

food	category	calories	protein (g)	fiber (g)	carbohydrate (g)	fat (g)	calories, calculated	calories, difference
beer,8oz	beverage	101.00	.72	.00	9.13	.00	39.4	61.6
cola,12oz	beverage	136.00	.00	.00	34.80	.00	139.2	-3.2
milk shake	beverage	336.00	8.70	.26	57.40	7.90	335.5	.5
soy milk	beverage	184.00	11.90	1.70	23.30	6.20	196.6	-12.6
Spirits, 86 prf 1.5oz	beverage	106.00	.00	.00	.01	.00	0	106.0
wine, 3.5oz	beverage	92.00	.20	5.80	.00	.00	8	91.2
white	bread	75.00	2.40	.75	14.10	.90	74.1	.9
whole wheat	bread	84.00	3.60	1.80	16.70	1.10	91.1	-7.1
butter	dairy	102.00	.12	.00	.00	11.50	104.0	-2.0
cheese, Am	dairy	133.00	7.90	.00	.60	10.20	125.8	7.2
cottage cheese	dairy	102.00	15.50	.00	4.10	2.18	98.0	4.0
cream cheese	dairy	99.00	2.10	.00	.75	9.52	97.1	1.9
egg	dairy	79.00	6.10	.00	.60	5.60	77.2	1.8
egg,white	dairy	16.00	3.40	.00	.41	.00	15.2	.8
ice cream	dairy	202.00	3.60	.00	23.70	11.50	212.7	-10.7
milk,skim	dairy	86.00	8.40	.00	11.90	.44	85.2	.8
milk,whole	dairy	150.00	8.10	.00	11.40	8.20	151.8	-1.8
black beans	dry legumes	85.00	5.60	9.70	15.30	.40	87.2	-2.2
chick peas	dry legumes	125.00	6.90	5.50	20.50	2.20	129.4	-4.4
tofu	dry legumes	86.00	9.40	2.90	2.90	5.00	94.2	-8.2
apple, juice	fruit	116.00	.15	.52	29.00	.28	119.1	-3.1
apple,raw	fruit	81.00	.27	4.30	21.00	.49	89.5	-8.5
blueberries	fruit	82.00	.97	4.90	20.50	.55	90.8	-8.8
cantaloupe	fruit	79.50	2.50	2.60	18.00	.73	88.6	-9.1
grape,juice	fruit	155.00	1.40	1.30	38.00	.20	159.4	-4.4
grapefruit	fruit	39.00	.81	1.50	9.90	.12	43.9	-4.9
grapefruit,juice	fruit	96.00	1.20	.25	22.70	.25	97.9	-1.9
grapes	fruit	114.00	1.10	3.20	28.40	.92	126.3	-12.3
orange	fruit	62.00	1.20	2.60	15.40	.16	67.8	-5.8
orange,juice	fruit	111.00	1.74	1.70	25.80	.50	114.7	-3.7
peach	fruit	74.00	1.20	4.60	19.30	.16	83.4	-9.4
pear	fruit	98.00	.65	3.80	25.10	.66	108.9	-10.9
rasins	fruit	124.00	1.30	2.80	32.70	.19	137.7	-13.7
raspberries	fruit	61.00	1.10	9.10	14.20	.68	67.9	-6.9
strawberries	fruit	45.00	.91	3.40	10.50	.55	50.6	-5.6
watermelon	fruit	152.00	3.00	9.60	34.60	2.10	169.3	-17.3
almonds	nuts and seeds	106.00	3.20	2.50	3.50	9.60	113.2	-7.2
peanut butter	nuts and seeds	94.00	4.00	.29	3.60	7.80	100.6	-6.6
peanuts	nuts and seeds	106.00	4.70	.29	2.50	9.20	111.6	-5.6
walnuts	nuts and seeds	98.00	2.20	.80	2.40	9.60	104.8	-6.8
avocado	vegetables	457.00	5.60	7.90	21.00	43.40	497.0	-40.0
broccoli	vegetables	34.00	4.80	9.40	4.70	.50	42.5	-8.5
carrots, cooked	vegetables	39.00	1.20	6.80	9.00	.30	43.5	-4.5
carrots, raw	vegetables	24.80	.67	3.60	5.80	.13	27.1	-2.3
green beans	vegetables	31.00	2.00	4.10	6.80	.25	37.5	-6.5
peas, cooked	vegetables	99.00	8.30	17.00	15.80	.62	102.0	-3.0
potato	vegetables	105.00	2.90	3.90	23.30	.10	105.7	-.7
potato, baked	vegetables	145.00	4.00	4.40	32.80	.20	149.0	-4.0
potato, fr.fr	vegetables	137.00	2.20	2.20	18.00	6.60	140.2	-3.2
squash,summer	vegetables	25.00	1.40	3.50	5.50	.13	28.8	-3.8
squash,winter	vegetables	93.00	2.70	6.90	22.50	.73	107.4	-14.4
sweet potato	vegetables	160.00	2.40	4.10	37.00	.75	164.4	-4.3
tomato,raw	vegetables	25.00	1.00	2.00	6.00	.20	29.8	-4.8

Calories per gram of Carbs or Protein	Calories per gram of Fat
4.00	9.00

