

food	category	calories	protein	fiber	carbohydrate	fat	calories, calculated	calories, difference
wine,3.5oz	beverage	92.0	.2	5.8	.0	.0	.8	91.2
soy milk	beverage	184.0	11.9	1.7	23.3	6.2	196.6	-12.6
milk shake	beverage	336.0	8.7	.3	57.4	7.9	335.5	.5
beer,8oz	beverage	101.0	.7	.0	9.1	.0	99.4	61.6
cola,12oz	beverage	136.0	.0	.0	34.8	.0	139.2	-3.2
Spirits, 86 prf 1.5oz	beverage	106.0	.0	.0	.0	.0	.0	106.0
whole wheat	bread	84.0	3.6	1.8	16.7	1.1	91.1	-7.1
white	bread	75.0	2.4	.8	14.1	.9	74.1	.9
butter	dairy	102.0	.1	.0	.0	11.5	104.0	-2.0
cheese, Am	dairy	133.0	7.9	.0	.6	10.2	125.8	7.2
cottage cheese	dairy	102.0	15.5	.0	4.1	2.2	98.0	4.0
cream cheese	dairy	99.0	2.1	.0	.8	9.5	97.1	1.9
egg	dairy	79.0	6.1	.0	.6	5.6	77.2	1.8
egg,white	dairy	16.0	3.4	.0	.4	.0	15.2	.8
ice cream	dairy	202.0	3.6	.0	23.7	11.5	212.7	-10.7
milk,skim	dairy	86.0	8.4	.0	11.9	.4	85.2	.8
milk,whole	dairy	150.0	8.1	.0	11.4	8.2	151.8	-1.8
black beans	dry legumes	85.0	5.6	9.7	15.3	.4	87.2	-2.2
chick peas	dry legumes	125.0	6.9	5.5	20.5	2.2	129.4	-4.4
tofu	dry legumes	86.0	9.4	.1	2.9	5.0	94.2	-8.2
watermelon	fruit	152.0	3.0	9.6	34.6	2.1	169.3	-17.3
raspberries	fruit	61.0	1.1	9.1	14.2	.7	67.3	-6.3
blueberries	fruit	82.0	1.0	4.9	20.5	.6	90.8	-8.8
peach	fruit	74.0	1.2	4.6	19.3	.2	83.4	-9.4
apple,raw	fruit	81.0	.3	4.3	21.0	.5	89.5	-8.5
pear	fruit	98.0	.7	3.8	25.1	.7	108.9	-10.9
strawberries	fruit	45.0	.9	3.4	10.5	.6	50.6	-5.6
grapes	fruit	114.0	1.1	3.2	28.4	.9	126.3	-12.3
raisins	fruit	124.0	1.3	2.8	32.7	.2	137.7	-13.7
cantaloupe	fruit	79.5	2.5	2.6	18.0	.7	88.6	-9.1
orange	fruit	62.0	1.2	2.6	15.4	.2	67.8	-5.8
orange,juice	fruit	111.0	1.7	1.7	25.8	.5	114.7	-3.7
grapefruit	fruit	39.0	.8	1.5	9.9	.1	43.9	-4.9
grape,juice	fruit	155.0	1.4	1.3	38.0	.2	159.4	-4.4
apple,juice	fruit	116.0	.2	.5	29.0	.3	119.1	-3.1
grapefruit,juice	fruit	96.0	1.2	.3	22.7	.3	97.9	-1.8
almonds	nuts	106.0	3.2	2.5	3.5	9.6	113.2	-7.2
walnuts	seeds	98.0	2.2	.8	2.4	9.6	104.8	-6.8
peanut butter	seeds	94.0	4.0	.3	3.6	7.8	100.6	-6.6
peanuts	seeds	106.0	4.7	.3	2.5	9.2	111.6	-5.6
peas, cooked	vegetables	99.0	8.3	17.0	15.8	.6	102.0	-3.0
broccoli	vegetables	34.0	4.8	9.4	4.7	.5	42.5	-8.5
avocado	vegetables	457.0	5.6	7.9	21.0	43.4	497.0	-40.0
squash,winter	vegetables	93.0	2.7	6.9	22.5	.7	107.4	-14.4
carrots, cooked	vegetables	39.0	1.2	6.8	9.0	.3	43.5	-4.5
potato, baked	vegetables	145.0	4.0	4.4	32.8	.2	149.0	-4.0
green beans	vegetables	31.0	2.0	4.1	6.8	.3	37.5	-6.5
sweet potato	vegetables	160.0	2.4	4.1	37.0	.8	164.4	-4.4
potato	vegetables	105.0	2.9	3.9	23.3	.1	105.7	-.7
carrots, raw	vegetables	24.8	.7	3.6	5.8	.1	27.1	-2.3
squash,summer	vegetables	25.0	1.4	3.5	5.5	.1	28.8	-3.8
potato,fr.fr	vegetables	137.0	2.2	2.9	18.0	6.6	140.2	-3.2
tomato,raw	vegetables	25.0	1.0	2.0	6.0	.2	29.8	-4.8

