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Table of Food Values

THE NUTRITIVE VALUES shown in the table that follows are for common household measures of food, as one cup, one ounce, or a piece of specified size. The values for some quantity that is not specified can be calculated readily. The cup measure refers to the standard 8-ounce measuring cup of 8 fluid ounces or one-half liquid pint. The ounce shown is by weight, that is, one-sixteenth of a pound avoirdupois, unless the fluid ounce is indicated.

The nutritive values in the table apply to the parts of a food customarily eaten. They do not include the parts usually discarded, such as seeds, skins, and bone. Most of the foods listed in the table are in ready-to-serve form, but a few items frequently used as ingredients in prepared dishes have been included. Values for many of the food mixtures have been calculated from typical recipes. The cooked vegetables have no added fat.

The foods listed and the figures for their nutritive values have been selected from "Nutrients in Common Foods in Terms of Household Measures" by Bernice K. Watt, Annabel L. Merrill, and Martha L. Orr, published in the *1959 Yearbook of Agriculture, FOOD,* pages 241–65, Superintendent of Documents, U. S. Government Printing Office, Washington 25, D. C.

Nutrients in Common Foods in Terms of Household Measures

Item number	Food	Water	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
	MILK AND MILK PRODUCTS	Per cent	Calories	Grams	Grams	Grams	Milligrams	Milligrams	International Units	Milligrams	Milligrams	Milligrams
	Milk; 1 cup:											
1	Fluid, whole	87	165	9	10	12	285	0.1	390	0.08	0.42	2
2	Fluid, nonfat (skim)	90	90	9	Trace	13	298	.1	10	.10	.44	2
3	Buttermilk, cultured (from skim milk)	90	90	9	Trace	13	298	.1	10	.10	.44	2
4	Evaporated (undiluted)	74	345	18	20	24	635	.3	820	.10	.84	3
5	Condensed, sweetened (undiluted)	26	985	25	25	170	829	.3	1,020	.24	1.21	3
6	Dry, whole	2	515	27	28	39	968	.5	1,160	.30	1.50	6
7	Dry, nonfat	3	290	29	1	42	1,040	.5	20	.28	1.44	6
8	Half and half (milk and cream)	80	330	8	29	11	259	.1	1,190	.07	.39	2
	Cream; 1 tablespoon:											
9	Light, table or coffee	72	30	Trace	3	1	15	Trace	120	Trace	.02	Trace
10	Heavy or whipping	59	50	Trace	5	Trace	12	Trace	220	Trace	.02	Trace
	Milk beverages; 1 cup:											
11	Cocoa (all milk)	79	235	9	11	26	286	.9	390	.09	.45	2
12	Chocolate flavored drink	83	190	8	6	27	270	.4	210	.09	.41	2
13	Malted milk	78	280	12	12	32	364	.8	680	.18	.56	3
14	Yoghurt (from partially skimmed milk); 1 cup	89	120	8	4	13	295	.1	170	.09	.43	2
	Cheese; 1 ounce:											
15	Cheddar, or American	36	115	7	9	1	221	.3	380	.01	.15	0
16	Cheddar, processed	39	105	7	9	Trace	214	.2	350	Trace	.12	0
17	Cheese foods, Cheddar	43	95	6	7	2	163	.2	300	.01	.17	0
	Cottage:											
18	From skim milk	79	25	5	Trace	1	26	.1	Trace	.01	.08	0
19	Creamed	78	30	4	1	1	25	.1	50	.01	.08	0
20	Cream cheese; 2 tablespoons	51	105	2	11	1	18	.1	440	Trace	.07	0
21	Roquefort, or blue	40	105	6	9	Trace	122	.2	350	.01	.17	0
22	Swiss	39	105	7	8	1	271	.3	320	.01	.06	0
	Desserts (largely milk):											
23	Cornstarch pudding, plain; 1 cup	76	275	9	10	39	290	.1	390	.07	.40	2
24	Custard, baked; 1 cup, 8 fluid ounces	77	285	13	14	28	278	1.0	870	.10	.47	1

Item number	Food	Water	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
	MILK AND MILK PRODUCTS (*continued*)	Per cent	Calories	Grams	Grams	Grams	Milligrams	Milligrams	International Units	Milligrams	Milligrams	Milligrams
	Ice cream, plain, factory packed:											
25	1 slice or individual brick, 1/7 quart	62	165	3	10	17	100	.1	420	.03	.15	1
26	1 container, 3½ fluid ounces	62	130	2	8	13	76	.1	320	.03	.12	1
27	1 container, 8 fluid ounces	62	295	6	18	29	175	.1	740	.06	.27	1
28	Ice milk; 1 cup, 8 fluid ounces	67	285	9	10	42	292	.2	420	.09	.41	2
	EGGS											
	Egg, raw, large:											
29	1 whole	74	80	6	6	Trace	27	1.1	590	.05	.15	0
30	1 white	88	15	4	Trace	Trace	3	Trace	0	Trace	.09	0
31	1 yolk	51	60	3	5	Trace	24	.9	580	.04	.07	0
	Egg, cooked; 1 large:											
32	Boiled	74	80	6	6	Trace	27	1.1	590	.05	.14	0
33	Scrambled (with milk and fat)	72	110	7	8	1	51	1.1	690	.05	.18	0
	MEAT, POULTRY, FISH, SHELLFISH											
34	Bacon, broiled or fried, medium done; 2 slices	13	95	4	9	Trace	4	.5	0	.08	.05	0
	Beef, cooked, without bone:											
	Braised, simmered, or pot-roasted; 3-ounce portion:											
35	Entire portion, lean and fat	43	340	20	28	0	9	2.6	50	.04	.15	0
36	Lean only, approx. 2 ounces	62	115	18	4	0	8	2.2	Trace	.03	.13	0
	Hamburger patties, made with—											
37	Regular ground beef; 3-ounce patty	54	245	21	17	0	9	2.7	30	.07	.02	0
38	Lean ground round; 3-ounce patty	60	185	23	10	0	10	3.0	20	.08	.20	0
	Roast; 3-ounce slice from—											
	Cut having relatively large amount of fat:											
39	Entire portion, lean and fat	35	420	15	39	0	7	2.0	80	.04	.12	0
40	Lean only, approx. 1.6 ounces	57	110	13	6	0	6	1.7	Trace	.03	.10	0
	Cut having relatively small amount of fat:											
41	Entire portion, lean and fat	52	255	22	18	0	9	2.8	30	.06	.16	0
42	Lean only, approx. 2.3 ounces	63	115	19	4	0	8	2.4	Trace	.05	.14	0

	Steak, broiled; 3-ounce portion:											
43	Entire portion, lean and fat	39	375	19	32	0	9	2.6	60	.06	.16	0
44	Lean only, approx. 1.8 ounces	59	105	17	4	0	7	2.0	Trace	.05	.13	0
	Beef, canned:											
45	Corned; 3 ounces	59	180	22	10	0	17	3.7	20	.01	.20	0
46	Corned beef hash; 3 ounces	70	120	12	5	6	22	1.1	10	.02	.11	0
47	Beef, dried; 2 ounces	48	115	19	4	0	11	2.9	.....	.04	.18	0
48	Beef and vegetable stew; 1 cup	79	250	13	19	17	31	2.6	2,520	.12	.15	15
	Chicken, without bone:											
49	Broiled; 3 ounces	71	115	20	3	0	8	1.4	80	.06	.15	0
50	Canned; 3 ounces	62	170	25	7	0	12	1.5	160	.03	.14	0
	Chile con carne, canned:											
51	Without beans; 1 cup	67	510	26	38	15	97	3.6	380	.05	.31	0
52	Heart, beef, trimmed of fat, braized; 3 ounces	61	160	26	5	1	14	5.9	30	.23	1.05	3
	Lamb, cooked:											
	Chops; 1 thick chop, with bone, 4.8 ounces:											
53	Lean and fat, approx. 3.6 ounces	44	450	24	39	0	10	2.9	.....	.13	.24	0
54	Lean only, 2.4 ounces	62	130	19	5	0	8	2.3	.....	.10	.19	0
	Roast; without bone:											
	Leg; 3-ounce slice:											
55	Entire slice, lean and fat	51	265	20	20	0	9	2.6	.....	.12	.22	0
56	Lean only, approx. 2.3 ounces	62	120	19	5	0	9	2.4	.....	.11	.20	0
	Shoulder; 3-ounce portion, without bone:											
57	Entire portion, lean and fat	48	300	18	25	0	9	2.3	.....	.11	.19	0
58	Lean only, approx. 2.2 ounces	61	125	16	6	0	7	2.1	.....	.09	.17	0
59	Liver, beef, fried; 2 ounces	57	120	13	4	6	5	4.4	30,330	.15	2.25	18
	Pork, cured, cooked:											
60	Ham, smoked; 3-ounce portion, without bone	39	340	20	28	Trace	9	2.5	0	.46	.18	0
	Luncheon meat:											
61	Boiled ham; 2 ounces	48	170	13	13	0	5	1.5	0	.57	.15	0
62	Canned, spiced; 2 ounces	55	165	8	14	1	5	1.2	0	.18	.12	0
	Pork, fresh, cooked:											
	Chops; 1 chop, with bone, 3.5 ounces:											
63	Lean and fat, approx. 2.4 ounces	39	295	15	25	0	7	2.1	.....	.60	.17	0
64	Lean only, approx. 1.6 ounces	53	120	14	7	0	6	1.8	.....	.51	.15	0
	Roast; 3-ounce slice, without bone:											
65	Entire slice, lean and fat	43	340	19	29	0	9	2.5	.....	.71	.21	0
66	Lean only, approx. 2.2 ounces	55	160	19	9	0	8	2.4	.....	.68	.20	0

Item number	Food	Water	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
		Per cent	Calories	Grams	Grams	Grams	Milligrams	Milligrams	International Units	Milligrams	Milligrams	Milligrams
	MEAT, POULTRY, FISH, SHELLFISH *(cont.)*											
	Pork, *(continued)*											
	Simmered; 3-ounce portion, without bone:											
67	Entire portion, lean and fat	42	355	19	30	0	9	2.4	.....	.43	.20	0
68	Lean only, approx. 2 ounces	60	120	16	5	0	7	2.0	.....	.37	.17	0
	Sausage:											
69	Bologna; 8 slices (4.1 by 0.1 inches each), 8 ounces	56	690	27	62	2	16	4.1	.....	.36	.49	0
70	Frankfurter; 1 cooked, 1.8 ounces	58	155	6	14	1	3	.8	.....	.08	.10	0
71	Pork, bulk, canned; 4 ounces	55	340	18	29	0	10	2.6	.....	.23	.27	0
72	Tongue, beef, boiled or simmered; 3 ounces	61	205	18	14	Trace	7	2.5	.....	.04	.26	0
73	Veal, cutlet, broiled; 3-ounce portion, without bone	60	185	23	9	0	9	2.7	.....	.06	.21	0
	Fish and shellfish:											
74	Bluefish, baked or broiled; 3 ounces	68	135	22	4	0	25	.6	40	.09	.08	0
	Clams:											
75	Raw, meat only; 3 ounces	80	70	11	1	3	82	6.0	90	.08	.15	0
76	Canned, solids and liquid; 3 ounces	87	45	7	1	2	74	5.4	70	.04	.08	0
77	Crabmeat, canned or cooked; 3 ounces	77	90	14	2	1	38	.8	.....	.04	.05	0
78	Fishsticks, breaded, cooked, frozen; 10 sticks (3.8 by 1.0 by 0.5 inches each), 8 ounces	66	400	38	20	15	25	.9	.....	.09	.16	0
79	Haddock, fried; 3 ounces	67	135	16	5	6	15	.5	50	.03	.08	0
	Mackerel:											
80	Broiled; 3 ounces	62	200	19	13	0	5	1.0	40	.13	.23	0
81	Canned, solids and liquid; 3 ounces	66	155	16	9	0	157	1.8	370	.05	.18	0
82	Ocean perch, fried (dipped in egg and bread crumbs); 3 ounces	59	195	16	11	6	14	1.3	50	.09	.10	0
83	Oysters, raw, meat only; 1 cup (13–19 medium-size oysters, selects)	85	160	20	4	8	226	13.2	740	.30	.39	0
84	Oyster stew; 1 cup (6–8 oysters)	84	200	11	12	11	269	3.3	640	.12	.40	0
85	Salmon, canned (pink); 3 ounces	70	120	17	5	0	159	.7	60	.03	.16	0
86	Sardines, canned in oil, drained solids; 3 ounces	57	180	22	9	1	367	2.5	190	.02	.18	0

87	Shad, baked; 3 ounces	64	170	20	10	0	20	.5	20	.11	.22	0
88	Shrimp, canned, meat only; 3 ounces	66	110	23	1	.....	98	2.6	50	.01	.03	0
89	Swordfish; 3 ounces	65	150	24	5	0	23	1.1	1,750	.03	.04	0
90	Tuna, canned in oil, drained solids; 3 ounces	60	170	25	7	0	7	1.2	70	.04	.10	0
	MATURE BEANS AND PEAS; NUTS											
91	Almonds, shelled; 1 cup	5	850	26	77	28	332	6.7	0	.34	1.31	Trace
	Beans, dry seed:											
	Common varieties, as Great Northern, navy, and others, canned; 1 cup:											
92	Red	76	230	15	1	42	74	4.6	0	.13	.13	Trace
	White, with tomato or molasses:											
93	With pork	69	330	16	7	54	172	4.4	140	.13	.10	5
94	Without pork	69	315	16	1	60	183	5.2	140	.13	.10	5
95	Lima, cooked; 1 cup	64	260	16	1	48	56	5.6	Trace	.26	.12	Trace
96	Brazil nuts, broken pieces; 1 cup	5	905	20	92	15	260	4.8	Trace	1.21	.....	.....
97	Cashew nuts, roasted; 1 cup	5	770	25	65	35	51	5.1	.....	.49	.46	.....
	Coconut; 1 cup:											
98	Fresh, shredded	50	330	3	31	13	15	1.7	0	.06	.03	4
99	Dried, shredded (sweetened)	3	345	2	24	33	13	1.6	0	.04	.02	0
100	Cowpeas or black-eyed peas, dry, cooked; 1 cup	80	190	13	1	34	42	3.2	20	.41	.11	Trace
101	Peanuts, roasted, shelled; 1 cup	2	840	39	71	28	104	3.2	0	.47	.19	0
102	Peanut butter; 1 tablespoon	2	90	4	8	3	12	.4	0	.02	.02	0
103	Peas, split, dry, cooked; 1 cup	70	290	20	1	52	28	4.2	120	.36	.22	Trace
104	Pecans, halves; 1 cup	3	740	10	77	16	79	2.6	140	.93	.14	2
	Walnuts, shelled; 1 cup:											
105	Black or native, chopped	3	790	26	75	19	Trace	7.6	380	.28	.14	.....
106	English or Persian, halves	4	650	15	64	16	99	3.1	30	.33	.13	3
	VEGETABLES											
	Asparagus:											
107	Cooked; 1 cup	92	35	4	Trace	6	33	1.8	1,820	.23	.30	40
	Canned; 6 medium-size spears:											
108	Green	92	20	2	Trace	3	18	1.8	770	.06	.08	17
109	Bleached	92	20	2	Trace	4	15	1.0	70	.05	.07	17
	Beans:											
110	Lima, immature, cooked; 1 cup	75	150	8	1	29	46	2.7	460	.22	.14	24

Item number	Food	Water	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
	VEGETABLES *(continued)*	*Per cent*	*Calories*	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*International Units*	*Milligrams*	*Milligrams*	*Milligrams*
	Beans *(continued)*											
	Snap, green:											
	Cooked; 1 cup:											
111	In small amount of water, short time	92	25	2	Trace	6	45	.9	830	.09	.12	18
112	In large amount of water, long time	92	25	2	Trace	6	45	.9	830	.06	.11	12
	Canned:											
113	Solids and liquid; 1 cup	94	45	2	Trace	10	65	3.3	990	.08	.10	9
114	Strained or chopped; 1 ounce	93	5	Trace	Trace	1	10	.3	120	.01	.02	1
115	Beets, cooked, diced; 1 cup	88	70	2	Trace	16	35	1.2	30	.03	.07	11
116	Broccoli, cooked, flower stalks; 1 cup	90	45	5	Trace	8	195	2.0	5,100	.10	.22	111
117	Brussels sprouts, cooked; 1 cup	85	60	6	1	12	44	1.7	520	.05	.16	61
	Cabbage; 1 cup:											
118	Raw, finely shredded	92	25	1	Trace	5	46	.5	80	.06	.05	50
119	Raw, coleslaw	84	100	2	7	9	47	.5	80	.06	.05	50
	Cooked:											
120	In small amount of water, short time	92	40	2	Trace	9	78	.8	150	.08	.08	53
121	In large amount of water, long time	92	40	2	Trace	9	78	.8	150	.05	.05	32
	Cabbage, celery or Chinese; 1 cup:											
122	Raw, leaves and stem (1-inch pieces)	95	15	1	Trace	2	43	.9	260	.03	.04	31
123	Cooked	95	25	2	1	5	82	1.7	490	.04	.06	42
	Carrots:											
124	Raw; 1 carrot (5½ by 1 inch) or 25 thin strips	88	20	1	Trace	3	20	.4	6,000	.03	.03	3
125	Raw, grated; 1 cup	88	45	1	Trace	10	43	.9	13,200	.06	.06	7
126	Cooked, diced; 1 cup	92	45	1	1	9	38	.9	18,130	.07	.07	6
127	Canned, strained or chopped; 1 ounce	92	5	Trace	0	2	7	.2	3,400	.01	.01	1
128	Cauliflower, cooked, flower buds; 1 cup	92	30	3	Trace	6	26	1.3	110	.07	.10	34
	Celery, raw:											
129	Large stalk, 8 inches long	94	5	1	Trace	1	20	.2	0	.02	.02	3
130	Diced; 1 cup	94	20	1	Trace	4	50	.5	0	.05	.04	7
131	Collards, cooked; 1 cup	87	75	7	1	14	473	3.0	14,500	.15	.46	84
	Corn, sweet:											
132	Cooked; 1 ear 5 inches long	76	65	2	1	16	4	.5	[1]300	.09	.08	6
133	Canned, solids and liquid; 1 cup	80	170	5	1	41	10	1.3	[1]520	.07	.13	14

134	Cowpeas, immature seeds, cooked; 1 cup	75	150	11	1	25	59	4.0	620	.46	.13	32
135	Cucumbers, raw, pared; 6 slices (⅛-inch thick, center section)	96	5	Trace	Trace	1	5	.2	0	.02	.02	4
136	Dandelion greens, cooked; 1 cup	86	80	5	1	16	337	5.6	27,310	.23	.22	29
137	Endive, curly (including escarole); 2 ounces	93	10	1	Trace	2	45	1.0	1,700	.04	.07	6
138	Kale, cooked; 1 cup	87	45	4	1	8	248	2.4	9,220	.08	.25	56
	Lettuce, headed, raw:											
139	2 large or 4 small leaves	95	5	1	Trace	1	11	.2	270	.02	.04	4
140	1 compact head (4¾-inch diameter)	95	70	5	1	13	100	2.3	2,470	.20	.38	35
141	Mushrooms, canned, solids and liquid; 1 cup	93	30	3	Trace	9	17	2.0	0	.04	.60	.....
142	Mustard greens, cooked; 1 cup	92	30	3	Trace	6	308	4.1	10,050	.08	.25	63
143	Okra, cooked; 8 pods (3 inches long, ⅝-inch diameter)	90	30	2	Trace	6	70	.6	630	.05	.05	17
	Onions:											
	Mature:											
144	Raw: 1 onion (2½-inch diameter)	88	50	2	Trace	11	35	.6	60	.04	.04	10
145	Cooked; 1 cup	90	80	2	Trace	18	67	1.0	110	.04	.06	13
146	Young green; 6 small, without tops	88	25	Trace	Trace	5	68	.4	30	.02	.02	12
147	Parsley, raw; 1 tablespoon chopped	84	1	Trace	Trace	Trace	7	.2	290	Trace	.01	7
148	Parsnips, cooked; 1 cup	84	95	2	1	22	88	1.1	0	.09	.16	19
	Peas, green; 1 cup:											
149	Cooked	82	110	8	1	19	35	3.0	1,150	.40	.22	24
150	Canned, solids and liquid	82	170	8	1	32	62	4.5	1,350	.28	.15	21
151	Canned, strained; 1 ounce	86	10	1	Trace	2	5	.3	160	.03	.02	2
	Peppers, sweet:											
152	Green, raw; 1 medium	93	15	1	Trace	3	6	.4	260	.05	.05	79
153	Red, raw; 1 medium	91	20	1	Trace	4	8	.4	2,670	.05	.05	122
154	Pimientos, canned; 1 medium	92	10	Trace	Trace	2	3	.6	870	.01	.02	36
155	Peppers, hot, red, without seeds, dried, ground (Chili powder); 1 tablespoon	13	50	2	1	9	20	1.2	11,520	.03	.20	2
	Potatoes:											
	Baked or boiled; 1 medium, 2½-inch diameter (weight raw, about 5 ounces):											
156	Baked in jacket	75	90	3	Trace	21	9	.7	Trace	.10	.04	20
157	Boiled; peeled before boiling	80	90	3	Trace	21	9	.7	Trace	.11	.04	20
158	Chips; 10 medium (2-inch diameter)	3	110	1	7	10	6	.4	Trace	.04	.02	2
	French fried:											
159	Frozen, ready to be heated for serving; 10 pieces (2 by ½ by ½ inch)	64	95	2	4	15	4	.8	Trace	.08	.01	10

[1] Vitamin A based on yellow corn; white corn contains only a trace.

Item number	Food	Water	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
	VEGETABLES *(continued)*	Per cent	Calories	Grams	Grams	Grams	Milligrams	Milligrams	International Units	Milligrams	Milligrams	Milligrams
	Potatoes *continued*											
160	Ready-to-eat, deep fat for entire process; 10 pieces (2 by ½ by ½ inch)	45	155	2	7	20	9	.7	Trace	.06	.04	8
	Mashed; 1 cup:											
161	Milk added	80	145	4	1	30	47	1.0	50	.17	.11	17
162	Milk and butter added	76	230	4	12	28	45	1.0	470	.16	.10	16
163	Pumpkin, canned; 1 cup	90	75	2	1	18	46	1.6	7,750	.04	.12	.....
164	Radishes, raw; 4 small	94	10	Trace	Trace	2	15	.4	10	.01	.01	10
165	Sauerkraut, canned, drained solids; 1 cup	91	30	2	Trace	7	54	.8	60	.05	.10	24
	Spinach:											
166	Cooked; 1 cup	91	45	6	1	6	223	3.6	21,200	.14	.36	54
167	Canned, creamed, strained; 1 ounce	90	10	1	Trace	2	19	.3	750	.01	.03	1
	Squash:											
	Cooked, 1 cup:											
168	Summer, diced	95	35	1	Trace	8	32	.8	550	.08	.15	23
169	Winter, baked, mashed	86	95	4	1	23	49	1.6	12,690	.10	.31	14
170	Canned, strained or chopped; 1 ounce	92	10	Trace	Trace	2	7	.1	510	.01	.01	1
	Sweet potatoes:											
	Baked or boiled; 1 medium, 5 by 2 inches (weight raw, about 6 ounces):											
171	Baked in jacket	64	155	2	1	36	44	1.0	[2] 8,970	.10	.07	24
172	Boiled in jacket	71	170	2	1	39	47	1.0	[2] 11,610	.13	.09	25
173	Candied; 1 small, 3½ by 2 inches	60	295	2	6	60	65	1.6	[2] 11,030	.10	.08	17
174	Canned, vacuum or solid pack; 1 cup	72	235	4	Trace	54	54	1.7	17,110	.12	.09	30
	Tomatoes:											
175	Raw; 1 medium (2 by 2½ inches), about ½ pound	94	30	2	Trace	6	16	.9	1,640	.08	.06	35
176	Canned or cooked; 1 cup	94	45	2	Trace	9	27	1.5	2,540	.14	.08	40
177	Tomato juice, canned; 1 cup	94	50	2	Trace	10	17	1.0	2,540	.12	.07	38
178	Tomato catsup; 1 tablespoon	70	15	Trace	Trace	4	2	.1	320	.02	.01	2
179	Turnips, cooked, diced; 1 cup	92	40	1	Trace	9	62	.8	Trace	.06	.09	28
180	Turnip greens, cooked; 1 cup	90	45	4	1	8	376	3.5	15,370	.09	.59	87

FRUITS

181	Apples, raw; 1 medium (2½-inch diameter), about ⅓ pound	85	70	Trace	Trace	18	8	.4	50	.04	.02	3
182	Apple betty; 1 cup	64	350	4	8	69	41	1.4	270	.13	.10	Trace
183	Apple juice, fresh or canned; 1 cup	86	125	Trace	0	34	15	1.2	90	.05	.07	2
	Apple sauce, canned:											
184	Sweetened; 1 cup	80	185	Trace	Trace	50	10	1.0	80	.05	.03	3
185	Unsweetened; 1 cup	88	100	Trace	Trace	26	10	1.0	70	.05	.02	3
186	Apricots, raw; 3 apricots (about ¼ pound)	85	55	1	Trace	14	18	.5	2,890	.03	.04	10
	Apricots, canned:											
187	Heavy sirup pack, halves and sirup; 1 cup	78	200	1	Trace	54	34	1.0	4,070	.05	.07	10
188	Water pack, halves and liquid; 1 cup	90	80	1	Trace	21	27	.7	3,320	.04	.05	8
	Apricots, dried:											
189	Uncooked; 1 cup (40 halves, small)	25	390	8	1	100	100	8.2	16,390	.02	.24	19
190	Cooked unsweetened, fruit and liquid; 1 cup	76	240	5	1	62	63	5.1	10,130	.01	.13	8
191	Apricots and applesauce, canned, strained or chopped; 1 ounce	80	20	Trace	Trace	5	3	.2	440	.01	.01	Trace
192	Apricot nectar; 1 cup	85	135	1	Trace	36	22	.5	2,380	.02	.02	7
	Avocados, raw, California varieties (mainly Fuerte):											
193	1 cup (½-inch cubes)	74	260	3	26	9	15	.9	430	.16	.30	21
194	½ of a 10-ounce avocado (3½ by 3¼ inches)	74	185	2	18	6	11	.6	310	.12	.21	15
	Avocados, raw, Florida varieties:											
195	1 cup (½-inch cubes)	78	195	2	17	13	15	.9	430	.16	.30	21
196	½ of a 13-ounce avocado (4 by 3 inches)	78	160	2	14	11	12	.7	350	.13	.24	17
197	Bananas, raw; 1 medium (6 by 1½ inches), about ⅓ pound	76	85	1	Trace	23	10	.7	170	.05	.06	10
198	Blackberries, raw; 1 cup	85	80	2	1	18	46	1.3	280	.05	.06	30
199	Blueberries, raw; 1 cup	83	85	1	1	21	22	1.1	400	.04	.03	23
200	Cantaloups, raw; ½ melon (5-inch diameter)	94	40	1	Trace	9	33	.8	[3] 6,590	.09	.07	63
201	Cherries, sour, sweet, and hybrid, raw; 1 cup	83	65	1	1	15	19	.4	650	.05	.06	9

[2] Average vitamin A value for important commercial varieties. Varieties with pale flesh contain very small amounts while those with deep orange-colored flesh have much higher contents than the value shown in the table.

[3] Vitamin A based on deeply colored varieties.

Item number	Food	Water	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
	FRUITS *(continued)*	*Per cent*	*Calories*	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*International Units*	*Milligrams*	*Milligrams*	*Milligrams*
	Cherries, canned:											
202	Red sour, pitted; 1 cup	87	120	2	1	30	28	.8	1,840	.07	.04	14
203	Cranberry juice cocktail, canned; 1 cup.	85	135	Trace	Trace	36	10	.5	20	.02	.02	5
204	Cranberry sauce, sweetened; 1 cup	48	550	Trace	1	142	22	.8	80	.06	.06	5
205	Dates, "fresh" and dried, pitted and cut; 1 cup	20	505	4	1	134	103	5.3	170	.16	.17	0
	Figs:											
206	Raw; 3 small (1½-inch diameter), about ¼ pound	78	90	2	Trace	22	62	.7	90	.06	.06	2
207	Dried; 1 large (2 by 1 inch)	23	60	1	Trace	15	43	.3	20	.02	.02	0
208	Fruit cocktail, canned in heavy sirup, solids and liquid; 1 cup	81	175	1	Trace	47	23	1.0	360	.04	.03	5
	Grapefruit:											
	Raw; ½ medium (4¼-inch diameter, No. 64's):											
209	White	89	50	1	Trace	14	21	.5	10	.05	.02	50
210	Pink or red	89	55	1	Trace	14	21	.5	590	.05	.02	48
211	Raw, sections, white; 1 cup	89	75	1	Trace	20	31	.8	20	.07	.03	72
	Canned:											
212	Sirup pack, solids and liquid; 1 cup	81	165	1	Trace	44	32	.7	20	.07	.04	75
213	Water pack, solids and liquid; 1 cup	91	70	1	Trace	18	31	.7	20	.07	.04	72
	Grapefruit juice:											
214	Raw; 1 cup	90	85	1	Trace	23	22	.5	[4] 20	.09	.04	92
	Canned:											
215	Unsweetened; 1 cup	89	95	1	Trace	24	20	1.0	20	.07	.04	84
216	Sweetened; 1 cup	86	120	1	Trace	32	20	1.0	20	.07	.04	78
	Frozen concentrate, unsweetened:											
217	Undiluted; 1 can (6 fluid ounces)	62	280	4	1	72	70	.8	60	.29	.12	286
218	Diluted, ready-to-serve; 1 cup	89	95	1	Trace	24	25	.2	20	.10	.04	96
	Frozen concentrate, sweetened:											
219	Undiluted; 1 can (6 fluid ounces)	57	320	3	1	85	59	.6	50	.24	.11	245

220	Diluted, ready-to-serve; 1 cup	88	105	1	Trace	28	20	.2	20	.08	.03	82
	Dehydrated:											
221	Crystals; 1 can (net weight 4 ounces)	1	400	5	1	103	99	1.1	90	.41	.18	399
222	With water added, ready-to-serve; 1 cup	90	90	1	Trace	24	22	.2	20	.10	.05	92
	Grapes, raw; 1 cup:											
223	American type (slip skin)	82	70	1	1	16	13	.4	100	.05	.03	4
224	European type (adherent skin)	81	100	1	Trace	26	18	.6	150	.08	.04	7
225	Grape juice, bottled; 1 cup	82	165	1	1	42	25	.8	.....	.11	.06	Trace
	Lemon juice:											
226	Raw; 1 cup	91	60	1	Trace	20	27	.5	Trace	.08	.03	129
227	Canned; 1 cup	91	60	1	Trace	20	27	.5	Trace	.07	.03	102
	Lemonade concentrate, frozen, sweetened:											
228	Undiluted; 1 can (6 fluid ounces)	48	305	1	Trace	113	9	.4	Trace	.05	.06	67
229	Diluted, ready-to-serve; 1 cup	88	75	Trace	Trace	28	2	.1	Trace	.01	.01	17
	Lime juice:											
230	Raw; 1 cup	90	65	1	Trace	22	22	1.5	Trace	.03	.04	80
231	Canned; 1 cup	90	65	1	Trace	22	22	1.5	Trace	.02	.04	52
	Limeade concentrate, frozen, sweetened:											
232	Undiluted; 1 can (6 fluid ounces)	50	295	Trace	Trace	109	11	.7	Trace	.01	.02	262
233	Diluted, ready-to-serve; 1 cup	90	75	Trace	Trace	27	2	.2	Trace	Trace	.01	6
	Oranges, raw; 1 large orange (3-inch diameter):											
234	Navel	86	70	2	Trace	17	48	.3	270	.11	.03	83
235	Other varieties	86	70	1	Trace	18	63	.3	290	.12	.03	66
	Orange juice:											
	Raw; 1 cup:											
236	California (Valencias)	88	105	2	Trace	26	37	.5	500	.20	.05	126
	Florida varieties:											
237	Early and midseason	90	90	1	Trace	23	25	.5	490	.20	.05	127
238	Late season (Valencias)	88	105	1	Trace	26	25	.5	500	.20	.05	92
239	Canned, unsweetened; 1 cup	87	110	2	Trace	28	25	1.0	500	.17	.05	100
	Frozen concentrate:											
240	Undiluted; 1 can (6 fluid ounces)	58	305	5	Trace	80	69	.8	1,490	.63	.10	332
241	Diluted, ready-to-serve; 1 cup	88	105	2	Trace	27	22	.2	500	.21	.03	112

[4] Vitamin A value for juice from white grapefruit. The vitamin A value per cup of juice from pink or red grapefruit is 1,080 I.U.

Item number	Food	Water	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
		Per cent	Calories	Grams	Grams	Grams	Milligrams	Milligrams	International Units	Milligrams	Milligrams	Milligrams
	FRUITS *(continued)*											
	Orange juice: *(continued)*											
	Dehydrated:											
242	Crystals; 1 can (net weight 4 ounces)	1	395	6	2	100	95	1.9	1,900	.76	.19	406
243	With water added, ready-to-serve; 1 cup	88	105	1	Trace	27	25	.5	500	.20	.05	108
	Orange and grapefruit juice, frozen concentrate:											
244	Undiluted; 1 can (6 fluid ounces)	59	300	4	1	78	61	.8	790	.47	.06	301
245	Diluted, ready-to-serve; 1 cup	88	100	1	Trace	26	20	.2	270	.16	.02	102
	Peaches:											
	Raw:											
246	1 medium (2½ by 2-inch diameter), about ¼ pound	89	35	1	Trace	10	9	.5	[5]1,320	.02	.05	7
247	1 cup, sliced	89	65	1	Trace	16	15	.8	[5]2,230	.03	.08	12
	Canned (yellow-fleshed), solids and liquid:											
248	Heavy-sirup pack; 1 cup	80	185	1	Trace	49	13	.8	1,000	.02	.06	8
249	Water pack; 1 cup	92	65	1	Trace	17	15	.7	1,100	.02	.07	9
250	Strained; 1 ounce	82	20	Trace	Trace	5	2	.2	150	Trace	.01	Trace
	Dried:											
251	Uncooked; 1 cup	25	420	5	1	109	80	9.6	6,330	.02	.32	32
252	Cooked, unsweetened; 1 cup (10–12 halves and 6 tablespoons liquid)	77	220	3	1	58	43	5.1	3,350	.01	.16	6
	Frozen:											
253	1 12-ounce carton	79	265	1	Trace	69	20	1.4	1,770	.04	.10	[6] 99
254	1 16-ounce can	79	355	2	Trace	92	27	1.8	2,360	.05	.14	[6] 132
255	Peach nectar, canned; 1 cup	87	115	Trace	Trace	31	10	.5	1,070	.02	.05	1
	Pears:											
256	Raw; 1 pear (3 by 2½-inch diameter)	83	100	1	1	25	13	.5	30	.04	.07	7
	Canned, solids and liquid:											
257	Heavy-sirup pack; 1 cup	81	175	1	Trace	47	18	1.3	10	.02	.05	3
258	Strained; 1 ounce	84	15	Trace	Trace	4	3	.1	Trace	Trace	.01	Trace
259	Pear nectar, canned; 1 cup	86	125	1	Trace	33	8	.2	10	.01	.05	1

	Pineapple:											
260	Raw, diced; 1 cup	85	75	1	Trace	19	22	.4	180	.12	.04	33
	Canned:											
	Sirup pack, solids and liquid:											
261	Crushed: 1 cup	78	205	1	Trace	55	75	1.6	210	.20	.04	23
262	Sliced; 2 small or 1 large slice and 2 tablespoons juice	78	95	Trace	Trace	26	35	.7	100	.09	.02	11
263	Pineapple juice, canned; 1 cup	86	120	1	Trace	32	37	1.2	200	.13	.04	22
	Plums:											
264	Raw; 1 plum (2-inch diameter), about 2 ounces	86	30	Trace	Trace	7	10	.3	200	.04	.02	8
	Canned (Italian prunes):											
265	Sirup pack, solids and liquid; 1 cup	79	185	1	Trace	50	20	2.7	560	.07	.06	3
	Prunes, dried:											
266	Uncooked; 4 medium prunes	24	70	1	Trace	19	14	1.0	430	.02	.05	1
267	Cooked, unsweetened; 1 cup (17–18 prunes and ⅓ cup liquid)	65	295	3	1	78	57	4.3	1,780	.08	.18	3
268	Canned, strained; 1 ounce	73	25	Trace	Trace	7	8	.4	170	.01	.01	1
269	Prune juice, canned; 1 cup	80	170	1	Trace	45	36	10.6	.....	.01	.03	4
270	Raisins, dried; 1 cup	18	460	4	Trace	124	99	6.2	30	.13	.12	2
	Raspberries, red:											
271	Raw; 1 cup	84	70	1	Trace	17	49	1.1	160	.03	.08	29
272	Frozen; 10-ounce carton	74	280	2	1	70	79	1.7	220	.03	.12	45
273	Rhubarb, cooked, sugar added; 1 cup	63	385	1	Trace	98	112	1.1	70	.02	.....	17
	Strawberries:											
274	Raw; 1 cup	90	55	1	1	12	42	1.2	90	.04	.10	89
275	Frozen; 10-ounce carton	72	300	2	1	75	62	1.7	120	.05	.14	116
276	Frozen; 16-ounce can	72	485	3	2	121	100	2.7	190	.08	.23	186
277	Tangerines; 1 medium (2½-inch diameter), about ¼ pound	87	40	1	Trace	10	34	.3	360	.05	.01	26
	Tangerine juice:											
278	Canned; 1 cup	89	100	1	Trace	25	45	.5	1,050	.14	.04	56
	Frozen concentrate:											
279	Undiluted; 6-fluid-ounce can	58	315	4	1	80	130	1.5	3,070	.43	.12	202
280	Diluted, ready-to-serve; 1 cup	88	105	1	Trace	27	45	.5	1,020	.14	.04	67
281	Watermelon; 1 wedge (4 by 8 inches), about 2 pounds (weighed with rind)	92	120	2	1	29	30	.9	2,530	.20	.22	26

[5] Vitamin A value of yellow-fleshed varieties; the value is negligible in white-fleshed varieties.

[6] Content of frozen peaches with added ascorbic acid; when not added the content is 14 milligrams per 10-ounce carton and 18 milligrams per 16-ounce can.

Item number	Food	Water	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
	GRAIN PRODUCTS	Per cent	Calories	Grams	Grams	Grams	Milligrams	Milligrams	International Units	Milligrams	Milligrams	Milligrams
282	Biscuits, baking powder, enriched flour; 1 biscuit (2½-inch diameter)	27	130	3	4	20	83	.7	0	.09	.08	0
283	Bran flakes (40 per cent bran) with added thiamine; 1 ounce	4	85	3	1	22	17	1.1	0	.13	.07	0
	Breads:											
	Cracked wheat:											
284	1 pound (20 slices)	35	1,190	39	10	236	399	5.0	Trace	.53	.42	Trace
285	1 slice (½ inch thick)	35	60	2	1	12	20	.3	Trace	.03	.02	Trace
	French or Vienna:											
286	Enriched; 1 pound	31	1,315	41	14	251	195	10.0	Trace	1.31	.98	Trace
287	Unenriched; 1 pound	31	1,315	41	14	251	195	3.2	Trace	.39	.39	Trace
	Italian:											
288	Enriched; 1 pound	32	1,250	41	4	256	77	10.0	0	1.37[7]	.93	0
289	Unenriched; 1 pound	32	1,250	41	4	256	77	3.2	0	.39	.27	0
	Raisin:											
290	1 pound (20 slices)	35	1,190	30	13	243	322	5.9	Trace	.24	.42	Trace
291	1 slice (½ inch thick)	35	60	2	1	12	16	.3	Trace	.01	.02	Trace
	Rye:											
	American (light):											
292	1 pound (20 slices)	36	1,100	41	5	236	340	7.3	0	.81	.33	0
293	1 slice (½ inch thick)	36	55	2	Trace	12	17	.4	0	.04	.02	0
	Pumpernickel:											
294	1 pound	34	1,115	41	5	241	381	10.9	0	1.05	.63	0
	White:											
	Enriched, made with—											
	1–2 per cent nonfat dry milk:											
295	1 pound (20 slices)	36	1,225	39	15	229	318	10.9	Trace	1.13	.77	Trace
296	1 slice (½ inch thick)	36	60	2	1	12	16	.6	Trace	.06	.04	Trace
	3–4 per cent nonfat dry milk:											
297	1 pound (20 slices)	36	1,225	39	15	229	381	11.3	Trace	1.13	.95	Trace
298	1 slice (½ inch thick)	36	60	2	1	12	19	.6	Trace	.06	.05	Trace
	5–6 per cent nonfat dry milk:											
299	1 pound (20 slices)	35	1,245	41	17	228	435	11.3	Trace	1.22	.91	Trace
300	1 slice (½ inch thick)	35	65	2	1	12	22	.6	Trace	.06	.05	Trace

	Unenriched, made with—											
	1–2 per cent nonfat dry milk:											
301	1 pound (20 slices)	36	1,225	39	15	229	318	3.2	Trace	.40	.36	Trace
302	1 slice (½ inch thick)	36	60	2	1	12	16	.2	Trace	.02	.02	Trace
	3–4 per cent nonfat dry milk:											
303	1 pound (20 slices)	36	1,225	39	15	229	381	3.2	Trace	.31	.39	Trace
304	1 slice (½ inch thick)	36	60	2	1	12	19	.2	Trace	.02	.02	Trace
	5–6 per cent nonfat dry milk:											
305	1 pound (20 slices)	35	1,245	41	17	228	435	3.2	Trace	.32	.59	Trace
306	1 slice (½ inch thick)	35	65	2	1	12	22	.2	Trace	.02	.03	Trace
	Whole wheat, graham, or entire wheat:											
307	1 pound (20 slices)	36	1,105	48	14	216	449	10.4	Trace	1.17	1.03	Trace
308	1 slice (½ inch thick)	36	55	2	1	11	23	.5	Trace	.06	.05	Trace
	Cakes:											
309	Angelfood; 2-inch sector ($^1/_{12}$ of cake, 8-inch diameter)	32	110	3	Trace	23	2	.1	0	Trace	.05	0
	Butter cakes:											
	Plain cake and cupcakes without icing:											
310	1 square (3 by 2 by 1½ inches)	27	180	4	5	31	85	.2	[8] 70	.02	.05	0
311	1 cupcake (2¾-inch diameter)	27	130	3	3	23	62	.2	[8] 50	.01	.03	0
	Plain cake with icing:											
312	2-inch sector of iced layer cake ($^1/_{16}$ of cake, 10-inch diameter)	25	320	5	6	62	117	.4	[8] 90	.02	.07	0
	Rich cake:											
313	2-inch sector of layer cake, iced ($^1/_{16}$ of cake, 10-inch diameter)	21	490	6	19	76	114	.6	[8] 220	.03	.10	0
314	Fruit cake, dark; 1 piece (2 by 2 by ½ inches)	23	105	2	4	17	29	.8	[8] 50	.04	.04	0
315	Gingerbread; 1 piece (2 by 2 by 2 inches)	30	180	2	7	28	63	1.4	50	.02	.05	0
316	Sponge; 2-inch sector ($^1/_{12}$ of cake, 8-inch diameter)	32	115	3	2	22	11	.6	210	.02	.06	0
317	Cookies, plain and assorted; 1 cookie (3-inch diameter)	5	110	2	3	19	6	.2	0	.01	.01	0
318	Cornbread or muffins made with enriched, degermed, yellow cornmeal; 1 muffin (2¾-inch diameter)	49	105	3	2	18	67	.9	[9] 60	.08	.11	0

[7] When the amount of nonfat dry milk in commercial bread is unknown, use bread with 3 to 4 percent nonfat dry milk.

[8] If the fat used in the recipe were butter or fortified margarine, the vitamin A value for plain cake would be 200 I.U. per large square, item 310; 150 I.U. per cupcake, item 311; 280 I.U. per 2-inch sector, iced, item 312; for rich cake, 900 I.U. per 2-inch sector, iced, item 313; for fruit cake 120 I.U. per piece (2 by 2 by ½ inches), item 314.

[9] Based on recipe using white cornmeal; if yellow cornmeal is used, vitamin A value is 120 I.U.

Item number	Food	Water	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
	GRAIN PRODUCTS *(continued)*	*Per cent*	*Calories*	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*International Units*	*Milligrams*	*Milligrams*	*Milligrams*
319	Corn, puffed, presweetened, added thiamine, riboflavin, niacin, and iron; 1 ounce	3	110	1	Trace	26	3	.5	.....	.12	.05	0
320	Corn and soy shreds, added thiamine and niacin; 1 ounce	4	100	5	Trace	21	24	1.2	.....	.19	.04	0
321	Corn cereal mixture (mainly degermed cornmeal) puffed, added thiamine, niacin, and iron; 1 ounce	3	115	2	1	23	6	1.2	.....	.15	.04	0
	Cornflakes:											
322	With added thiamine, niacin, and iron; 1 ounce	4	110	2	Trace	24	3	.5	0	.12	.03	0
323	Presweetened, added thiamine, niacin, and iron; 1 ounce	4	110	1	Trace	26	1	.5	0	.12	.01	0
	Corn grits, degermed yellow, cooked:											
324	Enriched; 1 cup	87	120	3	Trace	27	2	.7	[10] 100	.11	.08	0
325	Unenriched; 1 cup	87	120	3	Trace	27	2	.2	[10] 100	.04	.01	0
	Crackers:											
326	Graham; 4 small or 2 medium	6	55	1	1	10	3	.3	0	.04	.02	0
327	Saltines; 2 crackers (2-inch square)	5	35	1	1	6	2	.1	0	Trace	Trace	0
	Soda, plain:											
328	2 crackers (2½-inch square)	6	45	1	1	8	2	.1	0	.01	.01	0
329	10 oyster crackers or 1 tablespoon cracker meal	6	45	1	1	7	2	.1	0	.01	Trace	0
330	Doughnuts, cake type; 1 doughnut	19	135	2	7	17	23	.4	40	.05	.04	0
331	Farina, enriched to minimum levels for required nutrients and for the optional nutrient, calcium; cooked; 1 cup	89	105	3	Trace	22	31	.8	0	.11	.07	0
	Macaroni, cooked; 1 cup:											
	Enriched:											
332	Cooked 8–10 minutes (undergoes additional cooking as ingredient of a food mixture)	64	190	6	1	39	14	1.4	0	.23	.14	0
333	Cooked until tender	72	155	5	1	32	11	1.3	0	.19	.11	0
	Unenriched:											

334	Cooked 8–10 minutes (undergoes additional cooking as ingredient of a food mixture)	64	190	6	1	39	14	.6	0	.02	.02	0
335	Cooked until tender	72	155	5	1	32	11	.6	0	.02	.02	0
336	Macaroni and cheese, baked (enriched macaroni used); 1 cup	58	475	18	25	44	394	2.0	970	.22	.46	Trace
337	Muffins, made with enriched white flour; 1 muffin (2¾-inch diameter)	37	135	4	4	20	99	.8	50	.09	.10	0
	Noodles (egg noodles), cooked:											
338	Enriched; 1 cup	70	200	7	2	37	16	1.4	60	.23	.14	0
339	Unenriched; 1 cup	70	200	7	2	37	16	1.0	60	.04	.03	0
340	Oat cereal (mixture, mainly oat flour), ready-to-eat, added B vitamins and minerals; 1 ounce	3	115	4	2	21	45	1.2	0	.22	.04	0
341	Oatmeal or rolled oats, regular or quick cooking, cooked; 1 cup	85	150	5	3	26	21	1.7	0	.22	.05	0
	Pancakes, baked; 1 cake (4-inch diameter):											
342	Wheat (home recipe)	55	60	2	2	7	43	.2	50	.02	.03	Trace
343	Buckwheat (with buckwheat pancake mix)	62	45	2	2	6	67	.3	30	.04	.04	Trace
	Pies; 4-inch sector (1/7 of 9-inch diameter pie):											
344	Apple	48	330	3	13	53	9	.5	220	.04	.02	1
345	Cherry	46	340	3	13	55	14	.5	520	.04	.02	2
346	Custard	58	265	7	11	34	162	1.6	290	.07	.21	0
347	Lemon meringue	47	300	4	12	45	24	.6	210	.04	.10	1
348	Mince	43	340	3	9	62	22	3.0	10	.09	.05	1
349	Pumpkin	59	265	5	12	34	70	1.0	2,480	.04	.15	0
350	Pretzels; 5 small sticks	8	20	Trace	Trace	4	1	0	0	Trace	Trace	0
	Rice, cooked; 1 cup:											
351	Converted	72	205	4	Trace	45	14	.5	0	.10	.02	0
352	White	71	200	4	Trace	44	13	.5	0	.02	.01	0
353	Rice, puffed, added thiamine, niacin, and iron; 1 ounce	5	110	2	Trace	25	4	.5	0	.12	.01	0
354	Rice flakes, added thiamine and niacin; 1 ounce	5	110	2	Trace	25	8	.6	0	.10	.01	0
	Rolls:											
	Plain, pan (16 ounces per dozen); 1 roll:											
355	Enriched	31	115	3	2	20	28	.7	Trace	.11	.07	Trace

[10] Vitamin A based on yellow corn grits; white corn grits contain only a trace.

Item number	Food	Water	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
		Per cent	Calories	Grams	Grams	Grams	Milligrams	Milligrams	International Units	Milligrams	Milligrams	Milligrams
	GRAIN PRODUCTS *(continued)*											
	Rolls: Plain Pan *(continued)*											
356	Unenriched	31	115	3	2	20	28	.3	Trace	.02	.03	Trace
357	Hard, round (22 ounces per dozen); 1 roll	25	160	5	2	31	24	.4	Trace	.03	.05	Trace
358	Sweet, pan (18 ounces per dozen); 1 roll	31	135	4	4	21	37	.3	30	.03	.06	0
	Spaghetti, cooked until tender:											
359	Enriched; 1 cup	72	155	5	1	32	11	1.3	0	.19	.11	0
360	Unenriched; 1 cup	72	135	5	1	32	11	.6	0	.02	.02	0
	Waffles, baked, with enriched flour:											
361	1 waffle (4½ by 5½ by ½ inches)	40	215	7	8	28	144	1.4	270	.14	.20	0
	Wheat puffed:											
362	Added thiamine, niacin, and iron; 1 ounce	4	100	4	Trace	22	8	1.2	0	.16	.06	0
363	Presweetened, added thiamine and niacin; 1 ounce	3	105	1	Trace	26	4	.5	0	.12	.01	0
364	Wheat, rolled, cooked; 1 cup	80	175	5	1	40	19	1.7	0	.17	.06	0
365	Wheat, shredded, plain (long, round, or bite-size); 1 ounce	6	100	3	1	23	13	1.0	0	.06	.03	0
366	Wheat and malted barley cereal, added thiamine, niacin, and iron; 1 ounce	3	105	3	Trace	24	13	1.0	0	.13	.05	0
367	Wheat flakes, added thiamine, niacin, and iron; 1 ounce	4	100	3	Trace	23	13	1.2	0	.16	.05	0
	Wheat flours:											
368	Whole wheat; 1 cup, stirred	12	400	16	2	85	49	4.0	0	.66	.14	0
	All purpose or family flour:											
369	Enriched; 1 cup, sifted	12	400	12	1	84	18	[11] 3.2	0	[11] .48	[11] .29	0
370	Unenriched; 1 cup, sifted	12	400	12	1	84	18	.9	0	.07	.05	0
371	Wheat germ; 1 cup, stirred	11	245	17	7	34	57	5.5	0	1.39	.54	0
	FATS, OILS, RELATED PRODUCTS											
372	Butter; 1 tablespoon	16	100	Trace	11	Trace	3	0	[12] 460	.....	.....	0
	Fats, cooking:											
	Vegetable fats:											
373	1 cup	0	1,770	0	200	0	0	0	0	0	0	0

374	1 tablespoon	0	110	0	12	0	0	0	0	0	0	0
	Lard:											
375	1 cup	0	1,985	0	220	0	0	0	0	0	0	0
376	1 tablespoon	0	125	0	14	0	0	0	0	0	0	0
377	Margarine; 1 tablespoon	16	100	Trace	11	Trace	3	0	[13] 460	.....	.....	0
378	Oils, salad or cooking; 1 tablespoon	0	125	0	14	0	0	0	0	0	0	0
	Salad dressings; 1 tablespoon:											
379	Blue cheese	28	90	1	10	1	11	Trace	30	Trace	.02	Trace
380	Commercial, plain (mayonnaise type)	48	60	Trace	6	2	2	Trace	30	Trace	Trace	0
381	French	42	60	Trace	6	2	3	.1	0	0	0	0
382	Mayonnaise	14	110	Trace	12	Trace	2	.1	40	Trace	Trace	0
383	Thousand Island	38	75	Trace	8	1	2	.1	60	Trace	Trace	2
	SUGARS, SWEETS											
	Candy; 1 ounce:											
384	Caramels	7	120	1	3	22	36	.7	50	.01	.04	Trace
385	Chocolate, sweetened, milk	1	145	2	9	16	61	.3	40	.03	.11	0
386	Fudge, plain	5	115	Trace	3	23	14	.1	60	Trace	.02	Trace
387	Hard	1	110	0	0	28	0	0	0	0	0	0
388	Marshmallow	15	90	1	0	23	0	0	0	0	0	0
389	Chocolate sirup; 1 tablespoon	39	40	Trace	Trace	11	3	.3	.....	.....	.....	.....
390	Honey, strained or extracted; 1 tablespoon	20	60	Trace	0	17	1	.2	0	Trace	.01	1
391	Jams, marmalades, preserves; 1 tablespoon	28	55	Trace	Trace	14	2	.1	Trace	Trace	Trace	1
392	Jellies; 1 tablespoon	34	50	0	0	13	2	.1	Trace	Trace	Trace	1
	Molasses, cane; 1 tablespoon:											
393	Light	24	50	.....	.....	13	33	.9	.....	.01	.01	.....
394	Blackstrap	24	45	.....	.....	11	116	2.3	.....	.02	.04	.....
395	Sirup, table blends; 1 tablespoon	25	55	0	0	15	9	.8	0	0	Trace	0
	Sugar; 1 tablespoon:											
396	Granulated, cane or beet	Trace	50	0	0	12	.....	.....	0	0	0	0
397	Brown	3	50	0	0	13	[14] 10	.4	0	0	0	0

[11] Iron, thiamine, riboflavin, and niacin are based on the minimal level of enrichment specified in the standards of identity promulgated under the Federal Food, Drug, and Cosmetic Act.

[12] Year-round average.

[13] Based on the average vitamin A content of fortified margarine. Federal specifications for fortified margarine require a minimum of 15,000 I.U. of vitamin A per pound.

[14] Calcium value is based on dark brown sugar; value would be lower for light brown sugar.

Item number	Food	Water	Food energy	Protein	Fat	Total carbohydrate	Calcium	Iron	Vitamin A value	Thiamine	Riboflavin	Ascorbic acid
	MISCELLANEOUS	Per cent	Calories	Grams	Grams	Grams	Milligrams	Milligrams	International Units	Milligrams	Milligrams	Milligrams
398	Beverages, carbonated, kola type; 1 cup	88	105	.....	.....	28	.....	.....	.....	.....	.....	.....
399	Bouillon cubes; 1 cube	5	2	Trace	Trace	0	.....	.....	.....	.....	.07	0
400	Chili sauce (mainly tomatoes); 1 tablespoon	69	15	Trace	Trace	4	2	.1	320	.02	.01	2
401	Chocolate, unsweetened; 1 ounce	2	145	2	15	8	28	1.2	20	.01	.06	0
402	Gelatin dessert, plain, ready-to-serve; 1 cup	83	155	4	0	36	0	0	0	0	0	0
	Olives, pickled; "Extra large" size, 12 olives or "Jumbo" size, 7 olives:											
403	Green	78	65	1	7	1	48	.9	170	Trace	.....	.....
404	Ripe	76	85	1	9	2	45	.9	40	Trace	Trace	.....
	Pickles, cucumber:											
405	Dill; 1 large (4 inches long, 1¾-inch diameter)	93	15	1	Trace	3	34	1.6	420	Trace	.09	8
406	Sweet; 1 pickle (2¾ inches long, ¾-inch diameter)	70	20	Trace	Trace	5	3	.3	20	0	Trace	1
407	Sherbet, factory packed; 1 cup (8 fluid ounce container)	68	235	3	Trace	58	96	.1	0	.03	.15	0
	Soups, ready-to-serve; 1 cup:											
408	Bean	82	190	8	5	30	95	2.8	.....	.10	.10	.....
409	Beef	92	100	6	4	11	15	.5	.....	.....	.....	.....
410	Bouillon, broth, and consomme	95	10	2	.....	0	2	1.0	0	0	.05	0
411	Chicken	94	75	4	2	10	20	.5	.....	.02	.12	.....
412	Clam chowder	91	85	5	2	12	36	3.6	.....	.....	.....	.....
413	Cream soup (asparagus, celery, or mushroom)	85	200	7	12	18	217	.5	200	.05	.20	0
414	Noodle, rice, or barley	90	115	6	4	13	82	.2	30	.02	.05	0
415	Tomato	91	90	2	2	18	24	1.0	1,230	.02	.10	10
416	Vegetable	92	80	4	2	14	32	.8	.....	.05	.08	8
417	Vinegar; 1 tablespoon	.....	2	0	.....	1	1	.1	.....	.....	.....	.....
418	White sauce, medium; 1 cup	73	430	10	33	23	305	.3	1,350	.07	.42	1

Alcoholic Beverages

The number of calories in alcoholic beverages depends on the per cent of alcohol, usually expressed as *proof*, and the amount of sugar in the wines or mixes.

Beer, 4 per cent alcohol—12-ounce bottle or can . . . . . 170 calories

Whiskey, gin, rum—1½ ounces (1 jigger)
- 100 proof . . . . . 145 calories
- 90 proof . . . . . 130 calories
- 86 proof . . . . . 125 calories
- 80 proof . . . . . 115 calories
- 70 proof . . . . . 100 calories

Wines—3 ounces—1 wine glass
- Table wines, not sweet . . . . . 75–90 calories
- Port, sherry, vermouth . . . . . 125–165 calories
- Cordials—1 ounce . . . . . 75–110 calories

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