin removed (17 oz)	1 med	31	886
skin eaten (21 oz)	1 med	71	1345
Chicken or turkey breast, processed	1 oz	1	30
Chicken or turkey roll, processed	1 oz	2	42
Chicken salad, with chicken breast, skin removed, no egg:			
with nonfat mayo	1/2 cup	6	135
with reduced calorie mayo	1/2 cup	12	183
with regular mayo	1/2 cup	21	258
Chicken sandwich:			
Grilled (Wendy's®)	1 each	8	294
breaded, fried filet, without dressing	1 each	17	382
breaded, fried filet, with dressing	1 each	28	488

ITEM	SERVING	FAT (g)	CALORIES
Chicken stew with vegetables: homemade with chicken breast, skin removed, tomato-based	1 cup	4	224
canned	1 cup	11	221
Chicken tenders (Burger King®)	6 pcs	12	232
Chicken with almonds (Chinese style): with chicken breast, skin removed	1 cup	14	308
with dark meat, skin removed	1 cup	18	333
Chick peas (garbanzos)	1/2 cup	2	134
Chiles, hot (fresh, canned, or roasted)	1/2 cup	0	17
Chili: without meat	1 cup	1	113
with diet lean (10% fat) ground beef, with beans	1 cup	5	203
with diet lean (10% fat) ground beef, no beans	1 cup	6	186
with regular (25% fat) ground beef, with beans	1 cup	11	249
with regular (25% fat) ground beef, no beans	1 cup	14	243
canned, Hormel®, no beans	1 cup	16	260
Chili sauce	1 Tbsp	0	16
Chimichanga, fried, 7" diam tortilla bean and cheese	1 each	13	256
chicken and cheese	1 each	15	386
beef and cheese	1 each	24	345
Chinese cabbage: no fat added	1/2 cup	0	10
stir-fried	1/2 cup	2	30

ITEM	SERVING	FAT (g)	CALORIES
Chipped beef, creamed: with skim milk, no fat added	1 cup	3	192
with whole milk, fat added	1 cup	22	357
Chipped or dried beef	3 oz	3	140
Chocolate baking chocolate	1 oz	16	148
carob	1 oz	9	151
chocolate chips	1 Tbsp	3	50
chocolate chips	1 cup	50	805
cocoa powder	1 Tbsp	1	12
cocoa powder	1 cup	12	197
Chocolate pudding: instant, with skim milk	1/2 cup	1	116
instant, with whole milk	1/2 cup	4	145
homemade, with egg and skim milk	1/2 cup	6	194
homemade, with egg and whole milk	1/2 cup	9	220
Chocolate syrup, thin	1 Tbsp	0	41
Chop suey (no noodles): with vegetables only	1 cup	3	81
with chicken breast, skin removed	1 cup	4	125
with beef round steak, trimmed	1 cup	4	131
Chopped ham, lunch meat	1 oz	5	70
Chow mein, canned (no noodles): with beef	1 cup	2	114
with chicken	1 cup	4	124
Clams (7 med = 3 oz)	3 oz	2	129
Club sandwich, with dressing (chicken/turkey with bacon)	1 each	22	481
Cobbler, peach, pastry topping	1/2 cup	11	251

ITEM	SERVING	FAT (g)	CALORIES
Cocktails with whipping cream (31% fat):			
White Russian	3 fl oz	7	225
Alexander with gin	3 fl oz	9	236
Grasshopper	3 fl oz	9	253
Cocktail sauce	1 Tbsp	0	16
Cocoa or hot chocolate homemade			
with skim milk	1 cup	1	124
with whole milk	1 cup	7	175
made from mix			
with water	1 cup	1	125
with skim milk	1 cup	1	153
with whole milk	1 cup	8	213
Coconut, dried, shredded, unsweetened	1 Tbsp	4	38
Coconut milk:			
light	1 cup	12	144
regular	1 cup	51	473
Coffee cake with streusel topping, 3" x 3" x 1 1/2"			
without nuts	1 pc	20	448
with nuts	1 pc	23	480
Coffee, espresso (regular or decaffeinated)	2 fl oz	0	1
Coffee, flavored, prepared from mix (amaretto, cappuccino, Swiss mocha, etc)	1 cup	3	77
Coffee, café au lait, or cappuccino:			
with skim milk	1 cup	0	51
with whole milk	1 cup	4	86
Coffee, regular or decaffeinated	1 cup	0	5

ITEM	SERVING	FAT (g)	CALORIES
Coleslaw:			
with nonfat mayo	1/2 cup	0	48
with reduced calorie mayo	1/2 cup	9	111
with vinaigrette dressing	1/2 cup	9	127
with regular mayo	1/2 cup	21	211
Cookies:			
small, 1-2" diam			
animal crackers	12 pcs	5	122
arrowroot	4 pcs	5	116
butter, commercial	4 pcs	9	181
chocolate chip, homemade			
without nuts	3 pcs	12	222
with nuts	3 pcs	15	251
chocolate covered graham crackers	3 pcs	9	195
chocolate covered marshmallow	2 pcs	4	106
fat-free Fig Newtons®	2 pcs	0	99
fig bars	2 pcs	2	111
fortune cookies	4 pcs	2	99
gingersnaps	4 pcs	3	110
Girl Scouts			
Thin Mints®	2 pcs	4	73
Trefoils®	2 pcs	2	51
graham crackers, 2 1/2" squares	4 pcs	3	118
lady fingers	3 pcs	1	68
Lemon coolers®	4 pcs	4	125
macaroons	1 each	3	53
oatmeal, homemade	3 pcs	5	132
Oreo®	2 pcs	4	104
Oreo Double Stuff®	2 pcs	8	138
peanut butter	2 pcs	9	171
sandwich cookies	3 pcs	7	150

ITEM	SERVING	FAT (g)	CALORIES
sugar, commercial	3 pcs	7	136
Teddy Grahams®	8 pcs	1	42
vanilla wafers	6 pcs	6	147
<b>medium, 2 1/2 - 3" diam</b>			
butter or sugar, commercial	1 pc	4	75
chocolate chip, homemade			
without nuts	1 pc	5	98
with nuts	1 pc	6	111
oatmeal			
without nuts	1 pc	3	82
with nuts	1 pc	6	114
peanut butter, commercial	1 pc	3	67
peanut butter, homemade	1 pc	10	189
Pecan Sandies®	1 pc	5	85
<b>large, 3 1/2 - 4" diam</b>			
butter or sugar, commercial	1 pc	6	125
chocolate chip, homemade			
without nuts	1 pc	16	295
with nuts	1 pc	19	335
oatmeal, homemade, no nuts	1 pc	7	176
peanut butter, commercial	1 pc	5	112
peanut butter, homemade	1 pc	18	335
<b>Cordials and liqueurs:</b>			
Amaretto, Cointreau®, crème			
de menthe, Grand Marnier®	1 fl oz	0	80
Irish Cream liqueur	1 fl oz	2	89
<b>Corn:</b>			
whole kernel	1/2 cup	0	66
cream-style	1/2 cup	1	104
on the cob, 5" ear, plain	1 ear	1	83
on the cob, 5" ear, with fat	1 ear	5	117
Corn bread, 3" x 3" x 1"	1 pc	7	180
Corn chips	1 cup	9	142
Corn dog	1 each	25	341

ITEM	SERVING	FAT (g)	CALORIES
<b>Corned beef:</b>			
lunch meat, deli	1 oz	1	31
round or canned	3 oz	13	213
brisket	3 oz	16	213
Couscous	1/2 cup	0	101
<b>Crab:</b>			
Blue	2 oz	1	58
soft shell, breaded/ battered, pan-fried	2 oz	2	79
Dungeness or Alaskan King	3 oz	2	87
Crab cake, fried, 3 1/2" diam x 1/2"	1 each	17	260
<b>Crackers, regular:</b>			
butter, round	8 pcs	7	122
cheese rounds	8 pcs	6	121
club	8 pcs	6	126
crackers with cheese or peanut butter filling	4 pcs	7	137
Cuban crackers	6 pcs	3	127
goldfish	30 pcs	2	82
graham, 2 1/2" square	4 pcs	3	118
matzo, 6" diam	1 pc	0	112
Melba, round	6 pcs	0	71
oyster	20 pcs	3	84
rice cake, 4" diam	2 pcs	1	70
rice crackers	1 oz	0	111
Ritz®	8 pcs	8	144
Ry Krisp® triple cracker	4 pcs	3	120
saltines/soda	8 pcs	3	101
Triscuits®	6 pcs	4	117
Wheat Thins®	16 pcs	6	130
<b>Crackers, reduced fat:</b>			
Ritz®	5 pcs	2	70
Triscuits®	8 pcs	3	130
Wheat Thins®	18 pcs	4	120

ITEM	SERVING	FAT (g)	CALORIES
Cranberries, fresh	1 cup	0	47
Cranberry juice cocktail, sweetened	3/4 cup	0	108
Cranberry sauce	1/4 cup	0	105
Crawfish	3 oz	1	75
Cream:			
half and half	1 tsp	1	7
half and half	1 Tbsp	2	20
heavy (31% fat)	1 Tbsp	5	44
Creamer, non-dairy			
liquid, fat-free (Coffee-mate®)	1 Tbsp	0	10
liquid, regular	1 Tbsp	1	17
powder, reduced fat	1 tsp	0	9
powder, regular	1 tsp	1	11
Cream puff with filling, 3 3/4" diam			
with chocolate frosting	1 pc	17	279
Crepe, 6" diam	1 pc	3	80
Crisp, fruit (apple)	1/2 cup	11	303
Croissant, 5" long, plain	1 pc	19	324
Croquette, fried:			
fish	1 pc	7	153
salmon	1 pc	8	159
chicken	1 pc	8	164
ham	1 pc	9	163
Croutons	1/4 cup	0	31
Cucumber, raw	1/2 cup	0	7
Cupcake:			
without icing, yellow, commercial	1 pc	3	78
with icing, yellow, commercial	1 pc	6	155
Hostess®, light, chocolate	1 pc	2	122
Hostess®, chocolate	1 pc	6	167

ITEM	SERVING	FAT (g)	CALORIES
Custard, baked:			
with skim milk	1/2 cup	3	138
with whole milk	1/2 cup	6	159
Danish pastry, 3" x 3" x 1":			
without frosting	1 pc	12	191
with frosting	1 pc	16	290
Dates, dried	5 pcs	0	114
Deviled eggs:			
with nonfat mayo	1/2 egg	2	36
with reduced calorie mayo	1/2 egg	3	44
with regular mayo	1/2 egg	5	57
Dim sum, meat and shrimp filled	1 pc	2	51
Dirty rice	1 cup	5	271
Donuts:			
cake, 3" diam	1 pc	8	145
chocolate, glazed, Dolly Madison®	1 pc	12	237
yeast, glazed, 4" diam	1 pc	21	399
Dressing, stuffing, made from mix (Stove Top®):			
no fat added	1/2 cup	1	109
fat added	1/2 cup	9	177
Dressing, stuffing, cornbread, fat added, homemade	1/2 cup	23	385
Dressing, stuffing, rice, fat added, homemade	1/2 cup	9	177
Duck, domestic			
skin removed	3 oz	10	187
skin eaten	3 oz	24	287
Dumpling, main dish type, plain, for stews, 2" diam	1 pc	4	112

ITEM	SERVING	FAT (g)	CALORIES
<b>E</b> clair with custard filling and chocolate frosting	1 pc	17	279
Egg Foo Yung, 4" diam x 1/4":			
without meat	1 pc	10	131
with shrimp	1 pc	10	149
with chicken	1 pc	11	161
Egg McMuffin (McDonald's®)	1 each	13	292
Egg nog:			
with 2% fat	1 cup	8	189
regular	1 cup	19	342
Egg roll, medium, fried:			
with vegetables, no meat	1 roll	6	97
with shrimp	1 roll	7	163
with chicken	1 roll	8	172
with pork	1 roll	9	180
Egg salad:			
with nonfat mayo	1/2 cup	6	122
with reduced calorie mayo	1/2 cup	15	183
with regular mayo	1/2 cup	27	280
Eggplant	1/2 cup	0	13
Eggplant, breaded/battered, fried	1/2 cup	11	173
Eggplant Parmesan casserole, 3" diam x 1/2"	1 pc	4	64
Eggs, fried without fat, hard cooked, or poached:			
white only	1 med	0	14
yolk only	1 med	5	54
whole egg	1 med	5	66
Eggs, fried with fat	1 med	6	83
Eggs, scrambled:			
no fat added	2 med	10	150
fat added	2 med	15	197

ITEM	SERVING	FAT (g)	CALORIES
Eggs, substitute:			
<b>Egg Beater®</b>			
no fat added	1/2 cup	0	38
fat added	1/2 cup	6	89
<b>Second Nature®</b>			
(no fat, no cholesterol)			
no fat added	1/2 cup	0	38
fat added	1/2 cup	6	89
<b>Scramblers®</b>			
no fat added	1/2 cup	6	131
fat added	1/2 cup	14	195
Eggs Benedict, made with hollandaise sauce, regular boneless ham, 2 med eggs	1 svg	48	723
Elephant ear, pastry, 4" diam	1 pc	16	300
Enchilada, without beans, 6" long			
with chicken breast, skin removed, reduced fat cheddar	1 each	4	159
with chicken, dark meat, skin removed, regular cheddar	1 each	8	185
with beef, diet lean (10% fat) ground beef, reduced fat cheddar	1 each	6	166
with beef, regular (25% fat) ground beef, regular cheddar	1 each	12	211
with cheese (no meat), reduced fat cheddar	1 each	7	180
with cheese (no meat), regular cheddar	1 each	14	228



ITEM	SERVING	FAT (g)	CALORIES
Enchilada sauce	1/4 cup	0	14
Endive, raw	1/2 cup	0	2
English muffin	1 whole	1	134
Escarole, raw	1/2 cup	0	2
<b>Fajita, 9" tortilla:</b>			
with chicken breast, skin removed, plain	1 each	14	406
with beef skirt, trimmed, plain	1 each	16	421
with chicken breast, skin removed, regular cheddar, guacamole	1 each	18	457
with beef skirt, trimmed, regular cheddar, guacamole	1 each	20	472
Falafel, fried (1 patty = 1 oz)	1 patty	6	111
Fatback, pork (Armour®)	2 oz	46	410
Fettuccini Alfredo:			
with half and half cream, no fat added	1 cup	9	287
with half and half cream, fat added	1 cup	14	338
with regular cream (31% fat), fat added	1 cup	19	373
Figs, dried	3 small	1	143
Fish, fresh or frozen, cooked, no fat added:			
<b>Low fat fish</b>			
Barracuda, sea bass, bream, catfish, cod, crappie, croaker, drumfish, flounder, grouper, haddock, halibut, kingfish,			

ITEM	SERVING	FAT (g)	CALORIES
mahi mahi, orange roughy, perch, pike, plaice, red fish, red snapper, rockfish, scrod, sheepshead, sole, speckled trout, sunfish	3 oz	1	100
Medium fat fish			
Angelfish, bluefish, fresh tuna, gulf butterfish, mackerel, salmon (Atlantic, coho, pink, chum, Lake Michigan), shark, smelt, spadefish, striped bass, swordfish, trout (rainbow, lake, sea), whitefish, yellowtail	3 oz	4 to 7	145
High fat fish			
Herring, pompano, salmon (Chinook, sockeye), fresh sardines, wahoo	3 oz	9 to 10	178
Fish, fillets, commercial pre-coated, breaded/battered, fried	3 oz	15	235
Fish sandwich, breaded/battered, fried, with tartar sauce	1 each	19	411
Fish stick, baked	1 oz	3	65
Flan:			
with skim milk	1/2 cup	3	138
with whole milk	1/2 cup	6	159
Focaccia bread, 1/8 of 12" diam	1 pc	7	213
French fries:			
oven baked from frozen, light	1/2 cup	1	38
oven baked from frozen, regular	1/2 cup	2	56
fried from fresh	1/2 cup	5	87
fast food, McDonald's®	sm svg	10	202
fast food, McDonald's®	lrg svg	22	437

ITEM	SERVING	FAT (g)	CALORIES
French toast, homemade, 4 1/2" square x 1/2"	1 each	4	127
Fritter, main dish, with corn, fried, 2" diam	1 each	7	115
Fritter, apple, fried, 2" diam	1 each	7	114
Frog legs (4 legs = 3 oz) no fat added	3 oz	1	100
breaded/battered, fried	3 oz	14	303
Fruit bread, 4 1/2" x 2 1/2" x 1/2": without nuts	1 slice	3	123
with nuts	1 slice	5	147
Fruit, canned in juice or water (includes fruit cocktail, pear, peach, pineapple)	1/2 cup	0	56
Fruit, canned in heavy syrup (includes fruit cocktail, pear, peach, pineapple)	1/2 cup	0	100
Fruit drink or punch, all flavors	1 cup	0	117
Fruit ice	1/2 cup	0	124
Fruit salad: plain	1/2 cup	0	47
with non-dairy whipped topping	1/2 cup	1	53
with whipped cream	1/2 cup	2	61
with whipped cream, chopped pecans	1/2 cup	7	111
Fudgesicle, 1.75 oz bar	1 bar	1	70
Fudge syrup	1 Tbsp	3	74

ITEM	SERVING	FAT (g)	CALORIES
<b>G</b> efilte fish, 2 1/3" diam	1 pc	3	94
General Tso's chicken: with chicken breast, skin removed	1 cup	12	264
with dark meat, skin removed	1 cup	15	281
Goose: skin removed	3 oz	10	187
skin eaten	3 oz	19	259
Goulash, Hungarian, beef with noodles: with round steak, trimmed, no fat added	1 cup	3	161
with beef cubes, trimmed, fat added	1 cup	11	228
with beef cubes, untrimmed, fat added	1 cup	16	269
Grapefruit, 4" diam	1/2 fruit	0	47
Grapefruit juice, unsweetened	3/4 cup	0	70
Grape juice, unsweetened	3/4 cup	0	116
Grapes, all kinds	1/2 cup	0	57
Gravy: from mix with water	1/4 cup	0	22
milk-based, homemade with skim milk	1/4 cup	4	73
with whole milk	1/4 cup	6	89
beef, homemade, water-based	1/4 cup	5	
giblet, broth-based	1/4 cup	7	58
Green bean casserole with mushroom soup: without cheese	1/2 cup	7	104
with reduced fat cheddar	1/2 cup	10	162
with regular cheddar	1/2 cup	14	190

ITEM	SERVING	FAT (g)	CALORIES
Green pepper, stuffed: with diet lean (10% fat)	1 each	8	231
ground beef, rice with regular (25% fat) ground beef, rice	1 each	14	282
Greens (beet, collard, dandelion, kale, mustard, turnip, etc): no fat added	1/2 cup	0	19
cooked with bacon, ham, or sausage	1/2 cup	2	34
Grilled cheese sandwich	1 each	17	300
Grilled ham and cheese sandwich	1 each	21	392
Ground beef: super lean 4% fat (96% lean)	3 oz	3	122
diet lean 10% fat (90% lean)	3 oz	8	176
extra lean 15% fat (85% lean)	3 oz	13	211
lean 20% fat (80% lean)	3 oz	17	244
regular 25% fat (75% lean)	3 oz	19	260
Ground beef casserole, tomato- based, with pasta and cheese: with diet lean (10% fat)	1 cup	5	266
ground beef, nonfat cheese with regular (25% fat)	1 cup	15	343
ground beef, regular cheddar			
Ground beef casserole, Hamburger Helper®, cheeseburger macaroni: with diet lean (10% fat) ground beef	1 cup	11	318
with regular (25% fat) ground beef	1 cup	19	379
Ground lamb	3 oz	17	235
Ground pork	3 oz	17	246
Ground turkey breast, skin removed	3 oz	3	140

ITEM	SERVING	FAT (g)	CALORIES
Ground turkey, from frozen	3 oz	12	202
Ground veal	3 oz	5	139
Guacamole	1/4 cup	8	93
Guava (1 each = 1/2 cup)	1 each	1	46
Guava nectar	3/4 cup	0	112
Gyro sandwich, with condiments	1 each	10	220
<b>H</b> am and cheese sandwich, with spread	1 each	20	377
Ham, cured (1 slice = 1 oz): 5% fat or extra lean	3 oz	5	123
trimmed, regular	3 oz	8	151
untrimmed, regular	3 oz	13	192
Ham hocks	1 pc	5	109
Ham salad, without egg: with nonfat mayo, extra lean ham	1/2 cup	2	89
with reduced calorie mayo, trimmed regular ham	1/2 cup	12	165
with regular mayo, untrimmed regular ham	1/2 cup	27	282
Hamburger on bun: <b>without cheese, no condiments</b> small, 1/10lb, diet lean (10% fat) ground beef	1 each	6	236
small, 1/10lb, diet lean (25% fat) ground beef	1 each	11	273
quarter lb, diet lean (10% fat) ground beef	1 each	11	353
quarter lb, diet lean (25% fat) ground beef	1 each	20	426

ITEM	SERVING	FAT (g)	CALORIES
<b>with cheese, no condiments</b>			
small, 1/10lb, diet lean			
(10% fat) ground beef	1 each	11	289
small, 1/10lb, diet lean			
(25% fat) ground beef	1 each	16	325
quarter lb, diet lean			
(10% fat) ground beef	1 each	19	458
quarter lb, diet lean			
(25% fat) ground beef	1 each	29	531
<b>Fast food</b>			
McDonald's® hamburger	1 each	10	271
McDonald's® cheeseburger	1 each	14	324
Wendy's® Jr. hamburger	1 each	9	273
Wendy's® Jr. cheeseburger	1 each	12	319
Wendy's® Jr. bacon cheeseburger	1 each	26	443
Big Mac®	1 each	24	515
Whopper®	1 each	37	631
Whopper®, with cheese	1 each	45	1
Hash, beef, canned	1 cup	26	378
<b>Hashed browns:</b>			
frozen patty	1 oval	8	146
McDonald's®	1 each	8	130
Burger King®	1 each	11	200
homemade	1/2 cup	12	220
Hardee's®	1 each	14	226
Head cheese	1 oz	4	60
Heart, beef	3 oz	5	149
Hoagie roll, 6" long	1 each	2	193
Hoisin sauce	1 Tbsp	1	31
<b>Hollandaise sauce:</b>			
commercial	1 Tbsp	4	44
homemade	1 Tbsp	10	91
Hominy, canned	1/2 cup	1	58

ITEM	SERVING	FAT (g)	CALORIES
Honey	1 Tbsp	0	64
Horseradish	1 Tbsp	0	6
Hot butter rum	6 fl oz	8	218
<b>Hog dog, no bun:</b>			
chicken or turkey	1 each	8	102
beef and pork, light	1 each	11	141
beef and pork, regular	1 each	13	144
<b>Hot dog on bun:</b>			
plain	1 each	15	258
with cheese	1 each	24	365
with chili and cheese	1 each	25	396
<b>Hot dog on bun, foot-long:</b>			
plain	1 each	31	529
with cheese	1 each	48	723
with chili and cheese	1 each	46	711
Hummus (chickpea dip), plain	1/4 cup	7	157
Hummus, with olive oil	1/4 cup	21	276
Hushpuppy, fried, 1 1/4" diam x 2 1/2"	1 each	3	66
<b>I</b> ce cream:			
dietary (1% fat)	1/2 cup	1	81
dairy desserts (<3% fat)	1/2 cup	1	100
regular (10-12% fat)	1/2 cup	7	143
high fat (16% fat)	1/2 cup	12	178
Ice cream bar, Dove®, 3.8 fl oz	1 bar	23	327
Ice cream bar, Eskimo Pie®, 3 fl oz	1 bar	13	178
<b>Ice cream cone, without ice cream:</b>			
wafer	1 each	0	17
sugar	1 each	1	42
waffle, large	1 each	2	121

ITEM	SERVING	FAT (g)	CALORIES
Ice cream sandwich:			
dietary (1% fat)	1 each	3	166
regular	1 each	6	160
Ice milk bar, chocolate coated:			
plain	1 each	9	138
with nuts	1 each	28	467
Ice milk or soft serve	1/2 cup	2	111
Icing (frosting), ready to spread:			
cream cheese, white, or flavored	1 Tbsp	3	83
chocolate	1 Tbsp	4	75
German chocolate	1 Tbsp	8	106
Icing (frosting), homemade:			
white, boiled (7-minute)	1 Tbsp	0	16
white, confectioners' sugar, fat added	1 Tbsp	2	79
<b>J</b> ellies, jams, preserves	1 Tbsp	0	48
Jello® salad (sweetened Jello®):			
clear, with fruit (water- packed fruit)	1/2 cup	0	60
with regular cream cheese	1/2 cup	3	96
with cranberries, pineapple, nuts	1/2 cup	6	174
with fruit, light cream cheese and whipping cream	1/2 cup	12	205
with fruit, regular cream cheese and whipping cream	1/2 cup	14	224

ITEM	SERVING	FAT (g)	CALORIES
<b>K</b> iwi	1 med	0	46
Knish, potato, 2" diam	1 each	3	78
Kool-Aid®, regular, prepared	1 cup	0	92
Kreplach:			
with cheese, 3" diam, folded	1 each	1	56
with meat, 2" square, folded	1 each	1	22
Kugel	1 cup	9	257
Kumquats	5 pcs	0	60
<b>L</b> amb/mutton, chops, or roast:			
leg, sirloin, shoulder, trimmed	3 oz	8	173
leg, untrimmed	3 oz	11	197
sirloin, shoulder, untrimmed	3 oz	17	235
Lamb/mutton, rib:			
trimmed	3 oz	11	197
untrimmed	3 oz	25	305
Lamb/mutton stew	1 cup	12	248
Lard	1 Tbsp	13	116
Lasagna (with part-skim mozzarella), 3" square:			
with spinach, no meat, nonfat ricotta	1 pc	5	237
with diet lean (10% fat) ground beef, nonfat ricotta	1 pc	8	287
with regular (25% fat) ground beef, part-skim ricotta	1 pc	14	338
with sausage, part-skim ricotta	1 pc	15	343
Lemon, 2" diam	1 each	0	17
Lemon juice	1 Tbsp	0	3
Lemonade, prepared from mix, with sugar	1 cup	0	92

ITEM	SERVING	FAT (g)	CALORIES
Lentils, canned or cooked	1/2 cup	0	115
Lettuce, iceberg, romaine, red leaf, etc, fresh	1/2 cup	0	4
Lime, 2" diam	1 each	0	19
Lime juice	1 Tbsp	0	3
Liquor (brandy, gin, rum, vodka, whiskey, etc)	1 1/2 fl oz	0	96
Liver, beef or pork	3 oz	4	140
Liver, chopped, chicken, with eggs	1/2 cup	9	157
Lobster	3 oz	0	83
Lobster sauce	1 Tbsp	2	25
Lo mein, pork and vegetables	1 cup	9	235
Lox, smoked salmon	1 oz	1	33
<b>M</b> acadamia nuts, raw	1/4 cup	25	235
Macaroni and cheese:			
Weight Watchers®	1 pkg	7	310
canned or frozen	1 cup	11	276
homemade, with skim milk, nonfat cheese	1 cup	4	302
homemade, with skim milk, reduced fat cheddar	1 cup	15	397
homemade, with whole milk, regular cheddar	1 cup	28	499
made from mix, with whole milk	1 cup	19	402
Macaroni salad with chicken, without egg:			
with nonfat mayo	1/2 cup	1	97
with reduced calorie mayo	1/2 cup	5	127
with regular mayo	1/2 cup	11	176

ITEM	SERVING	FAT (g)	CALORIES
Macaroni salad with tuna, without egg:			
water-packed tuna, drained			
with nonfat mayo	1/2 cup	0	95
with reduced calorie mayo	1/2 cup	6	138
with regular mayo	1/2 cup	15	206
oil-packed tuna, drained			
with nonfat mayo	1/2 cup	2	116
with reduced calorie mayo	1/2 cup	8	159
with regular mayo	1/2 cup	16	226
oil-packed tuna, not drained			
with regular mayo	1/2 cup	19	245
Mackerel, canned, drained	3 oz	5	118
Mango, diced	1/2 cup	0	54
Mango nectar	3/4 cup	0	100
Margarine:			
fat-free (Promise®)	1 tsp	0	2
diet	1 tsp	2	17
whipped	1 tsp	3	23
spread	1 tsp	4	31
regular	1 tsp	4	34
regular	1 Tbsp	12	102
Marshmallow creme	1 Tbsp	0	27
Matzo ball, 2" diam	1 each	10	160
Meat substitute (textured vegetable protein):			
breakfast strips	1 strip	2	25
brown and serve	1 link	4	58
brown and serve	1 patty	7	97
Canadian-style bacon	1 slice	2	40
hot dog	1 each	8	108
meat loaf type	3 oz	5	113

ITEM	SERVING	FAT (g)	CALORIES
Meatball, 2" diam:			
with diet lean (10% fat)			
ground beef	1 each	2	62
with ground turkey	1 each	3	67
with ground pork	1 each	4	77
with regular (25% fat)			
ground beef	1 each	5	81
Meat loaf, 4 1/2" x 2 1/2" x 1/2" slice:			
with diet lean (10% fat)			
ground beef	1 slice	7	190
with ground turkey	1 slice	10	208
with ground pork	1 slice	13	238
with regular (25% fat)			
ground beef	1 slice	15	248
Melon, cantaloupe, honeydew, etc (1 cup pcs = 1/4 of 5" diam)	1 cup	0	60
Milk			
skim, nonfat	1 cup	0	86
1/2%	1 cup	1	92
1%	1 cup	3	102
2%	1 cup	5	121
whole	1 cup	8	150
Milk, chocolate:			
skim	1 cup	2	158
low fat (2%)	1 cup	5	179
whole	1 cup	8	208
Milk, condensed, sweetened, canned:			
nonfat	2 Tbsp	0	110
low fat	2 Tbsp	2	120
regular	2 Tbsp	3	130

ITEM	SERVING	FAT (g)	CALORIES
Milk, evaporated, canned, undiluted:			
skim	1 cup	1	99
whole	1 cup	19	339
Milk powder, dry, instant nonfat	1/3 cup	0	81
Milkshake or malt (chocolate):			
with soft serve	1 cup	7	253
with ice cream	1 cup	18	346
vanilla shake (McDonald's®)	16 fl oz	5	329
Millet	1/2 cup	2	145
Mineral, spring, or sparkling water	1 cup	0	0
Miso	1 Tbsp	1	35
Mixed vegetables (broccoli, cauliflower, carrots)	1/2 cup	0	19
Molasses	1 Tbsp	0	55
Moo Goo Gai Pan (chicken breast)	1 cup	19	320
Moo Shu Pork with pancake	1 cup	30	696
Mousse, chocolate:			
with half and half cream	1/2 cup	12	223
with regular whipping cream	1/2 cup	18	281
Muffin, corn, from mix, 2 1/4" diam x 1 1/2"	1 each	5	138
Muffin, English (plain), 3 1/2" diam	1 each	1	134
Muffin, from mix (blueberry):			
small	1 each	4	110
large	1 each	6	167
large, with streusel	1 each	12	250
Muffins, purchased:			
fat-free apple bran, McDonald's®	1 each	0	180
banana walnut, bakery, large	1 each	16	298
Mushrooms, raw	1/2 cup	0	9
Mustard	1 Tbsp	1	12

ITEM	SERVING	FAT (g)	CALORIES
<b>N</b> achos with cheese: with low fat chips, reduced fat cheddar, diet lean (10% fat) ground beef	1 cup	9	237
with regular chips, regular cheddar, regular (25% fat) ground beef	1 cup	25	325
Nachos with cheese, Taco Bell®: regular	1 order	18	330
supreme	1 order	27	447
Nectarine, fresh, 2 1/2" diam	1 each	1	67
<b>N</b> oodles:			
cellophane (mung beans)	1/2 cup	0	70
chow mein (crispy)	1/2 cup	7	119
egg	1/2 cup	1	106
macaroni or spaghetti	1/2 cup	0	99
rice, boiled	1/2 cup	0	70
spinach	1/2 cup	1	93
Nori, dry (seaweed)	1 sheet	0	3
Nut bread, 4 1/2" x 2 1/2" x 1/2"	1 slice	6	158
<b>N</b> uts:			
walnuts	1/4 cup	15	161
pecans	1/4 cup	18	180
peanuts	1/4 cup	18	212
peanuts, chocolate-covered	1/4 cup	12	193
almonds, mixed nuts	1/4 cup	19	211

ITEM	SERVING	FAT (g)	CALORIES
<b>O</b> il, all types	1 tsp	5	40
Oil, all types	1 Tbsp	14	120
<b>O</b> kra:			
no fat added	1/2 cup	0	34
cooked with bacon, ham, or sausage	1/2 cup	2	51
breaded/battered, fried	1/2 cup	4	83
Olive loaf, lunch meat	1 oz	5	68
Olives, green or black	2 med	1	9
<b>O</b> melet, plain (2 med eggs):			
no fat added	1 svg	9	135
fat added	1 svg	19	228
<b>O</b> melet, with cheese (2 med eggs):			
no fat added	1 svg	18	243
fat added	1 svg	28	337
<b>O</b> nion rings:			
fast food, Burger King®	1 svg	5	114
frozen, baked	1/2 cup	11	163
canned	1/2 cup	12	155
<b>O</b> nions, raw	1/2 cup	0	30
Orange, fresh 2 5/8" diam	1 each	0	62
Orange drink	1 cup	0	117
Orange juice, unsweetened	3/4 cup	0	84
Oxtail	3 oz	13	211
Oyster sauce	1 Tbsp	0	18
<b>O</b> ysters:			
no fat added (9 med = 3 oz)	3 oz	4	117
breaded/battered, fried	1 cup	17	320



ITEM	SERVING	FAT (g)	CALORIES
<b>P</b> aella	1 cup	11	368
Pancake, 4" diam:			
frozen, plain	1 each	1	82
homemade, plain	1 each	3	66
homemade, with butter and syrup	1 each	7	155
Papaya, diced	1/2 cup	0	27
Parsley, fresh	1 Tbsp	0	1
Parsnips	1/2 cup	0	63
Pasta, plain:			
linguine, macaroni or spaghetti	1 cup	1	197
fettuccini	1 cup	2	213
Pasta salad with vegetables:			
low calorie Italian dressing	1/2 cup	1	51
regular Italian dressing	1/2 cup	9	132
Pasta shells, cheese-filled with tomato sauce:			
without meat	1 cup	13	369
with meat sauce	1 cup	17	407
Pastrami, turkey	1 oz	2	40
Pastrami, beef	1 oz	8	99
Paté, chicken liver	1 Tbsp	3	41
Peach, fresh, 2 1/2" diam	1 each	0	37
Peanut butter:			
low fat	1 Tbsp	6	94
regular	1 Tbsp	8	96
Pear, fresh, 2 1/2" diam	1 each	1	98
Peas and carrots	1/2 cup	0	38
Peas, green	1/2 cup	0	62

ITEM	SERVING	FAT (g)	CALORIES
Pepper steak:			
with round steak, trimmed, no fat added	1 cup	5	229
with sirloin, trimmed, fat added	1 cup	29	435
with sirloin, untrimmed, fat added	1 cup	39	505
Pepperoni	1 oz	12	141
Peppers, green or red	1/2 cup	0	19
Pesto sauce	1 Tbsp	10	93
Pheasant, quail, duck (wild):			
skin removed	3 oz	8	181
skin eaten	3 oz	11	201
Pickle and pimento loaf, lunch meat	1 oz	5	68
Pickles:			
dill	1 slice	0	1
bread and butter or sweet gherkins	1 slice	0	7
relish, sweet	1 tsp	0	7
Pie, 9" diam (1 slice=1/6 pie):			
<b>with single crust</b>			
apple	1 slice	18	427
banana cream	1 slice	26	509
chiffon	1 slice	25	427
custard	1 slice	21	382
lemon	1 slice	21	495
peach	1 slice	14	327
pecan	1 slice	42	729
pumpkin	1 slice	21	438
walnut	1 slice	35	656
<b>with double crust</b>			
apple	1 slice	32	627
peach	1 slice	28	527
mincemeat	1 slice	37	786

ITEM	SERVING	FAT (g)	CALORIES
Pie crust, 9" diam, no filling:			
graham cracker	1/6 pie	14	220
pastry, single crust	1/6 pie	14	199
pastry, double crust	1/6 pie	28	399
Pie, fruit, snack, commercial:			
McDonald's®	1 pie	15	288
Hostess®, all flavors	1 pie	20	386
Pierogies:			
filled with cheese and potatoes, 3" diam folded	1 pc	1	56
filled with meat, 2" square folded	1 pc	1	22
Pig's feet	3 oz	9	182
Pig's feet, pickled	1 foot	14	177
Piña colada, without ice	5 fl oz	3	264
Pineapple, fresh	1/2 cup	0	38
Pineapple juice, unsweetened	3/4 cup	0	105
Pita or pocket bread, white, 7" diam	1 pc	1	191
Pizza, (1 slice = 1/8 pizza):			
<b>Fast food, Pizza Hut® Pan</b>			
<b>Pizza</b>			
cheese (12" diam)	1 slice	12	267
pepperoni (12" diam)	1 slice	14	272
supreme (12" diam)	1 slice	16	314
personal pan supreme (6" diam)	1 each	49	944
<b>Frozen, 14" diam</b>			
cheese	1 slice	7	234
1 meat topping	1 slice	10	271
2 meat toppings	1 slice	22	444
<b>Restaurant or homemade,       14" diam</b>			
cheese with vegetables	1 slice	8	218
1 meat topping	1 slice	9	225
2 meat toppings	1 slice	14	273

ITEM	SERVING	FAT (g)	CALORIES
Plum, fresh, 2" diam	1 each	0	30
Polenta:			
no fat added	1/2 cup	0	140
fried	1/2 cup	5	159
Popcorn:			
air popped, plain	3 cups	1	92
air popped, with butter or margarine	3 cups	18	244
commercially popped, not "buttered"	3 cups	9	166
commercially popped, "buttered"	3 cups	26	318
microwave, light, popped from package	3 cups	3	77
microwave, popped from package	3 cups	7	111
popped in oil, plain	3 cups	15	212
popped in oil, with butter or margarine	3 cups	32	365
Popover	1 each	3	121
Popsicle, 2.5 fl oz = 1 bar	1 bar	0	63
Pork chops (loin, sirloin):			
trimmed	3 oz	9	182
untrimmed	3 oz	13	214
Pork chops (loin, sirloin), breaded/battered, pan-fried			
trimmed	3 oz	11	214
untrimmed	3 oz	15	246
Pork roast (loin, sirloin):			
no fat added			
trimmed	3 oz	9	182
untrimmed	3 oz	13	214
browned or braised			
trimmed	3 oz	13	222
untrimmed	3 oz	17	254

ITEM	SERVING	FAT (g)	CALORIES
Pork roast (Boston butt):			
no fat added			
trimmed	3 oz	13	214
untrimmed	3 oz	17	246
browned or braised			
trimmed	3 oz	17	254
untrimmed	3 oz	22	285
Pork tenderloin (trimmed):			
no fat added	3 oz	4	139
browned or braised	3 oz	9	179
Pork dumplings, main dish type,			
commercial, with white sauce	1 each	24	367
Pork skins (rind, fried)	1 oz	9	155
Pot pies, frozen (8 oz.):			
chicken or turkey, double crust	1 each	16	314
beef, double crust	1 each	21	352
Pot sticker, fried	1 each	1	46
Potato chips			
(1 single svg bag = 1 oz):			
fat-free	1 oz	0	105
low fat	1 oz	7	140
regular	1 chip	1	11
regular or preformed	1 oz	11	161
Potato salad, German	1/2 cup	4	94
Potato salad, without egg:			
with nonfat mayo	1/2 cup	0	75
with reduced calorie mayo	1/2 cup	8	130
with regular mayo	1/2 cup	18	217
Potatoes and potato products:			
au gratin	1/2 cup	13	210
baked, boiled or canned			
(small, 2" diam = 1/2 cup)	1/2 cup	0	57
baked, topped with butter	1 sm	7	157

ITEM	SERVING	FAT (g)	CALORIES
fried, American, cottage, home			
or panfries	1/2 cup	14	285
hash browned	1/2 cup	12	220
mashed			
with skim milk, no fat added	1/2 cup	0	78
with whole milk, fat added	1/2 cup	6	129
potato pancake, 4" diam	1 each	5	82
scalloped potatoes			
with skim milk, no fat added	1/2 cup	0	93
with skim milk, fat added	1/2 cup	4	131
with whole milk, fat added	1/2 cup	6	146
with whole milk, with ham,			
fat added	1/2 cup	8	161
tater tots, baked	6 each	5	105
tater tots, fried	6 each	7	124
Potatoes, prepared from mixes:			
scalloped, with skim milk	1/2 cup	4	131
scalloped, with whole milk	1/2 cup	6	146
au gratin, with skim milk	1/2 cup	7	159
au gratin, with whole milk	1/2 cup	9	174
hash browned	1/2 cup	12	220
Prawns:			
no fat added	3 oz	1	84
stir-fried	3 oz	3	103
Pretzels, soft type	1 oz	0	78
Pretzels, hard type	1 oz	1	108
Prune juice, unsweetened	3/4 cup	0	136
Prunes, dried	5 each	0	100
Pudding Pops®, all flavors, 1.75 fl oz	1 each	2	63
Puddings, all flavors (made from			
mix, sweetened):			
with skim milk	1/2 cup	0	119
with low fat (2%) milk	1/2 cup	2	135
with whole milk	1/2 cup	4	148

ITEM	SERVING	FAT (g)	CALORIES
Pumpkin	1/2 cup	0	42
Pumpkin seeds:			
unshelled	1/4 cup	3	38
kernels only	1/4 cup	15	180
<b>Q</b> uesadilla, cheese, with regular cheddar	1 each	10	199
Quiche, with crust, 9" diam:			
plain, skim milk, reduced fat			
Swiss cheese, Eggbeaters®	1/8 pie	13	231
plain, whole milk, regular Swiss cheese, eggs	1/8 pie	20	289
Lorraine	1/8 pie	24	342
Quinoa	1/2 cup	1	79
<b>R</b> abbit	3 oz	7	168
Radishes, fresh	1/2 cup	0	10
Raisins, dried	1/4 cup	0	116
Ramen noodles, Campbell's®			
(1/2 block, prepared with 1 tsp seasoning = 1 svg):			
low fat	1 svg	1	150
regular	1 svg	7	180
Raspberries, fresh	1/2 cup	0	30
Ratatouille	1 cup	13	178
Ravioli, without sauce:			
spinach-filled	1 cup	10	409
meat-filled, diet lean (10% fat)			
ground beef	1 cup	12	414

ITEM	SERVING	FAT (g)	CALORIES
meat-filled, regular (25% fat)			
ground beef	1 cup	17	450
cheese-filled	1 cup	19	433
Refried beans:			
canned, fat-free	1/2 cup	0	104
canned, regular	1/2 cup	2	119
homemade, with fat added	1/2 cup	14	284
Reuben sandwich	1 each	38	554
Rhubarb	1/2 cup	0	8
Ribs, pork, back or spare	3 oz	26	338
Ribs, pork, back or spare			
(1 med pc = 1 oz)	1 pc	11	139
Ribs, pork, country style:			
no fat added			
trimmed	3 oz	13	214
untrimmed	3 oz	21	275
basted with fat, broiled			
trimmed	3 oz	15	232
untrimmed	3 oz	23	293
Rice:			
wild	1/2 cup	0	83
white	1/2 cup	0	103
brown	1/2 cup	1	108
fried, vegetable	1/2 cup	4	111
fried, chicken	1/2 cup	5	141
Rice, pilaf, without meat	1 cup	6	292
Rice, with gravy (made with fat drippings)	1 cup	7	299
Rice mixes, seasoned (Rice-a-Roni® and similar brands):			
no fat added	1 cup	1	224
fat added	1 cup	7	275
Rice, pudding:			
with skim milk	1/2 cup	2	161
with whole milk	1/2 cup	4	178

ITEM	SERVING	FAT (g)	CALORIES
Rice, Spanish, without meat	1 cup	4	225
Roast beef, lunch meat:			
extra lean (2% fat)	3 oz	2	90
regular	3 oz	13	211
Roast beef sandwich	1 each	14	344
Roast beef sandwich with gravy	1 each	17	391
Roast beef sandwich (fast food):			
Arby's®, junior size	1 each	11	238
Arby's®, regular size	1 each	18	400
Roasts, beef:			
round or rump, trimmed	3 oz	4	153
round or rump, untrimmed	3 oz	8	176
brisket, trimmed	3 oz	8	176
chuck, prime rib or rib, trimmed	3 oz	13	211
brisket or chuck, untrimmed	3 oz	22	286
prime rib or rib, untrimmed	3 oz	25	310
Roll, hard, 3 1/2" diam x 2 1/4"	1 each	2	146
Roll, white, 2 1/2" x 2 1/2" x 1 1/2":			
plain	1 each	3	108
buttered	1 each	7	142
Root beer float:			
with dietary (1% fat) ice cream, diet soda	12 fl oz	1	100
with regular (11% fat) ice cream, regular soda	12 fl oz	9	250
Rutabaga	1/2 cup	0	33
<b>S</b> alad dressings:			
<b>clear</b>			
water and vinegar, sweetened	1 Tbsp	0	8

ITEM	SERVING	FAT (g)	CALORIES
sweet and sour	1 Tbsp	0	16
oil and vinegar	1 Tbsp	7	69
creamy (blue, Caesar, French, Italian, ranch, Russian)			
fat-free	1 Tbsp	0	16
low calorie	1 Tbsp	1 to 3	43
regular	1 Tbsp	5 to 8	82
<b>mayonnaise, imitation</b>			
nonfat	1 Tbsp	0	12
reduced calorie	1 Tbsp	5	48
regular	1 Tbsp	12	104
<b>mayonnaise, real</b>			
fat-free (Kraft®)	1 Tbsp	0	12
low calorie	1 Tbsp	5	49
regular	1 Tbsp	11	99
<b>mayonnaise-type</b> (Miracle Whip®, Weight-Watchers®)			
fat-free	1 Tbsp	0	19
low calorie	1 Tbsp	5	61
regular	1 Tbsp	7	72
Salads:			
Caesar, with dressing	1 cup	17	205
Chef:			
without dressing, extra lean (5% fat) ham, nonfat cheese	1 cup	2	48
without dressing, regular ham, regular cheddar	1 cup	5	77
with 1 Tbsp ranch dressing, regular ham, regular cheddar	1 cup	10	130
Three bean, oil-based dressing	1/2 cup	11	131
Tossed, without dressing	1 cup	0	14

ITEM	SERVING	FAT (g)	CALORIES
Wilted lettuce with bacon dressing	1/2 cup	1	27
Salami:			
cooked (cotto, beef)	1 oz	6	74
hard (dried, Genoa)	1 oz	10	119
Salmon, canned, drained	3 oz	5	118
Salsa, picante sauce	1 Tbsp	0	4
Salt pork (Armour®)	2 oz	34	320
Salt pork (1 slice = 3" x 1 1/2" x 1/4")	1 slice	12	115
Sandwich spread:			
chicken (Underwood®)	1/4 cup	8	120
deviled ham (Underwood®)	1/4 cup	14	160
Sardines (1 med = 3" long):			
canned in oil, drained	1 med	1	25
canned in oil, not drained	1 med	3	41
Sauerbraten	3 oz	17	236
Sauerkraut	1/2 cup	0	22
Sausage:			
Blood	1 oz	10	107
Brown 'n' Serve links, turkey (1 link=0.85 oz)	1 link	3	46
Brown 'n' Serve links, beef or pork (1 link = 0.5 oz)	1 link	4	48
Brown 'n' Serve patty, beef or pork (1 patty = 1 oz)	1 patty	8	100
Bratwurst (1 link = 3 oz)	1 link	24	277
Chorizos	1 oz	11	129
Italian (1 link = 2.4 oz)	1 link	17	220
Kielbasa, 4" link, (1 link = 2.4 oz)	1 link	19	209
Knockwurst (1 link = 2.4 oz)	1 link	19	209
Mettwurst (1 link = 2.4 oz)	1 link	19	209
New England (1 slice = 0.8 oz)	1 slice	2	37
Polish (1 link = 2.6 oz)	1 link	21	236
pork patty (1 sm patty = 1 oz)	1 oz	8	100

ITEM	SERVING	FAT (g)	CALORIES
smoked sausage, beef or pork	1 oz	8	92
summer sausage, turkey	1 oz	4	56
summer sausage, beef and pork	1 oz	8	89
turkey sausage	1 oz	3	55
Vienna, 2" link (1 link = 0.6 oz)	1 link	4	45
Scallops (6 lrg or 15 sm=3 oz)			
no fat added	3 oz	1	98
stir-fried	3 oz	3	117
breaded/battered, fried	3 oz	14	301
Scone, medium, 2" diam	1 each	5	131
Scone, 1/8 of 9" diam	1 pc	14	339
Scrapple	3 oz	4	87
Seltzer water	1 cup	0	0
Sesame chicken, with chicken breast, skin removed	1 cup	16	298
Sesame seeds	1 Tbsp	4	47
Sherbet	1/2 cup	2	133
Shortening (Crisco®)	1 tsp	4	38
Shortening (Crisco®)	1 Tbsp	13	113
Shrimp (17 med=3 oz)			
no fat added	3 oz	1	84
stir-fried	3 oz	3	103
breaded/battered, fried	3 oz	14	287
Shrimp Creole, no rice	1 cup	8	195
Shrimp, fried (fast food):			
Arthur Treacher's® (breaded)	1 order	24	383
Long John Silver's® (battered)	6 pcs	12	180
Shrimp gumbo	1 cup	9	251
Shrimp jambalaya	1 cup	9	300
Shrimp salad, without egg:			
with nonfat mayo	1/2 cup	5	113
with reduced calorie mayo	1/2 cup	11	161
with regular mayo	1/2 cup	20	236
Shrimp scampi	1 cup	9	193

ITEM	SERVING	FAT (g)	CALORIES
Sloppy Joe mixture:			
with diet lean (10% fat) ground beef	1 cup	13	350
with regular (25% fat) ground beef	1 cup	31	486
Snow peas (pea pods):			
no fat added	1/2 cup	0	34
stir-fried	1/2 cup	3	69
Soft drink, all flavors (12 fl oz = 1 can)	1 can	0	152
Sorbet	1/2 cup	0	129
Soufflé, cheese	1 cup	18	226
Soup, bean:			
bean with bacon, ham, or pork	1 cup	6	172
black bean without meat	1 cup	6	168
split pea or lentil with ham	1 cup	6	172
vegetarian bean	1 cup	7	320
Soup, canned, broth-based:			
chicken noodle, chicken with rice, minestrone, or vegetable beef	1 cup	3	83
Manhattan clam chowder	1 cup	2	77
Soup, canned, chunky:			
beef, chicken, or turkey with vegetables	1 cup	5	170
minestrone or vegetarian	1 cup	4	122
Soup, cheese:			
with skim milk	1 cup	11	198
with whole milk	1 cup	15	230
Soup, corn chowder			
with skim milk	1 cup	11	234
with whole milk	1 cup	15	269
Soup, cream-based:			
with skim milk			
tomato	1 cup	2	128

ITEM	SERVING	FAT (g)	CALORIES
New England clam chowder			
or potato	1 cup	3	131
asparagus or broccoli	1 cup	4	129
corn	1 cup	5	150
celery	1 cup	6	133
chicken	1 cup	8	159
mushroom	1 cup	10	172
with whole milk	1 cup	8	162
broccoli, potato, or tomato	1 cup	6	149
corn or New England clam chowder	1 cup	7	170
asparagus	1 cup	8	162
celery	1 cup	10	165
chicken	1 cup	11	192
mushroom	1 cup	14	204
Soup, cream, undiluted (10 3/4 oz can):			
chicken	1 cup	18	284
mushroom	1 cup	23	314
Soup, egg drop	1 cup	5	89
Soup, hot and sour	1 cup	6	124
Soup, oxtail	1 cup	16	225
Soup, wonton	1 cup	4	235
Sour cream:			
nonfat	1 Tbsp	0	10
low fat	1 Tbsp	1	20
regular	1 Tbsp	3	28
Soybeans, no fat added	1/2 cup	8	156
Soy sauce	1 Tbsp	0	10
Spaghetti sauce, commercial (without meat)	1 cup	10	168
Spaghetti sauce, homemade:			
without meat, no fat added	1 cup	1	74
with diet lean (10% fat) ground beef, no fat added	1 cup	8	219

ITEM	SERVING	FAT (g)	CALORIES
with regular (25% fat) ground beef, no fat added	1 cup	18	296
with regular (25% fat) ground beef, fat added	1 cup	44	527
Spam®	1 oz	9	95
Spanokopita, 3" x 2"	1 pc	23	307
Spinach, raw	1 cup	0	12
Spinach:			
no fat added	1/2 cup	0	27
stir-fried	1/2 cup	2	47
creamed	1/2 cup	9	155
Spinach soufflé	1 cup	18	198
Sport drink (Gatorade®, etc)	8 fl oz	0	60
Sprouts, alfalfa or bean, raw	1/2 cup	0	5
Squash:			
no fat added			
crooked neck, spaghetti or summer (green or yellow)	1/2 cup	0	22
butternut	1/2 cup	0	48
acorn	1/2 cup	0	69
buttercup	1/2 cup	1	47
hubbard	1/2 cup	1	59
breaded/battered, fried			
summer (green or yellow)	1/2 cup	9	172
Squash casserole with cheese and cracker crumbs	1/2 cup	20	269
Squid (calamari):			
no fat added	3 oz	1	103
breaded/battered, fried	3 oz	14	306
Steaks, beef:			
round, sirloin, trimmed	3 oz	4	153
flank, porterhouse, T-bone, tenderloin, trimmed	3 oz	8	176
round, untrimmed	3 oz	8	176

ITEM	SERVING	FAT (g)	CALORIES
flank, sirloin, untrimmed	3 oz	13	211
porterhouse, T-bone, tenderloin, untrimmed	3 oz	17	244
Steak sandwich	1 each	11	336
Steak sauce	1 Tbsp	0	10
Stew meat:			
trimmed	3 oz	13	211
untrimmed	3 oz	22	286
Stir-fried vegetable combinations (no meat)	1 cup	6	120
Strawberries, fresh	1/2 cup	0	23
Strudel, apple, 2 1/4" square	1 pc	3	117
Strudel, cheese, 2 1/4" square	1 pc	6	178
Submarine sandwich, cheese, 5" long	1 each	27	500
Submarine sandwich, cold cut, with dressing, 6" long	1 each	22	425
Succotash	1/2 cup	0	76
Sugar	1 tsp	0	16
Sugar	1 Tbsp	0	48
Sukiyaki, beef	1 cup	8	177
Sunflower seeds, hulled, roasted	1 Tbsp	4	46
Sushi:			
without fish or vegetables	1 cup	0	197
with fish and vegetables	1 cup	1	243
with vegetables in seaweed	1 cup	0	195
with vegetables	1 cup	0	250
Sweet breads, beef			
no fat added	3 oz	21	271
breaded/battered, fried	3 oz	34	474
Sweet potatoes	1/2 cup	0	131
Sweet potatoes, candied	1/2 cup	4	176
Sweet rolls, cinnamon, frosted, 3" diam x 1 1/2"	1 each	11	299



ITEM	SERVING	FAT (g)	CALORIES
Sweet sour chicken:			
with chicken breast, skin removed	1 cup	24	540
with dark meat, skin removed	1 cup	29	576
Sweet sour pork:			
with pork loin, trimmed	1 cup	28	536
with pork loin, untrimmed	1 cup	33	575
Swiss chard:			
no fat added	1/2 cup	0	17
cooked with bacon, ham, or sausage	1/2 cup	2	32
Swiss steak:			
with round steak, trimmed	3 oz	3	83
with round steak, untrimmed	3 oz	5	91
Syrup, pancake	1 Tbsp	0	55
<b>T</b> abasco sauce, hot sauce	1 Tbsp	0	2
Tabbouleh salad, commercial/medium price	1/2 cup	6	79
Taco (corn tortilla, 4 3/4" diam):			
chicken, plain	1 each	5	118
chicken with cheese	1 each	8	156
beef, diet lean (10% fat)			
ground beef	1 each	5	125
beef, diet lean (10% fat)			
ground beef with cheese	1 each	9	163
beef, regular (25% fat)			
ground beef	1 each	9	150
beef, regular (25% fat)			
ground beef with cheese	1 each	12	188
Taco, Taco Bell®			
beef, light	1 each	5	131

ITEM	SERVING	FAT (g)	CALORIES
beef, light supreme	1 each	5	151
beef, regular	1 each	11	184
beef, supreme	1 each	14	215
Taco salad, shell not eaten, beef and cheese:			
with diet lean (10% fat)			
ground beef, reduced fat cheddar	1 cup	3	185
Taco salad, shell eaten, beef and cheese:			
with diet lean (10% fat)			
ground beef, reduced fat cheddar	1 cup	18	320
with regular (25% fat)			
ground beef, regular cheddar	1 cup	22	348
Taco sauce	1 Tbsp	0	4
Taco shell, 5" diam	1 each	3	61
Tamale:			
in a leaf (pork, yellow corn, dried fruit, olive, pepper), 6" long	1 each	4	72
canned, with sauce	1 each	7	100
with regular (25% fat) ground beef, corn, cheese, 6" long	1 each	9	121
Tangerine, 2 1/2" diam	1 each	0	43
Tapioca pudding with whole milk	1/2 cup	3	98
Tartar sauce	1 Tbsp	8	76
Tea, hot, or iced	1 cup	0	2
Tempura, fried:			
shrimp	1 each	1	33
chicken breast	1 each	1	36
vegetable	1 fritter	3	49

ITEM	SERVING	FAT (g)	CALORIES
Teriyaki:			
shrimp	1 cup	2	190
chicken (breast, skin removed)	1 cup	7	342
beef (sirloin, trimmed)	1 cup	8	367
Teriyaki sauce	1 Tbsp	0	15
Toaster pastries:			
low fat (Poptarts®, etc)	1 each	3	190
regular (Poptarts®, etc)	1 each	5	204
Tofu:			
low fat			
no fat added	1/2 cup	2	45
stir-fried	1/2 cup	5	74
regular			
no fat added	1/2 cup	6	94
stir-fried	1/2 cup	9	122
Tomato or vegetable juice (V-8®, etc)	3/4 cup	0	35
Tomato sauce, canned, plain	1 cup	0	74
Tomatoes, raw (1 sm=1/2 cup)	1/2 cup	0	19
Tonic water, regular	1 cup	0	98
Tongue, beef	3 oz	18	241
Toppings:			
butterscotch, caramel, or chocolate	1 Tbsp	0	52
fudge	1 Tbsp	3	74
marshmallow	1 Tbsp	0	27
Tortellini, without sauce:			
spinach-filled	1 cup	7	214
cheese-filled	1 cup	10	280
meat-filled	1 cup	11	388
Tortilla chips:			
baked	1 cup	1	78
fried	1 cup	6	122

ITEM	SERVING	FAT (g)	CALORIES
Tortillas:			
corn, plain, not fried, 6" diam	1 each	1	56
corn, fried, 6" diam	1 each	6	111
flour, plain, not fried, 8" diam	1 each	3	137
flour, fried, 8" diam	1 each	11	205
flour, plain, not fried, 10" diam	1 each	5	214
flour, fried, 10" diam	1 each	16	320
Tripe, beef stomach	3 oz	4	85
Tuna:			
canned in water, drained	3 oz	1	99
canned in oil, drained	3 oz	7	168
canned in oil, not drained	3 oz	15	231
Tuna noodle casserole:			
homemade, water-packed tuna, drained	1 cup	11	271
homemade, oil-packed tuna, drained	1 cup	15	309
Helper®, water-packed tuna, drained, skim milk	1 cup	8	257
Helper®, oil-packed tuna, drained, whole milk	1 cup	16	330
Tuna salad, water-packed tuna, drained, without egg:			
with nonfat mayo	1/2 cup	5	136
with reduced calorie mayo	1/2 cup	10	172
with regular mayo	1/2 cup	16	228
Tuna salad, oil-packed tuna, drained, without egg:			
with nonfat mayo	1/2 cup	9	189
with reduced calorie mayo	1/2 cup	14	225
with regular mayo	1/2 cup	21	280
Turkey:			
light meat, skin removed	3 oz	3	140
light meat, skin eaten	3 oz	8	178

ITEM	SERVING	FAT (g)	CALORIES
dark meat, skin removed	3 OZ	7	167
dark meat, skin eaten	3 OZ	12	202
Turkey ham, lunch meat	1 OZ	1	36
Turkey sandwich (Arby's®):			
light roast turkey deluxe	1 each	5	243
turkey sub	1 each	22	495
Turnips, cooked	1/2 cup	0	14
Turnover, fruit:			
homemade, baked, 4 1/2" diam	1 each	10	190
commercial (Pepperidge Farm®)	1 each	13	283
fast food (McDonald's®)	1 each	15	288
Turnover, meat-filled	1 each	21	321
Twinkie®	1 each	5	146

**V**eal, loin chops, cubes (stew meat), or cutlets:

trimmed	3 OZ	5	139
untrimmed	3 OZ	9	172
Veal Parmesan	1 cup	27	473
Vinegar	1 Tbsp	0	2

**W**affle:

frozen, 4" square	1 each	3	82
homemade, 4" square	1 each	6	107
homemade, 7" diam	1 each	14	252
Waldorf salad:			
with nonfat mayo	1/2 cup	3	70
with reduced calorie mayo	1/2 cup	9	108
with regular mayo	1/2 cup	16	168

ITEM	SERVING	FAT (g)	CALORIES
Water chestnuts, canned	1/2 cup	0	34
Watercress	1/2 cup	0	2
Watermelon, 1/4 of 10" diam x 1" slice	1 slice	0	39
Whipped cream (31% fat), sweetened	1 Tbsp	2	22
Whipping cream, not whipped	1 Tbsp	5	44
Whipped toppings, non-dairy	1 Tbsp	1	13
White sauce:			
with skim milk	1/4 cup	6	87
with whole milk	1/4 cup	8	103
Wine, red or white table	3 fl oz	0	62
Wonton, with meat, fried 1 3/4" square	1 each	3	74
Worcestershire sauce	1 Tbsp	0	10

**Y**ams

Yams, candied	1/2 cup	0	131
Yogurt	1/2 cup	4	176

Yogurt

nonfat (<1% fat), plain	1 cup	0	137
nonfat (<1% fat), fruited & other flavors	1 cup	0	162
low fat (1-2% fat), plain	1 cup	4	155
low fat(1-2% fat), fruited & other flavors	1 cup	3	250
whole milk, plain	1 cup	8	150
whole milk, fruited & other flavors	1 cup	8	292
Yogurt, frozen chocolate or vanilla:			
nonfat	1/2 cup	0	100
low fat	1/2 cup	1	100
regular, whole milk	1/2 cup	3	118

ITEM	SERVING	FAT (g)	CALORIES
<b>Z</b> ucchini			
raw	1/2 cup	0	9
cooked, no fat added	1/2 cup	0	14
breaded/battered, fried	1 slice	1	21

### Regional Foods

<b>A</b> jjaco	1 cup	29	436
Albondigas (soup):			
with diet lean (10% fat)			
ground beef	1 cup	5	168
with regular (25% fat)			
ground beef	1 cup	11	213
Alligator	3 oz	2	126
Aloochat	1 each	8	361
Amaranth (Chinese spinach)	1 cup	0	7
Andhawo, 3" square	1 slice	5	202
Arroz con pollo	1 cup	9	252
Athanu (Indian pickle)	1 tsp	3	33
Atole:			
with skim milk	6 fl oz	0	135
with whole milk	6 fl oz	3	156

ITEM	SERVING	FAT (g)	CALORIES
<b>B</b> anana sauce	1 tsp	0	11
Bangali sweets (sandesh, rasgulla, rasmalai, kalajam), 1 1/2" diam	1 each	6	132
Barbacoa, grilled:			
goat head			
without basting or marinade	1 cup	7	193
basted with added fat	1 cup	10	221
beef head			
without basting or marinade	1 cup	26	385
basted with added fat	1 cup	30	413
Batida (banana milkshake):			
with skim milk	12 fl oz	1	264
with whole milk	12 fl oz	9	332
Bear:			
no fat added	3 oz	12	217
breaded/battered, pan-fried	3 oz	14	249
Beef tasso	3 oz	3	141
Biryani (chicken)	1/2 cup	13	555
Bittermelon (fu kwa, nigagori)	1 cup	0	28
Blue corn mush	1 cup	1	125
Bolicho (Spanish style pot roast)	3 oz	31	372
Boniatos	1/2 cup	0	131
Brains, beef:			
no fat added	3 oz	11	136
breaded/battered, pan-fried	3 oz	13	168
Brain, pork:			
no fat added	3 oz	8	117
breaded/battered, pan-fried	3 oz	10	149
Bunuelos	1 each	1	66

ITEM	SERVING	FAT (g)	CALORIES
Burrito, breakfast:			
chorizo, egg, cheese	1 each	50	737
egg, cheese, green chile	1 each	28	496
egg, potato, cheese, green chile	1 each	39	654
<b>C</b> actus fruit pads (nopales)	1/2 cup	0	11
Calabacitas	1/2 cup	0	50
Caldo, with meat and vegetables	1 cup	17	289
Callolobush (dasheen leaves, amaranthus)	1/2 cup	0	14
Carne adovada	3 oz	5	138
Carne guisada:			
with round steak, trimmed, no fat added	1 cup	5	238
with stew meat, trimmed, fat added	1 cup	17	324
with stew meat, untrimmed, fat added	1 cup	28	412
Carrot halwa	1/4 cup	5	175
Cassava	1/2 cup	0	79
Cereal, hot with cornstarch:			
with skim milk	1/2 cup	0	58
with whole milk	1/2 cup	4	92

ITEM	SERVING	FAT (g)	CALORIES
Ceylon moss bar (seaweed)	1/4 bar	0	8
Channa/garbanzo beans	1/2 cup	3	180
Chapati/phulka, 6" diam	1 each	0	68
Chayote (christophene), raw	1 cup	0	32
Chayote (christophene), cooked	1/2 cup	0	19
Chicharrones, crispy fried pork	1/2 cup	55	634
Chicken/mutton curry	1/2 cup	10	308
Chicken, tandoori	1 oz	4	75
Chilaquiles	1 cup	24	342
Chile, green sauce	1/2 cup	2	54
Chile, red sauce	1/2 cup	12	158
Chili relleno	1 each	16	215
Chitterlings, boiled or stewed	1/2 cup	18	189
Cholla buds, dried and soaked	1/2 cup	0	27
Chow fun:			
with vegetables (no meat)	1 cup	2	136
with shredded pork	1 cup	9	177
Churros, fried	1 pc	7	116
Coconut water	1 cup	4	46
Cuban sandwich (ham, pork, cheese), 6" long	1 pc	29	682
<b>D</b> ahiwada, 3" diam	1 each	3	80
Daikon (Japanese radish)	1/2 cup	0	12
Dasheen (Japanese white taro)	1/2 cup	0	74
Dhokala/khaman, 1" square	1 each	5	104
Dosa, 8" diam	1 each	2	74

ITEM	SERVING	FAT (g)	CALORIES
Dove (fowl):			
baked, broiled, or stewed, no fat added			
skin removed	3 OZ	8	181
skin eaten	3 OZ	11	201
breaded/battered, pan-fried			
skin removed	3 OZ	10	213
skin eaten	3 OZ	13	233
<b>E</b> mpanadas, main dish type:			
vegetable-filled (no meat)	1 each	9	154
meat-filled, diet lean (10% fat) ground beef	1 each	17	294
meat-filled, regular (25% fat) ground beef	1 each	21	321
Empanadas, dessert type, fruit-filled (apple)	1 each	10	190
<b>F</b> ish sauce	1 Tbsp	0	4
Flauta, fried:			
with chicken breast, skin removed	1 each	25	321
with beef, shredded	1 each	34	398
Fry bread (with milk), 5" diam	1 each	8	281
Fry bread (no milk), 5" diam	1 each	10	302
<b>G</b> hee	1 tsp	5	45
Goat	3 OZ	3	122
Gorditas, stuffed	1 each	6	172

ITEM	SERVING	FAT (g)	CALORIES
Green chile stew	1 cup	26	411
<b>H</b> og head cheese	1 OZ	6	83
Hog jowl	1 OZ	5	54
Hog maw	3 OZ	13	211
Horseradish leaves, chopped	1/2 cup	0	13
<b>I</b> ldli, 3-4" diam	1 each	0	70
<b>J</b> icama, raw	1/2 cup	0	25
<b>K</b> achori, 1 1/2" diam	2 each	6	75
Kadhi (spiced yoghurt)	1 cup	6	144
Kheer/basudi/duthpak	1/2 cup	7	198
Khichadi (rice and lentils)	1 cup	3	245
Khoya (thickened milk)	1/4 cup	7	117
Kidneys:			
beef	1 cup	5	202
pork	1 cup	7	211
Kimchee (pickled cabbage)	1/2 cup	0	10
Kneel-down bread (with husk)	1 each	2	208
Kneel-down bread with blood sausage and husk	1 each	20	492
Kulifi (rich ice cream)	1/2 cup	13	254

ITEM	SERVING	FAT (g)	CALORIES
<b>L</b> addu, small	1 each	5	111
Lapsi (sweet cream of wheat with ghee)	1/2 cup	8	277
Lau Lau (port/fish in leaves)	1 each	16	270
Lotus root	1/2 cup	0	49
Lychees	10 pcs	0	60
<b>M</b> alanga, root	1/2 cup	0	74
Manapua filled with bean paste	1 each	4	243
Manapua filled with pork loin, trimmed	1 each	6	197
Menudo	1 cup	11	348
Milk, carabao's	1 cup	23	300
Molé sauce, poblano	1 cup	24	342
Moong dahl, cooked	1/2 cup	0	107
Moong whole, cooked	1/2 cup	1	174
Mooth dahl, cooked	1/2 cup	1	165
Muscadines	17 pcs	0	60
<b>N</b> aan, 8" x 2"	1/4 pc	2	75
Natillas:			
with skim milk	1/2 cup	5	206
with whole milk	1/2 cup	9	235
Navajo tea	4 fl oz	0	1
Neck bones (pork)	1 each	5	101
<b>O</b> ctopus	3 oz	2	139
Opossum	3 oz	7	168

ITEM	SERVING	FAT (g)	CALORIES
<b>P</b> akora/bhajia, medium	2 each	2	57
Pan dulce, plain	1 each	4	185
Paneer	1 oz	2	103
Passion fruit (may pops), fresh	3 each	0	34
Pattis/cutlet, 1 1/2" diam	2 each	6	70
Persimmons, Japanese, fresh	1/2 fruit	0	59
Picadillo, beef with potato: with diet lean (10% fat) ground beef	1 cup	9	257
with regular (25% fat) ground beef	1 cup	22	351
Pig's ear	1 ear	11	238
Pig's tail	3 oz	26	338
Piñon nuts (pine nuts)	1/2 cup	37	341
Plantains:			
no fat added	1/2 cup	0	89
breaded/battered, fried	1/2 cup	6	137
Poi	1/2 cup	0	74
Poke sallet	1/2 cup	6	94
Pomegranate, 3 3/8" diam	1 each	0	105
Poppadum (roasted)	1 each	0	29
Pork cracklings	1 Tbsp	3	33
Posole	1 cup	7	183
Pummelo, raw	3/4 cup	0	58
Puri (whole wheat), 5" diam	1 each	7	128
Pullav (mixed vegetables)	3/4 cup	7	371
<b>R</b> accoon	3 oz	12	217
Raita (yoghurt and cucumber)	1/2 cup	2	51
Rajmah/kidney beans	1/2 cup	1	173
Rawa upama	1/2 cup	6	104

ITEM	SERVING	FAT (g)	CALORIES
Ropa vieja	1 cup	15	265
Roti (whole wheat), 6" diam	2 each	1	85
<b>S</b> ambar (lentil soup, cooked)	1/2 cup	1	88
Samosa, fried	1 med	5	114
Sapodilla (naseberry)	1 med	2	141
Sausage:			
Chinese, 2" long	2 pc	8	90
Portuguese sausage (linguica)	1 oz	7	92
Souse	1 oz	4	49
Sev (fried noodle, snack)	1/2 cup	6	107
Sevian (vermicelli)	1/2 cup	7	275
Sheera (sweet cream of rice with ghee)	1/2 cup	6	200
Sofrito sauce (with ham)	1 Tbsp	3	37
Sopa de fideo (carne)	1 cup	8	181
Sopaipillas, fried	1 oz	6	104
Soup, tortilla	1 cup	11	250
Sour sop pulp	1/2 cup	0	75
Sous meat	1 oz	4	51
Spam musubi	1 each	9	220
Squash, banana	1/2 cup	1	24
Squirrel	3 oz	4	147
Steam corn/hominy	1 cup	1	115
Suab, flesh	3 oz	10	180
Sweets, Indian:			
milk-based (panda, burfi), 1" diam/square	1 each	4	83
other sweets (gulabjamun, mansoor pale, mohanthal, magus), 1 1/2" diam	1 each	4	105

ITEM	SERVING	FAT (g)	CALORIES
<b>T</b> amarind:			
aqua de tamarindo	1/4 cup	0	46
dulce de tamarindo	1/4 cup	0	72
Tannia (yautia)	1 med	0	133
Taquito, fried:			
with diet lean (10% fat) ground beef	1 each	7	171
with regular (25% fat) ground beef	1 each	11	200
Taro leaves	1/2 cup	0	14
Taro root, baked	1/2 cup	0	74
Tempeh	1/2 cup	6	165
Tostado, bean, with regular cheddar, 6" diam tortilla, fried	1 each	6	197
Turnip sallet	1/2 cup	6	94
Turtle	3 oz	3	114
Tuvar dahl, cooked	1/2 cup	2	168
Tuvar, whole	1/2 cup	1	116
<b>U</b> rad dahl	1/2 cup	1	174
<b>V</b> al dahl (kidney beans), cooked	1/2 cup	1	30
Venison, deer, ground or steak	3 oz	3	134
<b>W</b> atermelon seeds	1 tsp	3	38
<b>Y</b> ucca/cassava	1/2 cup	0	79



