

food	category	calories	protein	fiber	carbohydrate	fat	calories, calculated	calories, difference	protein-cal	carbs-cal	fat-cal
carrots, raw	vegetables	24.8	0.67	3.60	5.80	0.13	27.05	2.25	4.0	4.0	9.0
squash, summer	vegetables	25.0	1.40	3.50	5.50	0.13	28.77	3.77			
tomato, raw	vegetables	25.0	1.00	2.00	6.00	0.20	29.80	4.80			
green beans	vegetables	31.0	2.00	4.10	6.80	0.25	37.45	6.45			
broccoli	vegetables	34.0	4.80	9.40	4.70	0.50	42.50	8.50			
carrots, cooked	vegetables	39.0	1.20	6.80	9.00	0.30	43.50	4.50			
squash, winter	vegetables	93.0	2.70	6.90	22.50	0.73	107.37	14.37			
peas, cooked	vegetables	99.0	8.30	17.00	15.80	0.62	101.98	2.98			
potato	vegetables	105.0	2.90	3.90	23.30	0.10	105.70	0.70			
potato, fr.fr	vegetables	137.0	2.20	2.90	18.00	6.60	140.20	3.20			
potato, baked	vegetables	145.0	4.00	4.40	32.80	0.20	149.00	4.00			
sweet potato	vegetables	160.0	2.40	4.10	37.00	0.75	164.35	4.35			
avocado	vegetables	457.0	5.60	7.90	21.00	43.40	497.00	40.00			
peanut butter	nuts and seeds	94.0	4.00	0.29	3.60	7.80	100.60	6.60			
walnuts	nuts and seeds	98.0	2.20	0.80	2.40	9.60	104.80	6.80			
almonds	nuts and seeds	106.0	3.20	2.50	3.50	9.60	113.20	7.20			
peanuts	nuts and seeds	106.0	4.70	0.29	2.50	9.20	111.60	5.60			
grapefruit	fruit	39.0	0.81	1.50	9.90	0.12	43.92	4.92			
strawberries	fruit	45.0	0.91	3.40	10.50	0.55	50.59	5.59			
raspberries	fruit	61.0	1.10	9.10	14.20	0.68	67.32	6.32			
orange	fruit	62.0	1.20	2.60	15.40	0.16	67.84	5.84			
peach	fruit	74.0	1.20	4.60	19.30	0.16	83.44	9.44			
cantaloupe	fruit	79.5	2.50	2.60	18.00	0.73	88.57	9.07			
apple, raw	fruit	81.0	0.27	4.30	21.00	0.49	89.49	8.49			
blueberries	fruit	82.0	0.97	4.90	20.50	0.55	90.83	8.83			
grapefruit, juice	fruit	96.0	1.20	0.25	22.70	0.25	97.85	1.85			
pear	fruit	98.0	0.65	3.80	25.10	0.66	108.94	10.94			
orange, juice	fruit	111.0	1.74	1.70	25.80	0.50	114.66	3.66			
grapes	fruit	114.0	1.10	3.20	28.40	0.92	126.28	12.28			
apple, juice	fruit	116.0	0.15	0.52	29.00	0.28	119.12	3.12			
raisins	fruit	124.0	1.30	2.80	32.70	0.19	137.71	13.71			
watermelon	fruit	152.0	3.00	9.60	34.60	2.10	169.30	17.30			
grape, juice	fruit	155.0	1.40	1.30	38.00	0.20	159.40	4.40			
black beans	dry legumes	85.0	5.60	9.70	15.30	0.40	87.20	2.20			
tofu	dry legumes	86.0	9.40	0.10	2.90	5.00	94.20	8.20			
chick peas	dry legumes	125.0	6.90	5.50	20.50	2.20	129.40	4.40			
egg, white	dairy	16.0	3.40	0.00	0.41	0.00	15.24	-0.76			
egg	dairy	79.0	6.10	0.00	0.60	5.60	77.20	-1.80			
milk, skim	dairy	86.0	8.40	0.00	11.90	0.44	85.16	-0.84			
cream cheese	dairy	99.0	2.10	0.00	0.75	9.52	97.08	-1.92			
butter	dairy	102.0	0.12	0.00	0.00	11.50	103.98	1.98			
cottage cheese	dairy	102.0	15.50	0.00	4.10	2.18	98.02	-3.98			
cheese, Am	dairy	133.0	7.90	0.00	0.60	10.20	125.80	-7.20			
milk, whole	dairy	150.0	8.10	0.00	11.40	8.20	151.80	1.80			
ice cream	dairy	202.0	3.60	0.00	23.70	11.50	212.70	10.70			
white	bread	75.0	2.40	0.75	14.10	0.90	74.10	-0.90			
whole wheat	bread	75.0	3.60	1.80	16.70	1.10	91.10	16.10			
wine, 3.5oz	beverage	92.0	0.20	5.80	0.00	0.00	0.80	-91.20			
beer, 8oz	beverage	101.0	0.72	0.00	9.13	0.00	39.40	-61.60			
Spirits, 86 prf 1.5oz	beverage	106.0	0.00	0.00	0.01	0.00	0.03	-105.97			
cola, 12oz	beverage	136.0	0.00	0.00	34.80	0.00	139.20	3.20			
soy milk	beverage	184.0	11.90	1.70	23.30	6.20	196.60	12.60			
milk shake	beverage	336.0	8.70	0.26	57.40	7.90	335.50	-0.50			
Average	vegetables	105.8	3.01	5.88	16.02	4.15					
Average	nuts and seeds	101.0	3.53	0.97	3.00	9.05					
Average	fruit	93.1	1.22	3.51	22.82	0.53					
Average	dry legumes	98.7	7.30	5.10	12.90	2.53					
Average	dairy	107.7	6.14	0.00	5.94	6.57					
Average	bread	75.0	3.00	1.28	15.40	1.00					
Average	beverage	159.2	3.59	1.29	20.77	2.35					

Nutrition Averages

