

Food Item	Nutrition Score	Ounces for 100 Calories	Grams for 100 Calories	Food Item	Nutrition Score	Ounces for 100 Calories	Grams for 100 Calories
7-grain bread	144	1.4	40	Black beans	198	1.0	29
Acerola West Indian cherry	5971	11.0	313	Black pepper	316	1.4	39
Adzuki beans	216	1.1	30	Black walnuts, dried	159	0.6	16
All-Bran Buds	874	1.4	40	Blackberries	285	8.2	233
All-Bran Original	1025	1.4	38	Blue cheese	78	1.0	28
All-Bran with fiber	1098	1.8	52	Blueberries	89	6.2	175
Allspice	178	1.3	38	Bluefish	421	2.8	81
Almond oil	61	0.4	11	Bologna, beef	12	1.1	32
Almonds	154	0.6	17	Boston lettuce	1299	27.1	769
American cheese	64	0.9	27	Brazilnuts, dried	507	0.5	15
Anchovies	450	2.7	76	Bread crumbs, seasoned	99	0.9	26
Anise seed	222	1.0	30	Bread stuffing dry mix	86	0.9	26
Apple juice, concentrate	44	2.1	60	Brie cheese	81	1.1	30
Applebutter	-14	2.0	58	Broccoli	748	10.4	294
Apples	23	6.8	192	Broccoli raab	1267	16.0	455
Applesauce	9	8.2	233	Broccoli stalks	764	12.6	357
Apricot nectar, canned	42	6.3	179	Brown rice	125	1.0	27
Apricots	188	7.3	208	Brown sugar	-29	0.9	27
Apricots dried	68	1.5	41	Brussels sprouts	692	8.2	233
Artichokes	293	7.5	213	Buckwheat	131	1.0	29
Arugula	825	14.1	400	Bulgur	137	1.0	29
Asparagus	586	14.1	400	Butter	-19	0.5	14
Atlantic mackerel	450	1.7	49	Butternuts, dried	137	0.6	16
Avocado oil	29	0.4	11	Cabbage	497	14.1	400
Avocados	142	2.2	63	Cake, white, dry mix	17	0.8	24
Baby oatmeal, dry	268	0.9	25	Canadian bacon	-8	2.9	82
Bacon, cooked	95	0.6	18	Canola oil	43	0.4	11
Bagels, plain	122	1.4	39	Cantaloupe	395	10.4	294
Baking chocolate	144	0.7	20	Capers, canned	-147	15.3	435
Balsam-pear (bitter gourd)	1072	11.8	333	Caraway seeds	254	1.1	30
Bamboo shoots	393	13.1	370	Cardamom	525	1.1	32
Bananas	82	4.0	112	Caribou liver	568	2.9	82
Barley	143	1.0	28	Carrots	1011	8.6	244
Basil	1751	13.1	370	Cashew nuts, raw	128	0.6	18
Bay leaf spice	368	1.1	32	Cashew nuts, roasted	110	0.6	17
Beechnuts, dried	64	0.6	17	Catfish	316	3.4	95
Beef broth, from cube	-584	117.6	3333	Catsup	27	3.6	103
Beef jerky	37	0.9	24	Cauliflower	566	14.1	400
Beef liver	1808	2.6	74	Celery	422	22.0	625
Beef round, 1-4 in fat	242	1.8	52	Celery seeds	307	0.9	26
Beef tip round, lean, choice	295	2.7	77	Cheddar cheese	80	0.9	25
Beef, ground, 15% fat	138	1.6	47	Cheerios	368	1.0	27
Beef, round, lean	218	1.5	44	Cheese lasagna	137	2.7	77
Beef, top sirloin lean	289	2.7	76	Cheese Spread, Velveeta	-12	1.2	33
Beer, light	-2	12.2	345	Cheese-flavor corn twists	39	0.6	18
Beer, regular	-1	8.2	233	CHEX snack mix	177	0.8	24
Beet greens	1964	16.0	455	Chia seeds, dried	109	0.7	20
Beets	205	8.2	233	Chicken Broth 1% fat	17	88.2	2500
Biscuits, plain, dry mix	59	0.8	23	Chicken broth w sodium	116	22.0	625
Bison, cooked	284	2.0	56	Chicken broth, condensed	74	11.4	323

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Chicken gizzards	100	3.8	106	Crabapples	44	4.6	132
Chicken liver	983	3.0	86	Crackers with cheese filling	51	0.7	20
Chicken liver, canned	261	1.8	50	Crackers, saltines, fat-free	83	0.9	25
Chicken noodle soup	126	6.7	189	Cranberries	156	7.7	217
Chicken noodle soup mix	57	0.9	27	Cranberry beans	224	1.1	30
Chicken rice soup w-veg	-6	9.0	256	Crayfish	383	4.9	139
Chicken vegetable soup	125	5.1	145	Cream cheese	10	1.0	29
Chicken, dark meat	249	2.8	80	Cream of mushroom soup	61	6.8	192
Chicken, light meat	315	3.1	88	Cream of potato soup	80	5.9	167
Chickpeas (garbanzo)	194	1.0	27	Croutons	84	0.9	25
Chicory greens	1726	15.3	435	Crushed tomatoes, canned	310	11.0	313
Chili peppers	693	8.8	250	Cucumber	264	23.5	667
Chili powder	497	1.1	32	Cumin seed	279	0.9	27
Chinese cabbage (bok choy)	1749	27.1	769	Cured Ham	-5	3.3	94
Chinese chestnuts, raw	123	1.6	45	Curry powder	323	1.1	31
Chinese waterchestnuts	117	3.6	103	Dandelion greens	849	7.8	222
Chives	1205	11.8	333	Dates	6	1.3	35
Chocolate chip cookies	36	0.8	24	Deer meat	364	2.9	83
Chocolate syrup	8	1.3	36	Dehydrated brown gravy	-10	1.0	27
Chocolate-flavor milk	96	4.1	118	Dill seed	250	1.2	33
Cider vinegar	74	16.8	476	Dill weed	1166	8.2	233
Cinnamon	515	1.4	38	Dill weed, dried	458	1.4	40
Clams	1591	4.8	135	Distilled vinegar	24	19.6	556
Clementines	167	7.5	213	Dolphinfish	377	4.1	118
Cloves	581	1.1	31	Dove, Squab	114	1.6	46
Cocoa mix, powder	13	0.9	25	Dried basil	866	1.4	40
Cocoa, dry powder	212	1.2	33	Dried plums	44	1.5	42
Coconut oil	-51	0.4	12	Durum wheat	177	1.0	29
Cod fish	343	3.4	95	Egg biscuit	59	1.3	36
Cod liver oil	748	0.4	11	Egg white	327	6.8	192
Coffee, brewed	1132	352.7	10000	Egg yolk	38	1.1	31
Coffee, instant, decaf	351	176.4	5000	Egg, whole	123	2.5	70
Coffee, instant, regular	232	176.4	5000	Eggnog	38	2.6	74
Colby cheese	79	0.9	25	Eggplant	279	14.7	417
Collards	1611	11.8	333	Elderberries	176	4.8	137
Commercial bisquits	59	1.0	27	Endive	1482	20.7	588
Complete Oat Bran Flakes	1118	1.0	29	English muffins	59	1.5	43
Complete Wheat Bran	1194	1.1	31	English muffins w. calcium	124	1.3	37
Coriander (cilantro) leaves	1762	15.3	435	English Muffins, Thomas	5	1.5	43
Coriander leaf, dried	913	1.3	36	Enoki mushrooms	270	8.0	227
Coriander seed	242	1.2	34	Ensure plus	116	2.5	71
Corn flour, enriched	145	1.0	27	European chestnuts, dried	81	1.0	27
Corn oil	33	0.4	11	Evaporated milk	83	2.6	75
Corned beef hash	64	2.2	61	Fava beans	218	1.0	29
Cornmeal	44	1.0	27	Fennel bulbs	254	11.4	323
Cornstarch	5	0.9	26	Fennel seed	321	1.0	29
Cottage cheese, 1% fat	227	4.9	139	Feta cheese	85	1.3	38
Couscous	65	0.9	27	Fiber One	519	1.8	50
Cowpeas (blackeyes)	223	3.9	111	Fig bars	20	1.0	29
Crab	590	4.1	115	Figs	44	4.8	135

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Flaxseed oil	18	0.4	11	Hazelnut oil	71	0.4	11
Flaxseeds	158	0.7	19	Hazelnuts or filberts	162	0.6	16
Flounder	386	3.9	110	Herring oil	141	0.4	11
Fortified skim milk	263	8.6	244	Hersheys Chocolate Syrup	-17	2.4	69
Frankfurter beef	51	1.1	31	Honeydew melons	110	9.8	278
Frankfurter, chicken	55	1.4	39	Horseradish	148	7.3	208
Frankfurter, pork	99	1.3	37	Hot cocoa, homemade	107	4.6	130
Frankfurter, turkey	71	1.6	44	Hot dogs, fat free	8	4.8	137
French vanilla ice cream	10	1.6	45	Human milk	29	5.0	143
Fresh tuna	509	1.9	54	Hummus	113	2.1	60
Fruit cocktail in syrup	37	4.0	114	Iceberg lettuce	410	25.2	714
Garden cress	1639	11.0	313	Imitation vanilla extract	-32	1.5	42
Garlic	213	2.4	67	Infant formula, SIMILAC	96	5.3	152
Garlic powder	141	1.1	30	Italian (Crimini) mushrooms	606	13.1	370
Gelatin desserts, dry mix	108	1.0	29	Italian bread	109	1.3	37
Ginger root	108	4.4	125	Italian pork sausage	79	1.0	29
Gingersnaps	58	0.8	24	Japanese chestnuts	158	2.3	65
Ginko nuts	104	1.9	55	Japanese chestnuts, dried	158	1.0	28
Glazed doughnuts	43	0.9	25	Kale	1747	7.1	200
Goat cheese	93	0.8	22	Kashi GoLean Crunch	46	0.9	27
Goat milk	97	5.1	145	Kelloggs Corn Flakes	308	1.0	28
Gooseberries	204	8.0	227	Kelloggs Nutri-Grain	75	1.0	27
Gouda cheese	97	1.0	28	Kelloggs Special K	529	0.9	26
Gourd	300	25.2	714	Kidney beans	217	1.1	30
Graham crackers	38	0.8	24	Kiwi	287	5.8	164
Granola bars	73	0.7	21	Kohlrabi	510	13.1	370
Grape juice concentrate, w-C	39	2.0	56	Kumquats	151	5.0	141
Grape leaves	998	3.8	108	Lambquarters, raw	1219	8.2	233
Grapefruit	228	11.0	313	Lean beef, chuck	278	2.5	72
Grapefruit juice	187	9.0	256	Lean pork	291	2.5	70
Grape-Nuts Cereal	142	1.0	28	Leeks	274	5.8	164
Grapes	44	5.1	145	Lemon peel	479	7.5	213
Grapeseed oil	24	0.4	11	Lemons	318	12.2	345
Gravy, au jus, dry	-89	1.1	32	Lemons, with peel	716	17.6	500
Great northern beans	218	1.0	29	Lentils	229	1.0	28
Green beans	393	11.4	323	Light Dressing, Miracle Whip	-20	1.5	43
Green bell peppers	738	17.6	500	Lima beans	252	3.1	88
Green leaf lettuce	1957	23.5	667	Limburger cheese	91	1.1	31
Ground ginger	490	1.0	29	Limes	222	11.8	333
Ground mace	111	0.7	21	Ling	361	4.1	115
Ground nutmeg	44	0.7	19	Link sausage, smoked	82	0.9	26
Ground tumeric	284	1.0	28	Lipton onion soup mix	-115	1.3	38
Grouper	360	3.8	109	Litchis, dried	92	1.3	36
Guavas	526	5.2	147	Lobster	417	3.9	111
Haddock	365	3.1	89	Lotus seeds raw	156	4.0	112
Half and half	36	2.7	77	Lotus seeds, dried	156	1.1	30
Halibut	389	3.2	91	Macadamia nuts	96	0.5	14
Ham	297	2.6	74	Mackerel, canned	458	2.3	64
Hard pretzels	75	0.9	26	Malted milk, chocolate	86	4.1	118
Hard-boiled egg	98	2.3	65	Mandarin oranges, canned	64	5.8	164

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Mangos	111	5.4	154	Papaya nectar, canned	-3	6.2	175
Manhattan clam chowder	201	5.8	164	Papayas	318	9.0	256
Maraschino cherries	-24	2.1	61	Paprika	763	1.2	35
Margarine, hydrogenated	37	0.5	14	Parmesan cheese	124	0.9	26
Marjoram, dried	659	1.3	37	Parmesan cheese, grated	118	0.8	23
Marmalade, orange	-34	1.4	41	Parsley	2925	9.8	278
Marshmallows	-28	1.1	31	Parsley, dried	903	1.3	36
Mashed potato flakes	116	1.0	28	Parsnips	190	4.7	133
Meatball and pasta, canned	95	3.4	97	Peaches	104	9.0	256
Menhaden oil	345	0.4	11	Peaches in syrup, canned	6	4.8	135
Milk 1% with vitamin A	206	8.4	238	Peanut oil	25	0.4	11
Milk 2% with vitamin A	162	7.1	200	Peanuts	142	0.6	18
Millet	107	0.9	26	Pear nectar, w-vit C	71	5.9	167
Miso	54	1.8	50	Pears	37	6.1	172
Molasses	64	1.2	34	Pears in syrup, canned	-4	6.2	175
Monkfish	334	4.6	132	Pears, asian	60	8.4	238
Monterey cheese	87	0.9	27	Peas	285	4.4	123
Mozzarella cheese, skim	136	1.4	39	Pecans	99	0.5	14
Muenster cheese	84	1.0	27	Peppermint, fresh	556	5.0	143
Mulberries	188	8.2	233	Perch	380	3.9	110
Multi-Grain Cheerios	952	0.9	26	Pheasant	73	1.4	40
MultiGrain Oatmeal	121	1.1	30	Pie fillings, apple	-12	3.5	99
Mung beans	218	1.0	29	Pimento	884	15.3	435
Mussels	777	4.1	116	Pine nuts, dried	141	0.5	15
Mustard greens	2403	13.6	385	Pineapple	243	7.3	208
Mustard seed	222	0.8	21	Pineapple juice w-vit C	152	6.7	189
Navy beans	218	1.0	29	Pineapple, canned	109	5.9	167
Nectarines	98	8.0	227	Pink beans	206	1.0	29
New England clam chowder	276	5.0	143	Pink salmon, canned	548	2.5	72
Non-fat dry milk w vit A	218	1.0	28	Pinto beans	206	1.0	29
Northern pike	365	4.0	114	Pinyon nuts, dried	103	0.6	16
Oat bran	330	1.4	41	Pistachio nuts	126	0.6	18
Oat bran muffins	138	1.3	37	Pizza, cheese	96	1.3	37
Oats	165	0.9	26	Plain frozen waffles	133	1.1	32
Oegano, dried	519	1.2	33	Plantains	77	2.9	82
Okra	671	11.4	323	Plums	72	7.7	217
Olive oil	43	0.4	11	Podded peas	492	8.4	238
Olives, canned	61	3.1	87	Polar bear meat	106	2.7	77
Onion powder	86	1.0	29	Pollock	441	3.8	109
Onions	113	8.8	250	Pomegranates	26	5.2	147
Orange juice	176	7.8	222	Pop Tarts	12	0.9	26
Orange juice, California	190	8.0	227	Popcorn, air-popped	91	0.9	26
Orange juice, fr-concentrate	147	7.8	222	Poppy seed	192	0.7	19
Orange juice, concentrate	138	2.2	63	Pork and beans, canned	120	2.7	78
Orange peel	274	3.6	103	Pork chops, lean boneless	288	2.5	71
Orange roughy	380	4.6	132	Pork liver	1241	2.6	75
Oranges	205	7.5	213	Pork skins	66	0.6	18
Oyster mushrooms	429	10.1	286	Portabella mushrooms	593	13.6	385
Oysters	2266	5.2	147	POST 100% BRAN	320	1.2	35
Palm oil	1	0.4	11	Potato chips	70	0.6	18

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Potato chips, barbecue	61	0.7	20	Sage	554	1.1	32
Potato sticks	54	0.7	19	Salad dressing, sesame seed	11	0.8	23
Potatoes with skin	146	4.6	130	Salmon	452	1.9	55
Potatoes, au gratin, mix	48	1.1	32	Salmon oil	459	0.4	11
Potatoes, hashed brown	51	1.6	46	Salsify, (vegetable oyster)	127	4.3	122
Potatoes, no skin	113	3.8	108	Saltines (oyster, soup)	53	0.8	23
Poultry seasoning	392	1.1	33	Sardine oil	298	0.4	11
Powdered sugar	-45	0.9	26	Sauerkraut, canned	269	18.6	526
Provolone cheese	100	1.0	28	Savory	450	1.3	37
Prune juice	40	5.0	141	Scallops	316	4.0	114
Puffed millet	60	1.0	28	Seaweed, agar	359	13.6	385
Puffed Rice	14	0.9	24	Seaweed, kelp	429	8.2	233
Puffed Wheat	25	1.1	30	Seaweed, spirulina	596	13.6	385
Pumpernickel bread	124	1.4	40	Seaweed, wakame	562	7.8	222
Pumpkin	857	13.6	385	Semolina, enriched	137	1.0	28
Pumpkin and squash seeds	98	0.8	22	Sesame oil	13	0.4	11
Pumpkin pie mix, canned	260	3.4	96	Sesame seeds	180	0.6	17
Pumpkin, canned	1139	10.4	294	Shad	327	1.8	51
Pumpkin-squash seeds	187	0.7	19	Shake N Bake	-31	0.9	27
Purslane	855	22.0	625	Shallots	176	4.9	139
Quail	101	1.5	43	Sheep milk	110	3.3	93
Quaker Puffed Rice	70	0.9	26	Shiitake mushrooms	356	1.2	34
Quinoa	128	0.9	27	Shredded wheat	136	1.0	30
Radishes	356	22.0	625	Shrimp	382	3.3	94
Raisin Bran Cereal	325	1.1	32	Smart Start Cereal	593	1.0	27
Raisins	8	1.2	33	Smart Start Soy Protein	541	1.0	27
Ramen noodle	53	0.8	23	Soft pretzels	25	1.0	30
Ramen Oodles of Noodles	-201	70.5	2000	Sorghum	57	1.0	29
Raspberries	234	6.8	192	Sour cream	16	1.6	47
Raw Chestnuts European	88	1.8	51	Sour cream, reduced fat	-15	2.3	66
Red bell peppers	1071	13.6	385	Sour red cherries	119	7.1	200
Red leaf lettuce	1603	22.0	625	Sourdough or French Bread	101	1.2	35
Red wine	-16	4.1	118	Soy and corn oil, industrial	4	0.4	11
Red-cayenne pepper	541	1.1	31	Soy milk	274	6.8	192
Rhubarb	325	16.8	476	Soy protein isolate	331	1.0	30
Rice bran	600	1.1	32	Soybean oil	18	0.4	11
Rice cakes, brown rice	115	0.9	26	Soybeans	264	0.8	24
Rich vanilla ice cream	3	1.4	40	Soybeans, green	239	2.4	68
Ricotta cheese	94	2.0	57	Soyburger	171	1.8	52
Ricotta cheese, skim	139	2.6	72	Spaghetti squash	137	11.4	323
Roasted Chestnuts European	101	1.4	41	Spaghetti, enriched	138	1.0	27
Romaine lettuce	1566	20.7	588	Spam	-9	1.1	32
Romano cheese	108	0.9	26	Spearmint, dried	762	1.2	35
Roquefort cheese	71	1.0	27	Spearmint, fresh	838	8.0	227
Rosemary, dried	274	1.1	30	Spinach	2601	15.3	435
Rosemary, fresh	281	2.7	76	Spinach, canned	1280	18.6	526
Rutabagas	251	9.8	278	Splenda sweetener	-44	1.1	30
Rye bread	111	1.4	39	Split peas	192	1.0	29
Safflower oil, linoleic	30	0.4	11	Sprouted alfalfa seeds	496	15.3	435
Saffron	531	1.1	32	Sprouted kidney beans	610	12.2	345

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Sprouted lentils	231	3.3	94	Tuna, canned in oil	279	1.8	51
Sprouted mung beans	395	11.8	333	Tuna, canned in water	473	3.0	86
Sprouted navy beans	360	5.3	149	Turkey leg, meat and skin	224	2.4	69
Sprouted peas	180	2.8	78	Turkey wings	143	1.7	48
Sprouted pinto beans	334	5.7	161	Turkey, dark meat	270	2.8	80
Sprouted radish seeds	355	8.2	233	Turkey, light meat	317	3.1	87
Sprouted soybeans	271	2.9	82	Turnip greens	1791	11.0	313
Sprouted wheat	171	1.8	51	Turnips	231	12.6	357
Stewed prunes	32	3.3	93	Vanilla extract	-38	1.2	35
Strawberries	359	11.0	313	Vanilla extract, imitation	-41	6.3	179
Striped bass	436	3.6	103	Vanilla frosting	-20	0.8	24
Sugar, granulated	-46	0.9	26	Vanilla ice cream	13	1.8	50
Summer squash	546	22.0	625	Veal liver	2093	2.5	71
Sun-dried tomatoes	211	1.4	39	Veggie Dog	17	2.6	75
Sunflower oil, linoleic	48	0.4	11	Vinegar, balsamic	-9	4.0	114
Sunflower oil, oleic	68	0.4	11	Vinegar, red wine	42	18.6	526
Sunflower seed kernels	220	0.6	18	Walnut oil	7	0.4	11
Swamp cabbage	1506	18.6	526	Walnuts	88	0.5	15
Sweet potato	436	4.1	116	Watercress	2843	32.1	909
Sweet red cherries	41	5.6	159	Watermelon	117	11.8	333
Sweet yellow corn	139	4.1	116	Watermelon seeds, dried	120	0.6	18
Swiss chard	2849	18.6	526	Wheat	121	1.0	29
Swiss cheese	125	0.9	26	Wheat bran, crude	677	1.6	46
Swordfish	388	2.9	83	Wheat germ oil	110	0.4	11
Tangerines	124	6.7	189	Wheat germ, crude	416	1.0	28
Taragon, dried	434	1.2	34	Wheat gluten	56	1.0	27
Taro	122	3.1	89	Wheatena	130	6.3	179
Tempeh	186	1.8	52	Wheaties	436	1.0	27
Thyme, dried	869	1.3	36	Whey, acid	147	14.7	417
Thyme, fresh	695	3.5	99	Whey, sweet	107	13.1	370
Tilefish	396	3.7	104	Whey, sweet, dried	122	1.0	28
Toasted Wheat Bran	819	1.8	50	White beans	214	1.0	30
Toasted wheat germ	521	0.9	26	White bread	91	1.3	38
Tofu	98	3.0	86	White mushrooms	629	16.0	455
Tofu yogurt	69	3.8	106	White pepper	171	1.2	34
Tofu, extra firm	261	3.9	110	White rice, enriched	119	2.9	81
Tofu, firm	277	5.0	143	Whiting	377	3.0	86
Tofu, fried	155	1.3	37	Whole duck egg	83	1.9	54
Tomatillos	212	11.0	313	Whole milk 3.25% fat	123	5.9	167
Tomato juice	401	20.7	588	Whole wheat hard pretzels	105	1.0	28
Tomato paste	243	4.3	122	Whole-wheat bread	147	1.4	40
Tomato soup	88	5.9	167	Wild rabbit	236	3.1	88
Tomatoes, canned	296	20.7	588	Wild rice	128	1.0	28
Tomatoes, ripe	416	19.6	556	Wonton wrappers	91	1.2	34
Top loin pork roast	207	1.6	44	Yams	118	3.0	85
Total cereal	1153	1.1	30	Yellow beans	211	1.0	29
Total Corn Flakes	1004	0.9	27	Yellow mustard	298	5.3	149
Total Raisin Bran	648	1.1	32	Yogurt, fat free	213	6.3	179
Trail mix, regular	92	0.8	22	Yogurt, plain, whole milk	104	5.8	164
Trout	370	2.4	67	Zucchini	553	22.0	625