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Nutritive Value of Foods

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A table of nutritive values for household measures of commonly used foods makes up the greater part of this bulletin. First published in 1960 by the United States Department of Agriculture, the bulletin was revised in 1964, 1970, 1971, 1977, and 1978. In this revision, which has been adapted with permission, values for breakfast cereals have been updated. Recent information is provided on the dairy products group; on the enrichment levels of white bread and rolls, white flour, self-rising flour, and products prepared with these enriched flours; and on the fatty acid content of the foods.

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NUTRITIVE VALUE OF FOODS

Extension Foods and Nutrition Specialists
The Texas A&M University System

A glass of milk . . . a slice of cooked meat . . . an apple . . . a slice of bread . . . What food values does each contain? How much cooked meat will a pound of raw meat yield? How much daily protein is recommended for a healthy 14-year-old boy?

Ready answers to questions like those are helpful to homemakers who need the information to plan nutritionally adequate diets and to nutritionists, dietitians, physicians, and other consumers.

The answers will be found in the tables in this publication.

EXPLANATION OF THE TABLES

Some helpful volume and weight equivalents are shown in table 1.

Table 1.—Equivalents by Volume and Weight

Volume

Level measure	*Equivalent*
1 gallon (3.786 liters; 3,786 milliliters)	4 quarts
1 quart (0.946 liter; 946 milliliters)	4 cups
1 cup (237 milliliters)	8 fluid ounces ½ pint 16 tablespoons
2 tablespoons (30 milliliters)	1 fluid ounce
1 tablespoon (15 milliliters)	3 teaspoons
1 pound regular butter or margarine	4 sticks 2 cups
1 pound whipped butter or margarine	6 sticks Two 8-ounce containers 3 cups

Weight

Avoirdupois weight	*Equivalent*
1 pound (16 ounces)	453.6 grams
1 ounce	28.35 grams
3½ ounces	100 grams

Nutritive Value of Foods (Table 2)

Table 2 shows the food values in 730 foods commonly used.

Foods listed.—Foods are grouped under the following main headings:

Dairy products
Eggs
Fats and oils
Fish, shellfish, meat, and poultry
Fruits and fruit products
Grain products
Legumes (dry), nuts, and seeds
Sugars and sweets
Vegetables and vegetable products
Miscellaneous items

Most of the foods listed are in ready-to-eat form. Some are basic products widely used in food preparation, such as flour, fat, and cornmeal.

The weight in grams for an approximate measure of each food is shown. A footnote indicates if inedible parts are included in the description and the weight. For example, item 246 is half a grapefruit with peel having a weight of 241 grams. A footnote to this item explains that the 241 grams include the weight of the peel.

The approximate measure shown for each food is in cups, ounces, pounds, some other well-known unit, or a piece of certain size. The cup measure refers to the standard measuring cup of 8 fluid ounces or one-half liquid pint. The ounce refers to one-sixteenth of a pound avoirdupois, unless fluid ounce is indicated. The weight of a fluid ounce varies according to the food measured.

Food values.—Table 2 also shows values for protein, fat, total saturated fatty acids, two unsaturated fatty acids (oleic acid and linoleic acid), total carbohydrates, four minerals (calcium, iron, phosphorus, and potassium), and five vitamins (vitamin A; thiamin, riboflavin, niacin, and ascorbic acid or vitamin C). Food energy is in calories. The calorie is the unit of measurement for the energy furnished the body by protein, fat, and carbohydrate.

Those values can be used to compare kinds and amounts of nutrients in different foods. They sometimes can be used to compare different forms of the same food.

Water content is included because the percentage of moisture present is needed for identification and comparison of many food items.

The values for food energy (calories) and nutrients shown in table 2 are the amounts present in the edible part of the item, that is, in only that portion customarily eaten—corn without cob, meat without bone, potatoes without skin, European-type grapes without seeds. If additional parts are eaten—the potato skin, for example—amounts of some nutrients obtained will be somewhat greater than those shown.

Values for thiamin, riboflavin, and niacin in white flours and white bread and rolls are based on the increased enrichment levels put into effect for those products by the Food and Drug Administration in 1974. Iron values for those products and the values for enriched cornmeals, pastas, farina, and rice (except riboflavin) represent the minimum levels of enrichment promulgated under the Federal Food, Drug, and Cosmetic Act of 1955. Riboflavin values of rice are for unenriched rice, as the levels for added riboflavin have not been approved. Thiamin, riboflavin, and niacin values for products prepared with white flours represent the use of flours enriched at the 1974 levels and iron at the 1955 levels. Enriched flour is predominately used in home-prepared and commercially prepared baked goods.

Fatty acid values are given for dairy products, eggs, meats, some grain products, nuts, and soups. The values are based on comprehensive research by USDA to update and extend tables for fatty acid content for foods.

Niacin values are for preformed niacin occurring naturally in foods. The values do not include additional niacin that the body may form from tryptophan, an essential amino acid in the protein of most foods. Among the better sources of tryptophan are milk, meats, eggs, legumes, and nuts.

Values have been calculated from the ingredients in typical recipes for many of the prepared items such as biscuits, corn muffins, macaroni and cheese, custard, and many dessert-type items.

Values for toast and cooked vegetables are without fat added, either during preparation or at the table. Some destruction of vitamins, especially ascorbic acid, may occur when vegetables are cut or shredded. Since such losses are variable, no deduction has been made.

For meat, values are for meat cooked and drained of the drippings. For many cuts, two sets of values are shown: meat including fat and meat from which the fat has been removed either in the kitchen or on the plate.

A variety of manufactured items—some of the milk products, ready-to-eat breakfast cereals, imitation cream products, fruit drinks, and various mixes—are included in table 2. Frequently those foods are fortified with one or more nutrients. If nutrients are added, this information is on the label. Values shown here for those foods are usually based on products from several manufacturers and may differ somewhat from the values provided by any one source.

Yield of Cooked Meat (Table 3)

Meat undergoes certain losses from the time it is purchased to the time it is served. Among these losses are those from evaporation of moisture, loss of fat in the drippings, and removal of bone and various trimmings.

Table 3 shows, for several retail cuts, the yield of cooked meat from 1 pound of raw meat. Yield is given as ounces of

Cooked meat with bone and fat
Cooked lean and fat
Cooked lean only.

Among the factors influencing the yield of meat is the proportion of fat and lean in the piece. Many cuts have a layer of fat extending all or part way around. The thickness of this fat varies because cutting and trimming practices for retail distribution differ widely. The information on yield in table 3 and on nutritive value in table 2 applies to retail cuts trimmed according to typical market practices. Deposits of fat within a cut may be extensive and usually are not affected by retail trimming but may be discarded at the table.

Recommended Daily Dietary Allowances (Table 4)

Table 4 shows Recommended Daily Dietary Allowances (RDA) for calories and for several nutrients essential for maintenance of good nutrition in healthy, normally active persons. This table is an abbreviated version adapted from more extensive material published by the Food and Nutrition Board, National Academy of Sciences—National Research Council in 1980.

Additional nutrients for which the Food and Nutrition Board published RDA are the B-vitamins (vitamins B_6 and B_{12} and folacin), vitamins D and E, magnesium, iodine, and zinc.

Data for these nutrients are not shown in tables 2 or 4. However, table 5 lists foods that are of special value in supplying these eight nutrients (either because they are high in the nutrient or because quantities generally eaten supply relatively large amounts).

Recommended iron allowances for infants, children 1 to 3 years old, and females of childbearing age are almost impossible to obtain through ordinary foods. Choosing foods rich in iron—lean meats, shellfish, liver, heart, kidney, dry beans and peas, dark-green vegetables, dried fruit, cereals with added iron, and molasses—can help to meet iron allowances.

More detailed information about RDA may be obtained from the publication from which table 4 is adapted.

FURTHER INFORMATION

A number of other publications of the Science and Education Administration, U.S. Department of Agriculture, give helpful information about nutrients and in which foods they are found.

Agriculture Handbook No. 8, "Composition of Foods... Raw, Processed, Prepared," is a more technical publication with data for a much more extensive list of foods. In it data are presented for the nutrients in 100 grams of edible portion and 1 pound of food as purchased. Nutrients in household measures and market units for many foods are in Agriculture Handbook No. 456, "Nutritive Value of American Foods in Common Units."

Information about nutrition labeling and the percent of the U.S. RDA of eight nutrients furnished by several household measures of foods may be found in Agriculture Information Bulletin No. 382, "Nutrition Labeling—Tools for Its Use."

These publications may be purchased from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, or any U.S. Government Printing Office bookstore.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS

(Dashes (–) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Milligrams	Milligrams	Milligrams	Milligrams
	DAIRY PRODUCTS (CHEESE, CREAM, IMITATION CREAM, MILK; RELATED PRODUCTS)																			
	Butter. See Fats, oils; related products, items 103-108.																			
	Cheese:																			
	Natural:																			
1	Blue	1 oz	28	42	100	6	8	5.3	1.9	0.2	1	150	110	0.1	73	200	0.01	0.11	0.3	0
2	Camembert (3 wedges per 4-oz container).	1 wedge	38	52	115	8	9	5.8	2.2	.2	Trace	147	132	.1	71	350	.01	.19	.2	0
	Cheddar:																			
3	Cut pieces	1 oz	28	37	115	7	9	6.1	2.1	.2	Trace	204	145	.2	28	300	.01	.11	Trace	0
4		1 cu in	17.2	37	70	4	6	3.7	1.3	.1	Trace	124	88	.1	17	180	Trace	.06	Trace	0
5	Shredded	1 cup	113	37	455	28	37	24.2	8.5	.7	1	815	579	.8	111	1,200	.03	.42	.1	0
	Cottage (curd not pressed down):																			
	Creamed (cottage cheese, 4% fat):																			
6	Large curd	1 cup	225	79	235	28	10	6.4	2.4	.2	6	135	297	.3	190	370	.05	.37	.3	Trace
7	Small curd	1 cup	210	79	220	26	9	6.0	2.2	.2	6	126	277	.3	177	340	.04	.34	.3	Trace
8	Low fat (2%)	1 cup	226	79	205	31	4	2.8	1.0	.1	8	155	340	.4	217	160	.05	.42	.3	Trace
9	Low fat (1%)	1 cup	226	82	165	28	2	1.5	.5	.1	6	138	302	.3	193	80	.05	.37	.3	Trace
10	Uncreamed (cottage cheese dry curd, less than 1/2% fat).	1 cup	145	80	125	25	1	.4	.1	Trace	3	46	151	.3	47	40	.04	.21	.2	0
11	Cream	1 oz	28	54	100	2	10	6.2	2.4	.2	1	23	30	.3	34	400	Trace	.06	Trace	0
	Mozzarella, made with–																			
12	Whole milk	1 oz	28	48	90	6	7	4.4	1.7	.2	1	163	117	.1	21	260	Trace	.08	Trace	0
13	Part skim milk	1 oz	28	49	80	8	5	3.1	1.2	.1	1	207	149	.1	27	180	.01	.10	Trace	0
	Parmesan, grated:																			
14	Cup, not pressed down	1 cup	100	18	455	42	30	19.1	7.7	.3	4	1,376	807	1.0	107	700	.05	.39	.3	0
15	Tablespoon	1 tbsp	5	18	25	2	2	1.0	.4	Trace	Trace	69	40	Trace	5	40	Trace	.02	Trace	0
16	Ounce	1 oz	28	18	130	12	9	5.4	2.2	.1	1	390	229	.3	30	200	.01	.11	.1	0
17	Provolone	1 oz	28	41	100	7	8	4.8	1.7	.1	1	214	141	.1	39	230	.01	.09	Trace	0
	Ricotta, made with–																			
18	Whole milk	1 cup	246	72	430	28	32	20.4	7.1	.7	7	509	389	.9	257	1,210	.03	.48	.3	0
19	Part skim milk	1 cup	246	74	340	28	19	12.1	4.7	.5	13	669	449	1.1	308	1,060	.05	.46	.2	0
20	Romano	1 oz	28	31	110	9	8	—	—	—	1	302	215	—	—	160	—	.11	Trace	0
21	Swiss	1 oz	28	37	105	8	8	5.0	1.7	.2	1	272	171	Trace	31	240	.01	.10	Trace	0
	Pasteurized process cheese:																			
22	American	1 oz	28	39	105	6	9	5.6	2.1	.2	Trace	174	211	.1	46	340	.01	.10	Trace	0
23	Swiss	1 oz	28	42	95	7	7	4.5	1.7	.1	1	219	216	.2	61	230	Trace	.08	Trace	0
24	Pasteurized process cheese food, American.	1 oz	28	43	95	6	7	4.4	1.7	.1	2	163	130	.2	79	260	.01	.13	Trace	0
25	Pasteurized process cheese spread, American.	1 oz	28	48	80	5	6	3.8	1.5	.1	2	159	202	.1	69	220	.01	.12	Trace	0
	Cream, sweet:																			
26	Half-and-half (cream and milk)	1 cup	242	81	315	7	28	17.3	7.0	.6	10	254	230	.2	314	260	.08	.36	.2	2
27		1 tbsp	15	81	20	Trace	2	1.1	.4	Trace	1	16	14	Trace	19	20	.01	.02	Trace	Trace
28	Light, coffee, or table	1 cup	240	74	470	6	46	28.8	11.7	1.0	9	231	192	.1	292	1,730	.08	.36	.1	2
29		1 tbsp	15	74	30	Trace	3	1.8	.7	.1	1	14	12	Trace	18	110	Trace	.02	Trace	Trace

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
	Whipping, unwhipped (volume about double when whipped):																		
30	Light	1 cup	239	64	700	5	74	46.2	18.3	1.5	7	166	146	0.1	231	2.690	0.06	0.30	0.1	1
31		1 tbsp	15	64	45	Trace	5	2.9	1.1	.1	Trace	10	9	Trace	15	170	Trace	.02	Trace	Trace
32	Heavy	1 cup	238	58	820	5	88	54.8	22.2	2.0	7	154	149	.1	179	3,500	.05	.26	.1	1
33		1 tbsp	15	58	80	Trace	6	3.5	1.4	.1	Trace	10	9	Trace	11	220	Trace	.02	Trace	Trace
34	Whipped topping, (pressurized)	1 cup	60	61	155	2	13	8.3	3.4	.3	7	61	54	Trace	88	550	.02	.04	Trace	0
35		1 tbsp	3	61	10	Trace	1	.4	.2	Trace	Trace	3	3	Trace	4	30	Trace	Trace	Trace	0
36	Cream, sour	1 cup	230	71	495	7	48	30.0	12.1	1.1	10	268	195	.1	331	1,820	.08	.34	.2	2
37		1 tbsp	12	71	25	Trace	3	1.6	.6	.1	1	14	10	Trace	17	90	Trace	.02	Trace	Trace
	Cream products, imitation (made with vegetable fat):																		
	Sweet:																		
	Creamers:																		
38	Liquid (frozen)	1 cup	245	77	335	2	24	22.8	.3	Trace	28	23	157	.1	467	[1]220	0	0	0	0
39		1 tbsp	15	77	20	Trace	1	1.4	Trace	0	2	1	10	Trace	29	[1]10	0	0	0	0
40	Powdered	1 cup	94	2	515	5	33	30.6	.9	Trace	52	21	397	.1	763	[1]190	0	[1].16	0	0
41		1 tsp	2	2	10	Trace	1	.7	Trace	0	1	Trace	8	Trace	16	[1]Trace	0	[1]Trace	0	0
	Whipped topping:																		
42	Frozen	1 cup	75	50	240	1	19	16.3	1.0	.2	17	5	6	.1	14	[1]650	0	0	0	0
43		1 tbsp	4	50	15	Trace	1	.9	.1	Trace	1	Trace	Trace	Trace	1	[1]30	0	0	0	0
44	Powdered, made with whole milk.	1 cup	80	67	150	3	10	8.5	.6	.1	13	72	69	Trace	121	[1]290	.02	.09	Trace	1
45		1 tbsp	4	67	10	Trace	Trace	.4	Trace	Trace	1	4	3	Trace	6	[1]10	Trace	Trace	Trace	Trace
46	Pressurized	1 cup	70	60	185	1	16	13.2	1.4	.2	11	4	13	Trace	13	[1]330	0	0	0	0
47		1 tbsp	4	60	10	Trace	1	.8	.1	Trace	1	Trace	1	Trace	1	[1]20	0	0	0	0
48	Sour dressing (imitation sour cream) made with nonfat dry milk.	1 cup	235	75	415	8	39	31.2	4.4	1.1	11	266	205	.1	380	[1]20	.09	.38	.2	2
49		1 tbsp	12	75	20	Trace	2	1.6	.2	.1	1	14	10	Trace	19	[1]Trace	.01	.02	Trace	Trace
	Ice cream. See Milk desserts, frozen (items 75-80).																		
	Ice milk. See Milk desserts, frozen (items 81-83).																		
	Milk:																		
	Fluid:																		
50	Whole (3.3% fat)	1 cup	244	88	150	8	8	5.1	2.1	.2	11	291	228	.1	370	[2]310	.09	.40	.2	2
	Lowfat (2%):																		
51	No milk solids added	1 cup	244	89	120	8	5	2.9	1.2	.1	12	297	232	.1	377	500	.10	.40	.2	2
	Milk solids added:																		
52	Label claim less than 10 g of protein per cup.	1 cup	245	89	125	9	5	2.9	1.2	.1	12	313	245	.1	397	500	.10	.42	.2	2
53	Label claim 10 or more grams of protein per cup (protein fortified).	1 cup	246	88	135	10	5	3.0	1.2	.1	14	352	276	.1	447	500	.11	.48	.2	3
	Lowfat (1%):																		
54	No milk solids added	1 cup	244	90	100	8	3	1.6	.7	.1	12	300	235	.1	381	500	.10	.41	.2	2
	Milk solids added:																		
55	Label claim less than 10 g of protein per cup.	1 cup	245	90	105	9	2	1.5	.6	.1	12	313	245	.1	397	500	.10	.42	.2	2
56	Label claim 10 or more grams of protein per cup (protein fortified).	1 cup	246	89	120	10	3	1.8	.7	.1	14	349	273	.1	444	500	.11	.47	.2	3
	Nonfat (skim):																		
57	No milk solids added	1 cup	245	91	85	8	Trace	.3	.1	Trace	12	302	247	.1	406	500	.09	.34	.2	2

[1]Vitamin A value is largely from beta-carotene used for coloring. Riboflavin value for items 40-41 apply to products with added riboflavin.
[2]Applies to product without added vitamin A. With added vitamin A, value is 500 International Units (I.U.).

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (–) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
									Unsaturated											
				Water	Food energy	Protein	Fat	Saturated (total)	Oleic	Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Milligrams	Milligrams	Milligrams	Milligrams
	DAIRY PRODUCTS (CHEESE, CREAM, IMITATION CREAM, MILK; RELATED PRODUCTS)–Con.																			
	Milk–Continued																			
	Fluid–Continued																			
	Nonfat (skim)–Continued																			
	Milk solids added:																			
58	Label claim less than 10 g of protein per cup.	1 cup	245	90	90	9	1	0.4	0.1	Trace	12	316	255	0.1	418	500	0.10	0.43	0.2	2
59	Label claim 10 or more grams of protein per cup (protein fortified).	1 cup	246	89	100	10	1	.4	.1	Trace	14	352	275	.1	446	500	.11	.48	.2	3
60	Buttermilk	1 cup	245	90	100	8	2	1.3	.5	Trace	12	285	219	.1	371	[3]80	.08	.38	.1	2
	Canned:																			
	Evaporated, unsweetened:																			
61	Whole milk	1 cup	252	74	340	17	19	11.6	5.3	0.4	25	657	510	.5	764	[3]610	.12	.80	.5	5
62	Skim milk	1 cup	255	79	200	19	1	.3	.1	Trace	29	738	497	.7	845	[4]1,000	.11	.79	.4	3
63	Sweetened, condensed	1 cup	306	27	980	24	27	16.8	6.7	.7	166	868	775	.6	1,136	[3]1,000	.28	1.27	.6	8
	Dried:																			
64	Buttermilk	1 cup	120	3	465	41	7	4.3	1.7	.2	59	1,421	1,119	.4	1,910	[3]260	.47	1.90	1.1	7
	Nonfat instant:																			
65	Envelope, net wt., 3.2 oz[5]	1 envelope	91	4	325	32	1	.4	.1	Trace	47	1,120	896	.3	1,552	[6]2,160	.38	1.59	.8	5
66	Cup[7]	1 cup	68	4	245	24	Trace	.3	.1	Trace	35	837	670	.2	1,160	[6]1,610	.28	1.19	.6	4
	Milk beverages:																			
	Chocolate milk (commercial):																			
67	Regular	1 cup	250	82	210	8	8	5.3	2.2	.2	26	280	251	.6	417	[3]300	.09	.41	.3	2
68	Lowfat (2%)	1 cup	250	84	180	8	5	3.1	1.3	.1	26	284	254	.6	422	500	.10	.42	.3	2
69	Lowfat (1%)	1 cup	250	85	160	8	3	1.5	.7	.1	26	287	257	.6	426	500	.10	.40	.2	2
70	Eggnog (commercial)	1 cup	254	74	340	10	19	11.3	5.0	.6	34	330	278	.5	420	890	.09	.48	.3	4
	Malted milk, home-prepared with 1 cup of whole milk and 2 to 3 heaping tsp of malted milk powder (about 3/4 oz):																			
71	Chocolate	1 cup of milk plus 3/4 oz of powder.	265	81	235	9	9	5.5	—	—	29	304	265	.5	500	330	.14	.43	.7	2
72	Natural	1 cup of milk plus 3/4 oz of powder.	265	81	235	11	10	6.0	—	—	27	347	307	.3	529	380	.20	.54	1.3	2
	Shakes, thick:[8]																			
73	Chocolate, container, net wt., 10.6 oz.	1 container	300	72	355	9	8	5.0	2.0	.2	63	396	378	.9	672	260	.14	.67	.4	0
74	Vanilla, container, net wt., 11 oz.	1 container	313	74	350	12	9	5.9	2.4	.2	56	457	361	.3	572	360	.09	.61	.5	0
	Milk desserts, frozen:																			
	Ice cream:																			
	Regular (about 11% fat):																			
75	Hardened	1/2 gal	1,064	61	2,155	38	115	71.3	28.8	2.6	254	1,406	1,075	1.0	2,052	4,340	.42	2.63	1.1	6
76		1 cup	133	61	270	5	14	8.9	3.6	.3	32	176	134	.1	257	540	.05	.33	.1	1
77		3-fl oz container	50	61	100	2	5	3.4	1.4	.1	12	66	51	Trace	96	200	.02	.12	.1	Trace
78	Soft serve (frozen custard)	1 cup	173	60	375	7	23	13.5	5.9	.6	38	236	199	.4	338	790	.08	.45	.2	1
79	Rich (about 16% fat), hardened.	1/2 gal	1,188	59	2,805	33	190	118.3	47.8	4.3	256	1,213	927	.8	1,771	7,200	.36	2.27	.9	5
80		1 cup	148	59	350	4	24	14.7	6.0	.5	32	151	115	.1	221	900	.04	.28	.1	1
	Ice milk:																			
81	Hardened (about 4.3% fat)	1/2 gal	1,048	69	1,470	41	45	28.1	11.3	1.0	232	1,409	1,035	1.5	2,117	1,710	.61	2.78	.9	6
82		1 cup	131	69	185	5	6	3.5	1.4	.1	29	176	129	.1	265	210	.08	.35	.1	1

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(Q)	(R)	(S)
83	Soft serve (about 2.6% fat)	1 cup	175	70	225	8	5	2.9	1.2	0.1	38	274	202	0.3	412	180	0.12	0.54	0.2	1
84	Sherbet (about 2% fat)	1/2 gal	1,542	66	2,160	17	31	19.0	7.7	.7	469	827	594	2.5	1,585	1,480	.26	.71	1.0	31
85		1 cup	193	66	270	2	4	2.4	1.0	.1	59	103	74	.3	198	190	.03	.09	.1	4
	Milk desserts, other:																			
86	Custard, baked	1 cup	265	77	305	14	15	6.8	5.4	.7	29	297	310	1.1	387	930	.11	.50	.3	1
	Puddings:																			
	From home recipe:																			
	Starch base:																			
87	Chocolate	1 cup	260	66	385	8	12	7.6	3.3	.3	67	250	255	1.3	445	390	.05	.36	.3	1
88	Vanilla (blancmange)	1 cup	255	76	285	9	10	6.2	2.5	.2	41	298	232	Trace	352	410	.08	.41	.3	2
89	Tapioca cream	1 cup	165	72	220	8	8	4.1	2.5	.5	28	173	180	.7	223	480	.07	.30	.2	2
	From mix (chocolate) and milk:																			
90	Regular (cooked)	1 cup	260	70	320	9	8	4.3	2.6	.2	59	265	247	.8	354	340	.05	.39	.3	2
91	Instant	1 cup	260	69	325	8	7	3.6	2.2	.3	63	374	237	1.3	335	340	.08	.39	.3	2
	Yogurt:																			
	With added milk solids:																			
	Made with lowfat milk:																			
92	Fruit-flavored[9]	1 container, net wt., 8 oz	227	75	230	10	3	1.8	.6	.1	42	343	269	.2	439	[10]120	.08	.40	.2	1
93	Plain	1 container, net wt., 8 oz	227	85	145	12	4	2.3	.8	.1	16	415	326	.2	531	[10]150	.10	.49	.3	2
94	Made with nonfat milk	1 container, net wt., 8 oz	227	85	125	13	Trace	.3	.1	Trace	17	452	355	.2	579	[10]20	.11	.53	.3	2
	Without added milk solids:																			
95	Made with whole milk	1 container, net wt., 8 oz	227	88	140	8	7	4.8	1.7	.1	11	274	215	.1	351	280	.07	.32	.2	1
	EGGS																			
	Eggs, large (24 oz per dozen):																			
	Raw:																			
96	Whole, without shell	1 egg	50	75	80	6	6	1.7	2.0	.6	1	28	90	1.0	65	260	.04	.15	Trace	0
97	White	1 white	33	88	15	3	Trace	0	0	0	Trace	4	4	Trace	45	0	Trace	.09	Trace	0
98	Yolk	1 yolk	17	49	65	3	6	1.7	2.1	.6	Trace	26	86	.9	15	310	.04	.07	Trace	0
	Cooked:																			
99	Fried in butter	1 egg	46	72	85	5	6	2.4	2.2	.6	1	26	80	.9	58	290	.03	.13	Trace	0
100	Hard-cooked, shell removed	1 egg	50	75	80	6	6	1.7	2.0	.6	1	28	90	1.0	65	260	.04	.14	Trace	0
101	Poached	1 egg	50	74	80	6	6	1.7	2.0	.6	1	28	90	1.0	65	260	.04	.13	Trace	0
102	Scrambled (milk added) in butter. Also omelet.	1 egg	64	76	95	6	7	2.8	2.3	.6	1	47	97	.9	85	310	.04	.16	Trace	0
	FATS, OILS, RELATED PRODUCTS																			
	Butter:																			
	Regular (1 brick or 4 sticks per lb):																			
103	Stick (1/2 cup)	1 stick	113	16	815	1	92	57.3	23.1	2.1	Trace	27	26	.2	29	[11]3,470	.01	.04	Trace	0
104	Tablespoon (about 1/8 stick).	1 tbsp	14	16	100	Trace	12	7.2	2.9	.3	Trace	3	3	Trace	4	[11]430	Trace	Trace	Trace	0
105	Pat (1 in square, 1/3 in high; 90 per lb).	1 pat	5	16	35	Trace	4	2.5	1.0	.1	Trace	1	1	Trace	1	[11]150	Trace	Trace	Trace	0
	Whipped (6 sticks or two 8-oz containers per lb).																			
106	Stick (1/2 cup)	1 stick	76	16	540	1	61	38.2	15.4	1.4	Trace	18	17	.1	20	[11]2,310	Trace	.03	Trace	0
107	Tablespoon (about 1/8 stick).	1 tbsp	9	16	65	Trace	8	4.7	1.9	.2	Trace	2	2	Trace	2	[11]290	Trace	Trace	Trace	0
108	Pat (1 1/4 in square, 1/3 in high; 120 per lb).	1 pat	4	16	25	Trace	3	1.9	.8	.1	Trace	1	1	Trace	1	[11]120	0	Trace	Trace	0

[3]Applies to product without vitamin A added.
[4]Applies to product with added vitamin A. Without added vitamin A, value is 20 International Units (I.U.).
[5]Yields 1 qt of fluid milk when reconstituted according to package directions.
[6]Applies to product with added vitamin A.
[7]Weight applies to product with label claim of 1 1/3 cups equal 3.2 oz.
[8]Applies to products made from thick shake mixes and that do not contain added ice cream. Products made from milk shake mixes are higher in fat and usually contain added ice cream.
[9]Content of fat, vitamin A, and carbohydrate varies. Consult the label when precise values are needed for special diets.
[10]Applies to product made with milk containing no added vitamin A.
[11]Based on year-round average.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (–) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Milligrams	Milligrams	Milligrams	Milligrams
	FATS, OILS; RELATED PRODUCTS—Con.																			
109	Fats, cooking (vegetable shortenings).	1 cup	200	0	1,770	0	200	48.8	88.2	48.4	0	0	0	0	0	—	0	0	0	0
110		1 tbsp	13	0	110	0	13	3.2	5.7	3.1	0	0	0	0	0	—	0	0	0	0
111	Lard	1 cup	205	0	1,850	0	205	81.0	83.8	20.5	0	0	0	0	0	0	0	0	0	0
112		1 tbsp	13	0	115	0	13	5.1	5.3	1.3	0	0	0	0	0	0	0	0	0	0
	Margarine:																			
	Regular (1 brick or 4 sticks per lb):																			
113	Stick (1/2 cup)	1 stick	113	16	815	1	92	16.7	42.9	24.9	Trace	27	26	.2	29	[12]3,750	.01	.04	Trace	0
114	Tablespoon (about 1/8 stick)	1 tbsp	14	16	100	Trace	12	2.1	5.3	3.1	Trace	3	3	Trace	4	[12]470	Trace	Trace	Trace	0
115	Pat (1 in square, 1/3 in high; 90 per lb).	1 pat	5	16	35	Trace	4	.7	1.9	1.1	Trace	1	1	Trace	1	[12]170	Trace	Trace	Trace	0
116	Soft, two 8-oz containers per lb.	1 container	227	16	1,635	1	184	32.5	71.5	65.4	Trace	53	52	.4	59	[12]7,500	.01	.08	.1	0
117		1 tbsp	14	16	100	Trace	12	2.0	4.5	4.1	Trace	3	3	Trace	4	[12]470	Trace	Trace	Trace	0
	Whipped (6 sticks per lb):																			
118	Stick (1/2 cup)	1 stick	76	16	545	Trace	61	11.2	28.7	16.7	Trace	18	17	.1	20	[12]2,500	Trace	.03	Trace	0
119	Tablespoon (about 1/8 stick)	1 tbsp	9	16	70	Trace	8	1.4	3.6	2.1	Trace	2	2	Trace	2	[12]310	Trace	Trace	Trace	0
	Oils, salad or cooking:																			
120	Corn	1 cup	218	0	1,925	0	218	27.7	53.6	125.1	0	0	0	0	0	—	0	0	0	0
121		1 tbsp	14	0	120	0	14	1.7	3.3	7.8	0	0	0	0	0	—	0	0	0	0
122	Olive	1 cup	216	0	1,910	0	216	30.7	154.4	17.7	0	0	0	0	0	—	0	0	0	0
123		1 tbsp	14	0	120	0	14	1.9	9.7	1.1	0	0	0	0	0	—	0	0	0	0
124	Peanut	1 cup	216	0	1,910	0	216	37.4	98.5	67.0	0	0	0	0	0	—	0	0	0	0
125		1 tbsp	14	0	120	0	14	2.3	6.2	4.2	0	0	0	0	0	—	0	0	0	0
126	Safflower	1 cup	218	0	1,925	0	218	20.5	25.9	159.8	0	0	0	0	0	—	0	0	0	0
127		1 tbsp	14	0	120	0	14	1.3	1.6	10.0	0	0	0	0	0	—	0	0	0	0
128	Soybean oil, hydrogenated (partially hardened).	1 cup	218	0	1,925	0	218	31.8	93.1	75.6	0	0	0	0	0	—	0	0	0	0
129		1 tbsp	14	0	120	0	14	2.0	5.8	4.7	0	0	0	0	0	—	0	0	0	0
130	Soybean-cottonseed oil blend, hydrogenated.	1 cup	218	0	1,925	0	218	38.2	63.0	99.6	0	0	0	0	0	—	0	0	0	0
131		1 tbsp	14	0	120	0	14	2.4	3.9	6.2	0	0	0	0	0	—	0	0	0	0
	Salad dressings:																			
	Commercial:																			
	Blue cheese:																			
132	Regular	1 tbsp	15	32	75	1	8	1.6	1.7	3.8	1	12	11	Trace	6	30	Trace	.02	Trace	Trace
133	Low calorie (5 Cal per tsp)	1 tbsp	16	84	10	Trace	1	.5	.3	Trace	1	10	8	Trace	5	30	Trace	.01	Trace	Trace
	French:																			
134	Regular	1 tbsp	16	39	65	Trace	6	1.1	1.3	3.2	3	2	2	.1	13	—	—	—	—	—
135	Low calorie (5 Cal per tsp)	1 tbsp	16	77	15	Trace	1	.1	.1	.4	2	2	2	.1	13	—	—	—	—	—
	Italian:																			
136	Regular	1 tbsp	15	28	85	Trace	9	1.6	1.9	4.7	1	2	1	Trace	2	Trace	Trace	Trace	Trace	—
137	Low calorie (2 Cal per tsp)	1 tbsp	15	90	10	Trace	1	.1	.1	.4	Trace	Trace	1	Trace	2	Trace	Trace	Trace	Trace	—
138	Mayonnaise	1 tbsp	14	15	100	Trace	11	2.0	2.4	5.6	Trace	3	4	.1	5	40	Trace	.01	Trace	—
	Mayonnaise type:																			
139	Regular	1 tbsp	15	41	65	Trace	6	1.1	1.4	3.2	2	2	4	Trace	1	30	Trace	Trace	Trace	—
140	Low calorie (8 Cal per tsp)	1 tbsp	16	81	20	Trace	2	.4	.4	1.0	2	3	4	Trace	1	40	Trace	Trace	Trace	—
141	Tartar sauce, regular	1 tbsp	14	34	75	Trace	8	1.5	1.8	4.1	1	3	4	.1	11	30	Trace	Trace	Trace	Trace
	Thousand Island:																			
142	Regular	1 tbsp	16	32	80	Trace	8	1.4	1.7	4.0	2	2	3	.1	18	50	Trace	Trace	Trace	Trace
143	Low calorie (10 Cal per tsp)	1 tbsp	15	68	25	Trace	2	.4	.4	1.0	2	2	3	.1	17	50	Trace	Trace	Trace	Trace
	From home recipe:																			
144	Cooked type[13]	1 tbsp	16	68	25	1	2	.5	.6	.3	2	14	15	.1	19	80	.01	.03	Trace	Trace

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(Q)	(R)	(S)
	FISH, SHELLFISH, MEAT, POULTRY; RELATED PRODUCTS																	
	Fish and shellfish:																	
145	Bluefish, baked with butter or margarine.	3 oz	85	68	135	22	4	—	—	—	0	25	244	0.6	—	40	0.09	0.08	1.6	—
	Clams:																	
146	Raw, meat only	3 oz	85	82	65	11	1	—	—	—	2	59	138	5.2	154	90	.08	.15	1.1	8
147	Canned, solids and liquid	3 oz	85	86	45	7	1	0.2	Trace	Trace	2	47	116	3.5	119	—	.01	.09	.9	—
148	Crabmeat (white or king), canned, not pressed down.	1 cup	135	77	135	24	3	.6	0.4	0.1	1	61	246	1.1	149	—	.11	.11	2.6	—
149	Fish sticks, breaded, cooked, frozen (stick, 4 by 1 by 1/2 in).	1 fish stick or 1 oz	28	66	50	5	3	—	—	—	2	3	47	.1	—	0	.01	.02	.5	—
150	Haddock, breaded, fried[14]	3 oz	85	66	140	17	5	1.4	2.2	1.2	5	34	210	1.0	296	—	.03	.06	2.7	2
151	Ocean perch, breaded, fried[14]	1 fillet	85	59	195	16	11	2.7	4.4	2.3	6	28	192	1.1	242	—	.10	.10	1.6	—
152	Oysters, raw, meat only (13-19 medium Selects).	1 cup	240	85	160	20	4	1.3	.2	.1	8	226	343	13.2	290	740	.34	.43	6.0	—
153	Salmon, pink, canned, solids and liquid.	3 oz	85	71	120	17	5	.9	.8	.1	0	[15]167	243	.7	307	60	.03	.16	6.8	—
154	Sardines, Atlantic, canned in oil, drained solids.	3 oz	85	62	175	20	9	3.0	2.5	.5	0	372	424	2.5	502	190	.02	.17	4.6	—
155	Scallops, frozen, breaded, fried, reheated.	6 scallops	90	60	175	16	8	—	—	—	9	—	—	—	—	—	—	—	—	—
156	Shad, baked with butter or margarine, bacon.	3 oz	85	64	170	20	10	—	—	—	0	20	266	.5	320	30	.11	.22	7.3	—
	Shrimp:																	
157	Canned meat	3 oz	85	70	100	21	1	.1	.1	Trace	1	98	224	2.6	104	50	.01	.03	1.5	—
158	French fried[16]	3 oz	85	57	190	17	9	2.3	3.7	2.0	9	61	162	1.7	195	—	.03	.07	2.3	—
159	Tuna, canned in oil, drained solids.	3 oz	85	61	170	24	7	1.7	1.7	.7	0	7	199	1.6	—	70	.04	.10	10.1	—
160	Tuna salad[17]	1 cup	205	70	350	30	22	4.3	6.3	6.7	7	41	291	2.7	—	590	.08	.23	10.3	2
	Meat and meat products:																	
161	Bacon, (20 slices per lb, raw), broiled or fried, crisp.	2 slices	15	8	85	4	8	2.5	3.7	.7	Trace	2	34	.5	35	0	.08	.05	.8	—
	Beef,[18] cooked:																	
	Cuts braised, simmered or pot roasted:																	
162	Lean and fat (piece, 2 1/2 by 2 1/2 by 3/4 in).	3 oz	85	53	245	23	16	6.8	6.5	.4	0	10	114	2.9	184	30	.04	.18	3.6	—
163	Lean only from item 162	2.5 oz	72	62	140	22	5	2.1	1.8	.2	0	10	108	2.7	176	10	.04	.17	3.3	—
	Ground beef, broiled:																	
164	Lean with 10% fat	3 oz or patty 3 by 5/8 in	85	60	185	23	10	4.0	3.9	.3	0	10	196	3.0	261	20	.08	.20	5.1	—
165	Lean with 21% fat	2.9 oz or patty 3 by 5/8 in	82	54	235	20	17	7.0	6.7	.4	0	9	159	2.6	221	30	.07	.17	4.4	—
	Roast, oven cooked, no liquid added:																	
	Relatively fat, such as rib:																	
166	Lean and fat (2 pieces, 4 1/8 by 2 1/4 by 1/4 in).	3 oz	85	40	375	17	33	14.0	13.6	.8	0	8	158	2.2	189	70	.05	.13	3.1	—
167	Lean only from item 166	1.8 oz	51	57	125	14	7	3.0	2.5	.3	0	6	131	1.8	161	10	.04	.11	2.6	—
	Relatively lean, such as heel of round:																	
168	Lean and fat (2 pieces, 4 1/8 by 2 1/4 by 1/4 in).	3 oz	85	62	165	25	7	2.8	2.7	.2	0	11	208	3.2	279	10	.06	.19	4.5	—

[12] Based on average vitamin A content of fortified margarine. Federal specifications for fortified margarine require a minimum of 15,000 International Units (I.U.) of vitamin A per pound.
[13] Fatty acid values apply to product made with regular-type margarine.
[14] Dipped in egg, milk or water, and breadcrumbs; fried in vegetable shortening.
[15] If bones are discarded, value for calcium will be greatly reduced.
[16] Dipped in egg, breadcrumbs, and flour or batter.
[17] Prepared with tuna, celery, salad dressing (mayonnaise type), pickle, onion, and egg.
[18] Outer layer of fat on the cut was removed to within approximately 1/2 in of the lean. Deposits of fat within the cut were not removed.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (–) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY: Water	Food energy	Protein	Fat	Fatty Acids: Saturated (total)	Unsaturated: Oleic	Unsaturated: Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	*Percent*	*Calories*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*	*International units*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
	FISH, SHELLFISH, MEAT, POULTRY; RELATED PRODUCTS—Con.																			
	Meat and meat products—Continued																			
	Beef,[18] cooked—Continued																			
	Roast, oven cooked, no liquid added—Continued																			
	Relatively lean such as heel of round—Continued																			
169	Lean only from item 168---	2.8 oz----------	78	65	125	24	3	1.2	1.0	0.1	0	10	199	3.0	268	Trace	0.06	0.18	4.3	—
	Steak:																			
	Relatively fat—sirloin, broiled:																			
170	Lean and fat (piece, 2 1/2 by 2 1/2 by 3/4 in).	3 oz----------	85	44	330	20	27	11.3	11.1	.6	0	9	162	2.5	220	50	.05	.15	4.0	—
171	Lean only from item 170---	2.0 oz----------	56	59	115	18	4	1.8	1.6	.2	0	7	146	2.2	202	10	.05	.14	3.6	—
	Relatively lean—round, braised:																			
172	Lean and fat (piece, 4 1/8 by 2 1/4 by 1/2 in).	3 oz----------	85	55	220	24	13	5.5	5.2	.4	0	10	213	3.0	272	20	.07	.19	4.8	—
173	Lean only from item 172---	2.4 oz----------	68	61	130	21	4	1.7	1.5	.2	0	9	182	2.5	238	10	.05	.16	4.1	—
	Beef, canned:																			
174	Corned beef----------	3 oz----------	85	59	185	22	10	4.9	4.5	.2	0	17	90	3.7	—	—	.01	.20	2.9	—
175	Corned beef hash----------	1 cup----------	220	67	400	19	25	11.9	10.9	.5	24	29	147	4.4	440	—	.02	.20	4.6	—
176	Beef, dried, chipped----------	2 1/2-oz jar----------	71	48	145	24	4	2.1	2.0	.1	0	14	287	3.6	142	—	.05	.23	2.7	0
177	Beef and vegetable stew---------	1 cup----------	245	82	220	16	11	4.9	4.5	.2	15	29	184	2.9	613	2,400	.15	.17	4.7	17
178	Beef potpie (home recipe), baked[19] (piece, 1/3 of 9-in diam. pie).	1 piece----------	210	55	515	21	30	7.9	12.8	6.7	39	29	149	3.8	334	1,720	.30	.30	5.5	6
179	Chili con carne with beans, canned.	1 cup----------	255	72	340	19	16	7.5	6.8	.3	31	82	321	4.3	594	150	.08	.18	3.3	—
180	Chop suey with beef and pork (home recipe).	1 cup----------	250	75	300	26	17	8.5	6.2	.7	13	60	248	4.8	425	600	.28	.38	5.0	33
181	Heart, beef, lean, braised------	3 oz----------	85	61	160	27	5	1.5	1.1	.6	1	5	154	5.0	197	20	.21	1.04	6.5	1
	Lamb, cooked:																			
	Chop, rib (cut 3 per lb with bone), broiled:																			
182	Lean and fat----------	3.1 oz----------	89	43	360	18	32	14.8	12.1	1.2	0	8	139	1.0	200	—	.11	.19	4.1	—
183	Lean only from item 182-----	2 oz----------	57	60	120	16	6	2.5	2.1	.2	0	6	121	1.1	174	—	.09	.15	3.4	—
	Leg, roasted:																			
184	Lean and fat (2 pieces, 4 1/8 by 2 1/4 by 1/4 in).	3 oz----------	85	54	235	22	16	7.3	6.0	.6	0	9	177	1.4	241	—	.13	.23	4.7	—
185	Lean only from item 184-----	2.5 oz----------	71	62	130	20	5	2.1	1.8	.2	0	9	169	1.4	227	—	.12	.21	4.4	—
	Shoulder, roasted:																			
186	Lean and fat (3 pieces, 2 1/2 by 2 1/2 by 1/4 in).	3 oz----------	85	50	285	18	23	10.8	8.8	.9	0	9	146	1.0	206	—	.11	.20	4.0	—
187	Lean only from item 186-----	2.3 oz----------	64	61	130	17	6	3.6	2.3	.2	0	8	140	1.0	193	—	.10	.18	3.7	—
188	Liver, beef, fried[20] (slice, 6 1/2 by 2 3/8 by 3/8 in).	3 oz----------	85	56	195	22	9	2.5	3.5	.9	5	9	405	7.5	323	[21]45,390	.22	3.56	14.0	23
	Pork, cured, cooked:																			
189	Ham, light cure, lean and fat, roasted (2 pieces, 4 1/8 by 2 1/4 by 1/4 in).[22]	3 oz----------	85	54	245	18	19	6.8	7.9	1.7	0	8	146	2.2	199	0	.40	.15	3.1	—
	Luncheon meat:																			
190	Boiled ham, slice (8 per 8-oz pkg.).	1 oz----------	28	59	65	5	5	1.7	2.0	.4	0	3	47	.8	—	0	.12	.04	.7	—
	Canned, spiced or unspiced:																			
191	Slice, approx. 3 by 2 by 1/2 in.	1 slice----------	60	55	175	9	15	5.4	6.7	1.0	1	5	65	1.3	133	0	.19	.13	1.8	—

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(Q)	(R)	(S)
	Pork, fresh,[18] cooked:																	
	Chop, loin (cut 3 per lb with bone), broiled:																	
192	Lean and fat----------	2.7 oz----------	78	42	305	19	25	8.9	10.4	2.2	0	9	209	2.7	216	0	0.75	0.22	4.5	—
193	Lean only from item 192----	2 oz----------	56	53	150	17	9	3.1	3.6	.8	0	7	181	2.2	192	0	.63	.18	3.8	—
	Roast, oven cooked, no liquid added:																	
194	Lean and fat (piece, 2 1/2 by 2 1/2 by 3/4 in).	3 oz----------	85	46	310	21	24	8.7	10.2	2.2	0	9	218	2.7	233	0	.78	.22	4.8	—
195	Lean only from item 194----	2.4 oz----------	68	55	175	20	10	3.5	4.1	.8	0	9	211	2.6	224	0	.73	.21	4.4	—
	Shoulder cut, simmered:																	
196	Lean and fat (3 pieces, 2 1/2 by 2 1/2 by 1/4 in).	3 oz----------	85	46	320	20	26	9.3	10.9	2.3	0	9	118	2.6	158	0	.46	.21	4.1	—
197	Lean only from item 196----	2.2 oz----------	63	60	135	18	6	2.2	2.6	.6	0	8	111	2.3	146	0	.42	.19	3.7	—
	Sausages (see also Luncheon meat (items 190-191)):																	
198	Bologna, slice (8 per 8-oz pkg.).	1 slice----------	28	56	85	3	8	3.0	3.4	.5	Trace	2	36	.5	65	—	.05	.06	.7	—
199	Braunschweiger, slice (6 per 6-oz pkg.).	1 slice----------	28	53	90	4	8	2.6	3.4	.8	1	3	69	1.7	—	1,850	.05	.41	2.3	—
200	Brown and serve (10-11 per 8-oz pkg.), browned.	1 link----------	17	40	70	3	6	2.3	2.8	.7	Trace	—	—	—	—	—	—	—	—	—
201	Deviled ham, canned----------	1 tbsp----------	13	51	45	2	4	1.5	1.8	.4	0	1	12	.3	—	0	.02	.01	.2	—
202	Frankfurter (8 per 1-lb pkg.), cooked (reheated).	1 frankfurter----------	56	57	170	7	15	5.6	6.5	1.2	1	3	57	.8	—	—	.08	.11	1.4	—
203	Meat, potted (beef, chicken, turkey), canned.	1 tbsp----------	13	61	30	2	2	—	—	—	0	—	—	—	—	—	Trace	.03	.2	—
204	Pork link (16 per 1-lb pkg.), cooked.	1 link----------	13	35	60	2	6	2.1	2.4	.5	Trace	1	21	.3	35	0	.10	.04	.5	—
	Salami:																	
205	Dry type, slice (12 per 4-oz pkg.).	1 slice----------	10	30	45	2	4	1.6	1.6	.1	Trace	1	28	.4	—	—	.04	.03	.5	—
206	Cooked type, slice (8 per 8-oz pkg.).	1 slice----------	28	51	90	5	7	3.1	3.0	.2	Trace	3	57	.7	—	—	.07	.07	1.2	—
207	Vienna sausage (7 per 4-oz can).	1 sausage----------	16	63	40	2	3	1.2	1.4	.2	Trace	1	24	.3	—	—	.01	.02	.4	—
	Veal, medium fat, cooked, bone removed:																	
208	Cutlet (4 1/8 by 2 1/4 by 1/2 in), braised or broiled.	3 oz----------	85	60	185	23	9	4.0	3.4	.4	0	9	196	2.7	258	—	.06	.21	4.6	—
209	Rib (2 pieces, 4 1/8 by 2 1/4 by 1/4 in), roasted.	3 oz----------	85	55	230	23	14	6.1	5.1	.6	0	10	211	2.9	259	—	.11	.26	6.6	—
	Poultry and poultry products:																	
	Chicken, cooked:																	
210	Breast, fried,[23] bones removed, 1/2 breast (3.3 oz with bones).	2.8 oz----------	79	58	160	26	5	1.4	1.8	1.1	1	9	218	1.3	—	70	.04	.17	11.6	—
211	Drumstick, fried,[23] bones removed (2 oz with bones).	1.3 oz----------	38	55	90	12	4	1.1	1.3	.9	Trace	6	89	.9	—	50	.03	.15	2.7	—
212	Half broiler, broiled, bones removed (10.4 oz with bones).	6.2 oz----------	176	71	240	42	7	2.2	2.5	1.3	0	16	355	3.0	483	160	.09	.34	15.5	—
213	Chicken, canned, boneless-------	3 oz----------	85	65	170	18	10	3.2	3.8	2.0	0	18	210	1.3	117	200	.03	.11	3.7	3
214	Chicken a la king, cooked (home recipe).	1 cup----------	245	68	470	27	34	2.7	14.3	3.3	12	127	358	2.5	404	1,130	.10	.42	5.4	12
215	Chicken and noodles, cooked (home recipe).	1 cup----------	240	71	365	22	18	5.9	7.1	3.5	26	26	247	2.2	149	430	.05	.17	4.3	Trace

[18]Outer layer of fat on the cut was removed to within approximately 1/2 in of the lean. Deposits of fat within the cut were not removed.
[19]Crust made with vegetable shortening and enriched flour.
[20]Regular-type margarine used.
[21]Value varies widely.
[22]About one-fourth of the outer layer of fat on the cut was removed. Deposits of fat within the cut were not removed.
[23]Vegetable shortening used.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (–) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Milligrams	Milligrams	Milligrams	Milligrams
	FISH, SHELLFISH, MEAT, POULTRY; RELATED PRODUCTS–Con.																			
	Poultry and poultry products–Continued																			
	Chicken chow mein:																			
216	Canned	1 cup	250	89	95	7	Trace	—	—	—	18	45	35	1.3	418	150	0.05	0.10	1.0	13
217	From home recipe	1 cup	250	78	255	31	10	2.4	3.4	3.1	10	58	293	2.5	473	280	.08	.23	4.3	10
218	Chicken potpie (home recipe), baked, [19] piece (1/3 of 9-in diam. pie).	1 piece	232	57	545	23	31	11.3	10.9	5.6	42	70	232	3.0	343	3,090	.34	.31	5.5	5
	Turkey, roasted, flesh without skin:																			
219	Dark meat, piece, 2 1/2 by 1 5/8 by 1/4 in.	4 pieces	85	61	175	26	7	2.1	1.5	1.5	0	—	—	2.0	338	—	.03	.20	3.6	—
220	Light meat, piece, 4 by 2 by 1/4 in.	2 pieces	85	62	150	28	3	.9	.6	.7	0	—	—	1.0	349	—	.04	.12	9.4	—
	Light and dark meat:																			
221	Chopped or diced	1 cup	140	61	265	44	9	2.5	1.7	1.8	0	11	351	2.5	514	—	.07	.25	10.8	—
222	Pieces (1 slice white meat, 4 by 2 by 1/4 in with 2 slices dark meat, 2 1/2 by 1 5/8 by 1/4 in).	3 pieces	85	61	160	27	5	1.5	1.0	1.1	0	7	213	1.5	312	—	.04	.15	6.5	—
	FRUITS AND FRUIT PRODUCTS																			
	Apples, raw, unpeeled, without cores:																			
223	2 3/4-in diam. (about 3 per lb with cores).	1 apple	138	84	80	Trace	1	—	—	—	20	10	14	.4	152	120	.04	.03	.1	6
224	3 1/4 in diam. (about 2 per lb with cores).	1 apple	212	84	125	Trace	1	—	—	—	31	15	21	.6	233	190	.06	.04	.2	8
225	Applejuice, bottled or canned[24]	1 cup	248	88	120	Trace	Trace	—	—	—	30	15	22	1.5	250	—	.02	.05	.2	[25]2
	Applesauce, canned:																			
226	Sweetened	1 cup	255	76	230	1	Trace	—	—	—	61	10	13	1.3	166	100	.05	.03	.1	[25]3
227	Unsweetened	1 cup	244	89	100	Trace	Trace	—	—	—	26	10	12	1.2	190	100	.05	.02	.1	[25]2
	Apricots:																			
228	Raw, without pits (about 12 per lb with pits).	3 apricots	107	85	55	1	Trace	—	—	—	14	18	25	.5	301	2,890	.03	.04	.6	11
229	Canned in heavy sirup (halves and sirup).	1 cup	258	77	220	2	Trace	—	—	—	57	28	39	.8	604	4,490	.05	.05	1.0	10
	Dried:																			
230	Uncooked (28 large or 37 medium halves per cup).	1 cup	130	25	340	7	1	—	—	—	86	87	140	7.2	1,273	14,170	.01	.21	4.3	16
231	Cooked, unsweetened, fruit and liquid.	1 cup	250	76	215	4	1	—	—	—	54	55	88	4.5	795	7,500	.01	.13	2.5	8
232	Apricot nectar, canned	1 cup	251	85	145	1	Trace	—	—	—	37	23	30	.5	379	2,380	.03	.03	.5	[26]36
	Avocados, raw, whole, without skins and seeds:																			
233	California, mid- and late-winter (with skin and seed, 3 1/8-in diam.; wt., 10 oz).	1 avocado	216	74	370	5	37	5.5	22.0	3.7	13	22	91	1.3	1,303	630	.24	.43	3.5	30
234	Florida, late summer and fall (with skin and seed, 3 5/8-in diam.; wt., 1 lb).	1 avocado	304	78	390	4	33	6.7	15.7	5.3	27	30	128	1.8	1,836	880	.33	.61	4.9	43
235	Banana without peel (about 2.6 per lb with peel).	1 banana	119	76	100	1	Trace	—	—	—	26	10	31	.8	440	230	.06	.07	.8	12
236	Banana flakes	1 tbsp	6	3	20	Trace	Trace	—	—	—	5	2	6	.2	92	50	.01	.01	.2	Trace

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
237	Blackberries, raw	1 cup	144	85	85	2	1	—	—	—	19	46	27	1.3	245	290	0.04	0.06	0.6	30
238	Blueberries, raw	1 cup	145	83	90	1	1	—	—	—	22	22	19	1.5	117	150	.04	.09	.7	20
	Cantaloup. See Muskmelons (item 271).																		
	Cherries:																		
239	Sour (tart), red, pitted, canned, water pack.	1 cup	244	88	105	2	Trace	—	—	—	26	37	32	.7	317	1,660	.07	.05	.5	12
240	Sweet, raw, without pits and stems.	10 cherries	68	80	45	1	Trace	—	—	—	12	15	13	.3	129	70	.03	.04	.3	7
241	Cranberry juice cocktail, bottled, sweetened.	1 cup	253	83	165	Trace	Trace	—	—	—	42	13	8	.8	25	Trace	.03	.03	.1	[27]81
242	Cranberry sauce, sweetened, canned, strained.	1 cup	277	62	405	Trace	1	—	—	—	104	17	11	.6	83	60	.03	.03	.1	6
	Dates:																		
243	Whole, without pits	10 dates	80	23	220	2	Trace	—	—	—	58	47	50	2.4	518	40	.07	.08	1.8	0
244	Chopped	1 cup	178	23	490	4	1	—	—	—	130	105	112	5.3	1,153	90	.16	.18	3.9	0
245	Fruit cocktail, canned, in heavy sirup.	1 cup	255	80	195	1	Trace	—	—	—	50	23	31	1.0	411	360	.05	.03	1.0	5
	Grapefruit:																		
	Raw, medium, 3 3/4-in diam. (about 1 lb 1 oz):																		
246	Pink or red	1/2 grapefruit with peel[28]	241	89	50	1	Trace	—	—	—	13	20	20	.5	166	540	.05	.02	.2	44
247	White	1/2 grapefruit with peel[28]	241	89	45	1	Trace	—	—	—	12	19	19	.5	159	10	.05	.02	.2	44
248	Canned, sections with sirup	1 cup	254	81	180	2	Trace	—	—	—	45	33	36	.8	343	30	.08	.05	.5	76
	Grapefruit juice:																		
249	Raw, pink, red, or white	1 cup	246	90	95	1	Trace	—	—	—	23	22	37	.5	399	([29])	.10	.05	.5	93
	Canned, white:																		
250	Unsweetened	1 cup	247	89	100	1	Trace	—	—	—	24	20	35	1.0	400	20	.07	.05	.5	84
251	Sweetened	1 cup	250	86	135	1	Trace	—	—	—	32	20	35	1.0	405	30	.08	.05	.5	78
	Frozen, concentrate, unsweetened:																		
252	Undiluted, 6-fl oz can	1 can	207	62	300	4	1	—	—	—	72	70	124	.8	1,250	60	.29	.12	1.4	286
253	Diluted with 3 parts water by volume.	1 cup	247	89	100	1	Trace	—	—	—	24	25	42	.2	420	20	.10	.04	.5	96
254	Dehydrated crystals, prepared with water (1 lb yields about 1 gal).	1 cup	247	90	100	1	Trace	—	—	—	24	22	40	.2	412	20	.10	.05	.5	91
	Grapes, European type (adherent skin), raw:																		
255	Thompson Seedless	10 grapes	50	81	35	Trace	Trace	—	—	—	9	6	10	.2	87	50	.03	.02	.2	2
256	Tokay and Emperor, seeded types	10 grapes[30]	60	81	40	Trace	Trace	—	—	—	10	7	11	.2	99	60	.03	.02	.2	2
	Grapejuice:																		
257	Canned or bottled	1 cup	253	83	165	1	Trace	—	—	—	42	28	30	.8	293	—	.10	.05	.5	[25]Trace
	Frozen concentrate, sweetened:																		
258	Undiluted, 6-fl oz can	1 can	216	53	395	1	Trace	—	—	—	100	22	32	.9	255	40	.13	.22	1.5	[31]32
259	Diluted with 3 parts water by volume.	1 cup	250	86	135	1	Trace	—	—	—	33	8	10	.3	85	10	.05	.08	.5	[31]10
260	Grape drink, canned	1 cup	250	86	135	Trace	Trace	—	—	—	35	8	10	.3	88	—	[32].03	[32].03	.3	([32])
261	Lemon, raw, size 165, without peel and seeds (about 4 per lb with peels and seeds).	1 lemon	74	90	20	1	Trace	—	—	—	6	19	12	.4	102	10	.03	.01	.1	39
	Lemon juice:																		
262	Raw	1 cup	244	91	60	1	Trace	—	—	—	20	17	24	.5	344	50	.07	.02	.2	112
263	Canned, or bottled, unsweetened	1 cup	244	92	55	1	Trace	—	—	—	19	17	24	.5	344	50	.07	.02	.2	102
264	Frozen, single strength, unsweetened, 6-fl oz can.	1 can	183	92	40	1	Trace	—	—	—	13	13	16	.5	258	40	.05	.02	.2	81
	Lemonade concentrate, frozen:																		
265	Undiluted, 6-fl oz can	1 can	219	49	425	Trace	Trace	—	—	—	112	9	13	.4	153	40	.05	.06	.7	66
266	Diluted with 4 1/3 parts water by volume.	1 cup	248	89	105	Trace	Trace	—	—	—	28	2	3	.1	40	10	.01	.02	.2	17

[19]Crust made with vegetable shortening and enriched flour.
[24]Also applies to pasteurized apple cider.
[25]Applies to product without added ascorbic acid. For value of product with added ascorbic acid, refer to label.
[26]Based on product with label claim of 45% of U.S. RDA in 6 fl oz.
[27]Based on product with label claim of 100% of U.S. RDA in 6 fl oz.
[28]Weight includes peel and membranes between sections. Without these parts, the weight of the edible portion is 123 g for item 246 and 118 g for item 247.
[29]For white-fleshed varieties, value is about 20 International Units (I.U.) per cup; for red-fleshed varieties, 1,080 I.U.
[30]Weight includes seeds. Without seeds, weight of the edible portion is 57 g.
[31]Applies to product without added ascorbic acid. With added ascorbic acid, based on claim that 6 fl oz of reconstituted juice contain 45% or 50% of the U.S. RDA, value in milligrams is 108 or 120 for a 6-fl oz can (item 258), 36 or 40 for 1 cup of diluted juice (item 259).
[32]For products with added thiamin and riboflavin but without added ascorbic acid, values in milligrams would be 0.60 for thiamin, 0.80 for riboflavin, and trace for ascorbic acid. For products with only ascorbic acid added, value varies with the brand. Consult the label.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (—) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Milligrams	Milligrams	Milligrams	Milligrams
	FRUITS AND FRUIT PRODUCTS—Con.																			
	Limeade concentrate, frozen:																			
267	Undiluted, 6-fl oz can	1 can	218	50	410	Trace	Trace	—	—	—	108	11	13	0.2	129	Trace	0.02	0.02	0.2	26
268	Diluted with 4 1/3 parts water by volume.	1 cup	247	89	100	Trace	Trace	—	—	—	27	3	3	Trace	32	Trace	Trace	Trace	Trace	6
	Limejuice:																			
269	Raw	1 cup	246	90	65	1	Trace	—	—	—	22	22	27	.5	256	20	.05	.02	.2	79
270	Canned, unsweetened	1 cup	246	90	65	1	Trace	—	—	—	22	22	27	.5	256	20	.05	.02	.2	52
	Muskmelons, raw, with rind, without seed cavity:																			
271	Cantaloup, orange-fleshed (with rind and seed cavity, 5-in diam., 2 1/3 lb).	1/2 melon with rind[33]	477	91	80	2	Trace	—	—	—	20	38	44	1.1	682	9,240	.11	.08	1.6	90
272	Honeydew (with rind and seed cavity, 6 1/2-in diam., 5 1/4 lb).	1/10 melon with rind[33]	226	91	50	1	Trace	—	—	—	11	21	24	.6	374	60	.06	.04	.9	34
	Oranges, all commercial varieties, raw:																			
273	Whole, 2 5/8-in diam., without peel and seeds (about 2 1/2 per lb with peel and seeds).	1 orange	131	86	65	1	Trace	—	—	—	16	54	26	.5	263	260	.13	.05	.5	66
274	Sections without membranes	1 cup	180	86	90	2	Trace	—	—	—	22	74	36	.7	360	360	.18	.07	.7	90
	Orange juice:																			
275	Raw, all varieties	1 cup	248	88	110	2	Trace	—	—	—	26	27	42	.5	496	500	.22	.07	1.0	124
276	Canned, unsweetened	1 cup	249	87	120	2	Trace	—	—	—	28	25	45	1.0	496	500	.17	.05	.7	100
	Frozen concentrate:																			
277	Undiluted, 6-fl oz can	1 can	213	55	360	5	Trace	—	—	—	87	75	126	.9	1,500	1,620	.68	.11	2.8	360
278	Diluted with 3 parts water by volume.	1 cup	249	87	120	2	Trace	—	—	—	29	25	42	.2	503	540	.23	.03	.9	120
279	Dehydrated crystals, prepared with water (1 lb yields about 1 gal).	1 cup	248	88	115	1	Trace	—	—	—	27	25	40	.5	518	500	.20	.07	1.0	109
	Orange and grapefruit juice:																			
	Frozen concentrate:																			
280	Undiluted, 6-fl oz can	1 can	210	59	330	4	1	—	—	—	78	61	99	.8	1,308	800	.48	.06	2.3	302
281	Diluted with 3 parts water by volume.	1 cup	248	88	110	1	Trace	—	—	—	26	20	32	.2	439	270	.15	.02	.7	102
282	Papayas, raw, 1/2-in cubes	1 cup	140	89	55	1	Trace	—	—	—	14	28	22	.4	328	2,450	.06	.06	.4	78
	Peaches:																			
	Raw:																			
283	Whole, 2 1/2-in diam., peeled, pitted (about 4 per lb with peels and pits).	1 peach	100	89	40	1	Trace	—	—	—	10	9	19	.5	202	[34]1,330	.02	.05	1.0	7
284	Sliced	1 cup	170	89	65	1	Trace	—	—	—	16	15	32	.9	343	[34]2,260	.03	.09	1.7	12
	Canned, yellow-fleshed, solids and liquid (halves or slices):																			
285	Sirup pack	1 cup	256	79	200	1	Trace	—	—	—	51	10	31	.8	333	1,100	.03	.05	1.5	8
286	Water pack	1 cup	244	91	75	1	Trace	—	—	—	20	10	32	.7	334	1,100	.02	.07	1.5	7
	Dried:																			
287	Uncooked	1 cup	160	25	420	5	1	—	—	—	109	77	187	9.6	1,520	6,240	.02	.30	8.5	29
288	Cooked, unsweetened, halves and juice.	1 cup	250	77	205	3	1	—	—	—	54	38	93	4.8	743	3,050	.01	.15	3.8	5

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(Q)	(R)	(S)
	Frozen, sliced, sweetened:																	
289	10-oz container	1 container	284	77	250	1	Trace	—	—	—	64	11	37	1.4	352	1,850	0.03	0.11	2.0	[35]116
290	Cup	1 cup	250	77	220	1	Trace	—	—	—	57	10	33	1.3	310	1,630	.03	.10	1.8	[35]103
	Pears:																	
	Raw, with skin, cored:																	
291	Bartlett, 2 1/2-in diam. (about 2 1/2 per lb with cores and stems).	1 pear	164	83	100	1	1	—	—	—	25	13	18	.5	213	30	.03	.07	.2	7
292	Bosc, 2 1/2-in diam. (about 3 per lb with cores and stems).	1 pear	141	83	85	1	1	—	—	—	22	11	16	.4	83	30	.03	.06	.1	6
293	D'Anjou, 3-in diam. (about 2 per lb with cores and stems).	1 pear	200	83	120	1	1	—	—	—	31	16	22	.6	260	40	.04	.08	.2	8
294	Canned, solids and liquid, sirup pack, heavy (halves or slices).	1 cup	255	80	195	1	1	—	—	—	50	13	18	.5	214	10	.03	.05	.3	3
	Pineapple:																	
295	Raw, diced	1 cup	155	85	80	1	Trace	—	—	—	21	26	12	.8	226	110	.14	.05	.3	26
	Canned, heavy sirup pack, solids and liquid:																	
296	Crushed, chunks, tidbits	1 cup	255	80	190	1	Trace	—	—	—	49	28	13	.8	245	130	.20	.05	.5	18
	Slices and liquid:																	
297	Large	1 slice; 2 1/4 tbsp liquid.	105	80	80	Trace	Trace	—	—	—	20	12	5	.3	101	50	.08	.02	.2	7
298	Medium	1 slice; 1 1/4 tbsp liquid.	58	80	45	Trace	Trace	—	—	—	11	6	3	.2	56	30	.05	.01	.1	4
299	Pineapple juice, unsweetened, canned.	1 cup	250	86	140	1	Trace	—	—	—	34	38	23	.8	373	130	.13	.05	.5	[27]80
	Plums:																	
	Raw, without pits:																	
300	Japanese and hybrid (2 1/8-in diam., about 6 1/2 per lb with pits).	1 plum	66	87	30	Trace	Trace	—	—	—	8	8	12	.3	112	160	.02	.02	.3	4
301	Prune-type (1 1/2-in diam., about 15 per lb with pits).	1 plum	28	79	20	Trace	Trace	—	—	—	6	3	5	.1	48	80	.01	.01	.1	1
	Canned, heavy sirup pack (Italian prunes), with pits and liquid:																	
302	Cup	1 cup[36]	272	77	215	1	Trace	—	—	—	56	23	26	2.3	367	3,130	.05	.05	1.0	5
303	Portion	3 plums; 2 3/4 tbsp liquid.[36]	140	77	110	1	Trace	—	—	—	29	12	13	1.2	189	1,610	.03	.03	.5	3
	Prunes, dried, "softenized," with pits:																	
304	Uncooked	4 extra large or 5 large prunes.[36]	49	28	110	1	Trace	—	—	—	29	22	34	1.7	298	690	.04	.07	.7	1
305	Cooked, unsweetened, all sizes, fruit and liquid.	1 cup[36]	250	66	255	2	1	—	—	—	67	51	79	3.8	695	1,590	.07	.15	1.5	2
306	Prune juice, canned or bottled	1 cup	256	80	195	1	Trace	—	—	—	49	36	51	1.8	602	—	.03	.03	1.0	5
	Raisins, seedless:																	
307	Cup, not pressed down	1 cup	145	18	420	4	Trace	—	—	—	112	90	146	5.1	1,106	30	.16	.12	.7	1
308	Packet, 1/2 oz (1 1/2 tbsp)	1 packet	14	18	40	Trace	Trace	—	—	—	11	9	14	.5	107	Trace	.02	.01	.1	Trace
	Raspberries, red:																	
309	Raw, capped, whole	1 cup	123	84	70	1	1	—	—	—	17	27	27	1.1	207	160	.04	.11	1.1	31
310	Frozen, sweetened, 10-oz container	1 container	284	74	280	2	1	—	—	—	70	37	48	1.7	284	200	.06	.17	1.7	60
	Rhubarb, cooked, added sugar:																	
311	From raw	1 cup	270	63	380	1	Trace	—	—	—	97	211	41	1.6	548	220	.05	.14	.8	16
312	From frozen, sweetened	1 cup	270	63	385	1	1	—	—	—	98	211	32	1.9	475	190	.05	.11	.5	16

[27]Based on product with label claim of 100% of U.S. RDA in 6 fl oz.
[33]Weight includes rind. Without rind, the weight of the edible portion is 272 g for item 271 and 149 g for item 272.
[34]Represents yellow-fleshed varieties. For white-fleshed varieties, value is 50 International Units (I.U.) for 1 peach, 90 I.U. for 1 cup of slices.
[35]Value represents products with added ascorbic acid. For products without added ascorbic acid, value in milligrams is 116 for a 10-oz container, 103 for 1 cup.
[36]Weight includes pits. After removal of the pits, the weight of the edible portion is 258 g for item 302, 133 g for item 303, 43 g for item 304, and 213 g for item 305.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (—) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	*Percent*	*Calories*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*	*International units*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
	FRUITS AND FRUIT PRODUCTS—Con.																			
	Strawberries:																			
313	Raw, whole berries, capped	1 cup	149	90	55	1	1	—	—	—	13	31	31	1.5	244	90	0.04	0.10	0.9	88
	Frozen, sweetened:																			
314	Sliced, 10-oz container	1 container	284	71	310	1	1	—	—	—	79	40	48	2.0	318	90	.06	.17	1.4	151
315	Whole, 1-lb container (about 1 3/4 cups).	1 container	454	76	415	2	1	—	—	—	107	59	73	2.7	472	140	.09	.27	2.3	249
316	Tangerine, raw, 2 3/8-in diam., size 176, without peel (about 4 per lb with peels and seeds).	1 tangerine	86	87	40	1	Trace	—	—	—	10	34	15	.3	108	360	.05	.02	.1	27
317	Tangerine juice, canned, sweetened.	1 cup	249	87	125	1	Trace	—	—	—	30	44	35	.5	440	1,040	.15	.05	.2	54
318	Watermelon, raw, 4 by 8 in wedge with rind and seeds (1/16 of 32 2/3-lb melon, 10 by 16 in).	1 wedge with rind and seeds[37]	926	93	110	2	1	—	—	—	27	30	43	2.1	426	2,510	.13	.13	.9	30
	GRAIN PRODUCTS																			
	Bagel, 3-in diam.:																			
319	Egg	1 bagel	55	32	165	6	2	0.5	0.9	0.8	28	9	43	1.2	41	30	.14	.10	1.2	0
320	Water	1 bagel	55	29	165	6	1	.2	.4	.6	30	8	41	1.2	42	0	.15	.11	1.4	0
321	Barley, pearled, light, uncooked	1 cup	200	11	700	16	2	.3	.2	.8	158	32	378	4.0	320	0	.24	.10	6.2	0
	Biscuits, baking powder, 2-in diam. (enriched flour, vegetable shortening):																			
322	From home recipe	1 biscuit	28	27	105	2	5	1.2	2.0	1.2	13	34	49	.4	33	Trace	.08	.08	.7	Trace
323	From mix	1 biscuit	28	29	90	2	3	.6	1.1	.7	15	19	65	.6	32	Trace	.09	.08	.8	Trace
	Breadcrumbs (enriched):[38]																			
324	Dry, grated	1 cup	100	7	390	13	5	1.0	1.6	1.4	73	122	141	3.6	152	Trace	.35	.35	4.8	Trace
	Soft. See White bread (items 349-350).																			
	Breads:																			
325	Boston brown bread, canned, slice, 3 1/4 by 1/2 in.[38]	1 slice	45	45	95	2	1	.1	.2	.2	21	41	72	.9	131	[39]0	.06	.04	.7	0
	Cracked-wheat bread (3/4 enriched wheat flour, 1/4 cracked wheat):[38]																			
326	Loaf, 1 lb	1 loaf	454	35	1,195	39	10	2.2	3.0	3.9	236	399	581	9.5	608	Trace	1.52	1.13	14.4	Trace
327	Slice (18 per loaf)	1 slice	25	35	65	2	1	.1	.2	.2	13	22	32	.5	34	Trace	.08	.06	.8	Trace
	French or vienna bread, enriched:[38]																			
328	Loaf, 1 lb	1 loaf	454	31	1,315	41	14	3.2	4.7	4.6	251	195	386	10.0	408	Trace	1.80	1.10	15.0	Trace
	Slice:																			
329	French (5 by 2 1/2 by 1 in)	1 slice	35	31	100	3	1	.2	.4	.4	19	15	30	.8	32	Trace	.14	.08	1.2	Trace
330	Vienna (4 3/4 by 4 by 1/2 in).	1 slice	25	31	75	2	1	.2	.3	.3	14	11	21	.6	23	Trace	.10	.06	.8	Trace
	Italian bread, enriched:																			
331	Loaf, 1 lb	1 loaf	454	32	1,250	41	4	.6	.3	1.5	256	77	349	10.0	336	0	1.80	1.10	15.0	0
332	Slice, 4 1/2 by 3 1/4 by 3/4 in.	1 slice	30	32	85	3	Trace	Trace	Trace	.1	17	5	23	.7	22	0	.12	.07	1.0	0
	Raisin bread, enriched:[38]																			
333	Loaf, 1 lb	1 loaf	454	35	1,190	30	13	3.0	4.7	3.9	243	322	395	10.0	1,057	Trace	1.70	1.07	10.7	Trace
334	Slice (18 per loaf)	1 slice	25	35	65	2	1	.2	.3	.2	13	18	22	.6	58	Trace	.09	.06	.6	Trace

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(Q)	(R)	(S)
	Rye Bread:																	
	American, light (2/3 enriched wheat flour, 1/3 rye flour):																	
335	Loaf, 1 lb	1 loaf	454	36	1,100	41	5	0.7	0.5	2.2	236	340	667	9.1	658	0	1.35	0.98	12.9	0
336	Slice (4 3/4 by 3 3/4 by 7/16 in).	1 slice	25	36	60	2	Trace	Trace	Trace	.1	13	19	37	.5	36	0	.07	.05	.7	0
	Pumpernickel (2/3 rye flour, 1/3 enriched wheat flour):																	
337	Loaf, 1 lb	1 loaf	454	34	1,115	41	5	.7	.5	2.4	241	381	1,039	11.8	2,059	0	1.30	.93	8.5	0
338	Slice (5 by 4 by 3/8 in)	1 slice	32	34	80	3	Trace	.1	Trace	.2	17	27	73	.8	145	0	.09	.07	.6	0
	White bread, enriched:[38]																	
	Soft-crumb type:																	
339	Loaf, 1 lb	1 loaf	454	36	1,225	39	15	3.4	5.3	4.6	229	381	440	11.3	476	Trace	1.80	1.10	15.0	Trace
340	Slice (18 per loaf)	1 slice	25	36	70	2	1	.2	.3	.3	13	21	24	.6	26	Trace	.10	.06	.8	Trace
341	Slice, toasted	1 slice	22	25	70	2	1	.2	.3	.3	13	21	24	.6	26	Trace	.08	.06	.8	Trace
342	Slice (22 per loaf)	1 slice	20	36	55	2	1	.2	.2	.2	10	17	19	.5	21	Trace	.08	.05	.7	Trace
343	Slice, toasted	1 slice	17	25	55	2	1	.2	.2	.2	10	17	19	.5	21	Trace	.06	.05	.7	Trace
344	Loaf, 1 1/2 lb	1 loaf	680	36	1,835	59	22	5.2	7.9	6.9	343	571	660	17.0	714	Trace	2.70	1.65	22.5	Trace
345	Slice (24 per loaf)	1 slice	28	36	75	2	1	.2	.3	.3	14	24	27	.7	29	Trace	.11	.07	.9	Trace
346	Slice, toasted	1 slice	24	25	75	2	1	.2	.3	.3	14	24	27	.7	29	Trace	.09	.07	.9	Trace
347	Slice (28 per loaf)	1 slice	24	36	65	2	1	.2	.3	.2	12	20	23	.6	25	Trace	.10	.06	.8	Trace
348	Slice, toasted	1 slice	21	25	65	2	1	.2	.3	.2	12	20	23	.6	25	Trace	.08	.06	.8	Trace
349	Cubes	1 cup	30	36	80	3	1	.2	.3	.3	15	25	29	.8	32	Trace	.12	.07	1.0	Trace
350	Crumbs	1 cup	45	36	120	4	1	.3	.5	.5	23	38	44	1.1	47	Trace	.18	.11	1.5	Trace
	Firm-crumb type:																	
351	Loaf, 1 lb	1 loaf	454	35	1,245	41	17	3.9	5.9	5.2	228	435	463	11.3	549	Trace	1.80	1.10	15.0	Trace
352	Slice (20 per loaf)	1 slice	23	35	65	2	1	.2	.3	.3	12	22	23	.6	28	Trace	.09	.06	.8	Trace
353	Slice, toasted	1 slice	20	24	65	2	1	.2	.3	.3	12	22	23	.6	28	Trace	.07	.06	.8	Trace
354	Loaf, 2 lb	1 loaf	907	35	2,495	82	34	7.7	11.8	10.4	455	871	925	22.7	1,097	Trace	3.60	2.20	30.0	Trace
355	Slice (34 per loaf)	1 slice	27	35	75	2	1	.2	.3	.3	14	26	28	.7	33	Trace	.11	.06	.9	Trace
356	Slice, toasted	1 slice	23	24	75	2	1	.2	.3	.3	14	26	28	.7	33	Trace	.09	.06	.9	Trace
	Whole-wheat bread:																	
	Soft-crumb type:[38]																	
357	Loaf, 1 lb	1 loaf	454	36	1,095	41	12	2.2	2.9	4.2	224	381	1,152	13.6	1,161	Trace	1.37	.45	12.7	Trace
358	Slice (16 per loaf)	1 slice	28	36	65	3	1	.1	.2	.2	14	24	71	.8	72	Trace	.09	.03	.8	Trace
359	Slice, toasted	1 slice	24	24	65	3	1	.1	.2	.2	14	24	71	.8	72	Trace	.07	.03	.8	Trace
	Firm-crumb type:[38]																	
360	Loaf, 1 lb	1 loaf	454	36	1,100	48	14	2.5	3.3	4.9	216	449	1,034	13.6	1,238	Trace	1.17	.54	12.7	Trace
361	Slice (18 per loaf)	1 slice	25	36	60	3	1	.1	.2	.3	12	25	57	.8	68	Trace	.06	.03	.7	Trace
362	Slice, toasted	1 slice	21	24	60	3	1	.1	.2	.3	12	25	57	.8	68	Trace	.05	.03	.7	Trace
	Breakfast cereals:																	
	Hot type, cooked:																	
	Corn (hominy) grits, degermed:																	
363	Enriched	1 cup	245	87	125	3	Trace	Trace	Trace	.1	27	2	25	.7	27	[40]Trace	.10	.07	1.0	0
364	Unenriched	1 cup	245	87	125	3	Trace	Trace	Trace	.1	27	2	25	.2	27	[40]Trace	.05	.02	.5	0
365	Farina, quick-cooking, enriched.	1 cup	245	89	105	3	Trace	Trace	Trace	.1	22	147	[41]113	([42])	25	0	.12	.07	1.0	0
366	Oatmeal or rolled oats	1 cup	240	87	130	5	2	.4	.8	.9	23	22	137	1.4	146	0	.19	.05	.2	0
367	Wheat, rolled	1 cup	240	80	180	5	1	—	—	—	41	19	182	1.7	202	0	.17	.07	2.2	0
368	Wheat, whole-meal	1 cup	245	88	110	4	1	—	—	—	23	17	127	1.2	118	0	.15	.05	1.5	0
	Ready-to-eat:																	
369	Bran flakes (40% bran), added sugar, salt, iron, vitamins.	1 cup	35	3	105	4	1	—	—	—	28	19	125	5.6	137	1,540	.46	.52	6.2	0
370	Bran flakes with raisins, added sugar, salt, iron, vitamins.	1 cup	50	7	145	4	1	—	—	—	40	28	146	7.9	154	[43]2,200	([44])	([44])	([44])	0

[37]Weight includes rind and seeds. Without rind and seeds, weight of the edible portion is 426 g.
[38]Made with vegetable shortening.
[39]Applies to product made with white cornmeal. With yellow cornmeal, value is 30 International Units (I.U.).
[40]Applies to white varieties. For yellow varieties, value is 150 International Units (I.U.).
[41]Applies to products that do not contain di-sodium phosphate. If di-sodium phosphate is an ingredient, value is 162 mg.
[42]Value may range from less than 1 mg to about 8 mg depending on the brand. Consult the label.
[43]Applies to product with added nutrient. Without added nutrient, value is trace.
[44]Value varies with the brand. Consult the label.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (–) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Milligrams	Milligrams	Milligrams	Milligrams
	GRAIN PRODUCTS—Con.																			
	Breakfast cereals—Continued																			
	Ready-to-eat—Continued																			
	Corn flakes:																			
371	Plain, added sugar, salt, iron, vitamins.	1 cup	25	4	95	2	Trace	—	—	—	21	(44)	9	(44)	30	(44)	(44)	(44)	(44)	[45]13
372	Sugar-coated, added salt, iron, vitamins.	1 cup	40	2	155	2	Trace	—	—	—	37	1	10	(44)	27	1,760	.53	.50	7.1	[45]21
373	Corn, oat flour, puffed, added sugar, salt, iron, vitamins.	1 cup	20	4	80	2	1	—	—	—	16	4	18	5.7	—	880	.26	.30	3.5	11
374	Corn, shredded, added sugar, salt, iron, thiamin, niacin.	1 cup	25	3	95	2	Trace	—	—	—	22	1	10	.6	—	0	.33	.05	4.4	13
375	Oats, puffed, added sugar, salt, minerals, vitamins.	1 cup	25	3	100	3	1	—	—	—	19	44	102	4.0	—	1,100	.33	.38	4.4	13
	Rice, puffed:																			
376	Plain, added iron, thiamin, niacin.	1 cup	15	4	60	1	Trace	—	—	—	13	3	14	.3	15	0	.07	.01	.7	0
377	Presweetened, added salt, iron, vitamins.	1 cup	28	3	115	1	0	—	—	—	26	3	14	(44)	43	[45]1,240	(44)	(44)	(44)	[45]15
378	Wheat flakes, added sugar, salt, iron, vitamins.	1 cup	30	4	105	3	Trace	—	—	—	24	12	83	4.8	81	1,320	.40	.45	5.3	16
	Wheat, puffed:																			
379	Plain, added iron, thiamin, niacin.	1 cup	15	3	55	2	Trace	—	—	—	12	4	48	.6	51	0	.08	.03	1.2	0
380	Presweetened, added salt, iron, vitamins.	1 cup	38	3	140	3	Trace	—	—	—	33	7	52	(44)	63	1,680	.50	.57	6.7	[45]20
381	Wheat, shredded, plain	1 oblong biscuit or 1/2 cup spoon-size biscuits.	25	7	90	2	1	—	—	—	20	11	97	.9	87	0	.06	.03	1.1	0
382	Wheat germ, without salt and sugar, toasted.	1 tbsp	6	4	25	2	1	—	—	—	3	3	70	.5	57	10	.11	.05	.3	1
383	Buckwheat flour, light, sifted	1 cup	98	12	340	6	1	0.2	0.4	0.4	78	11	86	1.0	314	0	.08	.04	.4	0
384	Bulgur, canned, seasoned	1 cup	135	56	245	8	4	—	—	—	44	27	263	1.9	151	0	.08	.05	4.1	0
	Cake icings. See Sugars and Sweets (items 532-536).																			
	Cakes made from cake mixes with enriched flour:[46]																			
	Angelfood:																			
385	Whole cake (9 3/4-in diam. tube cake).	1 cake	635	34	1,645	36	1	—	—	—	377	603	756	2.5	381	0	.37	.95	3.6	0
386	Piece, 1/12 of cake	1 piece	53	34	135	3	Trace	—	—	—	32	50	63	.2	32	0	.03	.08	.3	0
	Coffeecake:																			
387	Whole cake (7 3/4 by 5 5/8 by 1 1/4 in).	1 cake	430	30	1,385	27	41	11.7	16.3	8.8	225	262	748	6.9	469	690	.82	.91	7.7	1
388	Piece, 1/6 of cake	1 piece	72	30	230	5	7	2.0	2.7	1.5	38	44	125	1.2	78	120	.14	.15	1.3	Trace
	Cupcakes, made with egg, milk, 2 1/2-in diam.:																			
389	Without icing	1 cupcake	25	26	90	1	3	.8	1.2	.7	14	40	59	.3	21	40	.05	.05	.4	Trace
390	With chocolate icing	1 cupcake	36	22	130	2	5	2.0	1.6	.6	21	47	71	.4	42	60	.05	.06	.4	Trace
	Devil's food with chocolate icing:																			
391	Whole, 2 layer cake (8- or 9-in diam.).	1 cake	1,107	24	3,755	49	136	50.0	44.9	17.0	645	653	1,162	16.6	1,439	1,660	1.06	1.65	10.1	1
392	Piece, 1/16 of cake	1 piece	69	24	235	3	8	3.1	2.8	1.1	40	41	72	1.0	90	100	.07	.10	.6	Trace
393	Cupcake, 2 1/2-in diam	1 cupcake	35	24	120	2	4	1.6	1.4	.5	20	21	37	.5	46	50	.03	.05	.3	Trace

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
	Gingerbread:																		
394	Whole cake (8-in square)-------	1 cake----------	570	37	1,575	18	39	9.7	16.6	10.0	291	513	570	8.6	1,562	Trace	0.84	1.00	7.4	Trace
395	Piece, 1/9 of cake----------	1 piece----------	63	37	175	2	4	1.1	1.8	1.1	32	57	63	.9	173	Trace	.09	.11	.8	Trace
	White, 2 layer with chocolate icing:																		
396	Whole cake (8- or 9-in diam.)--	1 cake----------	1,140	21	4,000	44	122	48.2	46.4	20.0	716	1,129	2,041	11.4	1,322	680	1.50	1.77	12.5	2
397	Piece, 1/16 of cake----------	1 piece----------	71	21	250	3	8	3.0	2.9	1.2	45	70	127	.7	82	40	.09	.11	.8	Trace
	Yellow, 2 layer with chocolate icing:																		
398	Whole cake (8- or 9-in diam.)--	1 cake----------	1,108	26	3,735	45	125	47.8	47.8	20.3	638	1,008	2,017	12.2	1,208	1,550	1.24	1.67	10.6	2
399	Piece, 1/16 of cake----------	1 piece----------	69	26	235	3	8	3.0	3.0	1.3	40	63	126	.8	75	100	.08	.10	.7	Trace
	Cakes made from home recipes using enriched flour:[47]																		
	Boston cream pie with custard filling:																		
400	Whole cake (8-in diam.)--------	1 cake----------	825	35	2,490	41	78	23.0	30.1	15.2	412	553	833	8.2	[48]734	1,730	1.04	1.27	9.6	2
401	Piece, 1/12 of cake----------	1 piece----------	69	35	210	3	6	1.9	2.5	1.3	34	46	70	.7	[48]61	140	.09	.11	.8	Trace
	Fruitcake, dark:																		
402	Loaf, 1-lb (7 1/2 by 2 by 1 1/2 in).	1 loaf----------	454	18	1,720	22	69	14.4	33.5	14.8	271	327	513	11.8	2,250	540	.72	.73	4.9	2
403	Slice, 1/30 of loaf----------	1 slice----------	15	18	55	1	2	.5	1.1	.5	9	11	17	.4	74	20	.02	.02	.2	Trace
	Plain, sheet cake:																		
	Without icing:																		
404	Whole cake (9-in square)-----	1 cake----------	777	25	2,830	35	108	29.5	44.4	23.9	434	497	793	8.5	[48]614	1,320	1.21	1.40	10.2	2
405	Piece, 1/9 of cake----------	1 piece----------	86	25	315	4	12	3.3	4.9	2.6	48	55	88	.9	[48]68	150	.13	.15	1.1	Trace
	With uncooked white icing:																		
406	Whole cake (9-in square)-----	1 cake----------	1,096	21	4,020	37	129	42.2	49.5	24.4	694	548	822	8.2	[48]669	2,190	1.22	1.47	10.2	2
407	Piece, 1/9 of cake----------	1 piece----------	121	21	445	4	14	4.7	5.5	2.7	77	61	91	.8	[48]74	240	.14	.16	1.1	Trace
	Pound:[49]																		
408	Loaf, 8 1/2 by 3 1/2 by 3 1/4 in.	1 loaf----------	565	16	2,725	31	170	42.9	73.1	39.6	273	107	418	7.9	345	1,410	.90	.99	7.3	0
409	Slice, 1/17 of loaf----------	1 slice----------	33	16	160	2	10	2.5	4.3	2.3	16	6	24	.5	20	80	.05	.06	.4	0
	Spongecake:																		
410	Whole cake (9 3/4-in diam. tube cake).	1 cake----------	790	32	2,345	60	45	13.1	15.8	5.7	427	237	885	13.4	687	3,560	1.10	1.64	7.4	Trace
411	Piece, 1/12 of cake----------	1 piece----------	66	32	195	5	4	1.1	1.3	.5	36	20	74	1.1	57	300	.09	.14	.6	Trace
	Cookies made with enriched flour:[50 51]																		
	Brownies with nuts:																		
	Home-prepared, 1 3/4 by 1 3/4 by 7/8 in:																		
412	From home recipe----------	1 brownie----------	20	10	95	1	6	1.5	3.0	1.2	10	8	30	.4	38	40	.04	.03	.2	Trace
413	From commercial recipe-------	1 brownie----------	20	11	85	1	4	.9	1.4	1.3	13	9	27	.4	34	20	.03	.02	.2	Trace
414	Frozen, with chocolate icing,[52] 1 1/2 by 1 3/4 by 7/8 in.	1 brownie----------	25	13	105	1	5	2.0	2.2	.7	15	10	31	.4	44	50	.03	.03	.2	Trace
	Chocolate chip:																		
415	Commercial, 2 1/4-in diam., 3/8 in thick.	4 cookies----------	42	3	200	2	9	2.8	2.9	2.2	29	16	48	1.0	56	50	.10	.17	.9	Trace
416	From home recipe, 2 1/3-in diam.	4 cookies----------	40	3	205	2	12	3.5	4.5	2.9	24	14	40	.8	47	40	.06	.06	.5	Trace
417	Fig bars, square (1 5/8 by 1 5/8 by 3/8 in) or rectangular (1 1/2 by 1 3/4 by 1/2 in).	4 cookies----------	56	14	200	2	3	.8	1.2	.7	42	44	34	1.0	111	60	.04	.14	.9	Trace
418	Gingersnaps, 2-in diam., 1/4 in thick.	4 cookies----------	28	3	90	2	2	.7	1.0	.6	22	20	13	.7	129	20	.08	.06	.7	0
419	Macaroons, 2 3/4-in diam., 1/4 in thick.	2 cookies----------	38	4	180	2	9	—	—	—	25	10	32	.3	176	0	.02	.06	.2	0
420	Oatmeal with raisins, 2 5/8-in diam., 1/4 in thick.	4 cookies----------	52	3	235	3	8	2.0	3.3	2.0	38	11	53	1.4	192	30	.15	.10	1.0	Trace

[44] Value varies with the brand. Consult the label.
[45] Applies to product with added nutrient. Without added nutrient, value is trace.
[46] Excepting angelfood cake, cakes were made from mixes containing vegetable shortening; icings, with butter.
[47] Excepting spongecake, vegetable shortening used for cake portion; butter, for icing. If butter or margarine used for cake portion, vitamin A values would be higher.
[48] Applies to product made with a sodium aluminum-sulfate type baking powder. With a low-sodium type baking powder containing potassium, value would be about twice the amount shown.
[49] Equal weights of flour, sugar, eggs, and vegetable shortening.
[50] Products are commercial unless otherwise specified.
[51] Made with enriched flour and vegetable shortening except for macaroons which do not contain flour or shortening.
[52] Icing made with butter.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (—) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Milligrams	Milligrams	Milligrams	Milligrams
	GRAIN PRODUCTS—Con.																			
	Cookies made with enriched flour[50 51]—Continued																			
421	Plain, prepared from commercial chilled dough, 2 1/2-in diam., 1/4 in thick.	4 cookies	48	5	240	2	12	3.0	5.2	2.9	31	17	35	0.6	23	30	0.10	0.08	0.9	0
422	Sandwich type (chocolate or vanilla), 1 3/4-in diam., 3/8 in thick.	4 cookies	40	2	200	2	9	2.2	3.9	2.2	28	10	96	.7	15	0	.06	.10	.7	0
423	Vanilla wafers, 1 3/4-in diam., 1/4 in thick.	10 cookies	40	3	185	2	6	—	—	—	30	16	25	.6	29	50	.10	.09	.8	0
	Cornmeal:																			
424	Whole-ground, unbolted, dry form.	1 cup	122	12	435	11	5	.5	1.0	2.5	90	24	312	2.9	346	[53]620	.46	.13	2.4	0
425	Bolted (nearly whole-grain), dry form.	1 cup	122	12	440	11	4	.5	.9	2.1	91	21	272	2.2	303	[53]590	.37	.10	2.3	0
	Degermed, enriched:																			
426	Dry form	1 cup	138	12	500	11	2	.2	.4	.9	108	8	137	4.0	166	[53]610	.61	.36	4.8	0
427	Cooked	1 cup	240	88	120	3	Trace	Trace	.1	.2	26	2	34	1.0	38	[53]140	.14	.10	1.2	0
	Degermed, unenriched:																			
428	Dry form	1 cup	138	12	500	11	2	.2	.4	.9	108	8	137	1.5	166	[53]610	.19	.07	1.4	0
429	Cooked	1 cup	240	88	120	3	Trace	Trace	.1	.2	26	2	34	.5	38	[53]140	.05	.02	.2	0
	Crackers:[38]																			
430	Graham, plain, 2 1/2-in square	2 crackers	14	6	55	1	1	.3	.5	.3	10	6	21	.5	55	0	.02	.08	.5	0
431	Rye wafers, whole-grain, 1 7/8 by 3 1/2 in.	2 wafers	13	6	45	2	Trace	—	—	—	10	7	50	.5	78	0	.04	.03	.2	0
432	Saltines, made with enriched flour.	4 crackers or 1 packet	11	4	50	1	1	.3	.5	.4	8	2	10	.5	13	0	.05	.05	.4	0
	Danish pastry (enriched flour), plain without fruit or nuts:[54]																			
433	Packaged ring, 12 oz	1 ring	340	22	1,435	25	80	24.3	31.7	16.5	155	170	371	6.1	381	1,050	.97	1.01	8.6	Trace
434	Round piece, about 4 1/4-in diam. by 1 in.	1 pastry	65	22	275	5	15	4.7	6.1	3.2	30	33	71	1.2	73	200	.18	.19	1.7	Trace
435	Ounce	1 oz	28	22	120	2	7	2.0	2.7	1.4	13	14	31	.5	32	90	.08	.08	.7	Trace
	Doughnuts, made with enriched flour:[38]																			
436	Cake type, plain, 2 1/2-in diam., 1 in high.	1 doughnut	25	24	100	1	5	1.2	2.0	1.1	13	10	48	.4	23	20	.05	.05	.4	Trace
437	Yeast-leavened, glazed, 3 3/4-in diam., 1 1/4 in high.	1 doughnut	50	26	205	3	11	3.3	5.8	3.3	22	16	33	.6	34	25	.10	.10	.8	0
	Macaroni, enriched, cooked (cut lengths, elbows, shells):																			
438	Firm stage (hot)	1 cup	130	64	190	7	1	—	—	—	39	14	85	1.4	103	0	.23	.13	1.8	0
	Tender stage:																			
439	Cold macaroni	1 cup	105	73	115	4	Trace	—	—	—	24	8	53	.9	64	0	.15	.08	1.2	0
440	Hot macaroni	1 cup	140	73	155	5	1	—	—	—	32	11	70	1.3	85	0	.20	.11	1.5	0
	Macaroni (enriched) and cheese:																			
441	Canned[55]	1 cup	240	80	230	9	10	4.2	3.1	1.4	26	199	182	1.0	139	260	.12	.24	1.0	Trace
442	From home recipe (served hot)[56]	1 cup	200	58	430	17	22	8.9	8.8	2.9	40	362	322	1.8	240	860	.20	.40	1.8	Trace
	Muffins made with enriched flour:[38]																			
	From home recipe:																			
443	Blueberry, 2 3/8-in diam., 1 1/2 in high.	1 muffin	40	39	110	3	4	1.1	1.4	.7	17	34	53	.6	46	90	.09	.10	.7	Trace
444	Bran	1 muffin	40	35	105	3	4	1.2	1.4	.8	17	57	162	1.5	172	90	.07	.10	1.7	Trace
445	Corn (enriched degermed cornmeal and flour), 2 3/8-in diam., 1 1/2 in high.	1 muffin	40	33	125	3	4	1.2	1.6	.9	19	42	68	.7	54	[57]120	.10	.10	.7	Trace

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(Q)	(R)	(S)
446	Plain, 3-in diam., 1 1/2 in high.	1 muffin	40	38	120	3	4	1.0	1.7	1.0	17	42	60	0.6	50	40	0.09	0.12	0.9	Trace
	From mix, egg, milk:																			
447	Corn, 2 3/8-in diam., 1 1/2 in high.[58]	1 muffin	40	30	130	3	4	1.2	1.7	.9	20	96	152	.6	44	[57]100	.08	.09	.7	Trace
448	Noodles (egg noodles), enriched, cooked.	1 cup	160	71	200	7	2	—	—	—	37	16	94	1.4	70	110	.22	.13	1.9	0
449	Noodles, chow mein, canned	1 cup	45	1	220	6	11	—	—	—	26	—	—	—	—	—	—	—	—	—
	Pancakes, (4-in diam.):[38]																			
450	Buckwheat, made from mix (with buckwheat and enriched flours), egg and milk added.	1 cake	27	58	55	2	2	.8	.9	.4	6	59	91	.4	66	60	.04	.05	.2	Trace
	Plain:																			
451	Made from home recipe using enriched flour.	1 cake	27	50	60	2	2	.5	.8	.5	9	27	38	.4	33	30	.06	.07	.5	Trace
452	Made from mix with enriched flour, egg and milk added.	1 cake	27	51	60	2	2	.7	.7	.3	9	58	70	.3	42	70	.04	.06	.2	Trace
	Pies, piecrust made with enriched flour, vegetable shortening (9-in diam.):																			
	Apple:																			
453	Whole	1 pie	945	48	2,420	21	105	27.0	44.5	25.2	360	76	208	6.6	756	280	1.06	.79	9.3	9
454	Sector, 1/7 of pie	1 sector	135	48	345	3	15	3.9	6.4	3.6	51	11	30	.9	108	40	.15	.11	1.3	2
	Banana cream:																			
455	Whole	1 pie	910	54	2,010	41	85	26.7	33.2	16.2	279	601	746	7.3	1,847	2,280	.77	1.51	7.0	9
456	Sector, 1/7 of pie	1 sector	130	54	285	6	12	3.8	4.7	2.3	40	86	107	1.0	264	330	.11	.22	1.0	1
	Blueberry:																			
457	Whole	1 pie	945	51	2,285	23	102	24.8	43.7	25.1	330	104	217	9.5	614	280	1.03	.80	10.0	28
458	Sector, 1/7 of pie	1 sector	135	51	325	3	15	3.5	6.2	3.6	47	15	31	1.4	88	40	.15	.11	1.4	4
	Cherry:																			
459	Whole	1 pie	945	47	2,465	25	107	28.2	45.0	25.3	363	132	236	6.6	992	4,160	1.09	.84	9.8	Trace
460	Sector, 1/7 of pie	1 sector	135	47	350	4	15	4.0	6.4	3.6	52	19	34	.9	142	590	.16	.12	1.4	Trace
	Custard:																			
461	Whole	1 pie	910	58	1,985	56	101	33.9	38.5	17.5	213	874	1,028	8.2	1,247	2,090	.79	1.92	5.6	0
462	Sector, 1/7 of pie	1 sector	130	58	285	8	14	4.8	5.5	2.5	30	125	147	1.2	178	300	.11	.27	.8	0
	Lemon meringue:																			
463	Whole	1 pie	840	47	2,140	31	86	26.1	33.8	16.4	317	118	412	6.7	420	1,430	.61	.84	5.2	25
464	Sector, 1/7 of pie	1 sector	120	47	305	4	12	3.7	4.8	2.3	45	17	59	1.0	60	200	.09	.12	.7	4
	Mince:																			
465	Whole	1 pie	945	43	2,560	24	109	28.0	45.9	25.2	389	265	359	13.3	1,682	20	.96	.86	9.8	9
466	Sector, 1/7 of pie	1 sector	135	43	365	3	16	4.0	6.6	3.6	56	38	51	1.9	240	Trace	.14	.12	1.4	1
	Peach:																			
467	Whole	1 pie	945	48	2,410	24	101	24.8	43.7	25.1	361	95	274	8.5	1,408	6,900	1.04	.97	14.0	28
468	Sector, 1/7 of pie	1 sector	135	48	345	3	14	3.5	6.2	3.6	52	14	39	1.2	201	990	.15	.14	2.0	4
	Pecan:																			
469	Whole	1 pie	825	20	3,450	42	189	27.8	101.0	44.2	423	388	850	25.6	1,015	1,320	1.80	.95	6.9	Trace
470	Sector, 1/7 of pie	1 sector	118	20	495	6	27	4.0	14.4	6.3	61	55	122	3.7	145	190	.26	.14	1.0	Trace
	Pumpkin:																			
471	Whole	1 pie	910	59	1,920	36	102	37.4	37.5	16.6	223	464	628	7.3	1,456	22,480	.78	1.27	7.0	Trace
472	Sector, 1/7 of pie	1 sector	130	59	275	5	15	5.4	5.4	2.4	32	66	90	1.0	208	3,210	.11	.18	1.0	Trace
473	Piecrust (home recipe) made with enriched flour and vegetable shortening, baked.	1 pie shell, 9-in diam.	180	15	900	11	60	14.8	26.1	14.9	79	25	90	3.1	89	0	.47	.40	5.0	0
474	Piecrust mix with enriched flour and vegetable shortening, 10-oz pkg. prepared and baked.	Piecrust for 2-crust pie, 9-in diam.	320	19	1,485	20	93	22.7	39.7	23.4	141	131	272	6.1	179	0	1.07	.79	9.9	0

[38]Made with vegetable shortening.
[50]Products are commercial unless otherwise specified.
[51]Made with enriched flour and vegetable shortening except for macaroons which do not contain flour or shortening.
[53]Applies to yellow varieties; white varieties contain only a trace.
[54]Contains vegetable shortening and butter.
[55]Made with corn oil.
[56]Made with regular margarine.
[57]Applies to product made with yellow cornmeal.
[58]Made with enriched degermed cornmeal and enriched flour.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (—) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Milligrams	Milligrams	Milligrams	Milligrams
	GRAIN PRODUCTS—Con.																			
475	Pizza (cheese) baked, 4 3/4-in sector; 1/8 of 12-in diam. pie.[19]	1 sector	60	45	145	6	4	1.7	1.5	0.6	22	86	89	1.1	67	230	0.16	0.18	1.6	4
	Popcorn, popped:																			
476	Plain, large kernel	1 cup	6	4	25	1	Trace	Trace	.1	.2	5	1	17	.2	—	—	—	.01	.1	0
477	With oil (coconut) and salt added, large kernel.	1 cup	9	3	40	1	2	1.5	.2	.2	5	1	19	.2	—	—	—	.01	.2	0
478	Sugar coated	1 cup	35	4	135	2	1	.5	.2	.4	30	2	47	.5	—	—	—	.02	.4	0
	Pretzels, made with enriched flour:																			
479	Dutch, twisted, 2 3/4 by 2 5/8 in.	1 pretzel	16	5	60	2	1	—	—	—	12	4	21	.2	21	0	.05	.04	.7	0
480	Thin, twisted, 3 1/4 by 2 1/4 by 1/4 in.	10 pretzels	60	5	235	6	3	—	—	—	46	13	79	.9	78	0	.20	.15	2.5	0
481	Stick, 2 1/4 in long	10 pretzels	3	5	10	Trace	Trace	—	—	—	2	1	4	Trace	4	0	.01	.01	.1	0
	Rice, white, enriched:																			
482	Instant, ready-to-serve, hot	1 cup	165	73	180	4	Trace	Trace	Trace	Trace	40	5	31	1.3	—	0	.21	([59])	1.7	0
	Long grain:																			
483	Raw	1 cup	185	12	670	12	1	.2	.2	.2	149	44	174	5.4	170	0	.81	.06	6.5	0
484	Cooked, served hot	1 cup	205	73	225	4	Trace	.1	.1	.1	50	21	57	1.8	57	0	.23	.02	2.1	0
	Parboiled:																			
485	Raw	1 cup	185	10	685	14	1	.2	.1	.2	150	111	370	5.4	278	0	.81	.07	6.5	0
486	Cooked, served hot	1 cup	175	73	185	4	Trace	.1	.1	.1	41	33	100	1.4	75	0	.19	.02	2.1	0
	Rolls, enriched:[38]																			
	Commercial:																			
487	Brown-and-serve (12 per 12-oz pkg.), browned.	1 roll	26	27	85	2	2	.4	.7	.5	14	20	23	.5	25	Trace	.10	.06	.9	Trace
488	Cloverleaf or pan, 2 1/2-in diam., 2 in high.	1 roll	28	31	85	2	2	.4	.6	.4	15	21	24	.5	27	Trace	.11	.07	.9	Trace
489	Frankfurter and hamburger (8 per 11 1/2-oz pkg.).	1 roll	40	31	120	3	2	.5	.8	.6	21	30	34	.8	38	Trace	.16	.10	1.3	Trace
490	Hard, 3 3/4-in diam., 2 in high.	1 roll	50	25	155	5	2	.4	.6	.5	30	24	46	1.2	49	Trace	.20	.12	1.7	Trace
491	Hoagie or submarine, 11 1/2 by 3 by 2 1/2 in.	1 roll	135	31	390	12	4	.9	1.4	1.4	75	58	115	3.0	122	Trace	.54	.32	4.5	Trace
	From home recipe:																			
492	Cloverleaf, 2 1/2-in diam., 2 in high.	1 roll	35	26	120	3	3	.8	1.1	.7	20	16	36	.7	41	30	.12	.12	1.2	Trace
	Spaghetti, enriched, cooked:																			
493	Firm stage, "al dente," served hot.	1 cup	130	64	190	7	1	—	—	—	39	14	85	1.4	103	0	.23	.13	1.8	0
494	Tender stage, served hot	1 cup	140	73	155	5	1	—	—	—	32	11	70	1.3	85	0	.20	.11	1.5	0
	Spaghetti (enriched) in tomato sauce with cheese:																			
495	From home recipe	1 cup	250	77	260	9	9	2.0	5.4	.7	37	80	135	2.3	408	1,080	.25	.18	2.3	13
496	Canned	1 cup	250	80	190	6	2	.5	.3	.4	39	40	88	2.8	303	930	.35	.28	4.5	10
	Spaghetti (enriched) with meat balls and tomato sauce:																			
497	From home recipe	1 cup	248	70	330	19	12	3.3	6.3	.9	39	124	236	3.7	665	1,590	.25	.30	4.0	22
498	Canned	1 cup	250	78	260	12	10	2.2	3.3	3.9	29	53	113	3.3	245	1,000	.15	.18	2.3	5
499	Toaster pastries	1 pastry	50	12	200	3	6	—	—	—	36	[60]54	[60]67	1.9	[60]74	500	.16	.17	2.1	([60])
	Waffles, made with enriched flour, 7-in diam.:[38]																			
500	From home recipe	1 waffle	75	41	210	7	7	2.3	2.8	1.4	28	85	130	1.3	109	250	.17	.23	1.4	Trace
501	From mix, egg and milk added	1 waffle	75	42	205	7	8	2.8	2.9	1.2	27	179	257	1.0	146	170	.14	.22	.9	Trace

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(Q)	(R)	(S)
	Wheat flours:																	
	All-purpose or family flour, enriched:																	
502	Sifted, spooned	1 cup	115	12	420	12	1	0.2	0.1	0.5	88	18	100	3.3	109	0	0.74	0.46	6.1	0
503	Unsifted, spooned	1 cup	125	12	455	13	1	.2	.1	.5	95	20	109	3.6	119	0	.80	.50	6.6	0
504	Cake or pastry flour, enriched, sifted, spooned.	1 cup	96	12	350	7	1	.1	.1	.3	76	16	70	2.8	91	0	.61	.38	5.1	0
505	Self-rising, enriched, unsifted, spooned.	1 cup	125	12	440	12	1	.2	.1	.5	93	331	583	3.6	—	0	.80	.50	6.6	0
506	Whole-wheat, from hard wheats, stirred.	1 cup	120	12	400	16	2	.4	.2	1.0	85	49	446	4.0	444	0	.66	.14	5.2	0
	LEGUMES (DRY), NUTS, SEEDS; RELATED PRODUCTS																	
	Almonds, shelled:																	
507	Chopped (about 130 almonds)	1 cup	130	5	775	24	70	5.6	47.7	12.8	25	304	655	6.1	1,005	0	.31	1.20	4.6	Trace
508	Slivered, not pressed down (about 115 almonds).	1 cup	115	5	690	21	62	5.0	42.2	11.3	22	269	580	5.4	889	0	.28	1.06	4.0	Trace
	Beans, dry:																	
	Common varieties as Great Northern, navy, and others:																	
	Cooked, drained:																	
509	Great Northern	1 cup	180	69	210	14	1	—	—	—	38	90	266	4.9	749	0	.25	.13	1.3	0
510	Pea (navy)	1 cup	190	69	225	15	1	—	—	—	40	95	281	5.1	790	0	.27	.13	1.3	0
	Canned, solids and liquid:																	
	White with—																	
511	Frankfurters (sliced)	1 cup	255	71	365	19	18	—	—	—	32	94	303	4.8	668	330	.18	.15	3.3	Trace
512	Pork and tomato sauce	1 cup	255	71	310	16	7	2.4	2.8	.6	48	138	235	4.6	536	330	.20	.08	1.5	5
513	Pork and sweet sauce	1 cup	255	66	385	16	12	4.3	5.0	1.1	54	161	291	5.9	—	—	.15	.10	1.3	—
514	Red kidney	1 cup	255	76	230	15	1	—	—	—	42	74	278	4.6	673	10	.13	.10	1.5	—
515	Lima, cooked, drained	1 cup	190	64	260	16	1	—	—	—	49	55	293	5.9	1,163	—	.25	.11	1.3	—
516	Blackeye peas, dry, cooked (with residual cooking liquid).	1 cup	250	80	190	13	1	—	—	—	35	43	238	3.3	573	30	.40	.10	1.0	—
517	Brazil nuts, shelled (6-8 large kernels).	1 oz	28	5	185	4	19	4.8	6.2	7.1	3	53	196	1.0	203	Trace	.27	.03	.5	—
518	Cashew nuts, roasted in oil	1 cup	140	5	785	24	64	12.9	36.8	10.2	41	53	522	5.3	650	140	.60	.35	2.5	—
	Coconut meat, fresh:																	
519	Piece, about 2 by 2 by 1/2 in	1 piece	45	51	155	2	16	14.0	.9	.3	4	6	43	.8	115	0	.02	.01	.2	1
520	Shredded or grated, not pressed down.	1 cup	80	51	275	3	28	24.8	1.6	.5	8	10	76	1.4	205	0	.04	.02	.4	2
521	Filberts (hazelnuts), chopped (about 80 kernels).	1 cup	115	6	730	14	72	5.1	55.2	7.3	19	240	388	3.9	810	—	.53	—	1.0	Trace
522	Lentils, whole, cooked	1 cup	200	72	210	16	Trace	—	—	—	39	50	238	4.2	498	40	.14	.12	1.2	0
523	Peanuts, roasted in oil, salted (whole, halves, chopped).	1 cup	144	2	840	37	72	13.7	33.0	20.7	27	107	577	3.0	971	—	.46	.19	24.8	0
524	Peanut butter	1 tbsp	16	2	95	4	8	1.5	3.7	2.3	3	9	61	.3	100	—	.02	.02	2.4	0
525	Peas, split, dry, cooked	1 cup	200	70	230	16	1	—	—	—	42	22	178	3.4	592	80	.30	.18	1.8	—
526	Pecans, chopped or pieces (about 120 large halves).	1 cup	118	3	810	11	84	7.2	50.5	20.0	17	86	341	2.8	712	150	1.01	.15	1.1	2
527	Pumpkin and squash kernels, dry, hulled.	1 cup	140	4	775	41	65	11.8	23.5	27.5	21	71	1,602	15.7	1,386	100	.34	.27	3.4	—
528	Sunflower seeds, dry, hulled	1 cup	145	5	810	35	69	8.2	13.7	43.2	29	174	1,214	10.3	1,334	70	2.84	.33	7.8	—
	Walnuts:																	
	Black:																	
529	Chopped or broken kernels	1 cup	125	3	785	26	74	6.3	13.3	45.7	19	Trace	713	7.5	575	380	.28	.14	.9	—
530	Ground (finely)	1 cup	80	3	500	16	47	4.0	8.5	29.2	12	Trace	456	4.8	368	240	.18	.09	.6	—
531	Persian or English, chopped (about 60 halves).	1 cup	120	4	780	18	77	8.4	11.8	42.2	19	119	456	3.7	540	40	.40	.16	1.1	2

[19] Crust made with vegetable shortening and enriched flour.
[38] Made with vegetable shortening.
[59] Product may or may not be enriched with riboflavin. Consult the label.
[60] Value varies with the brand. Consult the label.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (—) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Milligrams	Milligrams	Milligrams	Milligrams
	SUGARS AND SWEETS																			
	Cake icings:																			
	Boiled, white:																			
532	Plain	1 cup	94	18	295	1	0	0	0	0	75	2	2	Trace	17	0	Trace	0.03	Trace	0
533	With coconut	1 cup	166	15	605	3	13	11.0	.9	Trace	124	10	50	0.8	277	0	0.02	.07	0.3	0
	Uncooked:																			
534	Chocolate made with milk and butter.	1 cup	275	14	1,035	9	38	23.4	11.7	1.0	185	165	305	3.3	536	580	.06	.28	.6	1
535	Creamy fudge from mix and water.	1 cup	245	15	830	7	16	5.1	6.7	3.1	183	96	218	2.7	238	Trace	.05	.20	.7	Trace
536	White	1 cup	319	11	1,200	2	21	12.7	5.1	.5	260	48	38	Trace	57	860	Trace	.06	Trace	Trace
	Candy:																			
537	Caramels, plain or chocolate	1 oz	28	8	115	1	3	1.6	1.1	.1	22	42	35	.4	54	Trace	.01	.05	.1	Trace
	Chocolate:																			
538	Milk, plain	1 oz	28	1	145	2	9	5.5	3.0	.3	16	65	65	.3	109	80	.02	.10	.1	Trace
539	Semisweet, small pieces (60 per oz).	1 cup or 6-oz pkg	170	1	860	7	61	36.2	19.8	1.7	97	51	255	4.4	553	30	.02	.14	.9	0
540	Chocolate-coated peanuts	1 oz	28	1	160	5	12	4.0	4.7	2.1	11	33	84	.4	143	Trace	.10	.05	2.1	Trace
541	Fondant, uncoated (mints, candy corn, other).	1 oz	28	8	105	Trace	1	.1	.3	.1	25	4	2	.3	1	0	Trace	Trace	Trace	0
542	Fudge, chocolate, plain	1 oz	28	8	115	1	3	1.3	1.4	.6	21	22	24	.3	42	Trace	.01	.03	.1	Trace
543	Gum drops	1 oz	28	12	100	Trace	Trace	—	—	—	25	2	Trace	.1	1	0	0	Trace	Trace	0
544	Hard	1 oz	28	1	110	0	Trace	—	—	—	28	6	2	.5	1	0	0	0	0	0
545	Marshmallows	1 oz	28	17	90	1	Trace	—	—	—	23	5	2	.5	2	0	0	Trace	Trace	0
	Chocolate-flavored beverage powders (about 4 heaping tsp per oz):																			
546	With nonfat dry milk	1 oz	28	2	100	5	1	.5	.3	Trace	20	167	155	.5	227	10	.04	.21	.2	1
547	Without milk	1 oz	28	1	100	1	1	.4	.2	Trace	25	9	48	.6	142	—	.01	.03	.1	0
548	Honey, strained or extracted	1 tbsp	21	17	65	Trace	0	0	0	0	17	1	1	.1	11	0	Trace	.01	.1	Trace
549	Jams and preserves	1 tbsp	20	29	55	Trace	Trace	—	—	—	14	4	2	.2	18	Trace	Trace	.01	Trace	Trace
550		1 packet	14	29	40	Trace	Trace	—	—	—	10	3	1	.1	12	Trace	Trace	Trace	Trace	Trace
551	Jellies	1 tbsp	18	29	50	Trace	Trace	—	—	—	13	4	1	.3	14	Trace	Trace	.01	Trace	1
552		1 packet	14	29	40	Trace	Trace	—	—	—	10	3	1	.2	11	Trace	Trace	Trace	Trace	1
	Sirups:																			
	Chocolate-flavored sirup or topping:																			
553	Thin type	1 fl oz or 2 tbsp	38	32	90	1	1	.5	.3	Trace	24	6	35	.6	106	Trace	.01	.03	.2	0
554	Fudge type	1 fl oz or 2 tbsp	38	25	125	2	5	3.1	1.6	.1	20	48	60	.5	107	60	.02	.08	.2	Trace
	Molasses, cane:																			
555	Light (first extraction)	1 tbsp	20	24	50	—	—	—	—	—	13	33	9	.9	183	—	.01	.01	Trace	—
556	Blackstrap (third extraction)	1 tbsp	20	24	45	—	—	—	—	—	11	137	17	3.2	585	—	.02	.04	.4	—
557	Sorghum	1 tbsp	21	23	55	—	—	—	—	—	14	35	5	2.6	—	—	—	.02	Trace	—
558	Table blends, chiefly corn, light and dark.	1 tbsp	21	24	60	0	0	0	0	0	15	9	3	.8	1	0	0	0	0	0
	Sugars:																			
559	Brown, pressed down	1 cup	220	2	820	0	0	0	0	0	212	187	42	7.5	757	0	.02	.07	.4	0
	White:																			
560	Granulated	1 cup	200	1	770	0	0	0	0	0	199	0	0	.2	6	0	0	0	0	0
561		1 tbsp	12	1	45	0	0	0	0	0	12	0	0	Trace	Trace	0	0	0	0	0
562		1 packet	6	1	23	0	0	0	0	0	6	0	0	Trace	Trace	0	0	0	0	0
563	Powdered, sifted, spooned into cup.	1 cup	100	1	385	0	0	0	0	0	100	0	0	.1	3	0	0	0	0	0

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)		(Q)	(R)	(S)
	VEGETABLE AND VEGETABLE PRODUCTS																		
	Asparagus, green:																		
	Cooked, drained:																		
	Cuts and tips, 1 1/2- to 2-in lengths:																		
564	From raw	1 cup	145	94	30	3	Trace	—	—	—	5	30	73	0.9	265	1,310	0.23	0.26	2.0	38
565	From frozen	1 cup	180	93	40	6	Trace	—	—	—	6	40	115	2.2	396	1,530	.25	.23	1.8	41
	Spears, 1/2-in diam. at base:																		
566	From raw	4 spears	60	94	10	1	Trace	—	—	—	2	13	30	.4	110	540	.10	.11	.8	16
567	From frozen	4 spears	60	92	15	2	Trace	—	—	—	2	13	40	.7	143	470	.10	.08	.7	16
568	Canned, spears, 1/2-in diam. at base.	4 spears	80	93	15	2	Trace	—	—	—	3	15	42	1.5	133	640	.05	.08	.6	12
	Beans:																		
	Lima, immature seeds, frozen, cooked, drained:																		
569	Thick-seeded types (Fordhooks)	1 cup	170	74	170	10	Trace	—	—	—	32	34	153	2.9	724	390	.12	.09	1.7	29
570	Thin-seeded types (baby limas)	1 cup	180	69	210	13	Trace	—	—	—	40	63	227	4.7	709	400	.16	.09	2.2	22
	Snap:																		
	Green:																		
	Cooked, drained:																		
571	From raw (cuts and French style).	1 cup	125	92	30	2	Trace	—	—	—	7	63	46	.8	189	680	.09	.11	.6	15
	From frozen:																		
572	Cuts	1 cup	135	92	35	2	Trace	—	—	—	8	54	43	.9	205	780	.09	.12	.5	7
573	French style	1 cup	130	92	35	2	Trace	—	—	—	8	49	39	1.2	177	690	.08	.10	.4	9
574	Canned, drained solids (cuts).	1 cup	135	92	30	2	Trace	—	—	—	7	61	34	2.0	128	630	.04	.07	.4	5
	Yellow or wax:																		
	Cooked, drained:																		
575	From raw (cuts and French style).	1 cup	125	93	30	2	Trace	—	—	—	6	63	46	.8	189	290	.09	.11	.6	16
576	From frozen (cuts)	1 cup	135	92	35	2	Trace	—	—	—	8	47	42	.9	221	140	.09	.11	.5	8
577	Canned, drained solids (cuts).	1 cup	135	92	30	2	Trace	—	—	—	7	61	34	2.0	128	140	.04	.07	.4	7
	Beans, mature. See Beans, dry (items 509-515) and Blackeye peas, dry (item 516).																		
	Bean sprouts (mung):																		
578	Raw	1 cup	105	89	35	4	Trace	—	—	—	7	20	67	1.4	234	20	.14	.14	.8	20
579	Cooked, drained	1 cup	125	91	35	4	Trace	—	—	—	7	21	60	1.1	195	30	.11	.13	.9	8
	Beets:																		
	Cooked, drained, peeled:																		
580	Whole beets, 2-in diam.	2 beets	100	91	30	1	Trace	—	—	—	7	14	23	.5	208	20	.03	.04	.3	6
581	Diced or sliced	1 cup	170	91	55	2	Trace	—	—	—	12	24	39	.9	354	30	.05	.07	.5	10
	Canned, drained solids:																		
582	Whole beets, small	1 cup	160	89	60	2	Trace	—	—	—	14	30	29	1.1	267	30	.02	.05	.2	5
583	Diced or sliced	1 cup	170	89	65	2	Trace	—	—	—	15	32	31	1.2	284	30	.02	.05	.2	5
584	Beet greens, leaves and stems, cooked, drained.	1 cup	145	94	25	2	Trace	—	—	—	5	144	36	2.8	481	7,400	.10	.22	.4	22
	Blackeye peas, immature seeds, cooked and drained:																		
585	From raw	1 cup	165	72	180	13	1	—	—	—	30	40	241	3.5	625	580	.50	.18	2.3	28
586	From frozen	1 cup	170	66	220	15	1	—	—	—	40	43	286	4.8	573	290	.68	.19	2.4	15
	Broccoli, cooked, drained:																		
	From raw:																		
587	Stalk, medium size	1 stalk	180	91	45	6	1	—	—	—	8	158	112	1.4	481	4,500	.16	.36	1.4	162
588	Stalks cut into 1/2-in pieces	1 cup	155	91	40	5	Trace	—	—	—	7	136	96	1.2	414	3,880	.14	.31	1.2	140
	From frozen:																		
589	Stalk, 4 1/2 to 5 in long	1 stalk	30	91	10	1	Trace	—	—	—	1	12	17	.2	66	570	.02	.03	.2	22
590	Chopped	1 cup	185	92	50	5	1	—	—	—	9	100	104	1.3	392	4,810	.11	.22	.9	105
	Brussels sprouts, cooked, drained:																		
591	From raw, 7-8 sprouts (1 1/4- to 1 1/2-in diam.).	1 cup	155	88	55	7	1	—	—	—	10	50	112	1.7	423	810	.12	.22	1.2	135
592	From frozen	1 cup	155	89	50	5	Trace	—	—	—	10	33	95	1.2	457	880	.12	.16	.9	126

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (—) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	*Percent*	*Calories*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*	*International units*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
	VEGETABLE AND VEGETABLE PRODUCTS—Con.																			
	Cabbage:																			
	Common varieties:																			
	Raw:																			
593	Coarsely shredded or sliced-	1 cup----------	70	92	15	1	Trace	—	—	—	4	34	20	0.3	163	90	0.04	0.04	0.2	33
594	Finely shredded or chopped--	1 cup----------	90	92	20	1	Trace	—	—	—	5	44	26	.4	210	120	.05	.05	.3	42
595	Cooked, drained----------	1 cup----------	145	94	30	2	Trace	—	—	—	6	64	29	.4	236	190	.06	.06	.4	48
596	Red, raw, coarsely shredded or sliced.	1 cup----------	70	90	20	1	Trace	—	—	—	5	29	25	.6	188	30	.06	.04	.3	43
597	Savoy, raw, coarsely shredded or sliced.	1 cup----------	70	92	15	2	Trace	—	—	—	3	47	38	.6	188	140	.04	.06	.2	39
598	Cabbage, celery (also called pe-tsai or wongbok), raw, 1-in pieces.	1 cup----------	75	95	10	1	Trace	—	—	—	2	32	30	.5	190	110	.04	.03	.5	19
599	Cabbage, white mustard (also called bokchoy or pakchoy), cooked, drained.	1 cup----------	170	95	25	2	Trace	—	—	—	4	252	56	1.0	364	5,270	.07	.14	1.2	26
	Carrots:																			
	Raw, without crowns and tips, scraped:																			
600	Whole, 7 1/2 by 1 1/8 in, or strips, 2 1/2 to 3 in long.	1 carrot or 18 strips----	72	88	30	1	Trace	—	—	—	7	27	26	.5	246	7,930	.04	.04	.4	6
601	Grated----------	1 cup----------	110	88	45	1	Trace	—	—	—	11	41	40	.8	375	12,100	.07	.06	.7	9
602	Cooked (crosswise cuts), drained	1 cup----------	155	91	50	1	Trace	—	—	—	11	51	48	.9	344	16,280	.08	.08	.8	9
	Canned:																			
603	Sliced, drained solids--------	1 cup----------	155	91	45	1	Trace	—	—	—	10	47	34	1.1	186	23,250	.03	.05	.6	3
604	Strained or junior (baby food)	1 oz (1 3/4 to 2 tbsp)---	28	92	10	Trace	Trace	—	—	—	2	7	6	.1	51	3,690	.01	.01	.1	1
	Cauliflower:																			
605	Raw, chopped----------	1 cup----------	115	91	31	3	Trace	—	—	—	6	29	64	1.3	339	70	.13	.12	.8	90
	Cooked, drained:																			
606	From raw (flower buds)--------	1 cup----------	125	93	30	3	Trace	—	—	—	5	26	53	.9	258	80	.11	.10	.8	69
607	From frozen (flowerets)-------	1 cup----------	180	94	30	3	Trace	—	—	—	6	31	68	.9	373	50	.07	.09	.7	74
	Celery, Pascal type, raw:																			
608	Stalk, large outer, 8 by 1 1/2 in, at root end.	1 stalk----------	40	94	5	Trace	Trace	—	—	—	2	16	11	.1	136	110	.01	.01	.1	4
609	Pieces, diced----------	1 cup----------	120	94	20	1	Trace	—	—	—	5	47	34	.4	409	320	.04	.04	.4	11
	Collards, cooked, drained:																			
610	From raw (leaves without stems)-	1 cup----------	190	90	65	7	1	—	—	—	10	357	99	1.5	498	14,820	.21	.38	2.3	144
611	From frozen (chopped)----------	1 cup----------	170	90	50	5	1	—	—	—	10	299	87	1.7	401	11,560	.10	.24	1.0	56
	Corn, sweet:																			
	Cooked, drained:																			
612	From raw, ear 5 by 1 3/4 in---	1 ear[61]----------	140	74	70	2	1	—	—	—	16	2	69	.5	151	[62]310	.09	.08	1.1	7
	From frozen:																			
613	Ear, 5 in long----------	1 ear[61]----------	229	73	120	4	1	—	—	—	27	4	121	1.0	291	[62]440	.18	.10	2.1	9
614	Kernels----------	1 cup----------	165	77	130	5	1	—	—	—	31	5	120	1.3	304	[62]580	.15	.10	2.5	8
	Canned:																			
615	Cream style----------	1 cup----------	256	76	210	5	2	—	—	—	51	8	143	1.5	248	[62]840	.08	.13	2.6	13
	Whole kernel:																			
616	Vacuum pack----------	1 cup----------	210	76	175	5	1	—	—	—	43	6	153	1.1	204	[62]740	.06	.13	2.3	11
617	Wet pack, drained solids----	1 cup----------	165	76	140	4	1	—	—	—	33	8	81	.8	160	[62]580	.05	.08	1.5	7
	Cowpeas. See Blackeye peas. (Items 585-586).																			
	Cucumber slices, 1/8 in thick (large, 2 1/8-in diam.; small, 1 3/4-in diam.):																			
618	With peel----------	6 large or 8 small slices	28	95	5	Trace	Trace	—	—	—	1	7	8	.3	45	70	.01	.01	.1	3

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(Q)	(R)	(S)
619	Without peel----------	6 1/2 large or 9 small pieces.	28	96	5	Trace	Trace	—	—	—	1	5	5	0.1	45	Trace	0.01	0.01	0.1	3
620	Dandelion greens, cooked, drained-	1 cup----------	105	90	35	2	1	—	—	—	7	147	44	1.9	244	12,290	.14	.17	—	19
621	Endive, curly (including escarole), raw, small pieces.	1 cup----------	50	93	10	1	Trace	—	—	—	2	41	27	.9	147	1,650	.04	.07	.3	5
	Kale, cooked, drained:																			
622	From raw (leaves without stems and midribs).	1 cup----------	110	88	45	5	1	—	—	—	7	206	64	1.8	243	9,130	.11	.20	1.8	102
623	From frozen (leaf style)--------	1 cup----------	130	91	40	4	1	—	—	—	7	157	62	1.3	251	10,660	.08	.20	.9	49
	Lettuce, raw:																			
	Butterhead, as Boston types:																			
624	Head, 5-in diam----------	1 head[63]----------	220	95	25	2	Trace	—	—	—	4	57	42	3.3	430	1,580	.10	.10	.5	13
625	Leaves----------	1 outer or 2 inner or 3 heart leaves.	15	95	Trace	Trace	Trace	—	—	—	Trace	5	4	.3	40	150	.01	.01	Trace	1
	Crisphead, as Iceberg:																			
626	Head, 6-in diam----------	1 head[64]----------	567	96	70	5	1	—	—	—	16	108	118	2.7	943	1,780	.32	.32	1.6	32
627	Wedge, 1/4 of head----------	1 wedge----------	135	96	20	1	Trace	—	—	—	4	27	30	.7	236	450	.08	.08	.4	8
628	Pieces, chopped or shredded---	1 cup----------	55	96	5	Trace	Trace	—	—	—	2	11	12	.3	96	180	.03	.03	.2	3
629	Looseleaf (bunching varieties including romaine or cos), chopped or shredded pieces.	1 cup----------	55	94	10	1	Trace	—	—	—	2	37	14	.8	145	1.050	.03	.04	.2	10
630	Mushrooms, raw, sliced or chopped-	1 cup----------	70	90	20	2	Trace	—	—	—	3	4	81	.6	290	Trace	.07	.32	2.9	2
631	Mustard greens, without stems and midribs, cooked, drained.	1 cup----------	140	93	30	3	1	—	—	—	6	193	45	2.5	308	8,120	.11	.20	.8	67
632	Okra pods, 3 by 5/8 in, cooked----	10 pods----------	106	91	30	2	Trace	—	—	—	6	98	43	.5	184	520	.14	.19	1.0	21
	Onions:																			
	Mature:																			
	Raw:																			
633	Chopped----------	1 cup----------	170	89	65	3	Trace	—	—	—	15	46	61	.9	267	[65]Trace	.05	.07	.3	17
634	Sliced----------	1 cup----------	115	89	45	2	Trace	—	—	—	10	31	41	.6	181	[65]Trace	.03	.05	.2	12
635	Cooked (whole or sliced), drained.	1 cup----------	210	92	60	3	Trace	—	—	—	14	50	61	.8	231	[65]Trace	.06	.06	.4	15
636	Young green, bulb (3/8 in diam.) and white portion of top.	6 onions----------	30	88	15	Trace	Trace	—	—	—	3	12	12	.2	69	Trace	.02	.01	.1	8
637	Parsley, raw, chopped----------	1 tbsp----------	4	85	Trace	Trace	Trace	—	—	—	Trace	7	2	.2	25	300	Trace	.01	Trace	6
638	Parsnips, cooked (diced or 2-in lengths).	1 cup----------	155	82	100	2	1	—	—	—	23	70	96	.9	587	50	.11	.12	.2	16
	Peas, green:																			
	Canned:																			
639	Whole, drained solids---------	1 cup----------	170	77	150	8	1	—	—	—	29	44	129	3.2	163	1,170	.15	.10	1.4	14
640	Strained (baby food)----------	1 oz (1 3/4 to 2 tbsp)--	28	86	15	1	Trace	—	—	—	3	3	18	.3	28	140	.02	.03	.3	3
641	Frozen, cooked, drained--------	1 cup----------	160	82	110	8	Trace	—	—	—	19	30	138	3.0	216	960	.43	.14	2.7	21
642	Peppers, hot, red, without seeds, dried (ground chili powder, added seasonings).	1 tsp----------	2	9	5	Trace	Trace	—	—	—	1	5	4	.3	20	1,300	Trace	.02	.2	Trace
	Peppers, sweet (about 5 per lb, whole), stem and seeds removed:																			
643	Raw----------	1 pod----------	74	93	15	1	Trace	—	—	—	4	7	16	.5	157	310	.06	.06	.4	94
644	Cooked, boiled, drained--------	1 pod----------	73	95	15	1	Trace	—	—	—	3	7	12	.4	109	310	.05	.05	.4	70
	Potatoes, cooked:																			
645	Baked, peeled after baking (about 2 per lb, raw).	1 potato----------	156	75	145	4	Trace	—	—	—	33	14	101	1.1	782	Trace	.15	.07	2.7	31
	Boiled (about 3 per lb, raw):																			
646	Peeled after boiling----------	1 potato----------	137	80	105	3	Trace	—	—	—	23	10	72	.8	556	Trace	.12	.05	2.0	22
647	Peeled before boiling---------	1 potato----------	135	83	90	3	Trace	—	—	—	20	8	57	.7	385	Trace	.12	.05	1.6	22
	French-fried, strip, 2 to 3 1/2 in long:																			
648	Prepared from raw----------	10 strips----------	50	45	135	2	7	1.7	1.2	3.3	18	8	56	.7	427	Trace	.07	.04	1.6	11
649	Frozen, oven heated----------	10 strips----------	50	53	110	2	4	1.1	.8	2.1	17	5	43	.9	326	Trace	.07	.01	1.3	11
650	Hashed brown, prepared from frozen.	1 cup----------	155	56	345	3	18	4.6	3.2	9.0	45	28	78	1.9	439	Trace	.11	.03	1.6	12
	Mashed, prepared from—																			
	Raw:																			
651	Milk added----------	1 cup----------	210	83	135	4	2	.7	.4	Trace	27	50	103	8	548	40	.17	.11	2.1	21

[61]Weight includes cob. Without cob, weight is 77 g for item 612, 126 g for item 613.
[62]Based on yellow varieties. For white varieties, value is trace.
[63]Weight includes refuse of outer leaves and core. Without these parts, weight is 163 g.
[64]Weight includes core. Without core, weight is 539 g.
[65]Value based on white-fleshed varieties. For yellow-fleshed varieties, value in International Units (I.U.) is 70 for item 633, 50 for item 634, and 80 for item 635.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (—) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Milligrams	Milligrams	Milligrams	Milligrams
	VEGETABLE AND VEGETABLE PRODUCTS—Con.																			
	Potatoes, cooked—Continued																			
	Mashed, prepared from—Continued																			
	Raw-Continued																			
652	Milk and butter added	1 cup	210	80	195	4	9	5.6	2.3	0.2	26	50	101	0.8	525	360	0.17	0.11	2.1	19
653	Dehydrated flakes (without milk), water, milk, butter, and salt added.	1 cup	210	79	195	4	7	3.6	2.1	.2	30	65	99	.6	601	270	.08	.08	1.9	11
654	Potato chips, 1 3/4 by 2 1/2 in oval cross section.	10 chips	20	2	115	1	8	2.1	1.4	4.0	10	8	28	.4	226	Trace	.04	.01	1.0	3
655	Potato salad, made with cooked salad dressing.	1 cup	250	76	250	7	7	2.0	2.7	1.3	41	80	160	1.5	798	350	.20	.18	2.8	28
656	Pumpkin, canned	1 cup	245	90	80	2	1	—	—	—	19	61	64	1.0	588	15,680	.07	.12	1.5	12
657	Radishes, raw (prepackaged) stem ends, rootlets cut off.	4 radishes	18	95	5	Trace	Trace	—	—	—	1	5	6	.2	58	Trace	.01	.01	.1	5
658	Sauerkraut, canned, solids and liquid.	1 cup	235	93	40	2	Trace	—	—	—	9	85	42	1.2	329	120	.07	.09	.5	33
	Southern peas. See Blackeye peas (items 585-586).																			
	Spinach:																			
659	Raw, chopped	1 cup	55	91	15	2	Trace	—	—	—	2	51	28	1.7	259	4,460	.06	.11	.3	28
	Cooked, drained:																			
660	From raw	1 cup	180	92	40	5	1	—	—	—	6	167	68	4.0	583	14,580	.13	.25	.9	50
	From frozen:																			
661	Chopped	1 cup	205	92	45	6	1	—	—	—	8	232	90	4.3	683	16,200	.14	.31	.8	39
662	Leaf	1 cup	190	92	45	6	1	—	—	—	7	200	84	4.8	688	15,390	.15	.27	1.0	53
663	Canned, drained solids	1 cup	205	91	50	6	1	—	—	—	7	242	53	5.3	513	16,400	.04	.25	.6	29
	Squash, cooked:																			
664	Summer (all varieties), diced, drained.	1 cup	210	96	30	2	Trace	—	—	—	7	53	53	.8	296	820	.11	.17	1.7	21
665	Winter (all varieties), baked, mashed.	1 cup	205	81	130	4	1	—	—	—	32	57	98	1.6	945	8,610	.10	.27	1.4	27
	Sweetpotatoes:																			
	Cooked (raw, 5 by 2 in; about 2 1/2 per lb):																			
666	Baked in skin, peeled	1 potato	114	64	160	2	1	—	—	—	37	46	66	1.0	342	9,230	.10	.08	.8	25
667	Boiled in skin, peeled	1 potato	151	71	170	3	1	—	—	—	40	48	71	1.1	367	11,940	.14	.09	.9	26
668	Candied, 2 1/2 by 2-in piece	1 piece	105	60	175	1	3	2.0	.8	.1	36	39	45	.9	200	6,620	.06	.04	.4	11
	Canned:																			
669	Solid pack (mashed)	1 cup	255	72	275	5	1	—	—	—	63	64	105	2.0	510	19,890	.13	.10	1.5	36
670	Vacuum pack, piece 2 3/4 by 1 in.	1 piece	40	72	45	1	Trace	—	—	—	10	10	16	.3	80	3,120	.02	.02	.2	6
	Tomatoes:																			
671	Raw, 2 3/5-in diam. (3 per 12 oz pkg.).	1 tomato[66]	135	94	25	1	Trace	—	—	—	6	16	33	.6	300	1,110	.07	.05	.9	[67]28
672	Canned, solids and liquid	1 cup	241	94	50	2	Trace	—	—	—	10	[68]14	46	1.2	523	2,170	.12	.07	1.7	41
673	Tomato catsup	1 cup	273	69	290	5	1	—	—	—	69	60	137	2.2	991	3,820	.25	.19	4.4	41
674		1 tbsp	15	69	15	Trace	Trace	—	—	—	4	3	8	.1	54	210	.01	.01	.2	2
	Tomato juice, canned:																			
675	Cup	1 cup	243	94	45	2	Trace	—	—	—	10	17	44	2.2	552	1,940	.12	.07	1.9	39
676	Glass (6 fl oz)	1 glass	182	94	35	2	Trace	—	—	—	8	13	33	1.6	413	1,460	.09	.05	1.5	29
677	Turnips, cooked, diced	1 cup	155	94	35	1	Trace	—	—	—	8	54	37	.6	291	Trace	.06	.08	.5	34
	Turnip greens, cooked, drained:																			
678	From raw (leaves and stems)	1 cup	145	94	30	3	Trace	—	—	—	5	252	49	1.5	—	8,270	.15	.33	.7	68
679	From frozen (chopped)	1 cup	165	93	40	4	Trace	—	—	—	6	195	64	2.6	246	11,390	.08	.15	.7	31
680	Vegetables, mixed, frozen, cooked-	1 cup	182	83	115	6	1	—	—	—	24	46	115	2.4	348	9,010	.22	.13	2.0	15

(A)	(B)		(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
	MISCELLANEOUS ITEMS																		
	Baking powders for home use:																		
	Sodium aluminum sulfate:																		
681	With monocalcium phosphate monohydrate.	1 tsp	3.0	2	5	Trace	Trace	0	0	0	1	58	87	—	5	0	0	0	0	0
682	With monocalcium phosphate monohydrate, calcium sulfate.	1 tsp	2.9	1	5	Trace	Trace	0	0	0	1	183	45	—	—	0	0	0	0	0
683	Straight phosphate	1 tsp	3.8	2	5	Trace	Trace	0	0	0	1	239	359	—	6	0	0	0	0	0
684	Low sodium	1 tsp	4.3	2	5	Trace	Trace	0	0	0	2	207	314	—	471	0	0	0	0	0
685	Barbecue sauce	1 cup	250	81	230	4	17	2.2	4.3	10.0	20	53	50	2.0	435	900	.03	.03	.8	13
	Beverages, alcoholic:																		
686	Beer	12 fl oz	360	92	150	1	0	0	0	0	14	18	108	Trace	90	—	.01	.11	2.2	—
	Gin, rum, vodka, whisky:																		
687	80-proof	1 1/2-fl oz jigger	42	67	95	—	—	0	0	0	Trace	—	—	—	1	—	—	—	—	—
688	86-proof	1 1/2-fl oz jigger	42	64	105	—	—	0	0	0	Trace	—	—	—	1	—	—	—	—	—
689	90-proof	1 1/2-fl oz jigger	42	62	110	—	—	0	0	0	Trace	—	—	—	1	—	—	—	—	—
	Wines:																		
690	Dessert	3 1/2-fl oz glass	103	77	140	Trace	0	0	0	0	8	8	—	—	77	—	.01	.02	.2	—
691	Table	3 1/2-fl oz glass	102	86	85	Trace	0	0	0	0	4	9	10	.4	94	—	Trace	.01	.1	—
	Beverages, carbonated, sweetened, nonalcoholic:																		
692	Carbonated water	12 fl oz	366	92	115	0	0	0	0	0	29	—	—	—	—	0	0	0	0	0
693	Cola type	12 fl oz	369	90	145	0	0	0	0	0	37	—	—	—	—	0	0	0	0	0
694	Fruit-flavored sodas and Tom Collins mixer.	12 fl oz	372	88	170	0	0	0	0	0	45	—	—	—	—	0	0	0	0	0
695	Ginger ale	12 fl oz	366	92	115	0	0	0	0	0	29	—	—	—	0	0	0	0	0	0
696	Root beer	12 fl oz	370	90	150	0	0	0	0	0	39	—	—	—	0	0	0	0	0	0
	Chili powder. See Peppers, hot, red (item 642).																		
	Chocolate:																		
697	Bitter or baking	1 oz	28	2	145	3	15	8.9	4.9	.4	8	22	109	1.9	235	20	.01	.07	.4	0
	Semisweet, see Candy, chocolate (item 539).																		
698	Gelatin, dry	1,7-g envelope	7	13	25	6	Trace	0	0	0	0	—	—	—	—	—	—	—	—	—
699	Gelatin dessert prepared with gelatin dessert powder and water.	1 cup	240	84	140	4	0	0	0	0	34	—	—	—	—	—	—	—	—	—
700	Mustard, prepared, yellow	1 tsp or individual serving pouch or cup.	5	80	5	Trace	Trace	—	—	—	Trace	4	4	.1	7	—	—	—	—	—
	Olives, pickled, canned:																		
701	Green	4 medium or 3 extra large or 2 giant.[69]	16	78	15	Trace	2	.2	1.2	.1	Trace	8	2	.2	7	40	—	—	—	—
702	Ripe, Mission	3 small or 2 large[69]	10	73	15	Trace	2	.2	1.2	.1	Trace	9	1	.1	2	10	Trace	Trace	—	—
	Pickles, cucumber:																		
703	Dill, medium, whole, 3 3/4 in long, 1 1/4-in diam.	1 pickle	65	93	5	Trace	Trace	—	—	—	1	17	14	.7	130	70	Trace	.01	Trace	4
704	Fresh-pack, slices 1 1/2-in diam., 1/4 in thick.	2 slices	15	79	10	Trace	Trace	—	—	—	3	5	4	.3	—	20	Trace	Trace	Trace	1
705	Sweet, gherkin, small, whole, about 2 1/2 in long, 3/4-in diam.	1 pickle	15	61	20	Trace	Trace	—	—	—	5	2	2	.2	—	10	Trace	Trace	Trace	1
706	Relish, finely chopped, sweet	1 tbsp	15	63	20	Trace	Trace	—	—	—	5	3	2	.1	—	—	—	—	—	—
	Popcorn. See items 476-478.																		
707	Popsicle, 3-fl oz size	1 popsicle	95	80	70	0	0	0	0	0	18	0	—	Trace	—	0	0	0	0	0

[66]Weight includes cores and stem ends. Without these parts, weight is 123 g.
[67]Based on year-round average. For tomatoes marketed from November through May, value is about 12 mg; from June through October, 32 mg.
[68]Applies to product without calcium salts added. Value for products with calcium salts added may be as much as 63 mg for whole tomatoes, 241 mg for cut forms.
[69]Weight includes pits. Without pits, weight is 13 g for item 701, 9 g for item 702.

TABLE 2.– NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS - Continued

(Dashes (—) denote lack of reliable data for a constituent believed to be present in measurable amount)

Item No.	Foods, approximate measures, units, and weight (edible part unless footnotes indicate otherwise)			NUTRIENTS IN INDICATED QUANTITY																
								Fatty Acids												
				Water	Food energy	Protein	Fat	Saturated (total)	Unsaturated Oleic	Unsaturated Linoleic	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
(A)	(B)			(C)	(D)	(E)	(F)	(G)	(H)	(I)	(J)	(K)	(L)	(M)	(N)	(O)	(P)	(Q)	(R)	(S)
			Grams	*Percent*	*Calories*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Grams*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*	*International units*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
	MISCELLANEOUS ITEMS—Con.																			
	Soups:																			
	Canned, condensed:																			
	Prepared with equal volume of milk:																			
708	Cream of chicken	1 cup	245	85	180	7	10	4.2	3.6	1.3	15	172	152	0.5	260	610	0.05	0.27	0.7	2
709	Cream of mushroom	1 cup	245	83	215	7	14	5.4	2.9	4.6	16	191	169	.5	279	250	.05	.34	.7	1
710	Tomato	1 cup	250	84	175	7	7	3.4	1.7	1.0	23	168	155	.8	418	1,200	.10	.25	1.3	15
	Prepared with equal volume of water:																			
711	Bean with pork	1 cup	250	84	170	8	6	1.2	1.8	2.4	22	63	128	2.3	395	650	.13	.08	1.0	3
712	Beef broth, bouillon, consomme.	1 cup	240	96	30	5	0	0	0	0	3	Trace	31	.5	130	Trace	Trace	.02	1.2	—
713	Beef noodle	1 cup	240	93	65	4	3	.6	.7	.8	7	7	48	1.0	77	50	.05	.07	1.0	Trace
714	Clam chowder, Manhattan type (with tomatoes, without milk).	1 cup	245	92	80	2	3	.5	.4	1.3	12	34	47	1.0	184	880	.02	.02	1.0	—
715	Cream of chicken	1 cup	240	92	95	3	6	1.6	2.3	1.1	8	24	34	.5	79	410	.02	.05	.5	Trace
716	Cream of mushroom	1 cup	240	90	135	2	10	2.6	1.7	4.5	10	41	50	.5	98	70	.02	.12	.7	Trace
717	Minestrone	1 cup	245	90	105	5	3	.7	.9	1.3	14	37	59	1.0	314	2,350	.07	.05	1.0	—
718	Split pea	1 cup	245	85	145	9	3	1.1	1.2	.4	21	29	149	1.5	270	440	.25	.15	1.5	1
719	Tomato	1 cup	245	91	90	2	3	.5	.5	1.0	16	15	34	.7	230	1,000	.05	.05	1.2	12
720	Vegetable beef	1 cup	245	92	80	5	2	—	—	—	10	12	49	.7	162	2,700	.05	.05	1.0	—
721	Vegetarian	1 cup	245	92	80	2	2	—	—	—	13	20	39	1.0	172	2,940	.05	.05	1.0	—
	Dehydrated:																			
722	Bouillon cube, 1/2 in	1 cube	4	4	5	1	Trace	—	—	—	Trace	—	—	—	4	—	—	—	—	—
	Mixes:																			
	Unprepared:																			
723	Onion	1 1/2-oz pkg	43	3	150	6	5	1.1	2.3	1.0	23	42	49	.6	238	30	.05	.03	.3	6
	Prepared with water:																			
724	Chicken noodle	1 cup	240	95	55	2	1	—	—	—	8	7	19	.2	19	50	.07	.05	.5	Trace
725	Onion	1 cup	240	96	35	1	1	—	—	—	6	10	12	.2	58	Trace	Trace	Trace	Trace	2
726	Tomato vegetable with noodles.	1 cup	240	93	65	1	1	—	—	—	12	7	19	.2	29	480	.05	.02	.5	5
727	Vinegar, cider	1 tbsp	15	94	Trace	Trace	0	0	0	0	1	1	1	.1	15	—	—	—	—	—
728	White sauce, medium, with enriched flour.	1 cup	250	73	405	10	31	19.3	7.8	.8	22	288	233	.5	348	1,150	.12	.43	.7	2
	Yeast:																			
729	Baker's, dry, active	1 pkg	7	5	20	3	Trace	—	—	—	3	3	90	1.1	140	Trace	.16	.38	2.6	Trace
730	Brewer's, dry	1 tbsp	8	5	25	3	Trace	—	—	—	3	[70]17	140	1.4	152	Trace	1.25	.34	3.0	Trace

[70]Value may vary from 6 to 60 mg.

Table 3.—Yield of cooked meat per pound of raw meat as purchased

Retail cut and method of cooking	Yield after cooking (less drippings)	
	Parts weighed	Weight
		Ounces
Chops or steaks for broiling or frying:		
With bone and relatively large amount of fat, such as pork or lamb chops; beef rib, sirloin, or porterhouse steaks.	Lean, bone, fat	10-12
	Lean and fat	7-10
	Lean only	5-7
Without bone and with very little fat, such as round of beef, veal steaks.	Lean and fat	12-13
	Lean only	9-12
Ground meat for broiling or frying, such as beef, lamb, or pork patties.	Patties	9-13
Roast for oven cooking (no liquid added):		
With bone and relatively large amount of fat, such as beef rib, loin, chuck; lamb shoulder, leg; pork, fresh or cured.	Lean, bone, fat	10-12
	Lean and fat	8-10
	Lean only	6-9
Without bone	Lean and fat	10-12
	Lean only	7-10
Cuts for pot roasting, simmering, braising, stewing:		
With bone and relatively large amount of fat, such as beef chuck, pork shoulder.	Lean, bone, fat	10-11
	Lean and fat	8-9
	Lean only	6-8
Without bone and with relatively small amount of fat, such as trimmed beef, veal.	Lean with adhering fat	9-11

TABLE 4.—RECOMMENDED DAILY DIETARY ALLOWANCES (RDA)[1]

(Designed for the maintenance of good nutrition of practically all healthy persons in the United States.)

Sex-age category	Persons: Age		Weight		Height		Food energy	Protein	Minerals: Calcium	Phosphorus	Iron	Vitamin A	Thiamin	Riboflavin	Niacin	Ascorbic acid
	Years From	*To*	*Kilograms*	*Pounds*	*Centimeters*	*Inches*	*Calories*	*Grams*	*Milligrams*	*Milligrams*	*Milligrams*	*International units*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
Infants	0	0.5	6	13	60	24	kg × 115 lb × 52.3	kg × 2.2 lb × 1.0	360	240	10	1,400	0.3	0.4	6	35
	0.5	1	9	20	71	28	kg × 105 lb × 47.7	kg × 2.0 lb × 0.9	540	360	15	2,000	.5	.6	8	35
Children	1	3	13	29	90	35	1,300	23	800	800	15	2,000	.7	.8	9	45
	4	6	20	44	112	44	1,700	30	800	800	10	2,500	.9	1.0	11	45
	7	10	28	62	132	52	2,400	34	800	800	10	3,300	1.2	1.4	16	45
Males	11	14	45	99	157	62	2,700	45	1,200	1,200	18	5,000	1.4	1.6	18	50
	15	18	66	145	176	69	2,800	56	1,200	1,200	18	5,000	1.4	1.7	18	60
	19	22	70	154	177	70	2,900	56	800	800	10	5,000	1.5	1.7	19	60
	23	50	70	154	178	70	2,700	56	800	800	10	5,000	1.4	1.6	18	60
	51+		70	154	178	70	[2]2,400	56	800	800	10	5,000	1.2	1.4	16	60
Females	11	14	46	101	157	62	2,200	46	1,200	1,200	18	4,000	1.1	1.3	15	50
	15	18	55	120	163	64	2,100	46	1,200	1,200	18	4,000	1.1	1.3	14	60
	19	22	55	120	163	64	2,100	44	800	800	18	4,000	1.1	1.3	14	60
	23	50	55	120	163	64	2,000	44	800	800	18	4,000	1.0	1.2	13	60
	51+		55	120	163	64	[2]1,800	44	800	800	10	4,000	1.0	1.2	13	60
Pregnant							+300	+30	+400	+400	[3]18 +	+1,000	+.4	+.3	+2	+20
Lactating							+500	+20	+400	+400	18	+2,000	+.5	+.5	+5	+40

[1]Source: Adapted from Recommended Dietary Allowances, 9th ed., 1980, 185 pp. Washington, D.C. 20418. National Academy of Sciences—National Research Council. Also available in libraries. This publication tabulates the RDA for selected nutrients, discusses the basic for all the RDA, and reviews current knowledge of the dietary needs for other nutrients.

[2]After age 75 years, energy requirement is 2,050 calories for males and 1,600 calories for females.

[3]The increased requirement cannot be met by ordinary diets; therefore, the use of supplemental iron is recommended.

NOTE.—The Recommended Daily Dietary Allowances (RDA) should not be confused with the U.S. Recommended Daily Allowances (U.S. RDA). The RDA are amounts of nutrients recommended by the Food and Nutrition Board of the National Research Council and are considered adequate for maintenance of good nutrition in healthy persons in the United States. The allowances are revised from time to time in accordance with newer knowledge of nutritional needs.

The U.S. RDA are the amounts of proteins, vitamins, and minerals established by the Food and Drug Administration as standards for nutrition labeling. These allowances were derived from the RDA set by the Food and Nutrition Board. The U.S. RDA for most nutrients approximates the highest RDA of the sex-age categories in this table, excluding the allowances for pregnant and lactating females. Therefore, a diet that furnishes the U.S. RDA for a nutrient will furnish the RDA for most people and more than the RDA for many. U.S. RDA are protein, 45 grams (eggs, fish, meat, milk, poultry), 65 grams (other foods); vitamin A, 5,000 International Units; thiamin, 1.5 milligrams; riboflavin, 1.7 milligrams; niacin, 20 milligrams; ascorbic acid, 60 milligrams; calcium, 1 gram; phosphorus, 1 gram; iron, 18 milligrams. For additional information on U.S. RDA, see the "Federal Register," vol. 38, no. 49 (March 14, 1973), pp. 6959-6960, and Agriculture Information Bulletin 382, "Nutritional Labeling—Tools for Its Use."

Table 5.—Food sources of additional nutrients

Vitamins

Vitamin B_6	Vitamin B_{12}	Vitamin E
Bananas	(present in foods of animal origin only)	Vegetable oils
Whole-grain cereals	Kidney	Margarine
Chicken	Liver	Whole-grain cereals
Dry legumes	Meat	Peanuts
Most dark-green leafy vegetables	Milk	**Folacin**
Most fish and shellfish	Most cheese	Liver
Muscle meats, liver and kidney	Most fish	Dark-green vegetables
Peanuts, walnuts, filberts, and peanut butter	Shellfish	Dry beans
Potatoes and sweetpotatoes	Whole egg and egg yolk	Peanuts
Prunes and raisins	**Vitamin D**	Wheat germ
Yeast	Vitamin D milks	
	Egg yolk	
	Saltwater fish	
	Liver	

Minerals

Iodine	Magnesium	Zinc
Iodized salt	Bananas	Shellfish
Seafood	Whole-grain cereals	Meat
	Dry beans	Poultry
	Milk	Cheese
	Most dark-green vegetables	Whole-grain cereals
	Nuts	Dry beans
	Peanuts and peanut butter	Cocoa
		Nuts

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