

food	category	calories	protein	fiber	carbohydrate	fat	calories, calculated	calories, difference
wine,3.5oz	beverage	457.0	5.6	7.9	21.0	43.4		497.0 40.0
Spirits, 86 prf 1.5	beverage	133.0	7.9	.0	.6	10.2		125.8 -7.2
soy milk	beverage	125.0	6.9	5.5	20.5	2.2		129.4 4.4
milk,shake	beverage	98.0	.7	3.8	25.1	.7		108.9 10.9
cola,12oz	beverage	79.5	2.5	2.6	18.0	.7		88.6 9.1
beer,8oz	beverage	31.0	2.0	4.1	6.8	.3		37.5 6.5
whole wheat	bread	336.0	8.7	.3	57.4	7.9		335.5 -.5
white	bread	202.0	3.1	.0	23.7	11.5		212.7 10.7
milk,whole	dairy	99.0	2.1	.0	.8	9.5		92.1 -9.9
milk,skim	dairy	98.0	2.2	.8	2.4	9.6		104.8 6.8
ice cream	dairy	96.0	1.2	.3	22.7	.3		97.9 1.8
egg,white	dairy	85.0	5.6	9.7	15.3	.4		87.2 2.2
egg	dairy	84.0	3.6	1.8	16.7	1.1		91.1 7.1
cream cheese	dairy	82.0	1.0	4.9	20.5	.6		90.8 8.8
cottage cheese	dairy	81.0	.3	4.3	21.0	.5		89.5 8.5
cheese, Am	dairy	75.0	2.4	.8	14.1	.9		74.1 -.9
butter	dairy	45.0	.9	3.4	10.5	.6		50.6 5.6
sofu	dry legumes	152.0	3.0	9.6	34.6	2.1		169.3 17.3
chick peas	dry legumes	79.0	6.1	.0	.6	5.6		77.2 -1.8
black beans	dry legumes	34.0	4.8	9.4	4.7	.5		42.5 8.5
watermelon	fruit	184.0	11.9	1.7	23.3	6.2		196.6 12.6
strawberries	fruit	145.0	4.0	4.4	32.8	.2		149.0 4.0
raspberries	fruit	124.0	1.3	2.8	32.7	.2		137.7 13.7
raisins	fruit	116.0	.2	.5	29.0	.3		119.1 3.1
pear	fruit	106.0	3.2	2.5	3.5	9.6		113.2 7.2
peach	fruit	102.0	.1	.0	.0	11.5		104.0 2.0
orange,juice	fruit	101.0	.7	.0	9.1	.0		39.4 -61.6
orange	fruit	99.0	8.3	17.0	15.8	.6		102.0 3.0
grapes	fruit	93.0	2.7	6.9	22.5	.7		107.4 14.4
grapefruit,juice	fruit	92.0	.2	5.8	.0	.0		.8 -91.2
grapefruit	fruit	86.0	9.4	.1	2.9	5.0		94.2 8.2
grape,juice	fruit	86.0	8.4	.0	11.9	.4		85.2 -.8
cantaloupe	fruit	61.0	1.1	9.1	14.2	.7		67.3 6.3
blueberries	fruit	39.0	1.2	6.8	9.0	.3		43.5 4.5
apple,raw	fruit	25.0	1.4	3.5	5.5	.1		28.8 3.8
apple,juice	fruit	24.8	.7	3.6	5.8	.1		27.1 2.3
walnuts	nuts and seeds	160.0	2.4	4.1	37.0	.8		164.4 4.4
peanuts	nuts and seeds	105.0	2.9	3.9	23.3	.1		105.7 .7
peanut butter	nuts and seeds	102.0	15.5	.0	4.1	2.2		98.0 -4.0
almonds	nuts and seeds	16.0	3.4	.0	.4	.0		15.2 -.8
tomato,raw	vegetables	155.0	1.4	1.3	38.0	.2		159.4 4.4
sweet potato	vegetables	150.0	8.1	.0	11.4	8.2		151.8 1.8
squash,winter	vegetables	137.0	2.2	2.9	18.0	6.6		140.2 3.2
squash,summer	vegetables	136.0	.0	.0	34.8	.0		139.2 3.2
potato,fr,fr	vegetables	114.0	1.1	3.2	28.4	.9		126.3 12.3
potato,baked	vegetables	111.0	1.7	1.7	25.8	.5		114.7 3.7
potato	vegetables	106.0	.0	.0	.0	.0		.0 -106.0
peas,cooked	vegetables	106.0	4.7	.3	2.5	9.2		111.6 5.6
green beans	vegetables	94.0	4.0	.3	3.6	7.8		100.6 6.6
carrots, raw	vegetables	74.0	1.2	4.6	19.3	.2		83.4 9.4
carrots, cooked	vegetables	62.0	1.2	2.6	15.4	.2		67.8 5.8
broccoli	vegetables	39.0	.8	1.5	9.9	.1		43.9 4.9
avocado	vegetables	25.0	1.0	2.0	6.0	.2		29.8 4.8

Cal/Gram Protein	Cal/Gram Carb	Cal/Gram Fat
4.0	4.0	9.0

