

Nutrient Reports Per Reasonable Portion Size

Food Code	Food Name	Portion	Weight g	Nutrient Amount µg
2991	Carp, raw	1 food guide serving = 90g	90.00	22.239
3221	Salmon, pink (humpback), raw	1 food guide serving = 90g	90.00	21.578
457	Fish oil, cod liver	10ml	9.21	21.376
3004	Eel, mixed species, raw	1 food guide serving = 90g	90.00	20.979
3159	Salmon, pink (humpback), baked or broiled	1 food guide serving = 75g	75.00	19.125
3075	Swordfish, raw	1 food guide serving = 90g	90.00	17.820
3005	Eel, mixed species, baked or broiled	1 food guide serving = 75g	75.00	17.482
3080	Tuna, bluefin, fresh, baked or broiled	1 food guide serving = 75g	75.00	17.250
3053	Salmon, sockeye (red), baked or broiled	1 food guide serving = 75g	75.00	16.950
3157	Salmon, chinook (spring), baked or broiled	1 food guide serving = 75g	75.00	16.950
3079	Tuna, bluefin, fresh, raw	1 food guide serving = 90g	90.00	16.200
3228	Salmon, pink (humpback), poached	1 food guide serving = 75g	75.00	16.144
3051	Salmon, chinook (spring), raw	1 food guide serving = 90g	90.00	15.894
3052	Salmon, sockeye (red), raw	1 food guide serving = 90g	90.00	15.894
2124	Mushroom, shiitake, dried	10 mushrooms	36.00	14.940
3076	Swordfish, baked or broiled	1 food guide serving = 75g	75.00	14.850
3219	Salmon, coho, wild, raw	1 food guide serving = 90g	90.00	14.625
3223	Salmon, sockeye (red), canned, solids with bone and liquid, salted	1 food guide serving = 75g	75.00	14.625
3226	Salmon, sockeye (red), canned, solids with bone and liquid, unsalted	1 food guide serving = 75g	75.00	14.625
3217	Salmon, chum (keta), raw	1 food guide serving = 90g	90.00	14.265
3143	Halibut, Greenland (turbot), baked or broiled	1 food guide serving = 75g	75.00	14.250
3158	Salmon, chum (keta), baked or broiled	1 food guide serving = 75g	75.00	14.025
3013	Halibut, Greenland (turbot), raw	1 food guide serving = 90g	90.00	13.500
3160	Scup (porgy), baked or broiled	1 food guide serving = 75g	75.00	13.425
3227	Salmon, chum (keta), poached	1 food guide serving = 75g	75.00	12.769
3016	Herring, atlantic, pickled	1 food guide serving = 75g	75.00	12.750
3193	Salmon, coho, wild, baked or broiled	1 food guide serving = 75g	75.00	12.675
3055	Scup (porgy), raw	1 food guide serving = 90g	90.00	12.600
3220	Salmon, coho, wild, poached	1 food guide serving = 75g	75.00	11.400
2993	Catfish, channel (bullhead), wild, raw	1 food guide serving = 90g	90.00	11.250
3169	Whitefish, lake, native, baked	1 food guide serving = 75g	75.00	11.250
3222	Salmon, pink (humpback), canned, solids with bone and liquid, salted	1 food guide serving = 75g	75.00	10.894
3225	Salmon, pink (humpback), canned, solids with bone and liquid, unsalted	1 food guide serving = 75g	75.00	10.894
3045	Roe, mixed species, raw	1 food guide serving = 90g	90.00	10.890
3208	Whitefish, lake, native, raw	1 food guide serving = 90g	90.00	10.764
3179	Catfish, channel (bullhead), wild, baked or broiled	1 food guide serving = 75g	75.00	10.650
3088	Whitefish, lake, mixed species, native, smoked	1 food guide serving = 75g	75.00	9.750
3166	Tuna, skipjack (aku), baked or broiled	1 food guide serving = 75g	75.00	9.525
3154	Roe, mixed species, baked or broiled	1 food guide serving = 75g	75.00	9.075
3054	Sardine, pacific, canned in tomato sauce, drained with bones	1 food guide serving = 75g	75.00	9.000
3082	Tuna, skipjack (aku), fresh, raw	1 food guide serving = 90g	90.00	9.000

3050	Salmon, chinook (spring), smoked	1 food guide serving = 75g	75.00	7.875
3129	Salmon, chinook (spring), smoked, lox	1 food guide serving = 75g	75.00	7.875
3118	Mollusks, oyster, eastern (blue point), wild, raw	1 food guide serving = 90g	90.00	7.200
3122	Mollusks, oyster, pacific, raw	1 food guide serving = 90g	90.00	7.200
3156	Salmon, atlantic, wild, baked or broiled	1 food guide serving = 75g	75.00	6.150
3120	Mollusks, oyster, eastern (blue point), wild, boiled or steamed	1 food guide serving = 75g	75.00	6.000
3177	Mollusks, oyster, pacific, boiled or steamed	1 food guide serving = 75g	75.00	6.000
3190	Mollusks, oyster, eastern (blue point), wild, baked or broiled	1 food guide serving = 75g	75.00	6.000
3205	Trout, rainbow, wild, raw	1 food guide serving = 90g	90.00	5.967
3049	Salmon, atlantic, wild, raw	1 food guide serving = 90g	90.00	5.733
663	Duck, domesticated, flesh and skin, roasted	100g	100.00	5.500
3182	Salmon, atlantic, farmed, raw	1 food guide serving = 90g	90.00	5.430
4781	Lamb, American, composite cuts, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	5.400
3206	Trout, rainbow, wild, baked or broiled	1 food guide serving = 75g	75.00	5.250
3183	Salmon, atlantic, farmed, baked or broiled	1 food guide serving = 75g	75.00	5.100
3218	Salmon, chum (keta), canned, drained, solids with bone, salted	1 food guide serving = 75g	75.00	5.040
3186	Trout, rainbow, farmed, raw	1 food guide serving = 90g	90.00	4.833
3187	Trout, rainbow, farmed, baked or broiled	1 food guide serving = 75g	75.00	4.792
3023	Mackerel, jack, canned, drained solids	1 food guide serving = 75g	75.00	4.725
3130	Salmon, chum (keta), canned, drained solids with bone, unsalted	1 food guide serving = 75g	75.00	4.200
4577	Fast foods, entree, oysters, battered or breaded, fried	1 food guide serving = 75g	75.00	4.118
3015	Herring, atlantic, baked or broiled	1 food guide serving = 75g	75.00	4.050
3014	Herring, atlantic, raw	1 food guide serving = 90g	90.00	3.762
3215	Trout, mixed species, baked or broiled	1 food guide serving = 75g	75.00	3.750
3012	Halibut, atlantic or pacific, baked or broiled	1 food guide serving = 75g	75.00	3.600
3204	Trout, mixed species, raw	1 food guide serving = 90g	90.00	3.483
3151	Pickrel, walleye-pickrel (yellow pike), baked or broiled	1 food guide serving = 75g	75.00	3.450
3200	Halibut, atlantic or pacific, raw	1 food guide serving = 90g	90.00	3.375
3230	Arctic char, native, raw	1 food guide serving = 90g	90.00	3.348
670	Goose, domesticated, flesh and skin, roasted	1 food guide serving = 75g	75.00	3.225
3202	Pickrel, walleye-pickrel (yellow pike), raw	1 food guide serving = 90g	90.00	3.222
5191	Turkey, young tom, separable fat, roasted	100g	100.00	2.900
112	Milk, evaporated, skim, canned, undiluted, 0.2% M.F.	125ml	133.14	2.876
140	Milk, evaporated, whole, canned, undiluted, 7.8% M.F.	125ml	133.14	2.876
153	Milk, evaporated, partly skimmed, canned, undiluted, 2% M.F.	125ml	133.14	2.876
3035	Perch, mixed species, baked or broiled	1 food guide serving = 75g	75.00	2.835
5273	Malted milk, natural flavour, powder, with 2% M.F. milk	250ml	280.01	2.794

5275	Malted milk, chocolate flavour, powder, with 2% M.F. milk	250ml	280.01	2.794
3529	Veal, milk-fed, rib chop, lean and fat, raw	1 food guide serving = 90g	90.00	2.790
5838	Arctic char, native, boilec	1 food guide serving = 75g	75.00	2.790
3136	Bluefish, baked or broilec	1 food guide serving = 75g	75.00	2.775
5268	Beverage mix, carob flavour, powder, with 2% M.F. milk	250ml	270.50	2.770
61	Milk, fluid, partly skimmed, 2% M.F.	250ml	257.82	2.769
5270	Chocolate syrup, thin type, 2% M.F. milk added	250ml	297.97	2.768
5276	Strawberry flavour mix, powder, with 2% M.F. milk	250ml	281.06	2.768
5758	Coffee substitute, cereal grain beverage, powder, with 2% milk	250ml	260.68	2.768
5269	Beverage mix, chocolate flavour (QUIK), powder, with 2% M.F. milk	250ml	279.42	2.758
2899	Malted milk, natural flavour, powder, with whole milk	250ml	280.01	2.752
2903	Malted milk, chocolate flavour, powder, milk whole milk	250ml	280.01	2.752
2863	Beverage mix, carob flavour, powder, with whole milk	250ml	270.50	2.727
2931	Coffee substitute, cereal grain beverage, powder, with whole milk	250ml	260.68	2.727
113	Milk, fluid, whole, pasturized, homogenized, 3.3% M.F.	250ml	257.82	2.726
2867	Chocolate syrup, thin type, whole milk added	250ml	297.97	2.726
2908	Strawberry flavour mix, powder, with whole milk	250ml	281.06	2.726
2865	Beverage mix, chocolate flavour (QUIK), powder, with whole milk	250ml	279.42	2.716
114	Milk, fluid, skim	250ml	258.88	2.682
115	Milk, dry, skim, powder, instant	amount to make 250ml of reconstituted milk	24.30	2.673
2988	Bluefish, raw	1 food guide serving = 90g	90.00	2.655
3034	Perch, mixed species, raw	1 food guide serving = 90g	90.00	2.655
69	Milk, fluid, chocolate, whole	250ml	264.16	2.642
70	Milk, fluid, chocolate, partly skimmed, 2% M.F.	250ml	264.16	2.642
4711	Milk, fluid, chocolate, partly skimmed, 1% M.F.	250ml	264.16	2.642
134	Milk, dry, skim, powder, regular	amount to make 250ml	24.00	2.640
3167	Tuna, yellowfin (albacore, ahi), baked or broiled	1 food guide serving = 75g	75.00	2.625
66	Milk, dry whole	amount to make 250ml	33.47	2.611
812	Poultry, mechanically deboned, from backs and necks only, raw	1 food guide serving = 90g	90.00	2.610
62	Milk, fluid, partly skimmed with added milk solids, 2% M.F.	250ml	259.93	2.599
64	Milk, fluid, partly skimmed with added milk solids, 1% M.F.	250ml	259.93	2.599
65	Milk, fluid, skim with added milk solids	250ml	259.93	2.599
116	Hot chocolate, cocoa, homemade, whole milk	250ml	264.16	2.598
63	Milk, fluid, partly skimmed, 1% M.F.	250ml	257.82	2.578
71	Hot chocolate, cocoa, homemade, 2% b.f. milk	250ml	264.16	2.578
72	Milk, fluid, goat, enriched, whole	250ml	257.82	2.578
5356	Soup, broth, fish	250ml	257.82	2.578

3656	Veal, grain-fed, rib chop, lean and fat, raw	1 food guide serving = 90g	90.00	2.520
127	Egg, chicken, yolk, fresh, raw	4 egg yolks	68.00	2.516
128	Egg, chicken, yolk, frozen, raw	4 egg yolks	68.00	2.516
1841	Pork, fresh, jowl, raw	125g	125.00	2.500
3085	Tuna, yellowfin (albacore, ahi), fresh, raw	1 food guide serving = 90g	90.00	2.475
3086	Tuna salad	1 food guide serving = 75g	75.00	2.475
4728	Soup, stock, fish, home prepared	250ml	246.20	2.462
3037	Pike, northern, native, cooked	1 food guide serving = 75g	75.00	2.400
3526	Veal, loin, lean, raw	1 food guide serving = 90g	90.00	2.340
3036	Pike, northern, native, raw	1 food guide serving = 90g	90.00	2.223
1875	Pork, cured, fat (ham and arm picnic), unheated	100g	100.00	2.200
1876	Pork, cured, fat (ham and arm picnic), roasted	100g	100.00	2.200
3402	Beverage, soy, fluid, enriched	250ml	258.88	2.200
4780	Beverage, rice, RICE DREAM, canned, enriched	250ml	258.88	2.200
2995	Caviar, black and red, granular	1 food guide serving = 75g	75.00	2.190
3026	Mackerel, spanish (atlantic), raw	1 food guide serving = 90g	90.00	2.187
3067	Snapper, mixed species, baked or broiled	1 food guide serving = 75g	75.00	2.175
3027	Mackerel, spanish (atlantic), baked or broiled	1 food guide serving = 75g	75.00	2.025
1758	Pork, fresh, wholesale cuts, belly, raw	125g	125.00	2.000
3509	Veal, composite cuts, lean, raw	1 food guide serving = 90g	90.00	1.980
3532	Veal, milk-fed, rib chop, lean, raw	1 food guide serving = 90g	90.00	1.980
3658	Veal, grain-fed, rib chop, lean, raw	1 food guide serving = 90g	90.00	1.980
3022	Mackerel, atlantic, baked or broiled	1 food guide serving = 75g	75.00	1.950
2125	Mushroom, shiitake, cooked	125ml pieces	76.61	1.915
4533	Fast foods, breakfast, biscuit with egg and bacon	140g	140.00	1.876
3040	Pollock, walleye (alaska), baked or broiled	1 food guide serving = 75g	75.00	1.875
1028	Sauce, white, thick, home-prepared	60ml	63.40	1.864
4532	Fast foods, breakfast, biscuit with egg	140g	140.00	1.862
4539	Fast foods, breakfast, biscuit with sausage	140g	140.00	1.834
3021	Mackerel, atlantic, raw	1 food guide serving = 90g	90.00	1.827
3556	Veal, sirloin, lean, raw	1 food guide serving = 90g	90.00	1.800
3657	Veal, grain-fed rib chop, lean and fat, broiled	1 food guide serving = 75g	75.00	1.800
3881	Cream puff, prepared from recipe, shell with custard filling	80g	80.00	1.800
1759	Pork, fresh, separable fat, raw	125g	125.00	1.750
1843	Pork, fresh, leaf fat, raw	125g	125.00	1.750
3203	Sardine, atlantic, canned with oil, drained solids with bone	1 food guide serving = 75g	75.00	1.748
3524	Veal, loin, lean and fat, braised	1 food guide serving = 75g	75.00	1.725
5205	Veal, milk-fed, rib chop, lean and fat, broiled	1 food guide serving = 75g	75.00	1.725
811	Poultry, mechanically deboned, from backs and necks with skin, raw	1 food guide serving = 90g	90.00	1.710
3559	Veal, cubed for stew (leg and shoulder), lean, raw	1 food guide serving = 90g	90.00	1.710
2757	Beef, chuck, short ribs, lean and fat, simmered	1 food guide serving = 75g	75.00	1.650
3039	Pollock, walleye (alaska), raw	1 food guide serving = 90g	90.00	1.638
1757	Pork, fresh, wholesale cuts, backfat, raw	125g	125.00	1.625

3017	Herring, atlantic, kippered	1 food guide serving = 75g	75.00	1.612
4548	Fast foods, breakfast, egg, scrambled	2 large eggs	94.00	1.598
2906	Milk shake (fast food), vanilla	250ml	175.40	1.596
4535	Fast foods, breakfast, biscuit with egg and sausage	140g	140.00	1.596
3899	Eclair, custard filled with chocolate glaze, from recipe	80g	80.00	1.584
2998	Cod (scrod), atlantic, canned, solids and liquid	1 food guide serving = 75g	75.00	1.575
4839	Duck, young duckling, domestic, White Pekin, breast, meat and skin, boneless, roasted	1 food guide serving = 75g	75.00	1.575
5204	Veal, grain-fed, shoulder, blade steak, lean and fat, braised	1 food guide serving = 75g	75.00	1.575
2123	Mushroom, boiled, drained	125ml pieces	82.42	1.566
3544	Veal, shoulder, shank, lean, raw	1 food guide serving = 90g	90.00	1.530
2905	Milk shake (fast food), chocolate	250ml	175.40	1.520
1027	Sauce, white, medium, 2% milk, home-prepared	60ml	60.86	1.509
747	Turkey, broiler, leg, meat only, roasted	1 food guide serving = 75g	75.00	1.500
1874	Pork, cured, salt pork, raw	125g	125.00	1.500
3083	Tuna, white, canned with oil, drained, salted	1 food guide serving = 75g	75.00	1.500
3084	Tuna, white, canned with water, drained, salted	1 food guide serving = 75g	75.00	1.500
3132	Tuna, white, canned with oil, drained, unsalted	1 food guide serving = 75g	75.00	1.500
3133	Tuna, white, canned with water, drained, unsalted	1 food guide serving = 75g	75.00	1.500
4586	Fast foods, entree, shrimp, breaded and fried	1 food guide serving = 75g	75.00	1.492
4538	Fast foods, breakfast, biscuit with ham	140g	140.00	1.456
792	Turkey, young tom, back, meat and skin, raw	1 food guide serving = 90g	90.00	1.440
815	Poultry food products, turkey, ground, raw	1 food guide serving = 90g	90.00	1.440
3523	Veal, loin, lean and fat, raw	1 food guide serving = 90g	90.00	1.440
3152	Pollock, atlantic (boston blue), baked or broiled	1 food guide serving = 75g	75.00	1.425
3527	Veal, loin, lean, braised	1 food guide serving = 75g	75.00	1.425
3531	Veal, rib, lean and fat, roasted	1 food guide serving = 75g	75.00	1.425
4276	Dessert, pudding, vanilla, dry mix, with whole milk	125ml	143.70	1.397
2335	Potato, mashed, granules without milk, prepared with whole milk and margarine	125ml	110.95	1.387
4187	Dessert, pudding, banana, dry mix, instant, prepared with 2% milk	125ml	155.32	1.387
4189	Dessert, pudding, chocolate, dry mix, instant, prepared with 2% milk	125ml	155.32	1.387
4245	Dessert, pudding, coconut, dry mix, instant, prepared with 2% milk	125ml	155.32	1.387
4257	Dessert, pudding, lemon, dry mix, instant, prepared with 2% milk	125ml	155.32	1.387
4267	Dessert, pudding, vanilla, dry mix, with 2% milk	125ml	140.53	1.387
4266	Dessert, pudding, chocolate, dry mix, with 2% milk	125ml	143.70	1.382
5265	Soup, tomato bisque, canned, condensed, 2% M.F. milk added	250ml	265.22	1.380
3074	Surimi	1 food guide serving = 75g	75.00	1.365

3095	Crab, alaska king, imitation (surimi)	1 food guide serving = 75g	75.00	1.365
3105	Shrimp, imitation (surimi)	1 food guide serving = 75g	75.00	1.365
3124	Mollusks, scallop, mixed species, imitation (surimi)	1 food guide serving = 75g	75.00	1.365
4306	Dessert, pudding, banana, dry mix, instant, prepared with whole milk	125ml	155.32	1.365
4310	Dessert, pudding, coconut, dry mix, instant, prepared with whole milk	125ml	155.32	1.365
4314	Dessert, pudding, lemon, dry mix, instant, prepared with whole milk	125ml	155.32	1.365
5738	Dessert, pudding, chocolate, dry mix, instant, prepared with whole milk	125ml	155.33	1.365
1031	Soup, cream, asparagus, canned, condensed, whole milk added	250ml	262.05	1.363
1033	Soup, cheese, canned, condensed, whole milk added	250ml	265.22	1.363
1034	Soup, cream, chicken, canned, condensed, whole milk added	250ml	262.05	1.363
1035	Soup, clam chowder, New England style, canned, condensed, whole milk added	250ml	262.05	1.363
1036	Soup, cream, mushroom, canned, condensed, whole milk added	250ml	262.05	1.363
1037	Soup, cream, onion, canned, condensed, whole milk added	250ml	262.05	1.363
1038	Soup, oyster stew, canned, condensed, whole milk added	250ml	258.88	1.363
1039	Soup, cream, potato, canned, condensed, whole milk added	250ml	262.05	1.363
1040	Soup, cream, shrimp, canned, condensed, whole milk added	250ml	262.05	1.363
1045	Soup, tomato bisque, canned, condensed, whole milk added	250ml	265.22	1.363
1122	Soup, pea, green, canned, condensed, whole milk added	250ml	268.38	1.363
1123	Soup, tomato, canned, condensed, whole milk added	250ml	262.05	1.363
5255	Soup, cream, asparagus, canned, condensed, 2% M.F. milk added	250ml	262.05	1.363
5257	Soup, cheese, canned, condensed, 2% M.F. milk added	250ml	265.22	1.363
5258	Soup, cream, chicken, canned, condensed, 2% M.F. milk added	250ml	262.05	1.363
5259	Soup, clam chowder, New England style, canned, condensed, 2% M.F. milk added	250ml	262.05	1.363
5260	Soup, cream, mushroom, canned, condensed, 2% M.F. milk added	250ml	262.05	1.363
5261	Soup, cream onion, canned, condensed, 2% M.F. milk added	250ml	262.05	1.363
5262	Soup, oyster, stew, canned, condensed, 2% M.F. milk added	250ml	258.88	1.363
5263	Soup, cream, potato, canned, condensed, 2% M.F. milk added	250ml	262.05	1.363
5264	Soup, cream, shrimp, canned, condensed, 2% M.F. milk added	250ml	262.05	1.363
5266	Soup, pea, green, canned, condensed, 2% M.F. milk added	250ml	268.38	1.363
5267	Soup, tomato, canned, condensed, 2% M.F. milk added	250ml	262.05	1.363
4274	Dessert, rennin, chocolate, dry mix, with whole milk	125ml	143.70	1.361

662	Duck, domesticated, flesh and skin, raw	1 food guide serving = 90g	90.00	1.350
701	Turkey, all classes, liver, simmered Mechanically deboned poultry, mature hens, raw	1 food guide serving = 75g	75.00	1.350
813		1 food guide serving = 90g	90.00	1.350
1155	Luncheon meat, pork, canned	1 food guide serving = 75g	75.00	1.350
1156	Luncheon meat, pork, beef	1 food guide serving = 75g	75.00	1.350
3038	Pollock, atlantic (boston blue), raw	1 food guide serving = 90g	90.00	1.350
3554	Veal, sirloin, lean and fat, braised	1 food guide serving = 75g	75.00	1.350
5206	Veal, milk-fed, shoulder, blade steak, lean and fat, raw	1 food guide serving = 90g	90.00	1.350
5207	Veal, milk-fed, shoulder, blade steak, lean and fat, braised	1 food guide serving = 75g	75.00	1.350
5214	Veal, milk-fed, shoulder, blade steak, lean, raw	1 food guide serving = 90g	90.00	1.350
5378	Luncheon meat, pork with ham, minced, canned	1 food guide serving = 75g	75.00	1.350
5684	Salami, Italian, pork	1 food guide serving = 75g	75.00	1.350
1032	Soup, cream, celery, canned, condensed, whole milk added	250ml	262.05	1.347
5256	Soup, cream, celery, canned, condensed, 2% M.F. milk added	250ml	262.05	1.347
4261	Dessert, pudding, rice, dry mix, prepared with 2% milk	125ml	152.16	1.340
4188	Dessert, pudding, banana, dry mix, regular, prepared with 2% milk	125ml	147.93	1.339
4262	Dessert, pudding, tapioca, dry mix, prepared with 2% milk	125ml	148.99	1.339
4265	Dessert, pudding, vanilla, dry mix, regular, prepared with 2% milk	125ml	147.93	1.339
4272	Dessert, pudding, coconut, dry mix, regular, prepared with 2% milk	125ml	147.93	1.339
4244	Dessert, pudding, chocolate, dry mix, regular, prepared with 2% milk	125ml	150.04	1.337
4264	Dessert, pudding, vanilla, dry mix, instant, prepared with 2% milk	125ml	150.04	1.331
481	Margarine, tub, canola, COUNTRY CROCK	10g	10.00	1.325
482	Margarine, tub, canola and soya, PARKAY	10g	10.00	1.325
486	Margarine, tub, soya, MIRAGE	10g	10.00	1.325
489	Margarine, tub, canola, MONARCH	10g	10.00	1.325
492	Margarine, stick, corn and canola, FLEISCHMANN	10g	10.00	1.325
497	Margarine, stick, unspecified vegetable oils, CHEF MASTER	10g	10.00	1.325
501	Margarine, tub, soya, GOLDEN GATE	10g	10.00	1.325
505	Margarine, tub, canola, LAKELAND	10g	10.00	1.325
506	Margarine, tub, olive, FLEISCHMANN	10g	10.00	1.325
5311	Margarine, stick, composite	10g	10.00	1.325
5312	Margarine, tub, composite	10g	10.00	1.325
5318	Margarine, stick, composite, unsalted	10g	10.00	1.325
5319	Margarine, tub, composite, unsalted Margarine, tub, canola and safflower oil, R-S-F (reduced saturated fat),	10g	10.00	1.325
5756	Becel	10g	10.00	1.325
5757	Margarine, tub, with olive oil, Bece Margarine, tub, canola oil (non-hydrogenated), President's Choice,	10g	10.00	1.325
6003	CELEB	10g	10.00	1.325

6004	Margarine, tub, soya oil (liquid and hydrogenated), Selection, MERITE	10g	10.00	1.325
6005	Margarine, tub, canola oil (liquid and hydrogenated), SMART CHOICE	10g	10.00	1.325
6006	Margarine, tub, soya and canola oils (liquid and hydrogenated), SMART CHOICE	10g	10.00	1.325
6007	Margarine, tub, canola and soya oils (liquid and hydrogenated), NO NAME	10g	10.00	1.325
6008	Margarine, tub, soya oil (liquid and hydrogenated), NO NAME	10g	10.00	1.325
6009	Margarine, tub, canola and safflower oils (non-hydrogenated), BECEL	10g	10.00	1.325
6010	Margarine, tub, soya oil (non-hydrogenated), IMPERIAL	10g	10.00	1.325
6011	Margarine, tub, soya oil (liquid and hydrogenated+buttermilk solids), LACTANTIA	10g	10.00	1.325
6012	Margarine, tub, unspecified vegetable oils (hydrogenated), CHEFMASTER	10g	10.00	1.325
6013	Margarine, tub, soya oil (liquid and hydrogenated), MIRAGE	10g	10.00	1.325
6014	Margarine, tub, olive oil (non-hydrogenated), OLIVINA	10g	10.00	1.325
6015	Margarine, tub, soya oil (non-hydrogenated), I CAN'T BELIEVE IT'S NOT BUTTER	10g	10.00	1.325
6017	Margarine, tub, canola oil (non-hydrogenated), Healthy Attitude Omega-3, LACTANTIA	10g	10.00	1.325
6051	Margarine, tub, soya oil (non-hydrogenated), FLEISCHMANN'S	10g	10.00	1.325
6052	Margarine, tub, canola oil (liquid and hydrogenated), CANOLA HARVEST	10g	10.00	1.325
6053	Margarine, tub, soya oil (liquid and hydrogenated), THIBAULT	10g	10.00	1.325
6054	Margarine, tub, canola oil (non-hydrogenated), NUVEL	10g	10.00	1.325
6055	Margarine, tub, soya oil (liquid and hydrogenated), SMART CHOICE	10g	10.00	1.325
6056	Margarine, tub, 80% unspecified vegetable oils (liquid and hydrogenated), COMPLIMENTS	10g	10.00	1.325
6057	Margarine, tub, canola oil (liquid and hydrogenated), COMPLIMENTS	10g	10.00	1.325
6058	Margarine, tub, canola and safflower oil (non-hydrogenated), unsalted, BECEL	10g	10.00	1.325
6059	Margarine, tub, soya oil (non-hydrogenated), unsalted, FLEISCHMANN'S	10g	10.00	1.325
6072	Margarine, stick, soy and canola oils (hydrogenated), IMPERIAL	10g	10.00	1.325
6073	Margarine, stick, soya and canola oils (hydrogenated), PARKAY	10g	10.00	1.325
6075	Margarine, tub, canola and safflower oils (non-hydrogenated), calorie reduced (40% fat), BECEL	10g	10.00	1.325

6076	Margarine, tub, soya oil (non-hydrogenated), calorie reduced (40% fat), I CAN'T BELIEVE IT'S NOT BUTTER	10g	10.00	1.325
4243	Dessert, pudding, chocolate, dry mix, regular, prepared with whole milk	125ml	150.04	1.319
4249	Dessert, pudding, rice, dry mix, prepared with whole milk	125ml	152.16	1.319
4252	Dessert, pudding, tapioca, dry mix, prepared with whole milk	125ml	148.99	1.319
4260	Dessert, pudding, vanilla, dry mix, regular, prepared with whole milk	125ml	147.93	1.318
4308	Dessert, pudding, banana, dry mix, regular, prepared with whole milk	125ml	147.93	1.318
4312	Dessert, pudding, coconut, dry mix, regular, prepared with whole milk	125ml	147.93	1.318
6203	Orange juice, chilled, includes from concentrate, fortified with added calcium and vitamin D	125ml	131.55	1.316
5739	Dessert, pudding, vanilla, dry mix, instant, prepared with whole milk	125ml	150.04	1.310
125	Egg, chicken, whole, fresh or frozen, raw	2 large eggs	100.00	1.300
130	Egg, chicken, whole, boiled in shell, hard-cooked	2 large eggs	100.00	1.300
1760	Pork, fresh, separable fat, cooked	100g	100.00	1.300
2985	Anchovy, european, canned with olive oil, drained solids	1 food guide serving = 75g	75.00	1.298
4534	Fast foods, breakfast, biscuit with egg and ham	140g	140.00	1.288
3089	Hake (whiting), mixed species, raw	1 food guide serving = 90g	90.00	1.287
2654	Beef, heart, simmered	1 food guide serving = 75g	75.00	1.275
2655	Beef, kidney, simmered	1 food guide serving = 75g	75.00	1.275
3044	Rockfish, pacific ocean perch, mixed species, baked or broiled	1 food guide serving = 75g	75.00	1.275
3170	Catfish (wolfish), atlantic, baked or broiled	1 food guide serving = 75g	75.00	1.275
3525	Veal, loin, lean and fat, roasted	1 food guide serving = 75g	75.00	1.275
3530	Veal, rib, lean and fat, braised	1 food guide serving = 75g	75.00	1.275
4552	Fast foods, breakfast, english muffin with egg, cheese and sausage	140g	140.00	1.274
4258	Dessert, egg custard, dry mix, with 2% milk	125ml	140.53	1.269
4279	Dessert, flan, caramel custard, dry mix, with 2% milk	125ml	140.53	1.269
700	Turkey, all classes, liver, raw	1 food guide serving = 90g	90.00	1.260
3662	Veal, grain-fed, shoulder, whole, lean, raw	1 food guide serving = 90g	90.00	1.260
5221	Veal, grain-fed, shoulder, blade steak, lean, raw	1 food guide serving = 90g	90.00	1.260
4228	Dessert, egg custard, dry mix prepared with whole milk	125ml	140.53	1.249
4280	Dessert, flan, caramel custard, dry mix, with whole milk	125ml	140.53	1.249
4157	Dessert, frozen, ice cream, vanilla, rich, 16% M.F.	125ml	113.06	1.236
3954	Pie, coconut custard, commercial	110g	110.00	1.210
4536	Fast foods, breakfast, biscuit with egg and steak	140g	140.00	1.204
3533	Veal, rib, lean, braised	1 food guide serving = 75g	75.00	1.200
5381	Pork sausage, pre-cooked	1 food guide serving = 75g	75.00	1.200

4542	Fast foods, breakfast, croissant with egg, cheese and bacon	140g	140.00	1.190
669	Goose, domesticated, flesh and skin, raw	1 food guide serving = 90g	90.00	1.170
832	Chicken, broiler, back, meat and skin, water chill, raw	1 food guide serving = 90g	90.00	1.170
1198	Sausage, pork, fresh, raw	1 food guide serving = 90g	90.00	1.170
1844	Pork, fresh, liver, raw	1 food guide serving = 90g	90.00	1.170
1936	Pork, cured, bacon, raw	1 food guide serving = 90g	90.00	1.170
1980	Pork, cured, bacon, salt reduced, raw	1 food guide serving = 90g	90.00	1.170
3043	Rockfish, pacific ocean perch, mixed species, raw	1 food guide serving = 90g	90.00	1.170
3091	Catfish (wolfish), atlantic, raw	1 food guide serving = 90g	90.00	1.170
3438	Lamb, American, leg, butt portion, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	1.170
3553	Veal, sirloin, lean and fat, raw	1 food guide serving = 90g	90.00	1.170
1026	Sauce, white, thin, 2% milk, home-prepared	60ml	63.40	1.156
5750	Dessert, frozen, ice cream, vanilla, light, no sugar added, chocolate coated	125ml	125.00	1.156
1856	Pork, cured, bacon, broiled, pan-fried or roasted	1 food guide serving = 75g	75.00	1.125
3007	Flatfish (flounder or sole or plaice), baked or broiled	1 food guide serving = 75g	75.00	1.125
3508	Veal, composite cuts, lean and fat, cooked	1 food guide serving = 75g	75.00	1.125
3534	Veal, rib, lean, roastec	1 food guide serving = 75g	75.00	1.125
3800	Cheesecake, commercia	125g	125.00	1.125
3801	Cheesecake, prepared from mix, no bake type	125g	125.00	1.125
4544	Fast foods, breakfast, croissant with egg, cheese and sausage	140g	140.00	1.120
4551	Fast foods, breakfast, english muffin with egg, cheese and bacon	140g	140.00	1.120
3776	Cake, pineapple upside-down, prepared from recipe	1/9 cake (20cm x 20cm)	115.00	1.116
768	Turkey, young hen, back, meat and skin, raw	1 food guide serving = 90g	90.00	1.080
786	Turkey, young tom, dark meat and skin, raw	1 food guide serving = 90g	90.00	1.080
814	Turkey, mechanically deboned, from turkey frames, raw	1 food guide serving = 90g	90.00	1.080
1975	Pork, cured, bacon, fat reduced, salt reduced, raw	1 food guide serving = 90g	90.00	1.080
3507	Veal, composite cuts, lean and fat, raw	1 food guide serving = 90g	90.00	1.080
3561	Veal, ground, raw	1 food guide serving = 90g	90.00	1.080
4789	Lamb, american, leg, sirloin, separable lean and fat, trimmed to 3mm (1/8") fat, raw	1 food guide serving = 90g	90.00	1.080
5203	Veal, grain-fed, shoulder, blade steak, lean and fat, raw	1 food guide serving = 90g	90.00	1.080
5220	Goose, wild (Canada goose), native, leg with skin, raw	1 food guide serving = 90g	90.00	1.080
55	Eggnog, 7% M.F., Canadian product, 4% to 8% M.F.	250ml	268.38	1.074
117	Egg substitute, frozen (yolk replaced)	3 egg whites	99.00	1.064
1141	Bologna (baloney), pork	1 food guide serving = 75g	75.00	1.050
1214	Salami, cooked, pork	1 food guide serving = 75g	75.00	1.050
1979	Pork, cured, bacon bits, cookec	1 food guide serving = 75g	75.00	1.050
3510	Veal, composite cuts, lean, cookec	1 food guide serving = 75g	75.00	1.050

3528	Veal, loin, lean, roastec	1 food guide serving = 75g	75.00	1.050
3536	Veal, shoulder, whole, lean and fat, braised	1 food guide serving = 75g	75.00	1.050
3542	Veal, shoulder, shank, lean and fat, braised	1 food guide serving = 75g	75.00	1.050
3548	Veal, shoulder, blade, lean and fat, braised	1 food guide serving = 75g	75.00	1.050
3552	Veal, shoulder, blade, lean, roastec	1 food guide serving = 75g	75.00	1.050
3555	Veal, sirloin, lean and fat, roastec	1 food guide serving = 75g	75.00	1.050
5211	Veal, milk-fed, rib chop, lean, broiled	1 food guide serving = 75g	75.00	1.050
5502	Sausage, chicken and beef, smoked	1 food guide serving = 75g	75.00	1.050
5668	Bratwurst, veal, cookec	1 food guide serving = 75g	75.00	1.050
133	Egg, chicken, whole, scramblec	2 large eggs	122.00	1.049
4541	Fast foods, breakfast, croissant with egg and cheese	140g	140.00	1.036
3216	Flatfish (flounder or sole or plaice), raw	1 food guide serving = 90g	90.00	1.035
2315	Spinach souffle, home-preparec	250ml	143.70	1.010
4537	Fast foods, breakfast, biscuit with egg, cheese and bacon	140g	140.00	1.008
2174	Potato, mashed, dehydrated, granules without milk, whole milk and butter added	125ml	110.95	0.999
75	Milk shake, chocolate, thick	250ml	249.05	0.996
3842	Cookie, peanut butter, from recipe, made with margarine	2 medium cookies	40.00	0.992
774	Turkey, young hen, wing, meat and skin, raw	1 food guide serving = 90g	90.00	0.990
912	Chicken, roasting, back, meat and skin, raw	1 food guide serving = 90g	90.00	0.990
1218	Sausage, pork and beef, raw	1 food guide serving = 90g	90.00	0.990
3639	Lamb, American, ground, raw	1 food guide serving = 90g	90.00	0.990
3654	Veal, grain-fed, loin chop, lean, raw	1 food guide serving = 90g	90.00	0.990
3955	Pie, egg custard, commercia	110g	110.00	0.990
3818	Cookie, chocolate chip, from recipe, made with margerine	2 medium cookies (5.7cm dia)	32.00	0.989
3966	Pie, crust, cookie-type, from recipe, graham cracker, baked	1/6 crust (20cm dia)	30.00	0.981
4031	Pie crust, cookie-type, graham cracker, from recipe, chilled	1/6 crust (20cm dia)	30.00	0.981
1857	Pork, cured, breakfast strips, cooked	1 food guide serving = 75g	75.00	0.975
1881	Pork, fresh, tail, simmered	1 food guide serving = 75g	75.00	0.975
2759	Beef, chuck, short ribs, lean, 6mm (1/4") trim, simmered	1 food guide serving = 75g	75.00	0.975
3520	Veal, leg (round), lean, pan-fried, breaded	1 food guide serving = 75g	75.00	0.975
3539	Veal, shoulder, whole, lean, braisec	1 food guide serving = 75g	75.00	0.975
3551	Veal, shoulder, blade, lean, braisec	1 food guide serving = 75g	75.00	0.975
3557	Veal, sirloin, lean, braisec	1 food guide serving = 75g	75.00	0.975
3558	Veal, sirloin, lean, roastec	1 food guide serving = 75g	75.00	0.975
3659	Veal, grain-fed, rib chop, lean, broiled	1 food guide serving = 75g	75.00	0.975
3760	Cake, white, prepared from recipe, with icing (frosting) coconut icing	1/12 cake (2 layer, 23cm dia)	112.00	0.974
2399	Mushroom, raw	125ml whole	50.72	0.964
4646	Fast foods, hotdog with cornflour coating (corndog)	140g	140.00	0.938
4030	Pie crust, cookie-type, from recipe, choco wafer, chilled	1/6 crust (20cm dia)	28.00	0.916
3081	Tuna, light, canned with water, drained, salted	1 food guide serving = 75g	75.00	0.908

3214	Tuna, light, canned with oil, drained, unsalted	1 food guide serving = 75g	75.00	0.908
712	Turkey, all classes, back, meat and skin, raw	1 food guide serving = 90g	90.00	0.900
718	Turkey, all classes, wing, meat and skin, raw	1 food guide serving = 90g	90.00	0.900
798	Turkey, young tom, wing, meat and skin, raw	1 food guide serving = 90g	90.00	0.900
1160	Pate, goose liver, smoked, canner	1 food guide serving = 75g	75.00	0.900
1183	Braunschweiger (liver sausage), pork	1 food guide serving = 75g	75.00	0.900
1200	Salami, cooked, beef	1 food guide serving = 75g	75.00	0.900
1755	Pork, fresh, carcass, separable lean and fat, raw	1 food guide serving = 90g	90.00	0.900
1880	Pork, fresh, tail, raw	1 food guide serving = 90g	90.00	0.900
3430	Lamb, American, leg, whole, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.900
3515	Veal, leg (round), lean and fat, pan-fried, breaded	1 food guide serving = 75g	75.00	0.900
3546	Veal, shoulder, shank, lean, roasted	1 food guide serving = 75g	75.00	0.900
3549	Veal, shoulder, blade, lean and fat, roasted	1 food guide serving = 75g	75.00	0.900
3666	Veal, grain-fed, shoulder, shank, lean, raw	1 food guide serving = 90g	90.00	0.900
5175	Turkey, young tom, drumstick, meat, raw	1 food guide serving = 90g	90.00	0.900
5188	Turkey, young tom, thigh, meat and skin, raw	1 food guide serving = 90g	90.00	0.900
5216	Veal, milk-fed, shoulder, blade steak, lean, braised	1 food guide serving = 75g	75.00	0.900
5277	Potato, mashed, home-prepared, 2% M.F. milk and margarine added	125ml	110.95	0.900
3963	Pie, pumpkin, prepared from recipe	110g	110.00	0.880
3964	Pie, vanilla cream, prepared from recipe	110g	110.00	0.880
3424	Lamb, American, composite cuts, fat, raw	125g	125.00	0.875
3485	Lamb, New Zealand, composite cuts, fat, raw	125g	125.00	0.875
101	Cheese sauce, prepared from recipe	60ml	61.62	0.863
132	Egg, chicken, whole, poached	2 large eggs	100.00	0.860
4164	Dessert, frozen, ice cream, light, vanilla, soft serve	125ml	92.98	0.860
5561	Dessert, frozen, ice cream, sundae, prepackaged	125ml	92.50	0.856
4158	Dessert, frozen, ice cream, French vanilla, soft serve	125ml	90.87	0.841
2999	Cod (scrod), atlantic, dried and salted	35g	35.00	0.840
4575	Fast foods, entree, crab cake	100g	100.00	0.830
4632	Fast foods, sandwiches and burgers, fish sandwich with tartar sauce	140g	140.00	0.826
1157	Olive loaf, pork	1 food guide serving = 75g	75.00	0.825
1168	Smoked link sausage, pork and beef Thuringer, cervelat, summer sausage, beef, pork	1 food guide serving = 75g	75.00	0.825
1171	Italian sausage, fresh pork, cooked	1 food guide serving = 75g	75.00	0.825
1175	Bologna (baloney), beef and pork	1 food guide serving = 75g	75.00	0.825
1180	Bratwurst, fresh pork, cooked	1 food guide serving = 75g	75.00	0.825
1182	Pickle and pimiento loaf, pork	1 food guide serving = 75g	75.00	0.825

1197	Polish sausage, pork	1 food guide serving = 75g	75.00	0.825
1869	Pork, cured, ham patties, grilled	1 food guide serving = 75g	75.00	0.825
2675	Beef, brisket, lean and fat, 6mm (1/4") trim, braised	1 food guide serving = 75g	75.00	0.825
3459	Lamb, American, shoulder, whole, lean, braised	1 food guide serving = 75g	75.00	0.825
3516	Veal, leg (round), lean and fat, pan-fried, not breaded	1 food guide serving = 75g	75.00	0.825
3543	Veal, shoulder, shank, lean and fat, roasted	1 food guide serving = 75g	75.00	0.825
3545	Veal, shoulder, shank, lean, braised	1 food guide serving = 75g	75.00	0.825
5388	Bologna (baloney), chicken, pork	1 food guide serving = 75g	75.00	0.825
5488	Pork sausage rice links, brown and serve, cooked	1 food guide serving = 75g	75.00	0.825
5673	Sausage, Polish, beef with chicken, hot	1 food guide serving = 75g	75.00	0.825
5674	Sausage, Polish, pork and beef, smoked	1 food guide serving = 75g	75.00	0.825
5735	Dessert, frozen, ice cream, chocolate, light	125ml	76.08	0.822
4661	Fast foods, side dish, potato, baked, topped with sour cream and chives	140g	140.00	0.812
645	Chicken, stewing, flesh, skin, giblets and neck, raw	1 food guide serving = 90g	90.00	0.810
647	Chicken, stewing, flesh and skin, raw	1 food guide serving = 90g	90.00	0.810
683	Squab (pigeon), flesh and skin, raw	1 food guide serving = 90g	90.00	0.810
702	Turkey, all classes, neck, meat only, raw	1 food guide serving = 90g	90.00	0.810
778	Turkey, young tom, flesh and skin, raw	1 food guide serving = 90g	90.00	0.810
790	Turkey, young tom, dark meat only, raw	1 food guide serving = 90g	90.00	0.810
796	Turkey, young tom, leg, meat and skin, raw	1 food guide serving = 90g	90.00	0.810
825	Chicken, broiler, leg, back, meat and skin, water chill, raw	1 food guide serving = 90g	90.00	0.810
3491	Lamb, New Zealand, leg, whole, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.810
3538	Veal, milk-fed, shoulder, whole, lean, raw	1 food guide serving = 90g	90.00	0.810
3541	Veal, shoulder, shank, lean and fat, raw	1 food guide serving = 90g	90.00	0.810
3547	Veal, shoulder, blade, lean and fat, raw	1 food guide serving = 90g	90.00	0.810
5177	Turkey, young tom, back, meat, raw	1 food guide serving = 90g	90.00	0.810
5178	Turkey, young tom, leg, meat, raw	1 food guide serving = 90g	90.00	0.810
4543	Fast foods, breakfast, croissant with egg, cheese and ham	140g	140.00	0.798
4642	Fast foods, sandwiches and burgers, ham and cheese sandwich	140g	140.00	0.798
4644	Fast foods, hotdog, plain	140g	140.00	0.798
2	Mixed dishes, cheese souffle	250ml	100.38	0.784
5361	Soup, cream of mushroom, low sodium, ready-to-serve, canned	250ml	257.82	0.773
462	Fish oil, sardine	10ml	9.21	0.765
4582	Fast foods, entree, salad, vegetable, no dressing, with pasta and seafood	100g	100.00	0.760
816	Poultry food products, turkey, ground, cooked	1 food guide serving = 75g	75.00	0.750

1184	Dutch loaf, old fashioned loaf, pork, beef	1 food guide serving = 75g	75.00	0.750
1206	Liver and bacon sausage, pork	1 food guide serving = 75g	75.00	0.750
1868	Pork, cured, ham patties, unheated	1 food guide serving = 75g	75.00	0.750
1894	Pork, fresh, back ribs, lean and fat, roasted	1 food guide serving = 75g	75.00	0.750
2701	Beef, ground, regular, pan-fried, degree of doneness: medium	1 food guide serving = 75g	75.00	0.750
2706	Beef, cured, breakfast strips, cooked	1 food guide serving = 75g	75.00	0.750
3065	Smelt, rainbow (american, capelin), baked or broiled	1 food guide serving = 75g	75.00	0.750
3506	Lamb, New Zealand, shoulder, whole, lean braised	1 food guide serving = 75g	75.00	0.750
3519	Veal, leg (round), lean, braised	1 food guide serving = 75g	75.00	0.750
3562	Veal, ground, broiled	1 food guide serving = 75g	75.00	0.750
3655	Veal, grain-fed, loin chop, lean, braised	1 food guide serving = 75g	75.00	0.750
5010	Beef, ground, regular, crumbled, not rinsed, pan-fried, degree of doneness: well done	1 food guide serving = 75g	75.00	0.750
5222	Veal, grain-fed, shoulder, blade steak, lean, braised	1 food guide serving = 75g	75.00	0.750
5594	Bologna (baloney), beef, reduced sodium	1 food guide serving = 75g	75.00	0.750
5692	Kielbasa (kolbassa), Polish, turkey and beef, smoked	1 food guide serving = 75g	75.00	0.750
5695	Bologna (baloney), pork, turkey and beef	1 food guide serving = 75g	75.00	0.750
5754	Dessert, frozen, ice cream, chocolate, rich	125ml	78.19	0.723
626	Chicken, broiler, wing, meat and skin, raw	1 food guide serving = 90g	90.00	0.720
652	Chicken, stewing, light meat only, raw	1 food guide serving = 90g	90.00	0.720
685	Squab (pigeon), breast, meat only, raw	1 food guide serving = 90g	90.00	0.720
762	Turkey, young hen, dark meat and skin, raw	1 food guide serving = 90g	90.00	0.720
766	Turkey, young hen, dark meat only, raw	1 food guide serving = 90g	90.00	0.720
788	Turkey, young tom, light meat only, raw	1 food guide serving = 90g	90.00	0.720
906	Chicken, roasting, thigh, meat and skin, raw	1 food guide serving = 90g	90.00	0.720
1848	Pork, fresh, mechanically separated, raw	1 food guide serving = 90g	90.00	0.720
2660	Beef, mechanically deboned, raw	1 food guide serving = 90g	90.00	0.720
2786	Beef, ground, regular, raw	1 food guide serving = 90g	90.00	0.720
2787	Beef, kidneys, raw	1 food guide serving = 90g	90.00	0.720
2826	Beef, loin, wing steak, lean, raw	1 food guide serving = 90g	90.00	0.720
3434	Lamb, American, leg, shank portion, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.720
3481	Lamb, New Zealand, composite cuts, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.720
3624	Lamb, mechanically separated, raw	1 food guide serving = 90g	90.00	0.720
3649	Veal, grain-fed, cutlets (inside top round), raw	1 food guide serving = 90g	90.00	0.720
3660	Veal, grain-fed, shoulder, whole, lean and fat, raw	1 food guide serving = 90g	90.00	0.720
3753	Cake, cherry fudge with chocolate icing (frosting)	80g	80.00	0.720

3880	Cream puff, from recipe, shell only, includes eclairs	80g	80.00	0.720
4576	Fast foods, entree, fish fillet, battered or breaded, fried	1 food guide serving = 75g	75.00	0.720
4785	Lamb, american, leg, whole, separable lean and fat, trimmed to 3mm (1/8") fat, raw	1 food guide serving = 90g	90.00	0.720
4813	Lamb, New Zealand, frozen, leg, whole, separable lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.720
5176	Turkey, young tom, thigh, meat, raw	1 food guide serving = 90g	90.00	0.720
5187	Turkey, young tom, drumstick, meat and skin, raw	1 food guide serving = 90g	90.00	0.720
5215	Goose, wild (Canada goose), native, breast and skin, raw	1 food guide serving = 90g	90.00	0.720
4033	Pie crust, cookie-type, from recipe, vanilla wafer, chilled, refrigerated	1/6 pie (20cm dia)	22.00	0.719
4550	Fast foods, breakfast, english muffin with cheese and sausage	140g	140.00	0.714
3064	Smelt, rainbow (american, capelin), raw	1 food guide serving = 90g	90.00	0.706
5437	Dessert, frozen, ice cream, chocolate, light, no sugar added	125ml	76.08	0.704
4633	Fast foods, sandwiches and burgers, fish sandwich with tartar sauce and cheese	140g	140.00	0.700
4641	Fast foods, sandwiches and burgers, hamburger, large, triple patty, with condiments	140g	140.00	0.700
3979	Roll, dinner, egg	1 roll (6.3cm dia)	35.00	0.696
3131	Tuna, light, canned in water, drained, unsalted	1 food guide serving = 75g	75.00	0.690
3207	Tuna, light, canned with oil, drained, salted	1 food guide serving = 75g	75.00	0.690
2313	Corn pudding, home-prepared	125ml	132.08	0.683
713	Turkey, all classes, back, meat and skin, roasted	1 food guide serving = 75g	75.00	0.675
769	Turkey, young hen, back, meat and skin, roasted	1 food guide serving = 75g	75.00	0.675
1139	Beerwurst, beer salami, pork	1 food guide serving = 75g	75.00	0.675
1165	Salami, dry or hard, pork	1 food guide serving = 75g	75.00	0.675
1177	Beerwurst, (beer salami, bierwurst), beef	1 food guide serving = 75g	75.00	0.675
1185	Wiener (frankfurter), beef	1 food guide serving = 75g	75.00	0.675
1186	Wiener (frankfurter), beef and pork	1 food guide serving = 75g	75.00	0.675
1194	Mortadella, beef, pork	1 food guide serving = 75g	75.00	0.675
1199	Sausage, pork, fresh, cooked	1 food guide serving = 75g	75.00	0.675
1907	Pork, fresh, loin, rib half (country-style ribs), lean and fat, roasted	1 food guide serving = 75g	75.00	0.675
2671	Beef, cured, summer sausage	1 food guide serving = 75g	75.00	0.675
2697	Beef, ground, regular, baked, degree of doneness: medium	1 food guide serving = 75g	75.00	0.675
2698	Beef, ground, regular, baked, degree of doneness: well done	1 food guide serving = 75g	75.00	0.675
2699	Beef, ground, regular, broiled, degree of doneness: medium	1 food guide serving = 75g	75.00	0.675
2700	Beef, ground, regular, broiled, degree of doneness: well done	1 food guide serving = 75g	75.00	0.675
2811	Beef, hip, rump roast, lean, 6mm (1/4") trim, roasted	1 food guide serving = 75g	75.00	0.675
3046	Orange roughy, raw	1 food guide serving = 90g	90.00	0.675

3439	Lamb, American, leg, butt portion, lean and fat, 6mm (1/4") trim, roasted	1 food guide serving = 75g	75.00	0.675
3514	Veal, leg (round), lean and fat, braised	1 food guide serving = 75g	75.00	0.675
3537	Veal, milk-fed, shoulder, whole, lean and fat, roasted	1 food guide serving = 75g	75.00	0.675
3560	Veal, cubed for stew (leg and shoulder), lean, braised	1 food guide serving = 75g	75.00	0.675
3661	Veal, grain-fed, shoulder, whole, lean and fat, roasted	1 food guide serving = 75g	75.00	0.675
5377	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, 25% less sodium	1 food guide serving = 75g	75.00	0.675
5380	Bologna (baloney), chicken, turkey, pork	1 food guide serving = 75g	75.00	0.675
5613	Wiener (frankfurter), low sodium	1 food guide serving = 75g	75.00	0.675
5688	Yachtwurst, with pistachio nuts, cooked	1 food guide serving = 75g	75.00	0.675
5689	Beerwurst, pork and beef	1 food guide serving = 75g	75.00	0.675
5703	Wiener (frankfurter), beef, heated	1 food guide serving = 75g	75.00	0.675
4631	Fast foods, sandwiches and burgers, egg and cheese sandwich	140g	140.00	0.672
3944	Pie, banana cream, prepared from recipe	110g	110.00	0.660
4058	Pie, pumpkin, commercial	110g	110.00	0.660
4163	Dessert, frozen, ice cream, vanilla, 11% M.F.	125ml	76.08	0.660
4643	Fast foods, sandwiches and burgers, ham, egg and cheese sandwich	140g	140.00	0.658
5453	Dessert, frozen, ice cream, vanilla, fat free	125ml	70.27	0.650
4288	Dessert, frozen, ice cream, chocolate	125ml	69.74	0.645
4289	Dessert, frozen, ice cream, strawberry	125ml	69.74	0.645
2324	Potato pancakes, home-prepared	2 pancakes (7cm dia)	44.09	0.635
4917	Dessert, frozen, ice cream, light, with aspartame, vanilla	125ml	68.68	0.635
555	Chicken, broiler, flesh, skin, giblets and neck, raw	1 food guide serving = 90g	90.00	0.630
585	Chicken, broiler, dark meat and skin, raw	1 food guide serving = 90g	90.00	0.630
620	Chicken, broiler, neck, meat, raw	1 food guide serving = 90g	90.00	0.630
635	Chicken, roasting, flesh, skin, giblets and neck, raw	1 food guide serving = 90g	90.00	0.630
637	Chicken, roasting, flesh and skin, raw	1 food guide serving = 90g	90.00	0.630
656	Chicken, capons, flesh, skin, giblets and neck, raw	1 food guide serving = 90g	90.00	0.630
658	Chicken, capon, flesh and skin, raw	1 food guide serving = 90g	90.00	0.630
706	Turkey, all classes, dark meat and skin, raw	1 food guide serving = 90g	90.00	0.630
710	Turkey, all classes, dark meat only, raw	1 food guide serving = 90g	90.00	0.630
738	Turkey, broiler, back, meat only, raw	1 food guide serving = 90g	90.00	0.630
752	Turkey, young hen, flesh, skin, giblets and neck, raw	1 food guide serving = 90g	90.00	0.630
754	Turkey, young hen, flesh and skin, raw	1 food guide serving = 90g	90.00	0.630
780	Turkey, young tom, flesh only, raw	1 food guide serving = 90g	90.00	0.630

850	Chicken, broiler, thigh, meat and skin, water chill, raw	1 food guide serving = 90g	90.00	0.630
1893	Pork, fresh, pork back ribs, lean and fat, raw	1 food guide serving = 90g	90.00	0.630
1937	Pork, cured, breakfast strips, raw or unheated	1 food guide serving = 90g	90.00	0.630
2653	Beef, heart, raw	1 food guide serving = 90g	90.00	0.630
3420	Lamb, American, composite cuts, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.630
3440	Lamb, American, leg, butt portion, lean, raw	1 food guide serving = 90g	90.00	0.630
3652	Veal, grain-fed, loin chop, lean and fat, raw	1 food guide serving = 90g	90.00	0.630
4787	Lamb, american, leg, shank, separable lean and fat, trimmed to 3mm (1/8") fat, raw	1 food guide serving = 90g	90.00	0.630
5173	Turkey, young tom, breast, meat, raw	1 food guide serving = 90g	90.00	0.630
759	Turkey, young hen, skin only, roasted	55g	55.00	0.605
3936	Pancake, blueberry, prepared from recipe	1 pancake (15.2 cm dia)	77.00	0.601
1161	Pate, liver, unspecified meat, canned	1 food guide serving = 75g	75.00	0.600
1174	Vienna sausage (cocktail), canned, beef and pork	1 food guide serving = 75g	75.00	0.600
1176	Luncheon sausage, pork and beef	1 food guide serving = 75g	75.00	0.600
1190	Headcheese, pork	1 food guide serving = 75g	75.00	0.600
1192	Liver sausage, liverwurst, pork	1 food guide serving = 75g	75.00	0.600
1195	Peppered loaf, pork, beef	1 food guide serving = 75g	75.00	0.600
1203	Salami, dry or hard, pork, beef	1 food guide serving = 75g	75.00	0.600
1210	Luncheon meat, unspecified meat, loaf	1 food guide serving = 75g	75.00	0.600
1818	Pork, fresh, shoulder, picnic (arm), lean and fat, braised	1 food guide serving = 75g	75.00	0.600
1819	Pork, fresh, shoulder, picnic (arm), lean and fat, roasted	1 food guide serving = 75g	75.00	0.600
1824	Pork, fresh, shoulder, blade portion, bone-in, lean and fat, braised	1 food guide serving = 75g	75.00	0.600
1906	Pork, fresh, loin, rib half (country-style ribs), lean and fat, braised	1 food guide serving = 75g	75.00	0.600
1934	Pork, fresh, side ribs centre cut (spareribs), lean and fat, simmered, roasted	1 food guide serving = 75g	75.00	0.600
1972	Pork, fresh, shoulder, butt (blade, boneless), lean and fat, roasted	1 food guide serving = 75g	75.00	0.600
2677	Beef, brisket, lean, 6mm (1/4") trim, braised	1 food guide serving = 75g	75.00	0.600
2691	Beef, ground, medium, baked, degree of doneness: medium	1 food guide serving = 75g	75.00	0.600
2692	Beef, ground, medium, baked, degree of doneness: well done	1 food guide serving = 75g	75.00	0.600
2693	Beef, ground, medium, broiled, degree of doneness: medium	1 food guide serving = 75g	75.00	0.600
2695	Beef, ground, medium, pan-fried, degree of doneness: medium	1 food guide serving = 75g	75.00	0.600
2702	Beef, ground, regular, patty, pan-fried, degree of doneness: well done	1 food guide serving = 75g	75.00	0.600
2704	Beef, ground, patty, frozen, broiled, degree of doneness: medium	1 food guide serving = 75g	75.00	0.600
2709	Beef, cured, sausage, cooked, smoked	1 food guide serving = 75g	75.00	0.600

3455	Lamb, American, shoulder, whole, lean and fat, 6mm (1/4") trim, braised	1 food guide serving = 75g	75.00	0.600
3504	Lamb, New Zealand, shoulder, whole, lean and fat, 6mm (1/4") trim, braised	1 food guide serving = 75g	75.00	0.600
3640	Lamb, American, ground, broiled	1 food guide serving = 75g	75.00	0.600
3663	Veal, grain-fed, shoulder, whole, lean, roasted	1 food guide serving = 75g	75.00	0.600
4746	Beef, brisket, whole, separable lean and fat, trimmed to 3mm (1/8") fat, braised	1 food guide serving = 75g	75.00	0.600
4790	Lamb, american, leg, sirloin, separable lean and fat, trimmed to 3mm (1/8") fat, roasted	1 food guide serving = 75g	75.00	0.600
4995	Beef, ground, medium, crumbled, pan-fried, degree of doneness: well done	1 food guide serving = 75g	75.00	0.600
5387	Bologna (baloney), chicken, pork, beef	1 food guide serving = 75g	75.00	0.600
5671	Salami, pork, beef, less sodium	1 food guide serving = 75g	75.00	0.600
5700	Pate, truffle flavour	1 food guide serving = 75g	75.00	0.600
5704	Frankfurter, meat, heated	1 food guide serving = 75g	75.00	0.600
5705	Frankfurter, meat	1 food guide serving = 75g	75.00	0.600
4628	Fast foods, sandwiches and burgers, cheeseburger, large, triple patty, plain	140g	140.00	0.588
4619	Fast foods, sandwiches and burgers, cheeseburger, regular, double patty, plain	140g	140.00	0.574
4648	Fast foods, sandwiches and burgers, roast beef sandwich with cheese	140g	140.00	0.574
2984	Anchovy, european, raw	1 food guide serving = 90g	90.00	0.567
3178	Orange roughy, baked or broiled	1 food guide serving = 75g	75.00	0.562
4637	Fast foods, sandwiches and burgers, hamburger, regular, double patty, plain	140g	140.00	0.560
4639	Fast foods, sandwiches and burgers, hamburger, large, single patty, plain	140g	140.00	0.560
136	Cream, table (coffee), 18% M.F.	125ml	126.80	0.559
2171	Potato, au gratin, home-prepared	125ml	129.44	0.555
47	Cheese, swiss (emmental)	50g	50.00	0.550
50	Cheese, processed, swiss	50g	50.00	0.550
52	Cheese, processed food, swiss	50g	50.00	0.550
692	Turkey, all classes, skin only, raw	55g	55.00	0.550
3943	Pie, banana cream, prepared from mix, no-bake type	110g	110.00	0.550
3950	Pie, chocolate mousse, prepared from mix, no-bake type	110g	110.00	0.550
5604	Cheese, swiss, low sodium	50g	50.00	0.550
560	Chicken, broiler, flesh and skin, raw	1 food guide serving = 90g	90.00	0.540
667	Duck, wild, native, flesh and skin, raw	1 food guide serving = 90g	90.00	0.540
678	Pheasant, breast, meat only, raw	1 food guide serving = 90g	90.00	0.540
686	Turkey, all classes, flesh, skin, giblets and neck, raw	1 food guide serving = 90g	90.00	0.540
688	Turkey, all classes, flesh and skin, raw	1 food guide serving = 90g	90.00	0.540
704	Turkey, all classes, light meat and skin, raw	1 food guide serving = 90g	90.00	0.540
708	Turkey, all classes, light meat only, raw	1 food guide serving = 90g	90.00	0.540

736	Turkey, broiler, back, meat and skin, raw	1 food guide serving = 90g	90.00	0.540
748	Turkey, broiler, wing, meat and skin, raw	1 food guide serving = 90g	90.00	0.540
756	Turkey, young hen, flesh only, raw	1 food guide serving = 90g	90.00	0.540
760	Turkey, young hen, light meat and skin, raw	1 food guide serving = 90g	90.00	0.540
764	Turkey, young hen, light meat only, raw	1 food guide serving = 90g	90.00	0.540
770	Turkey, young hen, breast, meat and skin, raw	1 food guide serving = 90g	90.00	0.540
772	Turkey, young hen, leg, meat and skin, raw	1 food guide serving = 90g	90.00	0.540
776	Turkey, young tom, flesh, skin and giblets and neck, raw	1 food guide serving = 90g	90.00	0.540
784	Turkey, young tom, light meat and skin, raw	1 food guide serving = 90g	90.00	0.540
817	Chicken, cornish game hens, flesh and skin, raw	1 food guide serving = 90g	90.00	0.540
894	Chicken, roasting, leg and back, meat and skin, raw	1 food guide serving = 90g	90.00	0.540
918	Chicken, ground, lean, raw	1 food guide serving = 90g	90.00	0.540
1761	Pork, fresh, leg, whole, lean and fat, raw	1 food guide serving = 90g	90.00	0.540
1769	Pork, fresh, leg, shank portion, lean and fat, raw	1 food guide serving = 90g	90.00	0.540
1817	Pork, fresh, shoulder, picnic (arm), lean and fat, raw	1 food guide serving = 90g	90.00	0.540
2824	Beef, loin, wing steak, lean and fat, 6mm (1/4") trim raw	1 food guide serving = 90g	90.00	0.540
3535	Veal, milk-fed, shoulder, whole, lean and fat, raw	1 food guide serving = 90g	90.00	0.540
3550	Veal, shoulder, blade, lean, raw	1 food guide serving = 90g	90.00	0.540
3688	Bread, banana, prepared from recipe, made with margarine	1/2 slice (11.1cm x 6.3cm x 1.3cm)	30.00	0.540
4809	Lamb, New Zealand, frozen, composite, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.540
6119	Pork, fresh, ground, lean, raw	1 food guide serving = 90g	90.00	0.540
6121	Pork, fresh, ground, medium, raw	1 food guide serving = 90g	90.00	0.540
152	Cream, sour, cultured, 18% M.F.	125ml	121.51	0.536
4624	Fast foods, sandwiches and burgers, cheeseburger, large, single patty, with bacon and condiments	140g	140.00	0.532
3060	Shark (dogfish), mixed species, raw	1 food guide serving = 90g	90.00	0.531
2170	Potato, scalloped, home-prepared	125ml	129.44	0.529
719	Turkey, all classes, wing, meat and skin, roasted	1 food guide serving = 75g	75.00	0.525
763	Turkey, young hen, dark meat, meat and skin, roasted	1 food guide serving = 75g	75.00	0.525
775	Turkey, young hen, wing, meat and skin, roasted	1 food guide serving = 75g	75.00	0.525
793	Turkey, young tom, back, meat and skin, roasted	1 food guide serving = 75g	75.00	0.525
1163	Sausage, pork and beef, fresh, cooked	1 food guide serving = 75g	75.00	0.525
1179	Bologna (baloney), beef	1 food guide serving = 75g	75.00	0.525
1208	Luncheon meat, unspecified meat, french onion, loaved	1 food guide serving = 75g	75.00	0.525
1212	Luncheon meat, mock chicken, loaved	1 food guide serving = 75g	75.00	0.525
1213	Luncheon meat, pizza, loaved	1 food guide serving = 75g	75.00	0.525
1217	Spiced ham sausage	1 food guide serving = 75g	75.00	0.525

1770	Pork, fresh, leg, shank portion, lean and fat, roasted	1 food guide serving = 75g	75.00	0.525
1814	Pork, fresh, shoulder, whole, lean and fat, roasted	1 food guide serving = 75g	75.00	0.525
1826	Pork, fresh, shoulder, blade portion, bone-in, lean and fat, roasted	1 food guide serving = 75g	75.00	0.525
1835	Pork, fresh, intestine (chitterlings), simmered	1 food guide serving = 75g	75.00	0.525
1855	Pork, fresh, tongue, braised	1 food guide serving = 75g	75.00	0.525
1877	Pork, cured, shoulder, arm picnic, lean and fat, roasted	1 food guide serving = 75g	75.00	0.525
2656	Beef, liver, braised	1 food guide serving = 75g	75.00	0.525
2657	Beef, liver, pan-fried	1 food guide serving = 75g	75.00	0.525
2694	Beef, ground, medium, broiled, degree of doneness: well done	1 food guide serving = 75g	75.00	0.525
2696	Beef, ground, medium, patty, pan-fried, degree of doneness: well done	1 food guide serving = 75g	75.00	0.525
2712	Beef, brisket, lean and fat, 0mm (0") trim, braised	1 food guide serving = 75g	75.00	0.525
3195	Cod (scrod), atlantic, baked or broiled	1 food guide serving = 75g	75.00	0.525
3421	Lamb, American, composite, lean and fat, 6mm (1/4") trim, cooked	1 food guide serving = 75g	75.00	0.525
3423	Lamb, American, composite cuts, lean, cooked	1 food guide serving = 75g	75.00	0.525
3431	Lamb, American, leg, whole, lean and fat, 6mm (1/4") trim, roasted	1 food guide serving = 75g	75.00	0.525
3441	Lamb, American, leg, butt portion, lean, roasted	1 food guide serving = 75g	75.00	0.525
3460	Lamb, American, shoulder, whole, lean, broiled	1 food guide serving = 75g	75.00	0.525
3461	Lamb, American, shoulder, whole, lean, roasted	1 food guide serving = 75g	75.00	0.525
3467	Lamb, American, shoulder, shank, lean, braised	1 food guide serving = 75g	75.00	0.525
3475	Lamb, American, shoulder, blade, lean, braised	1 food guide serving = 75g	75.00	0.525
3482	Lamb, New Zealand, composite cuts, lean and fat, 6mm (1/4") trim, cooked	1 food guide serving = 75g	75.00	0.525
3484	Lamb, New Zealand, composite cuts, lean, cooked	1 food guide serving = 75g	75.00	0.525
3492	Lamb, New Zealand, leg, whole, lean and fat, braised	1 food guide serving = 75g	75.00	0.525
3521	Veal, milk-fed, cutlets (inside top round), pan-fried	1 food guide serving = 75g	75.00	0.525
3522	Veal, leg (round), lean, roasted	1 food guide serving = 75g	75.00	0.525
3650	Veal, grain-fed, cutlets (inside top round), braised	1 food guide serving = 75g	75.00	0.525
4798	Lamb, american, shoulder, whole, separable lean and fat, trimmed to 3mm (1/8") fat, braised	1 food guide serving = 75g	75.00	0.525
5011	Beef, ground, regular, crumbled, pan-fried, rinsed, degree of doneness: well done	1 food guide serving = 75g	75.00	0.525
5382	Beef sausage, pre-cooked	1 food guide serving = 75g	75.00	0.525
5405	Pork, cured, bacon, cooked, baked Bologna (baloney), beef and pork, low fat	1 food guide serving = 75g	75.00	0.525
5461	Bologna (baloney), beef, low fat	1 food guide serving = 75g	75.00	0.525
5477	Turkey, wing, smoked, cooked, with skin, bone removed	1 food guide serving = 75g	75.00	0.525
5669	Liverwurst spread	1 food guide serving = 75g	75.00	0.525
5697	Wiener (frankfurter), pork	1 food guide serving = 75g	75.00	0.525

5699	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	1 food guide serving = 75g	75.00	0.525
5947	Beef, chuck, blade roast, boneless, lean and fat, 0mm (0") trim, cooked, braised	1 food guide serving = 75g	75.00	0.525
5948	Beef, chuck, blade roast, boneless, lean and fat, 3mm (1/8") trim, cooked, braised	1 food guide serving = 75g	75.00	0.525
5949	Beef, chuck, blade roast, boneless, lean, cooked, braised	1 food guide serving = 75g	75.00	0.525
5953	Beef, chuck, blade steak, with bone, lean and fat, 0mm (0") trim, cooked, braised	1 food guide serving = 75g	75.00	0.525
5954	Beef, chuck, blade steak, with bone, lean and fat, 3mm (1/8") trim, cooked, braised	1 food guide serving = 75g	75.00	0.525
5955	Beef, chuck, blade steak, with bone, lean, cooked, braised	1 food guide serving = 75g	75.00	0.525
5982	Beef, chuck, cross rib roast, boneless, lean and fat, 0mm (0") trim, cooked, braised	1 food guide serving = 75g	75.00	0.525
5983	Beef, chuck, cross rib roast, boneless, lean and fat, 3mm (1/8") trim, cooked, braised	1 food guide serving = 75g	75.00	0.525
5984	Beef, chuck, cross rib roast, boneless, lean, cooked, braised	1 food guide serving = 75g	75.00	0.525
5988	Beef, chuck, cross rib steak, boneless, lean and fat, 0mm (0") trim, cooked, braised	1 food guide serving = 75g	75.00	0.525
5989	Beef, chuck, cross rib steak, boneless, lean and fat, 3mm (1/8") trim, cooked, braised	1 food guide serving = 75g	75.00	0.525
5990	Beef, chuck, cross rib steak, boneless, lean, cooked, braised	1 food guide serving = 75g	75.00	0.525
6030	Beef, hip, inside (top) round roast, boneless, lean and fat, 3mm (1/8") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.525
6036	Beef, hip, inside (top) round steak, boneless, lean and fat, 3mm (1/8") trim, cooked, braised	1 food guide serving = 75g	75.00	0.525
6043	Beef, hip, outside (bottom) round roast, boneless, lean and fat, 3mm (1/8") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.525
6049	Beef, hip, outside (bottom) round steak, boneless, lean and fat, 3mm (1/8") trim, cooked, braised	1 food guide serving = 75g	75.00	0.525
6064	Beef, rib, rib eye roast, boneless, lean and fat, 3mm (1/8") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.525
6069	Beef, rib, rib eye steak, boneless, lean and fat, 0mm (0") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.525
6070	Beef, rib, rib eye steak, boneless, lean and fat, 3mm (1/8") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.525
6071	Beef, rib, rib eye steak, boneless, lean, cooked, broiled	1 food guide serving = 75g	75.00	0.525
6080	Beef, rib, rib roast with bone, lean and fat, 0mm (0") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.525
6081	Beef, rib, rib roast with bone, lean and fat, 3mm (1/8") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.525

6082	Beef, rib, rib roast with bone, lean, cooked, roasted	1 food guide serving = 75g	75.00	0.525
6086	Beef, rib, rib steak with bone, lean and fat, 0mm (0") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.525
6087	Beef, rib, rib steak with bone, lean and fat, 3mm (1/8") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.525
6088	Beef, rib, rib steak with bone, lean, cooked, roasted	1 food guide serving = 75g	75.00	0.525
6117	Beef, loin, t-bone steak (porterhouse), lean and fat, 3mm (1/8") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.525
6118	Beef, loin, t-bone steak (porterhouse), lean, cooked, broiled	1 food guide serving = 75g	75.00	0.525
6122	Pork, fresh, ground, medium, pan-fried	1 food guide serving = 75g	75.00	0.525
3935	Pancake, plain, prepared from recipe	1 pancake (15.2 cm dia)	77.00	0.524
4022	Pancake, buttermilk, prepared from recipe	1 pancake (15.2 cm dia)	77.00	0.524
4645	Fast foods, hotdog with chili	140g	140.00	0.518
4626	Fast foods, sandwiches and burgers, cheeseburger, large, single patty, with ham, condiments and vegetables	140g	140.00	0.504
3425	Lamb, American, composite cuts, fat, cooked	100g	100.00	0.500
3486	Lamb, New Zealand, composite cuts, fat, cooked	100g	100.00	0.500
76	Milk shake, vanilla, thick	250ml	249.05	0.498
823	Chicken, broiler, skin only, water chill, roasted	55g	55.00	0.495
4156	Dessert, frozen, ice cream, light, vanilla	125ml	77.13	0.494
4028	Roll, dinner, plain, prepared from recipe, made with 2% milk	1 roll (6.3cm dia)	35.00	0.490
4669	Fast foods, sandwiches and burgers, hamburger, large, double patty, with condiments and vegetables	140g	140.00	0.490
3853	Cookie, sugar, prepared from recipe, made with margarine	2 medium cookies	28.00	0.487
3194	Cod (scrod), atlantic, raw	1 food guide serving = 90g	90.00	0.486
3748	Cake, Boston cream pie, commercial	80g	80.00	0.480
2932	Milk shake (fast food), strawberry	250ml	239.26	0.479
4627	Fast foods, sandwiches and burgers, cheeseburger, large, double patty, with condiments and vegetables	140g	140.00	0.476
4638	Fast foods, sandwiches and burgers, hamburger, regular, double patty, with condiments	140g	140.00	0.476
4647	Fast foods, sandwiches and burgers, roast beef sandwich, plain	140g	140.00	0.476
4657	Fast foods, side dish, potato, baked, topped with cheese sauce	140g	140.00	0.476
4562	Fast foods, dessert, sundae, hot fudge	1 sundae	158.00	0.474
151	Cream, table (coffee), 15% M.F.	125ml	126.80	0.467
970	Soup, cauliflower, dehydratec	amount to make 250ml	20.08	0.462
4563	Fast foods, dessert, sundae, strawberry	1 sundae	153.00	0.459

29	Cheese, edam	50g	50.00	0.450
579	Chicken, broiler, liver, simmered	1 food guide serving = 75g	75.00	0.450
607	Chicken, broiler, leg, meat and skin, raw	1 food guide serving = 90g	90.00	0.450
614	Chicken, broiler, leg, meat, roasted	1 food guide serving = 75g	75.00	0.450
627	Chicken, broiler, wing, meat and skin, batter dipped, fried	1 food guide serving = 75g	75.00	0.450
628	Chicken, broiler, wing, meat and skin, flour coated, fried	1 food guide serving = 75g	75.00	0.450
629	Chicken, broiler, wing, meat and skin, roasted	1 food guide serving = 75g	75.00	0.450
680	Quail, flesh and skin, raw	1 food guide serving = 90g	90.00	0.450
682	Quail, breast, meat only, raw	1 food guide serving = 90g	90.00	0.450
690	Turkey, all classes, flesh only, raw	1 food guide serving = 90g	90.00	0.450
707	Turkey, all classes, dark meat and skin, roasted	1 food guide serving = 75g	75.00	0.450
714	Turkey, all classes, breast, meat and skin, raw	1 food guide serving = 90g	90.00	0.450
716	Turkey, all classes, leg, meat and skin, raw	1 food guide serving = 90g	90.00	0.450
737	Turkey, broiler, back, meat and skin, roasted	1 food guide serving = 75g	75.00	0.450
753	Turkey, young hen, flesh, skin, giblets and neck, roasted	1 food guide serving = 75g	75.00	0.450
755	Turkey, young hen, flesh and skin, roasted	1 food guide serving = 75g	75.00	0.450
773	Turkey, young hen, leg, meat and skin, roasted	1 food guide serving = 75g	75.00	0.450
787	Turkey, young tom, dark meat and skin, roasted	1 food guide serving = 75g	75.00	0.450
794	Turkey, young tom, breast, meat and skin, raw	1 food guide serving = 90g	90.00	0.450
797	Turkey, young tom, leg, meat and skin, roasted	1 food guide serving = 75g	75.00	0.450
844	Chicken, broiler, drumstick, meat and skin, water chill, raw	1 food guide serving = 90g	90.00	0.450
1152	Italian sausage, pork, raw	1 food guide serving = 75g	75.00	0.450
1187	Wiener (frankfurter), chicken	1 food guide serving = 75g	75.00	0.450
1191	Kielbasa, kolbassa, pork, beef	1 food guide serving = 75g	75.00	0.450
1193	Luncheon meat, beef, loavec	1 food guide serving = 75g	75.00	0.450
1209	Luncheon meat, ham, spiced, loaved	1 food guide serving = 75g	75.00	0.450
1211	Luncheon meat, unspecified meat, macaroni and cheese	1 food guide serving = 75g	75.00	0.450
1216	Bologna (baloney), chicken	1 food guide serving = 75g	75.00	0.450
1762	Pork, fresh, leg, whole, lean and fat, roasted	1 food guide serving = 75g	75.00	0.450
1765	Pork, fresh, leg, butt portion, lean and fat, raw	1 food guide serving = 90g	90.00	0.450
1799	Pork, fresh, loin, sirloin chop, bone-in, lean and fat, broiled	1 food guide serving = 75g	75.00	0.450
1800	Pork, fresh, loin, sirloin chop, bone-in, lean and fat, roasted	1 food guide serving = 75g	75.00	0.450
1813	Pork, fresh, shoulder, whole, lean and fat, raw	1 food guide serving = 90g	90.00	0.450
1823	Pork, fresh, shoulder, blade portion, bone-in, lean and fat, raw	1 food guide serving = 90g	90.00	0.450
1825	Pork, fresh, shoulder, blade portion, bone-in, lean and fat, broiled	1 food guide serving = 75g	75.00	0.450
1834	Pork, fresh, intestine (chitterlings), raw	1 food guide serving = 90g	90.00	0.450
1845	Pork, fresh, liver, braised	1 food guide serving = 75g	75.00	0.450
1854	Pork, fresh, tongue, raw	1 food guide serving = 90g	90.00	0.450
1860	Pork, cured, feet, pickled	1 food guide serving = 75g	75.00	0.450

1871	Pork, cured, ham, whole, lean and fat, unheated	1 food guide serving = 75g	75.00	0.450
1872	Pork, cured, ham, whole, lean and fat, roasted	1 food guide serving = 75g	75.00	0.450
1879	Pork, fresh, feet, simmered	1 food guide serving = 75g	75.00	0.450
1884	Pork, fresh, loin, centre cut (centre chop), bone-in, lean and fat, pan-fried	1 food guide serving = 75g	75.00	0.450
1885	Pork, fresh, loin, rib chop (rib end), bone-in, lean and fat, pan-fried	1 food guide serving = 75g	75.00	0.450
1892	Pork, fresh, composite cuts, leg, loin, shoulder and spareribs, lean and fat, cooked	1 food guide serving = 75g	75.00	0.450
1896	Pork, fresh, loin, rib steak (rib end), boneless, lean and fat, braised	1 food guide serving = 75g	75.00	0.450
1897	Pork, fresh, loin, rib steak (rib end), boneless, lean and fat, broiled	1 food guide serving = 75g	75.00	0.450
1898	Pork, fresh, loin, rib steak (rib end), boneless, lean and fat, pan-fried	1 food guide serving = 75g	75.00	0.450
1905	Pork, fresh, loin, rib half (country-style ribs), lean and fat, raw	1 food guide serving = 90g	90.00	0.450
1933	Pork, fresh, side ribs (spareribs), lean and fat, raw	1 food guide serving = 90g	90.00	0.450
1971	Pork, fresh, shoulder, butt, blade (boneless), lean and fat, raw	1 food guide serving = 90g	90.00	0.450
1976	Pork, cured, English style bacon	1 food guide serving = 75g	75.00	0.450
2674	Beef, brisket, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.450
2676	Beef, brisket, lean, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
2683	Beef, ground, lean, raw	1 food guide serving = 90g	90.00	0.450
2684	Beef, ground, lean, baked, degree of doneness: medium	1 food guide serving = 75g	75.00	0.450
2685	Beef, ground, lean, baked, degree of doneness: well done	1 food guide serving = 75g	75.00	0.450
2686	Beef, ground, lean, broiled, degree of doneness: medium	1 food guide serving = 75g	75.00	0.450
2687	Beef, ground, lean, broiled, degree of doneness: well done	1 food guide serving = 75g	75.00	0.450
2688	Beef, ground, lean, pan-fried, degree of doneness: medium	1 food guide serving = 75g	75.00	0.450
2689	Beef, ground, lean, patty, pan-fried, degree of doneness: well done	1 food guide serving = 75g	75.00	0.450
2690	Beef, ground, medium, raw	1 food guide serving = 90g	90.00	0.450
2703	Beef, ground, patty, frozen, raw	1 food guide serving = 90g	90.00	0.450
2705	Beef, cured, breakfast strips, raw or unheated	1 food guide serving = 90g	90.00	0.450
2713	Beef, brisket, lean, 0mm (0") trim, braised	1 food guide serving = 75g	75.00	0.450
2756	Beef, chuck, short ribs, lean and fat, raw	1 food guide serving = 90g	90.00	0.450
2758	Beef, chuck, short ribs, lean, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
2809	Beef, hip, rump roast, lean and fat, 6mm (1/4") trim, roasted	1 food guide serving = 75g	75.00	0.450
2810	Beef, hip, rump roast, lean, raw	1 food guide serving = 90g	90.00	0.450
2825	Beef, loin, wing steak, lean and fat, 6mm (1/4") trim, broiled	1 food guide serving = 75g	75.00	0.450
2827	Beef, loin, wing steak, lean, 6mm (1/4") trim, broiled	1 food guide serving = 75g	75.00	0.450
2834	Beef, sirloin, patties	1 food guide serving = 75g	75.00	0.450
2989	Burbot (loche), native, raw	1 food guide serving = 90g	90.00	0.450
3137	Burbot (loche), native, baked or broiled	1 food guide serving = 75g	75.00	0.450

3232	Cod (scrod), atlantic, smoked	1 food guide serving = 75g	75.00	0.450
3433	Lamb, American, leg, whole, lean, roasted	1 food guide serving = 75g	75.00	0.450
3443	Lamb, American, loin, lean and fat, 6mm (1/4") trim, broiled	1 food guide serving = 75g	75.00	0.450
3444	Lamb, American, loin, lean and fat, 6mm (1/4") trim, roasted	1 food guide serving = 75g	75.00	0.450
3449	Lamb, American, rib, lean and fat, 6mm (1/4") trim, broiled	1 food guide serving = 75g	75.00	0.450
3450	Lamb, American, rib, lean and fat, 6mm (1/4") trim, roasted	1 food guide serving = 75g	75.00	0.450
3452	Lamb, American, rib, lean, broilec	1 food guide serving = 75g	75.00	0.450
3453	Lamb, American, rib, lean, roastec	1 food guide serving = 75g	75.00	0.450
3454	Lamb, American, shoulder, whole, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.450
3456	Lamb, American, shoulder, whole, lean and fat, 6mm (1/4") trim, broiled	1 food guide serving = 75g	75.00	0.450
3457	Lamb, American, shoulder, whole, lean and fat, 6mm (1/4") trim, roasted	1 food guide serving = 75g	75.00	0.450
3462	Lamb, American, shoulder, shank, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.450
3463	Lamb, American, shoulder, shank, lean and fat, 6mm (1/4") trim, braised	1 food guide serving = 75g	75.00	0.450
3470	Lamb, American, shoulder, blade, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.450
3471	Lamb, American, shoulder, blade, lean and fat, 6mm (1/4") trim, braised	1 food guide serving = 75g	75.00	0.450
3496	Lamb, New Zealand, loin, lean and fat, 6mm (1/4") trim, broiled	1 food guide serving = 75g	75.00	0.450
3500	Lamb, New Zealand, rib, lean and fat, 6mm (1/4") trim, roasted	1 food guide serving = 75g	75.00	0.450
3503	Lamb, New Zealand, shoulder, whole, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.450
3513	Veal, leg (round), lean and fat, raw	1 food guide serving = 90g	90.00	0.450
3517	Veal, leg (round), lean and fat, roasted	1 food guide serving = 75g	75.00	0.450
3518	Veal, milk-fed, cutlets (inside top round), raw	1 food guide serving = 90g	90.00	0.450
3540	Veal, milk-fed, shoulder, whole, lean, roasted	1 food guide serving = 75g	75.00	0.450
3651	Veal, grain-fed, cutlets (inside rop round), pan-fried	1 food guide serving = 75g	75.00	0.450
4745	Beef, brisket, whole, separable lean and fat, trimmed to 3mm (1/8") fat, raw	1 food guide serving = 90g	90.00	0.450
4782	Lamb, American, composite cuts, lean and fat, 3mm (1/8"), cooked	1 food guide serving = 75g	75.00	0.450
4786	Lamb, american, leg, whole, separable lean and fat, trimmed to 3mm (1/8") fat, roasted	1 food guide serving = 75g	75.00	0.450
4792	Lamb, american, loin, separable lean and fat, trimmed to 3mm (1/8") fat, broiled	1 food guide serving = 75g	75.00	0.450
4793	Lamb, american, loin, separable lean and fat, trimmed to 3mm (1/8") fat, roasted	1 food guide serving = 75g	75.00	0.450
4799	Lamb, american, shoulder, whole, separable lean and fat, trimmed to 3mm (1/8") fat, choice, broiled	1 food guide serving = 75g	75.00	0.450

4800	Lamb, american, shoulder, whole , separable lean and fat, trimmed to 3mm (1/8") fat, roasted	1 food guide serving = 75g	75.00	0.450
4802	Lamb, american, shoulder, shank, separable lean and fat, trimmed to 3mm (1/8") fat, braised	1 food guide serving = 75g	75.00	0.450
4806	Lamb, american, shoulder, blade, separable lean and fat, trimmed to 3mm (1/8") fat, braised	1 food guide serving = 75g	75.00	0.450
4810	Lamb, New Zealand, frozen, composite, lean and fat, 3mm (1/8") trim, cooked	1 food guide serving = 75g	75.00	0.450
4814	Lamb, New Zealand, frozen, leg, whole, separable lean and fat, 3mm (1/8") trim, roasted	1 food guide serving = 75g	75.00	0.450
4816	Lamb, New Zealand, frozen, loin, separable lean and fat, 3mm (1/8") trim, broiled	1 food guide serving = 75g	75.00	0.450
5009	Beef, ground, lean, crumbled, pan-fried, degree of doneness: well done	1 food guide serving = 75g	75.00	0.450
5186	Turkey, young tom, drumstick, meat and skin, roasted	1 food guide serving = 75g	75.00	0.450
5406	Pork, cured, bacon, cooked, microwaved	1 food guide serving = 75g	75.00	0.450
5407	Pork, cured, bacon, cooked, pan-fried	1 food guide serving = 75g	75.00	0.450
5481	Wiener (frankfurter), beef, low fat	1 food guide serving = 75g	75.00	0.450
5588	Turkey, drumstick, smoked, cooked, with skin, bone removed	1 food guide serving = 75g	75.00	0.450
5591	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	1 food guide serving = 75g	75.00	0.450
5597	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	1 food guide serving = 75g	75.00	0.450
5693	Chicken breast roll, oven-roasted	1 food guide serving = 75g	75.00	0.450
5694	Bologna (baloney), pork and turkey, light	1 food guide serving = 75g	75.00	0.450
5942	Beef, chuck, blade roast, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
5943	Beef, chuck, cross rib roast, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
5944	Beef, chuck, cross rib roast, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
5945	Beef, chuck, blade roast, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
5946	Beef, chuck, blade roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
5950	Beef, chuck, blade steak, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
5951	Beef, chuck, blade steak, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
5952	Beef, chuck, blade steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
5981	Beef, chuck, cross rib roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
5985	Beef, chuck, cross rib steak, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450

5986	Beef, chuck, cross rib steak, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
5987	Beef, chuck, cross rib steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
5991	Beef, hip, eye of round roast, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
5992	Beef, hip, eye of round roast, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
5993	Beef, hip, eye of round roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
5994	Beef, hip, eye of round roast, boneless, lean and fat, 0mm (0") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
5995	Beef, hip, eye of round roast, boneless, lean and fat, 3mm (1/8") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
5996	Beef, hip, eye of round roast, boneless, lean, cooked, roasted	1 food guide serving = 75g	75.00	0.450
5997	Beef, hip, eye of round steak, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
5998	Beef, hip, eye of round steak, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
5999	Beef, hip, eye of round steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6000	Beef, hip, eye of round steak, boneless, lean and fat, 0mm (0") trim, cooked, braised	1 food guide serving = 75g	75.00	0.450
6001	Beef, hip, eye of round steak, boneless, lean and fat, 3mm (1/8") trim, cooked, braised	1 food guide serving = 75g	75.00	0.450
6002	Beef, hip, eye of round steak, boneless, lean, cooked, braised	1 food guide serving = 75g	75.00	0.450
6020	Beef, flank, flank steak, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6021	Beef, flank, flank steak, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6022	Beef, flank, flank steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6023	Beef, flank, flank steak, boneless, lean and fat, 0mm (0") trim, cooked, braised	1 food guide serving = 75g	75.00	0.450
6024	Beef, flank, flank steak, boneless, lean and fat, 3mm (1/8") trim, cooked, braised	1 food guide serving = 75g	75.00	0.450
6025	Beef, flank, flank steak, boneless, lean, cooked, braised	1 food guide serving = 75g	75.00	0.450
6026	Beef, hip, inside (top) round roast, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6027	Beef, hip, inside (top) round roast, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6028	Beef, hip, inside (top) round roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6029	Beef, hip, inside (top) round roast, boneless, lean and fat, 0mm (0") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6031	Beef, hip, inside (top) round roast, boneless, lean, cooked, roasted	1 food guide serving = 75g	75.00	0.450

6032	Beef, hip, inside (top) round steak, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6033	Beef, hip, inside (top) round steak, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6034	Beef, hip, inside (top) round steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6035	Beef, hip, inside (top) round steak, boneless, lean and fat, 0mm (0") trim, cooked, braised	1 food guide serving = 75g	75.00	0.450
6037	Beef, hip, inside (top) round steak, boneless, lean, cooked, braised	1 food guide serving = 75g	75.00	0.450
6039	Beef, hip, outside (bottom) round roast, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6040	Beef, hip, outside (bottom) round roast, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6041	Beef, hip, outside (bottom) round roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6042	Beef, hip, outside (bottom) round roast, boneless, lean and fat, 0mm (0") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6044	Beef, hip, outside (bottom) round roast, boneless, lean, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6045	Beef, hip, outside (bottom) round steak, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6046	Beef, hip, outside (bottom) round steak, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6047	Beef, hip, outside (bottom) round steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6048	Beef, hip, outside (bottom) round steak, boneless, lean and fat, 0mm (0") trim, cooked, braised	1 food guide serving = 75g	75.00	0.450
6050	Beef, hip, outside (bottom) round steak, boneless, lean, cooked, braised	1 food guide serving = 75g	75.00	0.450
6060	Beef, rib, rib eye roast, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6061	Beef, rib, rib eye roast, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6062	Beef, rib, rib eye roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6063	Beef, rib, rib eye roast, boneless, lean and fat, 0mm (0") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6065	Beef, rib, rib eye roast, boneless, lean, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6066	Beef, rib, rib eye steak, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6067	Beef, rib, rib eye steak, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6068	Beef, rib, rib eye steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6077	Beef, rib, rib roast with bone, lean and fat, 0mm (0 ") trim, raw	1 food guide serving = 90g	90.00	0.450
6078	Beef, rib, rib roast with bone, lean and fat, 3mm (1/8 ") trim, raw	1 food guide serving = 90g	90.00	0.450
6079	Beef, rib, rib roast with bone, lean, raw	1 food guide serving = 90g	90.00	0.450

6083	Beef, rib, rib steak with bone, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6084	Beef, rib, rib steak with bone, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6085	Beef, rib, rib steak with bone, lean, raw	1 food guide serving = 90g	90.00	0.450
6089	Beef, hip, sirloin tip roast, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6090	Beef, hip, sirloin tip roast, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6091	Beef, hip, sirloin tip roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6092	Beef, hip, sirloin tip roast, boneless, lean and fat, 0mm (0") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6093	Beef, hip, sirloin tip roast, boneless, lean and fat, 3mm (1/8") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6094	Beef, hip, sirloin tip roast, boneless, lean, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6095	Beef, hip, sirloin tip steak, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6096	Beef, hip, sirloin tip steak, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6097	Beef, hip, sirloin tip steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6098	Beef, hip, sirloin tip steak, boneless, lean and fat, 0mm (0") trim, cooked, braised	1 food guide serving = 75g	75.00	0.450
6099	Beef, hip, sirloin tip steak, boneless, lean and fat, 3mm (1/8") trim, cooked, braised	1 food guide serving = 75g	75.00	0.450
6100	Beef, hip, sirloin tip steak, boneless, lean, cooked, braised	1 food guide serving = 75g	75.00	0.450
6101	Beef, loin, strip loin roast, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6102	Beef, loin, strip loin roast, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6103	Beef, loin, strip loin roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6104	Beef, loin, strip loin roast, boneless, lean and fat, 0mm (0") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6105	Beef, loin, strip loin roast, boneless, lean and fat, 3mm (1/8") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6106	Beef, loin, strip loin roast, boneless, lean, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6107	Beef, loin, strip loin (new york) steak, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6108	Beef, loin, strip loin (new york) steak, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6109	Beef, loin, strip loin (new york) steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450

6110	Beef, loin, strip loin (new york) steak, boneless, lean and fat, 0mm (0") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6111	Beef, loin, strip loin (new york) steak, boneless, lean and fat, 3mm (1/8") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6112	Beef, loin, strip loin (new york) steak, boneless, lean, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6113	Beef, loin, t-bone steak (porterhouse), lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6114	Beef, loin, t-bone steak (porterhouse), lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6115	Beef, loin, t-bone steak (porterhouse), lean, raw	1 food guide serving = 90g	90.00	0.450
6120	Pork, fresh, ground, lean, pan-fried	1 food guide serving = 75g	75.00	0.450
6123	Beef, loin, tenderloin, roast, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6124	Beef, loin, tenderloin, roast, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6125	Beef, loin, tenderloin, roast, lean, raw	1 food guide serving = 90g	90.00	0.450
6126	Beef, loin, tenderloin, roast, lean and fat, 0mm (0") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6127	Beef, loin, tenderloin, roast, lean and fat, 3mm (1/8") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6128	Beef, loin, tenderloin, roast, lean, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6129	Beef, loin, tenderloin, steak, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6130	Beef, loin, tenderloin, steak, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6131	Beef, loin, tenderloin, steak, lean, raw	1 food guide serving = 90g	90.00	0.450
6132	Beef, loin, tenderloin, steak, lean and fat, 0mm (0") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6133	Beef, loin, tenderloin, steak, lean and fat, 3mm (1/8") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6134	Beef, loin, tenderloin, steak, lean, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6135	Beef, loin, top sirloin roast, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6136	Beef, loin, top sirloin roast, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6137	Beef, loin, top sirloin roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6138	Beef, loin, top sirloin roast, boneless, lean and fat, 0mm (0") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6139	Beef, loin, top sirloin roast, boneless, lean and fat, 3mm (1/8") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6140	Beef, loin, top sirloin roast, boneless, lean, cooked, roasted	1 food guide serving = 75g	75.00	0.450

6141	Beef, loin, top sirloin steak, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6142	Beef, loin, top sirloin steak, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6143	Beef, loin, top sirloin steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6144	Beef, loin, top sirloin steak, boneless, lean and fat, 0mm (0") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6145	Beef, loin, top sirloin steak, boneless, lean and fat, 3mm (1/8") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6146	Beef, loin, top sirloin steak, boneless, lean, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6147	Beef, loin, bottom sirloin tri-tip roast, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6148	Beef, loin, bottom sirloin tri-tip roast, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6149	Beef, loin, bottom sirloin tri-tip roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6150	Beef, loin, bottom sirloin tri-tip roast, boneless, lean and fat, 0mm (0") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6151	Beef, loin, bottom sirloin tri-tip roast, boneless, lean and fat, 3mm (1/8") trim, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6152	Beef, loin, bottom sirloin tri-tip roast, boneless, lean, cooked, roasted	1 food guide serving = 75g	75.00	0.450
6153	Beef, loin, bottom sirloin tri-tip steak, boneless, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6154	Beef, loin, bottom sirloin tri-tip steak, boneless, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6155	Beef, loin, bottom sirloin tri-tip steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.450
6156	Beef, loin, bottom sirloin tri-tip steak, boneless, lean and fat, 0mm (0") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6157	Beef, loin, bottom sirloin tri-tip steak, boneless, lean and fat, 3mm (1/8") trim, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6158	Beef, loin, bottom sirloin tri-tip steak, boneless, lean, cooked, broiled	1 food guide serving = 75g	75.00	0.450
6163	Beef, composite cuts, roast, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450
6164	Beef, composite cuts, roast, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6165	Beef, composite cuts, roast, lean, raw	1 food guide serving = 90g	90.00	0.450
6166	Beef, composite cuts, roast, lean and fat, 0mm (0") trim, cooked	1 food guide serving = 75g	75.00	0.450
6167	Beef, composite cuts, roast, lean and fat, 3mm (1/8") trim, cooked	1 food guide serving = 75g	75.00	0.450
6168	Beef, composite cuts, roast, lean, cooked	1 food guide serving = 75g	75.00	0.450
6169	Beef, composite cuts, steak, lean and fat, 0mm (0") trim, raw	1 food guide serving = 90g	90.00	0.450

6170	Beef, composite cuts, steak, lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.450
6171	Beef, composite cuts, steak, lean, raw	1 food guide serving = 90g	90.00	0.450
6172	Beef, composite cuts, steak, lean and fat, 0mm (0") trim, cooked	1 food guide serving = 75g	75.00	0.450
6173	Beef, composite cuts, steak, lean and fat, 3mm (1/8") trim, cooked	1 food guide serving = 75g	75.00	0.450
6174	Beef, composite cuts, steak, lean, cooked	1 food guide serving = 75g	75.00	0.450
4614	Fast foods, mexican, tostada with beef and cheese	140g	140.00	0.448
4617	Fast foods, sandwiches and burgers, cheeseburger, regular, single patty, with condiments	140g	140.00	0.448
4621	Fast foods, sandwiches and burgers, cheeseburger, regular, double patty and bun, plain	140g	140.00	0.448
570	Chicken, broiler, skin only, flour coated, fried	55g	55.00	0.440
783	Turkey, young tom, skin only, roasted	55g	55.00	0.440
3959	Pie, lemon meringue, prepared from recipe	110g	110.00	0.440
1202	Salami, cooked, turkey	1 food guide serving = 75g	75.00	0.439
4553	Fast foods, breakfast, french toast with butter	1 slice	67.50	0.439
3930	Pancake, plain (with buttermilk), frozen, ready-to-heat	1 pancake (15.2 cm dia)	73.00	0.438
978	Soup, clam chowder, New England style, dehydrated	amount to make 250ml	24.30	0.437
4609	Fast foods, mexican, tacc	140g	140.00	0.434
4651	Fast foods, sandwiches and burgers, submarine sandwich with roast beef	140g	140.00	0.434
4665	Fast foods, side dish, potato, mashed	125ml	126.80	0.431
4571	Fast foods, entree, chili con carne	250ml	267.33	0.428
3837	Cookie, oatmeal, prepared from recipe, with raisins	2 medium cookies (7cm dia)	30.00	0.426
4009	Cookie, oatmeal, prepared from recipe, without raisins	2 medium cookies (7cm dia)	30.00	0.426
5370	Soup, beef and mushroom, low sodium, chunky style	250ml	265.22	0.424
4564	Fast foods, entree, chicken, breaded and fried, dark meat (drumstick or thigh)	1 food guide serving = 75g	75.00	0.420
4616	Fast foods, sandwiches and burgers, cheeseburger, regular, single patty, plain	140g	140.00	0.420
4622	Fast foods, sandwiches and burgers, cheeseburger, regular, double patty and bun, with condiments and vegetables	140g	140.00	0.420
4623	Fast foods, sandwiches and burgers, cheeseburger, large, single patty, plain	140g	140.00	0.420
4634	Fast foods, sandwiches and burgers, hamburger, regular, single patty, plain	140g	140.00	0.420
139	Cream, sour, cultured, 14% M.F	125ml	121.51	0.417
3911	French toast, from recipe, made with 2% milk and margarine	1 slice	65.00	0.416
971	Soup, cream, celery, dehydratec	amount to make 250ml	17.96	0.413

461	Fish oil, salmon	10ml	9.21	0.407
4620	Fast foods, sandwiches and burgers, cheeseburger, regular, double patty, with condiments and vegetables	140g	140.00	0.406
4659	Fast foods, side dish, potato, baked, topped with cheese sauce and broccoli	140g	140.00	0.392
824	Chicken, broiler, skin only, water chill, stewed	55g	55.00	0.385
963	Soup, beef, chunky, canned, ready-to-serve	250ml	253.59	0.380
3787	Cake, sponge, prepared from recipe	1/12 cake (25.4cm dia tube)	63.00	0.378
4618	Fast foods, sandwiches and burgers, cheeseburger, regular, single patty, with condiments and vegetables	140g	140.00	0.378
135	Cream, cereal (half and half), 12% M.F.	125ml	127.85	0.376
591	Chicken, broiler, light meat, fried	1 food guide serving = 75g	75.00	0.375
617	Chicken, broiler, neck, meat and skin, batter dipped, fried	1 food guide serving = 75g	75.00	0.375
648	Chicken, stewing, flesh and skin, stewed	1 food guide serving = 75g	75.00	0.375
687	Turkey, all classes, flesh, skin, giblets and neck, roasted	1 food guide serving = 75g	75.00	0.375
689	Turkey, all classes, flesh and skin, roasted	1 food guide serving = 75g	75.00	0.375
703	Turkey, all classes, neck, meat only, simmered	1 food guide serving = 75g	75.00	0.375
705	Turkey, all classes, light meat and skin, roasted	1 food guide serving = 75g	75.00	0.375
717	Turkey, all classes, leg, meat and skin, roasted	1 food guide serving = 75g	75.00	0.375
749	Turkey, broiler, wing, meat and skin, roasted	1 food guide serving = 75g	75.00	0.375
761	Turkey, young hen, light meat and skin, roasted	1 food guide serving = 75g	75.00	0.375
777	Turkey, young tom, flesh, skin and giblets and neck, roasted	1 food guide serving = 75g	75.00	0.375
779	Turkey, young tom, flesh and skin, roasted	1 food guide serving = 75g	75.00	0.375
799	Turkey, young tom, wing, meat and skin, roasted	1 food guide serving = 75g	75.00	0.375
802	Poultry food products, turkey, canned, boned, with broth	1 food guide serving = 75g	75.00	0.375
807	Poultry food products, turkey thigh, meat and skin, roasted	1 food guide serving = 75g	75.00	0.375
887	Poultry food products, turkey, canned, flaked	1 food guide serving = 75g	75.00	0.375
1147	Wiener (frankfurter), turkey	1 food guide serving = 75g	75.00	0.375
1158	Pastrami, turkey	1 food guide serving = 75g	75.00	0.375
1201	Salami, cooked, beef and pork	1 food guide serving = 75g	75.00	0.375
1766	Pork, fresh, leg, butt portion, lean and fat, roasted	1 food guide serving = 75g	75.00	0.375
1774	Pork, fresh, loin, whole, lean and fat, braised	1 food guide serving = 75g	75.00	0.375
1775	Pork, fresh, loin, whole, lean and fat, broiled	1 food guide serving = 75g	75.00	0.375
1776	Pork, fresh, loin, whole, lean and fat, roasted	1 food guide serving = 75g	75.00	0.375
1782	Pork, fresh, loin, centre cut (centre chop), bone in, lean and fat, braised	1 food guide serving = 75g	75.00	0.375

1783	Pork, fresh, loin, centre cut (centre chop), bone-in, lean and fat, broiled	1 food guide serving = 75g	75.00	0.375
1784	Pork, fresh, loin, centre cut (centre chop), bone-in, lean and fat, roasted	1 food guide serving = 75g	75.00	0.375
1790	Pork, fresh, loin, rib chop (rib end), bone-in, lean and fat, braised	1 food guide serving = 75g	75.00	0.375
1791	Pork, fresh, loin, rib chop (rib end), bone-in, lean and fat, broiled	1 food guide serving = 75g	75.00	0.375
1792	Pork, fresh, loin, rib chop (rib end), bone-in, lean and fat, roasted	1 food guide serving = 75g	75.00	0.375
1798	Pork, fresh, loin, sirloin chop, bone-in, lean and fat, braised	1 food guide serving = 75g	75.00	0.375
1816	Pork, fresh, shoulder, whole, lean, roasted	1 food guide serving = 75g	75.00	0.375
1828	Pork, fresh, shoulder, blade portion, bone-in, lean, braised	1 food guide serving = 75g	75.00	0.375
1830	Pork, fresh, shoulder, blade portion, bone-in, lean, roasted	1 food guide serving = 75g	75.00	0.375
1864	Pork, cured, ham, regular (13% fat), canned, unheated	1 food guide serving = 75g	75.00	0.375
1865	Pork, cured, ham, regular (13% fat), canned, roasted	1 food guide serving = 75g	75.00	0.375
1867	Pork, cured, ham, centre slice, lean and fat, unheated	1 food guide serving = 75g	75.00	0.375
1899	Pork, fresh, loin, rib steak (rib end), boneless, lean and fat, roasted	1 food guide serving = 75g	75.00	0.375
1909	Pork, fresh, loin, rib half (country-style ribs), lean, braised	1 food guide serving = 75g	75.00	0.375
1910	Pork, fresh, loin, rib half (country-style ribs), lean, roasted	1 food guide serving = 75g	75.00	0.375
1924	Pork, fresh, composite cuts, loin and shoulder blade, lean and fat, cooked	1 food guide serving = 75g	75.00	0.375
1940	Pork, cured, shoulder, cottage roll, lean and fat, unheated	1 food guide serving = 75g	75.00	0.375
2791	Beef, cured, corned beef, canned	1 food guide serving = 75g	75.00	0.375
3435	Lamb, American, leg, shank portion, lean and fat, 6mm (1/4") trim, roasted	1 food guide serving = 75g	75.00	0.375
3437	Lamb, American, leg, shank portion, lean, roasted	1 food guide serving = 75g	75.00	0.375
3446	Lamb, American, loin, lean, broiled	1 food guide serving = 75g	75.00	0.375
3447	Lamb, American, loin, lean, roasted	1 food guide serving = 75g	75.00	0.375
3464	Lamb, American, shoulder, shank, lean and fat, 6mm (1/4") trim, broiled	1 food guide serving = 75g	75.00	0.375
3465	Lamb, American, shoulder, shank, lean and fat, 6mm (1/4") trim, roasted	1 food guide serving = 75g	75.00	0.375
3472	Lamb, American, shoulder, blade, lean and fat, 6mm (1/4") trim, broiled	1 food guide serving = 75g	75.00	0.375
3473	Lamb, American, shoulder, blade, lean and fat, 6mm (1/4") trim, roasted	1 food guide serving = 75g	75.00	0.375
3476	Lamb, American, shoulder, blade, lean, broiled	1 food guide serving = 75g	75.00	0.375
3477	Lamb, American, shoulder, blade, lean, roasted	1 food guide serving = 75g	75.00	0.375
3494	Lamb, New Zealand, leg, whole, lean, roasted	1 food guide serving = 75g	75.00	0.375
3498	Lamb, New Zealand, loin, lean, broiled	1 food guide serving = 75g	75.00	0.375

3502	Lamb, New Zealand, rib, lean, roasted	1 food guide serving = 75g	75.00	0.375
3653	Veal, grain-fed, loin chop, lean and fat, braised	1 food guide serving = 75g	75.00	0.375
3667	Veal, grain-fed, shoulder, shank, lean, braised	1 food guide serving = 75g	75.00	0.375
3767	Cake, fruitcake, commercial	125g	125.00	0.375
4788	Lamb, american, leg, shank, lean and fat, trimmed to 3mm (1/8") fat, roasted	1 food guide serving = 75g	75.00	0.375
4795	Lamb, american, rib, separable lean and fat, trimmed to 3mm (1/8") fat, broiled	1 food guide serving = 75g	75.00	0.375
4796	Lamb, american, rib, separable lean and fat, trimmed to 3mm (1/8") fat, roasted	1 food guide serving = 75g	75.00	0.375
4803	Lamb, american, shoulder, shank, separable lean and fat, trimmed to 3mm (1/8") fat, broiled	1 food guide serving = 75g	75.00	0.375
4804	Lamb, american, shoulder, shank, separable lean and fat, trimmed to 3mm (1/8") fat, roasted	1 food guide serving = 75g	75.00	0.375
4818	Lamb, New Zealand, frozen, rib, separable lean and fat, 3mm (1/8") trim, roasted	1 food guide serving = 75g	75.00	0.375
4820	Lamb, New Zealand, frozen, shoulder, whole, separable lean and fat, 3mm (1/8") trim, braised	1 food guide serving = 75g	75.00	0.375
4842	Bologna (baloney), beef, ligh	1 food guide serving = 75g	75.00	0.375
5189	Turkey, young tom, thigh, meat and skin, roasted	1 food guide serving = 75g	75.00	0.375
5379	Luncheon meat, pork and chicken, minced, canned	1 food guide serving = 75g	75.00	0.375
5384	Beef sausage, fresh, cookec	1 food guide serving = 75g	75.00	0.375
5385	Pork and turkey sausage, pre-cooked	1 food guide serving = 75g	75.00	0.375
5698	Macaroni and cheese loaf, chicken, pork and beef	1 food guide serving = 75g	75.00	0.375
6160	Pork, fresh, loin, rib roast, boneless, lean and fat, roasted	1 food guide serving = 75g	75.00	0.375
3759	Cake, chocolate, prepared from recipe, without icing (frosting)	1/12 cake (2 layer, 23cm dia)	95.00	0.370
142	Yogourt, plain, less than 1% M.F.	175g	175.00	0.368
4603	Fast foods, mexican, enchirito with cheese, beef and beans	140g	140.00	0.364
578	Chicken, broiler, liver, raw	1 food guide serving = 90g	90.00	0.360
616	Chicken, broiler, neck, meat and skin, raw	1 food guide serving = 90g	90.00	0.360
666	Duck, domesticated, liver, raw	1 food guide serving = 90g	90.00	0.360
673	Goose, domesticated, liver, raw	1 food guide serving = 90g	90.00	0.360
676	Pheasant, flesh and skin, raw	1 food guide serving = 90g	90.00	0.360
730	Turkey, broiler, dark meat and skin, raw	1 food guide serving = 90g	90.00	0.360
734	Turkey, broiler, dark meat only, raw	1 food guide serving = 90g	90.00	0.360
746	Turkey, broiler, leg, meat only, raw	1 food guide serving = 90g	90.00	0.360
838	Chicken, broiler, breast, meat and skin, water chill, raw	1 food guide serving = 90g	90.00	0.360
888	Chicken, roasting, breast, meat and skin, raw	1 food guide serving = 90g	90.00	0.360
900	Chicken, roasting, drumstick, meat and skin, raw	1 food guide serving = 90g	90.00	0.360
1773	Pork, fresh, loin, whole, lean and fat, raw	1 food guide serving = 90g	90.00	0.360

1781	Pork, fresh, loin, centre cut (centre chop), bone-in, lean and fat, raw	1 food guide serving = 90g	90.00	0.360
1789	Pork, fresh, loin, rib chop (rib end), bone-in, lean and fat, raw	1 food guide serving = 90g	90.00	0.360
1797	Pork, fresh, loin, sirloin chop, bone-in, lean and fat, raw	1 food guide serving = 90g	90.00	0.360
1836	Pork, fresh, ears, frozen, raw	1 food guide serving = 90g	90.00	0.360
1838	Pork, fresh, feet, raw	1 food guide serving = 90g	90.00	0.360
1849	Pork, fresh, pancreas, raw	1 food guide serving = 90g	90.00	0.360
1891	Pork, fresh, composite cuts, leg, loin, shoulder and spareribs, lean and fat, raw	1 food guide serving = 90g	90.00	0.360
1895	Pork, fresh, loin, rib steak (rib end), boneless, lean and fat, raw	1 food guide serving = 90g	90.00	0.360
1923	Pork, fresh, composite cuts, loin and shoulder blade, lean and fat, raw	1 food guide serving = 90g	90.00	0.360
2788	Beef, liver, raw	1 food guide serving = 90g	90.00	0.360
3442	Lamb, American, loin, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.360
3448	Lamb, American, rib, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.360
3451	Lamb, American, rib, lean, raw	1 food guide serving = 90g	90.00	0.360
3474	Lamb, American, shoulder, blade, lean, raw	1 food guide serving = 90g	90.00	0.360
3487	Lamb, New Zealand, foreshank, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.360
3495	Lamb, New Zealand, loin, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.360
3499	Lamb, New Zealand, rib, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.360
3614	Lamb, liver, raw	1 food guide serving = 90g	90.00	0.360
3617	Veal, liver, raw	1 food guide serving = 90g	90.00	0.360
4141	Dessert, frozen, pudding pop, chocolate	75ml	43.40	0.360
4142	Dessert, frozen, pudding pop, vanilla	75ml	43.40	0.360
4794	Lamb, american, rib, separable lean and fat, trimmed to 3mm (1/8") fat, raw	1 food guide serving = 90g	90.00	0.360
4797	Lamb, american, shoulder, whole, separable lean and fat, trimmed to 3mm (1/8") fat, raw	1 food guide serving = 90g	90.00	0.360
4801	Lamb, american, shoulder, shank, separable lean and fat, trimmed to 3mm (1/8") fat, raw	1 food guide serving = 90g	90.00	0.360
4805	Lamb, american, shoulder, blade, separable lean and fat, trimmed to 3mm (1/8") fat, raw	1 food guide serving = 90g	90.00	0.360
4811	Lamb, New Zealand, frozen, foreshank, separable lean and fat, trimmed to 3mm (1/8") fat, raw	1 food guide serving = 90g	90.00	0.360
4819	Lamb, New Zealand, frozen, shoulder, whole, separable lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.360
5179	Turkey, young tom, wing, meat, raw	1 food guide serving = 90g	90.00	0.360
6159	Pork, fresh, loin, rib roast, boneless, lean and fat, raw	1 food guide serving = 90g	90.00	0.360
4555	Fast foods, breakfast, pancakes with butter and syrup	1 pancake	77.33	0.356
3910	French toast, frozen, ready to heat	1 piece	59.00	0.354
39	Cheese, parmesan, grated	50g	50.00	0.350
40	Cheese, parmesan, hard	50g	50.00	0.350
93	Cheese, parmesan, shredded	50g	50.00	0.350

	Yogourt, fruit bottom, less than 1% M.F.	175g	175.00	0.350
145	M.F.	175g	175.00	0.350
831	Chicken, broiler, seperable fat, raw	10g	10.00	0.350
5580	Cheese, parmesan, low sodiurr	50g	50.00	0.350
2427	Potato, mashed, flakes without milk, whole milk and butter added	125ml	110.95	0.341
3989	Strudel, apple	110g	110.00	0.341
726	Turkey, broiler, skin only, raw	55g	55.00	0.330
965	Soup, cream, asparagus, dehydrated	amount to make 250ml	15.00	0.330
988	Soup, cream, vegetable, dehydrated	amount to make 250ml	25.36	0.330
4593	Fast foods, mexican, burrito with beef	140g	140.00	0.322
4595	Fast foods, mexican, burrito with beef, cheese and chili	140g	140.00	0.322
4635	Fast foods, sandwiches and burgers, hamburger, regular, single patty, with condiments	140g	140.00	0.322
4636	Fast foods, sandwiches and burgers, hamburger, regular, single patty, with condiments and vegetables	140g	140.00	0.322
4990	Waffle, whole wheat, low fat	1 waffle (10.2cm dia)	35.00	0.315
150	Cream, cereal (half and half), 10% M.F.	125ml	127.85	0.311
4561	Fast foods, dessert, sundae, caramel	1 sundae	155.00	0.310
4602	Fast foods, mexican, enchilada with cheese and beef	140g	140.00	0.308
974	Soup, cream, chicken, dehydratec	amount to make 250ml	25.36	0.304
592	Chickcn, broiler, light meat, roastec	1 food guide serving = 75g	75.00	0.300
598	Chickcn, broiler, back, meat and skin, batter dipped, fried	1 food guide serving = 75g	75.00	0.300
599	Chickcn, broiler, back, meat and skin, flour coated, fried	1 food guide serving = 75g	75.00	0.300
603	Chickcn, broiler, breast, meat, fried	1 food guide serving = 75g	75.00	0.300
618	Chickcn, broiler, neck, meat and skin, flour coated, fried	1 food guide serving = 75g	75.00	0.300
619	Chickcn, broiler, neck, meat and skin, simmered	1 food guide serving = 75g	75.00	0.300
715	Turkey, all classes, breast, meat and skin, roasted	1 food guide serving = 75g	75.00	0.300
731	Turkey, broiler, dark meat and skin, roasted	1 food guide serving = 75g	75.00	0.300
739	Turkey, broiler, back, meat only, roasted	1 food guide serving = 75g	75.00	0.300
757	Turkey, young hen, flesh only, roasted	1 food guide serving = 75g	75.00	0.300
767	Turkey, young hen, dark meat only, roasted	1 food guide serving = 75g	75.00	0.300
771	Turkey, young hen, breast, meat and skin, roasted	1 food guide serving = 75g	75.00	0.300
803	Poultry food products, turkey, diced, light and dark meat, seasoned, unheated	1 food guide serving = 75g	75.00	0.300
818	Chicken, cornish game hens, flesh and skin, roasted	1 food guide serving = 75g	75.00	0.300
826	Chicken, broiler, leg, back, meat and skin, water chill, roasted	1 food guide serving = 75g	75.00	0.300
827	Chicken, broiler, leg, back, meat and skin, water chill, stewed	1 food guide serving = 75g	75.00	0.300
1159	Pate, chicken liver, can nec	1 food guide serving = 75g	75.00	0.300
1181	Bologna (baloney), turkey	1 food guide serving = 75g	75.00	0.300

1207	Luncheon meat, chicken loavec	1 food guide serving = 75g	75.00	0.300
1215	Kielbasa, kolbassa, sausage, turkey	1 food guide serving = 75g	75.00	0.300
1219	Sausage, pork and beef, fat reduced, sodium reduced	1 food guide serving = 75g	75.00	0.300
1772	Pork, fresh, leg, shank portion, lean, roasted	1 food guide serving = 75g	75.00	0.300
1796	Pork, fresh, loin, rib chop (rib end), bone-in, lean, roasted	1 food guide serving = 75g	75.00	0.300
1803	Pork, fresh, loin, sirloin chop, bone-in, lean, broiled	1 food guide serving = 75g	75.00	0.300
1804	Pork, fresh, loin, sirloin chop, bone-in, lean, roasted	1 food guide serving = 75g	75.00	0.300
1808	Pork, fresh, loin, sirloin roast, boneless, lean and fat, roasted	1 food guide serving = 75g	75.00	0.300
1821	Pork, fresh, shoulder, picnic (arm), lean, braised	1 food guide serving = 75g	75.00	0.300
1822	Pork, fresh, shoulder, picnic (arm), lean, roasted	1 food guide serving = 75g	75.00	0.300
1829	Pork, fresh, shoulder, blade portion, bone-in, lean, broiled	1 food guide serving = 75g	75.00	0.300
1837	Pork, fresh, ears, frozen, simmered	1 food guide serving = 75g	75.00	0.300
1850	Pork, fresh, pancreas, braised	1 food guide serving = 75g	75.00	0.300
1882	Pork, fresh, loin, centre cut (centre chop), bone-in, lean, pan-fried	1 food guide serving = 75g	75.00	0.300
1883	Pork, fresh, loin, rib chop (rib end), bone-in, lean, pan-fried	1 food guide serving = 75g	75.00	0.300
1901	Pork, fresh, loin, rib steak (rib end), boneless, lean, braised	1 food guide serving = 75g	75.00	0.300
1902	Pork, fresh, loin, rib steak (rib end), boneless, lean, broiled	1 food guide serving = 75g	75.00	0.300
1903	Pork, fresh, loin, rib steak (rib end), boneless, lean, pan-fried	1 food guide serving = 75g	75.00	0.300
1904	Pork, fresh, loin, rib steak (rib end), boneless, lean, roasted	1 food guide serving = 75g	75.00	0.300
1968	Pork, fresh, loin, centre cut (centre steak), boneless, lean and fat, broiled	1 food guide serving = 75g	75.00	0.300
1974	Pork, fresh, shoulder, butt (blade boneless), lean, roasted	1 food guide serving = 75g	75.00	0.300
2710	Beef, cured, smoked, choppec	1 food guide serving = 75g	75.00	0.300
2790	Beef, cured, corned beef, brisket, cooked	1 food guide serving = 75g	75.00	0.300
3429	Lamb, American, foreshank, lean, braised	1 food guide serving = 75g	75.00	0.300
3468	Lamb, American, shoulder, shank, lean, broiled	1 food guide serving = 75g	75.00	0.300
3469	Lamb, American, shoulder, shank, lean, roasted	1 food guide serving = 75g	75.00	0.300
3479	Lamb, American, cubed for stew or kabob, lean braised	1 food guide serving = 75g	75.00	0.300
3488	Lamb, New Zealand, foreshank, lean and fat, 6mm (1/4") trim, braised	1 food guide serving = 75g	75.00	0.300
3665	Veal, grain-fed, shoulder, shank, lean and fat, braised	1 food guide serving = 75g	75.00	0.300
4758	Beef, hip, rump roast, lean and fat, 3mm (1/8") trim, broiled	1 food guide serving = 75g	75.00	0.300
4807	Lamb, american, shoulder, blade, separable lean and fat, trimmed to 3mm (1/8") fat, broiled	1 food guide serving = 75g	75.00	0.300
4808	Lamb, american, shoulder, blade, separable lean and fat, trimmed to 3mm (1/8") fat, roasted	1 food guide serving = 75g	75.00	0.300

4812	Lamb, New Zealand, frozen, foreshank, separable lean and fat, 3mm (1/8") trim, braised	1 food guide serving = 75g	75.00	0.300
4844	Wiener (frankfurter), light, pork, turkey, beef	1 food guide serving = 75g	75.00	0.300
4997	Beef, ground, extra lean, patty, pan-fried, degree of doneness: well done	1 food guide serving = 75g	75.00	0.300
4998	Beef, ground, extra lean, crumbled, pan-fried, degree of doneness: well done	1 food guide serving = 75g	75.00	0.300
5181	Turkey, young tom, drumstick, meat, roasted	1 food guide serving = 75g	75.00	0.300
5184	Turkey, young tom, leg, meat, roasted	1 food guide serving = 75g	75.00	0.300
5334	Chicken, feet, boiled	1 food guide serving = 75g	75.00	0.300
5567	Quail, cooked, total edible	1 food guide serving = 75g	75.00	0.300
5570	Dove (includes squab), cooked	1 food guide serving = 75g	75.00	0.300
6162	Pork, fresh, loin, rib roast, boneless, lean, roasted	1 food guide serving = 75g	75.00	0.300
100	Cheese fondue	60ml	54.52	0.294
4594	Fast foods, mexican, burrito with beef and chili peppers	140g	140.00	0.294
427	Salad dressing, prepared from recipe, cooked	15ml	16.22	0.292
1118	Soup, pea, split pea with ham, canned, condensed	amount to make 250ml	142.12	0.284
4658	Fast foods, side dish, potato, baked, topped with cheese sauce and bacon	140g	140.00	0.280
982	Soup, mushroom, dehydrated	amount to make 250ml	17.33	0.277
569	Chicken, broiler, skin only, batter dipped, fried	55g	55.00	0.275
3746	Cake, angelfood, dry mix, prepared	55g	55.00	0.275
590	Chicken, broiler, light meat, raw	1 food guide serving = 90g	90.00	0.270
643	Chicken, roasting, light meat, raw	1 food guide serving = 90g	90.00	0.270
649	Chicken, stewing, flesh only, raw	1 food guide serving = 90g	90.00	0.270
654	Chicken, stewing, dark meat only, raw	1 food guide serving = 90g	90.00	0.270
671	Goose, domesticated, flesh only, raw	1 food guide serving = 90g	90.00	0.270
684	Squab (pigeon), flesh only, raw	1 food guide serving = 90g	90.00	0.270
720	Turkey, broiler, flesh, skin, giblets and neck, raw	1 food guide serving = 90g	90.00	0.270
722	Turkey, broiler, flesh and skin, raw	1 food guide serving = 90g	90.00	0.270
724	Turkey, broiler, flesh only, raw	1 food guide serving = 90g	90.00	0.270
728	Turkey, broiler, light meat and skin, raw	1 food guide serving = 90g	90.00	0.270
744	Turkey, broiler, leg, meat and skin, raw	1 food guide serving = 90g	90.00	0.270
841	Chicken, broiler, breast, meat, water chill, raw	1 food guide serving = 90g	90.00	0.270
891	Chicken, roasting, breast, meat, raw	1 food guide serving = 90g	90.00	0.270
1832	Pork, fresh, brains, raw	1 food guide serving = 90g	90.00	0.270
1853	Pork, fresh, stomach, raw	1 food guide serving = 90g	90.00	0.270
1921	Pork, fresh, loin, sirloin roast, boneless, lean and fat, raw	1 food guide serving = 90g	90.00	0.270
1967	Pork, fresh, loin, centre cut (centre steak), boneless, lean and fat, raw	1 food guide serving = 90g	90.00	0.270
2789	Beef, cured, corned beef, brisket, raw	1 food guide serving = 90g	90.00	0.270
2808	Beef, hip, rump roast, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.270

3426	Lamb, American, foreshank, lean and fat, 6mm (1/4") trim, raw	1 food guide serving = 90g	90.00	0.270
3445	Lamb, American, loin, lean, raw	1 food guide serving = 90g	90.00	0.270
3458	Lamb, American, shoulder, whole, lean, raw	1 food guide serving = 90g	90.00	0.270
3466	Lamb, American, shoulder, shank, lean, raw	1 food guide serving = 90g	90.00	0.270
3478	Lamb, American, cubed for stew of kabob, lean, raw	1 food guide serving = 90g	90.00	0.270
3501	Lamb, New Zealand, rib, lean, raw	1 food guide serving = 90g	90.00	0.270
3505	Lamb, New Zealand, shoulder, whole, lean, raw	1 food guide serving = 90g	90.00	0.270
3664	Veal, grain-fed, shoulder, shank, lean and fat, raw	1 food guide serving = 90g	90.00	0.270
4757	Beef, hip, rump roast, separable lean and fat, trimmed to 3mm (1/8") fat, raw	1 food guide serving = 90g	90.00	0.270
4783	Lamb, american, foreshank, separable lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.270
4791	Lamb, american, loin, separable lean and fat, trimmed to 3mm (1/8") fat, raw	1 food guide serving = 90g	90.00	0.270
4815	Lamb, New Zealand, frozen, loin, separable lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.270
4817	Lamb, New Zealand, frozen, rib, separable lean and fat, 3mm (1/8") trim, raw	1 food guide serving = 90g	90.00	0.270
1125	Soup, pea, split pea with ham, canned, water added	250ml	267.33	0.267
4597	Fast foods, mexican, chimichanga with beef	140g	140.00	0.266
3799	Cake, yellow, prepared from recipe, without frosting (icing)	1/12 cake (2 layer, 20cm dia)	68.00	0.265
5342	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	250ml	263.10	0.263
73	Milk, fluid, human (breast milk), whole, mature	250ml	259.93	0.260
123	Milk, fluid, whole, producer, 3.7% M.F.	250ml	257.82	0.258
926	Soup, bean with ham, chunky, canned, ready-to-serve	250ml	256.76	0.257
1117	Soup, split pea with ham, chunky, canned, ready-to-serve	250ml	253.59	0.254
4604	Fast foods, mexican, frijoles (pinto beans) with cheese	140g	140.00	0.252
4610	Fast foods, mexican, taco salac	140g	140.00	0.252
3011	Haddock (finnan haddie), smokec	1 food guide serving = 75g	75.00	0.248
5279	Potato, mashed, home-prepared, 2% M.F. milk and butter added	125ml	110.95	0.244
3685	Biscuit, plain/buttermilk, prepared from recipe	1 medium biscuit (6.4cm dia)	60.00	0.240
3754	Cake, chocolate (devil's food), commercial, with chocolate icing (frosting)	80g	80.00	0.240
3777	Cake, pound, commercial, made with butter	1/10 cake (340g)	34.00	0.238
4600	Fast foods, mexican, chimichanga with beef, cheese and red chili peppers	140g	140.00	0.238

	Fast foods, sandwiches and burgers,			
4629	chicken fillet sandwich, plain	140g	140.00	0.238
2187	Potato salad	125ml	132.08	0.236
4059	Sweet roll, cheese	1/2 roll	33.00	0.231
2336	Potato, mashed, home-prepared, whole milk and butter added	125ml	110.95	0.229
556	Chicken, broiler, flesh, skin, giblets and neck, batter dipped, fried	1 food guide serving = 75g	75.00	0.225
557	Chicken, broiler, flesh, skin, giblets and neck, flour coated, fried	1 food guide serving = 75g	75.00	0.225
558	Chicken, broiler, flesh, skin, giblets and neck, roasted	1 food guide serving = 75g	75.00	0.225
559	Chicken, broiler, flesh, skin, giblets and neck, stewed	1 food guide serving = 75g	75.00	0.225
561	Chicken, broiler, flesh and skin, batter dipped, fried	1 food guide serving = 75g	75.00	0.225
562	Chicken, broiler, flesh and skin, flour coated, fried	1 food guide serving = 75g	75.00	0.225
563	Chicken, broiler, flesh and skin, roasted	1 food guide serving = 75g	75.00	0.225
564	Chicken, broiler, flesh and skin, stewed	1 food guide serving = 75g	75.00	0.225
581	Chicken, broiler, light meat and skin, batter dipped, fried	1 food guide serving = 75g	75.00	0.225
586	Chicken, broiler, dark meat and skin, batter dipped, fried	1 food guide serving = 75g	75.00	0.225
587	Chicken, broiler, dark meat and skin, flour coated, fried	1 food guide serving = 75g	75.00	0.225
588	Chicken, broiler, dark meat and skin, roasted	1 food guide serving = 75g	75.00	0.225
604	Chicken, broiler, drumstick, meat and skin, batter dipped, fried	1 food guide serving = 75g	75.00	0.225
605	Chicken, broiler, drumstick, meat and skin, flour coated, fried	1 food guide serving = 75g	75.00	0.225
608	Chicken, broiler, leg, meat and skin, batter dipped, fried	1 food guide serving = 75g	75.00	0.225
609	Chicken, broiler, leg, meat and skin, flour coated, fried	1 food guide serving = 75g	75.00	0.225
630	Chicken, broiler, wing, meat and skin, stewed	1 food guide serving = 75g	75.00	0.225
636	Chicken, roasting, flesh, skin, giblets and neck, roasted	1 food guide serving = 75g	75.00	0.225
638	Chicken, roasting, flesh and skin, roasted	1 food guide serving = 75g	75.00	0.225
644	Chicken, roasting, light meat, roasted	1 food guide serving = 75g	75.00	0.225
646	Chicken, stewing, flesh, skin, giblets and neck, stewed	1 food guide serving = 75g	75.00	0.225
657	Chicken, capons, flesh, skin, giblets and neck, roasted	1 food guide serving = 75g	75.00	0.225
659	Chicken, capon, flesh and skin, roasted	1 food guide serving = 75g	75.00	0.225
691	Turkey, all classes, flesh only, roasted	1 food guide serving = 75g	75.00	0.225
711	Turkey, all classes, dark meat only, roasted	1 food guide serving = 75g	75.00	0.225
721	Turkey, broiler, flesh, skin, giblets and neck, roasted	1 food guide serving = 75g	75.00	0.225
723	Turkey, broiler, flesh and skin, roasted	1 food guide serving = 75g	75.00	0.225
729	Turkey, broiler, light meat and skin, roasted	1 food guide serving = 75g	75.00	0.225

745	Turkey, broiler, leg, meat and skin, roasted	1 food guide serving = 75g	75.00	0.225
781	Turkey, young tom, flesh only, roasted	1 food guide serving = 75g	75.00	0.225
785	Turkey, young tom, light meat and skin, roasted	1 food guide serving = 75g	75.00	0.225
791	Turkey, young tom, dark meat only, roasted	1 food guide serving = 75g	75.00	0.225
795	Turkey, young tom, breast, meat and skin, roasted	1 food guide serving = 75g	75.00	0.225
805	Poultry food products, turkey patties, breaded, battered and fried	1 food guide serving = 75g	75.00	0.225
809	Poultry food products, turkey roasts, boneless, frozen, light and dark, roasted	1 food guide serving = 75g	75.00	0.225
810	Poultry food products, turkey sticks, breaded, battered, fried	1 food guide serving = 75g	75.00	0.225
821	Chicken, stewing, flesh only, stewed	1 food guide serving = 75g	75.00	0.225
845	Chicken, broiler, drumstick, meat and skin, water chill, roasted	1 food guide serving = 75g	75.00	0.225
848	Chicken, broiler, drumstick, meat, water chill, roasted	1 food guide serving = 75g	75.00	0.225
886	Poultry food products, chicken, canned, flaked	1 food guide serving = 75g	75.00	0.225
901	Chicken, roasting, drumstick, meat and skin, roasted	1 food guide serving = 75g	75.00	0.225
904	Chicken, roasting, drumstick, meat, roasted	1 food guide serving = 75g	75.00	0.225
913	Chicken, roasting, back, meat and skin, roasted	1 food guide serving = 75g	75.00	0.225
914	Chicken, roasting, back, meat and skin, stewed	1 food guide serving = 75g	75.00	0.225
919	Chicken, ground, lean, cooked	1 food guide serving = 75g	75.00	0.225
922	Poultry food products: turkey, roast, boneless, roasted	1 food guide serving = 75g	75.00	0.225
1140	Bockwurst, sausage, raw, pork, veal, milk, eggs	1 food guide serving = 75g	75.00	0.225
1150	Ham, cured, minced	1 food guide serving = 75g	75.00	0.225
1153	Knackwurst, knockwurst, sausage, pork, beef	1 food guide serving = 75g	75.00	0.225
1166	Sandwich spread, pork, beef	1 food guide serving = 75g	75.00	0.225
1167	Smoked link sausage, pork	1 food guide serving = 75g	75.00	0.225
1170	Smoked link sausage, pork and beef, with nonfat dry milk	1 food guide serving = 75g	75.00	0.225
1188	Ham, cured, flaked, canned	1 food guide serving = 75g	75.00	0.225
1205	Turkey roll, light and dark meat	1 food guide serving = 75g	75.00	0.225
1764	Pork, fresh, leg, whole, lean, roasted	1 food guide serving = 75g	75.00	0.225
1768	Pork, fresh, leg, butt portion, lean, roasted	1 food guide serving = 75g	75.00	0.225
1778	Pork, fresh, loin, whole, lean, braised	1 food guide serving = 75g	75.00	0.225
1779	Pork, fresh, loin, whole, lean, broiled	1 food guide serving = 75g	75.00	0.225
1780	Pork, fresh, loin, whole, lean, roasted	1 food guide serving = 75g	75.00	0.225
1786	Pork, fresh, loin, centre cut (centre chop), bone-in, lean, braised	1 food guide serving = 75g	75.00	0.225
1787	Pork, fresh, loin, centre cut (centre chop), bone-in, lean, broiled	1 food guide serving = 75g	75.00	0.225
1788	Pork, fresh, loin, centre cut (centre chop), bone-in, lean, roasted	1 food guide serving = 75g	75.00	0.225

1794	Pork, fresh, loin, rib chop (rib end), bone-in, lean, braised	1 food guide serving = 75g	75.00	0.225
1795	Pork, fresh, loin, rib chop (rib end), bone-in, lean, broiled	1 food guide serving = 75g	75.00	0.225
1802	Pork, fresh, loin, sirloin chop, bone-in, lean, braised	1 food guide serving = 75g	75.00	0.225
1812	Pork, fresh, loin, sirloin, roast, boneless, lean, roasted	1 food guide serving = 75g	75.00	0.225
1831	Pork, fresh, composite cuts, leg, loin and shoulder, lean, cooked	1 food guide serving = 75g	75.00	0.225
1833	Pork, fresh, brains, braised	1 food guide serving = 75g	75.00	0.225
1859	Pork, cured, back bacon, grillec	1 food guide serving = 75g	75.00	0.225
1861	Pork, cured, ham, boneless, regular (11% fat), roasted	1 food guide serving = 75g	75.00	0.225
1862	Pork, cured, ham, lean, canned, unheated	1 food guide serving = 75g	75.00	0.225
1887	Pork, cured, ham, boneless, lean and regular, unheated	1 food guide serving = 75g	75.00	0.225
1888	Pork, cured, ham, boneless, lean and regular, roasted	1 food guide serving = 75g	75.00	0.225
1889	Pork, cured, ham, lean, canned, roasted	1 food guide serving = 75g	75.00	0.225
1912	Pork, fresh, loin, sirloin steak, boneless, lean and fat, braised	1 food guide serving = 75g	75.00	0.225
1913	Pork, fresh, loin, sirloin steak, boneless, lean and fat, broiled	1 food guide serving = 75g	75.00	0.225
1914	Pork, fresh, loin, sirloin steak, boneless, lean and fat, roasted	1 food guide serving = 75g	75.00	0.225
1918	Pork, fresh, loin, sirloin steak, boneless, lean, roasted	1 food guide serving = 75g	75.00	0.225
1926	Pork, fresh, composite cuts, loin and shoulder blade, lean, cooked	1 food guide serving = 75g	75.00	0.225
1978	Pork, cured, shoulder, picnic, boneless, lean, unheated	1 food guide serving = 75g	75.00	0.225
2792	Beef, cured, pastrami	1 food guide serving = 75g	75.00	0.225
3427	Lamb, American, foreshank, lean and fat, 6mm (1/4") trim, braised	1 food guide serving = 75g	75.00	0.225
3480	Lamb, American, cubed for stew or kabob, lean, broiled	1 food guide serving = 75g	75.00	0.225
3490	Lamb, New Zealand, foreshank, lean, braised	1 food guide serving = 75g	75.00	0.225
3615	Lamb, liver, braised	1 food guide serving = 75g	75.00	0.225
3616	Lamb, liver, pan-fried	1 food guide serving = 75g	75.00	0.225
4316	Dessert, pudding, lemon, dry mix, regular, prepared	125ml	137.89	0.225
4784	Lamb, american, foreshank, separable lean and fat, 3mm (1/8") trim, braised	1 food guide serving = 75g	75.00	0.225
5182	Turkey, young tom, thigh, meat, roasted	1 food guide serving = 75g	75.00	0.225
5183	Turkey, young tom, back, meat, roasted	1 food guide serving = 75g	75.00	0.225
5223	Goose, wild (Canada goose), native, leg and skin, roasted	1 food guide serving = 75g	75.00	0.225
5408	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	1 food guide serving = 75g	75.00	0.225
5486	Wiener (frankfurter), beef and pork, low fat	1 food guide serving = 75g	75.00	0.225
5499	Sausage, turkey, pork, and beef, reduced fat, smoked	1 food guide serving = 75g	75.00	0.225
5568	Pheasant, cooked, total edible	1 food guide serving = 75g	75.00	0.225
5575	Pork, cured, ham, low sodium, cooked	1 food guide serving = 75g	75.00	0.225

5576	Pork, cured, ham, low sodium, lean and fat, cooked	1 food guide serving = 75g	75.00	0.225
5598	Turkey, light or dark meat, smoked, cooked, skin, bone removed	1 food guide serving = 75g	75.00	0.225
5675	Sausage, pork and beef, with cheddar cheese, smoked	1 food guide serving = 75g	75.00	0.225
5676	Sausage, summer, pork and beef, sticks, with cheddar cheese	1 food guide serving = 75g	75.00	0.225
5678	Swisswurst, pork and beef, with swiss cheese, smoked	1 food guide serving = 75g	75.00	0.225
5679	Bacon and beef sticks	1 food guide serving = 75g	75.00	0.225
5680	Bratwurst, beef and pork, smoked	1 food guide serving = 75g	75.00	0.225
4601	Fast foods, mexican, enchilada with cheese	140g	140.00	0.224
4630	Fast foods, sandwiches and burgers, chicken fillet sandwich with cheese	140g	140.00	0.224
3828	Cookie, ladyfinger (with lemon juice and rind)	2 medium cookies	22.00	0.220
3887	Danish pastry, cinnamon	55g	55.00	0.220
3888	Danish pastry, cheese	55g	55.00	0.220
3890	Danish pastry, nut (almond, raisin nut, cinnamon nut)	55g	55.00	0.220
3952	Pie, coconut cream, prepared from mix, no-bake type	110g	110.00	0.220
3958	Pie, lemon meringue, commercial	110g	110.00	0.220
4037	Cookie, ladyfinger (without lemon juice or peel)	2 medium cookies	22.00	0.220
1143	Cheesefurter (cheese smokie), pork, beef	1 food guide serving = 75g	75.00	0.218
3199	Haddock, baked or broiled	1 food guide serving = 75g	75.00	0.218
2323	Potato, o'brien, home-prepared	125ml	102.49	0.216
1142	Brotwurst, sausage, pork, beef, with nonfat dry milk	1 food guide serving = 75g	75.00	0.214
4580	Fast foods, entree, salad, vegetable, no dressing, with cheese and egg	250ml	152.86	0.214
4247	Dessert, pudding, rice, ready to eat	125ml	141.25	0.212
3116	Mollusks, mussel, blue, boiled or steamed	1 food guide serving = 75g	75.00	0.210
4598	Fast foods, mexican, chimichanga with beef and cheese	140g	140.00	0.210
3240	Clam fritter	1 food guide serving = 75g	75.00	0.208
3684	Biscuit, plain/buttermilk, refrigerated dough, higher fat, baked	2 biscuits	52.00	0.208
4892	Soup, broccoli and cheese, CUP-A-SOUP, mix, dry	amount to make 250ml	16.00	0.208
4899	Soup, tomato, CUP-A-SOUP, mix, dry	amount to make 250ml	26.00	0.208
124	Milk, fluid, buttermilk, cultured, 1% M.F.	250ml	258.88	0.207
156	Yogourt, beverage	200ml	207.10	0.207
3198	Haddock, raw	1 food guide serving = 90g	90.00	0.207
5487	Milk, fluid, buttermilk, cultured, 2% M.F.	250ml	258.88	0.207
4035	Waffle, plain, frozen, ready-to-heat, toasted	1 waffle (10.2cm x 10.2cm)	33.00	0.198
5278	Potato, mashed, home-prepared, with 2% M.F. milk	125ml	131.02	0.197
4599	Fast foods, mexican, chimichanga with beef and red chili	140g	140.00	0.196
3693	Bread, cornbread, prepared from recipe, made with 2% milk	1/2 slice	32.50	0.195

3681	Biscuit, plain/buttermilk, refrigerated dough, lower fat	amount to make 2 small	48.00	0.192
3761	Coffee cake, cheese	1/9 cake (567g)	63.00	0.189
4557	Fast foods, dessert, ice cream, light, vanilla, soft serve with cone	125ml	91.40	0.183
4652	Fast foods, sandwiches and burgers, submarine sandwich with tuna salad	140g	140.00	0.182
565	Chicken, broiler, flesh only, raw	1 food guide serving = 90g	90.00	0.180
594	Chicken, broiler, dark meat, raw	1 food guide serving = 90g	90.00	0.180
664	Duck, domesticated, flesh only, raw	1 food guide serving = 90g	90.00	0.180
668	Duck, wild, native, breast, meat only, raw	1 food guide serving = 90g	90.00	0.180
674	Guinea, flesh and skin, raw	1 food guide serving = 90g	90.00	0.180
679	Pheasant, leg, meat only, raw	1 food guide serving = 90g	90.00	0.180
681	Quail, flesh only, raw	1 food guide serving = 90g	90.00	0.180
732	Turkey, broiler, light meat only, raw	1 food guide serving = 90g	90.00	0.180
740	Turkey, broiler, breast, meat and skin, raw	1 food guide serving = 90g	90.00	0.180
742	Turkey, broiler, breast, meat only, raw	1 food guide serving = 90g	90.00	0.180
750	Turkey, broiler, wing, meat only, raw	1 food guide serving = 90g	90.00	0.180
808	Poultry food products, turkey roasts, boneless, frozen, light and dark, raw	1 food guide serving = 90g	90.00	0.180
819	Chicken, cornish game hens, flesh only raw	1 food guide serving = 90g	90.00	0.180
828	Chicken, broiler, leg and back, meat, water chill, raw	1 food guide serving = 90g	90.00	0.180
835	Chicken, broiler, back, meat, water chill, raw	1 food guide serving = 90g	90.00	0.180
847	Chicken, broiler, drumstick, meat, water chill, raw	1 food guide serving = 90g	90.00	0.180
853	Chicken, broiler, thigh, meat, water chill, raw	1 food guide serving = 90g	90.00	0.180
897	Chicken, roasting, leg and back, meat, raw	1 food guide serving = 90g	90.00	0.180
903	Chicken, roasting, drumstick, meat, raw	1 food guide serving = 90g	90.00	0.180
909	Chicken, roasting, thigh, meat, raw	1 food guide serving = 90g	90.00	0.180
915	Chicken, roasting, back, meat, raw	1 food guide serving = 90g	90.00	0.180
1756	Pork, fresh, composite cuts, leg, loin and shoulder, lean, raw	1 food guide serving = 90g	90.00	0.180
1763	Pork, fresh, leg, whole, lean, raw	1 food guide serving = 90g	90.00	0.180
1767	Pork, fresh, leg, butt portion, lean, raw	1 food guide serving = 90g	90.00	0.180
1771	Pork, fresh, leg, shank portion, lean, raw	1 food guide serving = 90g	90.00	0.180
1777	Pork, fresh, loin, whole, lean, raw	1 food guide serving = 90g	90.00	0.180
1793	Pork, fresh, loin, rib chop (rib end), bone-in, lean, raw	1 food guide serving = 90g	90.00	0.180
1801	Pork, fresh, loin, sirloin chop, with bone, lean, raw	1 food guide serving = 90g	90.00	0.180
1815	Pork, fresh, shoulder, whole, lean, raw	1 food guide serving = 90g	90.00	0.180
1820	Pork, fresh, shoulder, picnic (arm), lean, raw	1 food guide serving = 90g	90.00	0.180
1827	Pork, fresh, shoulder, blade portion, bone-in, lean, raw	1 food guide serving = 90g	90.00	0.180
1866	Pork, cured, ham, centre slice, country style, lean, raw	1 food guide serving = 90g	90.00	0.180
1900	Pork, fresh, loin, rib steak (rib end), boneless, lean, raw	1 food guide serving = 90g	90.00	0.180

1908	Pork, fresh, loin, rib half (country-style ribs), lean, raw	1 food guide serving = 90g	90.00	0.180
1911	Pork, fresh, loin, sirloin steak, boneless, lean and fat, raw	1 food guide serving = 90g	90.00	0.180
1922	Pork, fresh, loin, sirloin roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.180
1925	Pork, fresh, composite cuts, loin and shoulder blade, lean, raw	1 food guide serving = 90g	90.00	0.180
1973	Pork, fresh, shoulder, butt (blade boneless), lean, raw	1 food guide serving = 90g	90.00	0.180
1981	Pork, cured, bacon, cornmeal (peameal), uncooked	1 food guide serving = 90g	90.00	0.180
3422	Lamb, American, composite cuts, lean, raw	1 food guide serving = 90g	90.00	0.180
3428	Lamb, American, foreshank, lean, raw	1 food guide serving = 90g	90.00	0.180
3432	Lamb, American, leg, whole, lean, raw	1 food guide serving = 90g	90.00	0.180
3436	Lamb, American, leg, shank portion, lean, raw	1 food guide serving = 90g	90.00	0.180
3483	Lamb, New Zealand, composite cuts, lean, raw	1 food guide serving = 90g	90.00	0.180
3489	Lamb, New Zealand, foreshank, lean, raw	1 food guide serving = 90g	90.00	0.180
3493	Lamb, New Zealand, leg, whole, lean, raw	1 food guide serving = 90g	90.00	0.180
3497	Lamb, New Zealand, loin, lean, raw	1 food guide serving = 90g	90.00	0.180
3577	Game meat, native, caribou (reindeer), meat, raw	1 food guide serving = 90g	90.00	0.180
3581	Game meat, elk, raw	1 food guide serving = 90g	90.00	0.180
3683	Biscuit, plain/buttermilk, refrigerated dough, higher fat	amount to make 2 small	60.00	0.180
3990	Sweet roll, cinnamon with raisins, commercial	1/2 sweet roll (7cm x 7cm)	30.00	0.180
3991	Sweet roll, cinnamon, refrigerated dough, with icing (frosting)	1 roll	30.00	0.180
4000	Waffle, plain, prepared from recipe	1 waffle (11.4cm x 11.4cm)	50.00	0.180
4996	Beef, ground, extra lean, raw	1 food guide serving = 90g	90.00	0.180
5723	Game meat, elk, ground, raw	1 food guide serving = 90g	90.00	0.180
6161	Pork, fresh, loin, rib roast, boneless, lean, raw	1 food guide serving = 90g	90.00	0.180
4545	Fast foods, breakfast, danish pastry, cheese	55g	55.00	0.176
3998	Waffle, plain, frozen, ready-to-heat	1 waffle (10.2cm x 10.2cm)	35.00	0.175
5303	Yogourt, chocolate, nonfat milk	175g	175.00	0.175
4565	Fast foods, entree, chicken, breaded and fried, light meat (breast or wing)	1 food guide serving = 75g	75.00	0.172
3924	Muffin, corn, prepared from recipe, made with 2% milk	1/2 muffin (5cm x 7cm)	28.50	0.171
2314	Potato, mashed, home-prepared, with whole milk	125ml	110.95	0.169
3682	Biscuit, plain/buttermilk, refrigerated dough, lower fat, baked	2 biscuits	42.00	0.168
3765	Coffee cake, cinnamon with crumb topping, dry mix, prepared	1/8 cake (20cm x 15cm)	56.00	0.168
3915	Muffin, plain, prepared from recipe, made with 2% milk	1/2 muffin (5cm x 7cm)	28.50	0.168
4590	Fast foods, mexican, burrito with beans and meat	140g	140.00	0.168
4613	Fast foods, mexican, tostada with beans, beef and cheese	140g	140.00	0.168
4900	Soup, green pea, CUP-A-SOUP, mix, dry	amount to make 250ml	21.00	0.168

2400	Mushroom, canned, drained solids	125ml pieces	82.42	0.165
3889	Danish pastry, fruit (apple, raisin, lemon, raspberry)	55g	55.00	0.165
3962	Pie, pecan, prepared from recipe	110g	110.00	0.165
3916	Muffin, blueberry, commercial	1/2 muffin (5cm x 7cm)	28.50	0.160
3920	Muffin, blueberry, prepared from recipe, made with 2% milk	1/2 muffin (5cm x 7cm)	28.50	0.160
4168	Candies, fudge, chocolate, prepared from recipe	40g	40.00	0.160
2169	Potato, mashed, home-prepared, whole milk and margarine added	125ml	110.95	0.158
4171	Candies, fudge, vanilla, prepared from recipe	40g	40.00	0.157
4607	Fast foods, mexican, nachos with cheese, beans, ground beef and peppers	140g	140.00	0.154
4611	Fast foods, mexican, taco salad with chili con carne	140g	140.00	0.154
4821	Cake, pound, commercially prepared, fat-free	1/10 cake (340g)	34.00	0.153
3786	Cake, sponge, commercial	1/12 cake (454g)	38.00	0.152
18	Cheese, blue	50g	50.00	0.150
19	Cheese, brick	50g	50.00	0.150
20	Cheese, brie	50g	50.00	0.150
21	Cheese, camembert	50g	50.00	0.150
22	Cheese, caraway	50g	50.00	0.150
23	Cheese, cheshire	50g	50.00	0.150
24	Cheese, colby	50g	50.00	0.150
30	Cheese, fontina	50g	50.00	0.150
31	Cheese, gjetost	50g	50.00	0.150
32	Cheese, gruyere	50g	50.00	0.150
33	Cheese, limburgier	50g	50.00	0.150
34	Cheese, monterey	50g	50.00	0.150
35	Cheese, mozzarella, (48% water, 25% M.F.)	50g	50.00	0.150
37	Cheese, muenster	50g	50.00	0.150
38	Cheese, neufchatel	50g	50.00	0.150
41	Cheese, port-salut	50g	50.00	0.150
42	Cheese, provolone	50g	50.00	0.150
45	Cheese, romano	50g	50.00	0.150
46	Cheese, roquefort (blue)	50g	50.00	0.150
48	Cheese, tilsit, with whole milk	50g	50.00	0.150
96	Cheese, goat, hard, (less than 35% water, 36% M.F.)	50g	50.00	0.150
97	Cheese, goat, semi-soft, (35% to 55% water, 30% M.F.)	50g	50.00	0.150
98	Cheese, goat, soft, (more than 55% water, 21% M.F.)	50g	50.00	0.150
102	Cheese, Mexican, queso anejo	50g	50.00	0.150
103	Cheese, Mexican, queso asadero	50g	50.00	0.150
104	Cheese, Mexican, queso chihuahue	50g	50.00	0.150
106	Cheese, cheddar or colby type, low sodium	50g	50.00	0.150
108	Cheese, feta	50g	50.00	0.150
109	Cheese, gouda	50g	50.00	0.150
566	Chicken, broiler, flesh only, fried	1 food guide serving = 75g	75.00	0.150
567	Chicken, broiler, flesh only, roasted	1 food guide serving = 75g	75.00	0.150
568	Chicken, broiler, flesh only, stewed	1 food guide serving = 75g	75.00	0.150
582	Chicken, broiler, light meat and skin, flour coated, fried	1 food guide serving = 75g	75.00	0.150
589	Chicken, broiler, dark meat and skin, stewed	1 food guide serving = 75g	75.00	0.150
601	Chicken, broiler, breast, meat and skin, batter dipped, fried	1 food guide serving = 75g	75.00	0.150

602	Chicken, broiler, breast, meat and skin, flour coated, fried	1 food guide serving = 75g	75.00	0.150
610	Chicken, broiler, leg, meat and skin, roasted	1 food guide serving = 75g	75.00	0.150
611	Chicken, broiler, leg, meat and skin, stewed	1 food guide serving = 75g	75.00	0.150
622	Chicken, broiler, neck, meat, simmered	1 food guide serving = 75g	75.00	0.150
640	Chicken, roasting, flesh only, roasted	1 food guide serving = 75g	75.00	0.150
653	Chicken, stewing, light meat only, stewed	1 food guide serving = 75g	75.00	0.150
655	Chicken, stewing, dark meat only, stewed	1 food guide serving = 75g	75.00	0.150
709	Turkey, all classes, light meat only, roasted	1 food guide serving = 75g	75.00	0.150
725	Turkey, broiler, flesh only, roastec	1 food guide serving = 75g	75.00	0.150
735	Turkey, broiler, dark meat only, roasted	1 food guide serving = 75g	75.00	0.150
741	Turkey, broiler, breast, meat and skin, roasted	1 food guide serving = 75g	75.00	0.150
751	Turkey, broiler, wing, meat only, roasted	1 food guide serving = 75g	75.00	0.150
765	Turkey, young hen, light meat only, roasted	1 food guide serving = 75g	75.00	0.150
789	Turkey, young tom, light meat only, roasted	1 food guide serving = 75g	75.00	0.150
800	Poultry food products, chicken, canned, deboned with broth	1 food guide serving = 75g	75.00	0.150
806	Poultry food products, turkey breast, meat and skin, roasted	1 food guide serving = 75g	75.00	0.150
833	Chicken, broiler, back, meat and skin, water chill, roasted	1 food guide serving = 75g	75.00	0.150
834	Chicken, broiler, back, meat and skin, water chill, stewed	1 food guide serving = 75g	75.00	0.150
839	Chicken, broiler, breast, meat and skin, water chill, roasted	1 food guide serving = 75g	75.00	0.150
842	Chicken, broiler, breast, meat, water chill, roasted	1 food guide serving = 75g	75.00	0.150
846	Chicken, broiler, drumstick, meat and skin, water chill, stewed	1 food guide serving = 75g	75.00	0.150
851	Chicken, broiler, thigh, meat and skin, water chill, roasted	1 food guide serving = 75g	75.00	0.150
852	Chicken, broiler, thigh, meat and skin, water chill, stewed	1 food guide serving = 75g	75.00	0.150
889	Chicken, roasting, breast, meat and skin, roasted	1 food guide serving = 75g	75.00	0.150
892	Chicken, roasting, breast, meat, roasted	1 food guide serving = 75g	75.00	0.150
895	Chicken, roasting, leg and back, meat and skin, roasted	1 food guide serving = 75g	75.00	0.150
896	Chicken, roasting, leg and back, meat and skin, stewed	1 food guide serving = 75g	75.00	0.150
902	Chicken, roasting, drumstick, meat and skin, stewed	1 food guide serving = 75g	75.00	0.150
907	Chicken, roasting, thigh, meat and skin, roasted	1 food guide serving = 75g	75.00	0.150
908	Chicken, roasting, thigh, meat and skin, stewed	1 food guide serving = 75g	75.00	0.150
911	Chicken, roasting, thigh, meat, stewed	1 food guide serving = 75g	75.00	0.150
920	Poultry food products: turkey, breast, meat, unheated	1 food guide serving = 75g	75.00	0.150

921	Poultry food products: turkey, thigh, meat, unheated	1 food guide serving = 75g	75.00	0.150
1145	Chorizo, pork and beef	1 food guide serving = 75g	75.00	0.150
1146	Corned beef loaf, jellied	1 food guide serving = 75g	75.00	0.150
1148	Ham, sliced, extra lean (approximately 5% fat)	1 food guide serving = 75g	75.00	0.150
1149	Ham, sliced, regular, (approximately 11% fat)	1 food guide serving = 75g	75.00	0.150
1162	Pepperoni, pork, beef	1 food guide serving = 75g	75.00	0.150
1169	Smoked link sausage, pork and beef, flour, nonfat dry milk	1 food guide serving = 75g	75.00	0.150
1173	Turkey ham, cured turkey thigh meat	1 food guide serving = 75g	75.00	0.150
1189	Ham, cured, chopped, not canned	1 food guide serving = 75g	75.00	0.150
1204	Turkey roll, light meat	1 food guide serving = 75g	75.00	0.150
1220	Chicken roll, light meat	1 food guide serving = 75g	75.00	0.150
1840	Pork, fresh, heart, braised	1 food guide serving = 75g	75.00	0.150
1842	Pork, fresh, kidneys, braised	1 food guide serving = 75g	75.00	0.150
1858	Pork, cured, back bacon, unheated	1 food guide serving = 75g	75.00	0.150
1863	Pork, cured, ham, extra lean, canned, roasted	1 food guide serving = 75g	75.00	0.150
1873	Pork, cured, ham, whole, lean, roasted	1 food guide serving = 75g	75.00	0.150
1878	Pork, cured, shoulder, arm picnic, lean, roasted	1 food guide serving = 75g	75.00	0.150
1916	Pork, fresh, loin, sirloin steak, boneless, lean, braised	1 food guide serving = 75g	75.00	0.150
1917	Pork, fresh, loin, sirloin steak, boneless, lean, broiled	1 food guide serving = 75g	75.00	0.150
1938	Pork, cured, ham, boneless, lean (5% fat), roasted	1 food guide serving = 75g	75.00	0.150
1941	Pork, cured, shoulder, cottage roll, lean and fat, roasted	1 food guide serving = 75g	75.00	0.150
1942	Pork, cured, ham, extra lean, canned, unheated	1 food guide serving = 75g	75.00	0.150
1944	Pork, fresh, loin, tenderloin, lean and fat, roasted	1 food guide serving = 75g	75.00	0.150
1961	Pork, fresh, loin, tenderloin, lean and fat, broiled	1 food guide serving = 75g	75.00	0.150
1962	Pork, fresh, loin, tenderloin, lean, broiled	1 food guide serving = 75g	75.00	0.150
1964	Pork, fresh, leg, inside, boneless, lean and fat, roasted	1 food guide serving = 75g	75.00	0.150
1970	Pork, fresh, loin, centre cut (centre steak), boneless, lean, broiled	1 food guide serving = 75g	75.00	0.150
2711	Beef, cured, thin-sliced	1 food guide serving = 75g	75.00	0.150
2828	Beef, cured, corned beef, outside and eye of round, cooked	1 food guide serving = 75g	75.00	0.150
3578	Game meat, native, caribou (reindeer), meat, cooked	1 food guide serving = 75g	75.00	0.150
3582	Game meat, elk, roasted	1 food guide serving = 75g	75.00	0.150
3618	Veal, liver, braised	1 food guide serving = 75g	75.00	0.150
3619	Veal, liver, pan-fried	1 food guide serving = 75g	75.00	0.150
4572	Fast foods, entree, clams, breaded and fried	1 food guide serving = 75g	75.00	0.150
5185	Turkey, young tom, wing, meat, roasted	1 food guide serving = 75g	75.00	0.150
5217	Goose, wild (Canada goose), native, breast and skin, roasted	1 food guide serving = 75g	75.00	0.150
5224	Goose, wild (Canada goose), native, leg and skin, fire roasted	1 food guide serving = 75g	75.00	0.150
5225	Goose, wild (Canada goose), native, leg and skin, boiled	1 food guide serving = 75g	75.00	0.150

5226	Goose, wild (Canada goose), native, collar with skin, roasted	1 food guide serving = 75g	75.00	0.150
5333	Chicken, canned, no broth	1 food guide serving = 75g	75.00	0.150
5374	Turkey sausage, reduced fat, brown and serve, cooked	1 food guide serving = 75g	75.00	0.150
5409	Pork, cured, bacon, rendered fat, cooked	10g	10.00	0.150
5460	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	1 food guide serving = 75g	75.00	0.150
5577	Pork, smoked or cured, ham, low sodium, lean, cooked	1 food guide serving = 75g	75.00	0.150
5619	Cheese, mozzarella, low sodium	50g	50.00	0.150
5672	Sausage, Italian, sweet, link	1 food guide serving = 75g	75.00	0.150
5677	Sausage, turkey, breakfast links, mild	1 food guide serving = 75g	75.00	0.150
5681	Bratwurst, chicken, cooked	1 food guide serving = 75g	75.00	0.150
5682	Bratwurst, pork, beef and turkey, light, smoked	1 food guide serving = 75g	75.00	0.150
5685	Sausage, Italian, turkey, smokec	1 food guide serving = 75g	75.00	0.150
5686	Sausage, chicken, beef, pork, skinless, smoked	1 food guide serving = 75g	75.00	0.150
5687	Sausage, turkey, hot, smokec	1 food guide serving = 75g	75.00	0.150
5724	Game meat, elk, ground, cooked, pan-broiled	1 food guide serving = 75g	75.00	0.150
5725	Game meat, elk, loin, separable lean only, cooked, broiled	1 food guide serving = 75g	75.00	0.150
5726	Game meat, elk, round, separable lean only, cooked, broiled	1 food guide serving = 75g	75.00	0.150
5727	Game meat, elk, tenderloin, separable lean only, cooked, broiled	1 food guide serving = 75g	75.00	0.150
4655	Fast foods, side dish, hush puppies	2 hushpuppies	31.20	0.147
924	Soup, bean with pork, canned, condensed	amount to make 250ml	142.12	0.142
3762	Coffee cake, cinnamon with crumb topping, commercial	1/12 cake (20cm dia)	47.00	0.141
3792	Cake, white, prepared from recipe without frosting (icing)	1/12 cake (2 layer, 23cm dia)	74.00	0.141
92	Butter, unsalted	10g	10.00	0.140
3733	Bread, white, prepared from recipe with nonfat dry milk	1 slice = 1 food guide portion	35.00	0.140
3735	Bread, white, prepared from recipe with 2% milk	1 slice = 1 food guide portion	35.00	0.140
4061	Biscuit, plain or buttermilk, commercial	1small biscuit (6.4cm dia)	35.00	0.140
4075	Pie, beef, commercial	140g	140.00	0.140
4076	Pie, pork, commercial	140g	140.00	0.140
4077	Pie, chicken, commercial	140g	140.00	0.140
4078	Pie, turkey, commercial	140g	140.00	0.140
4079	Pie, steak, commercial	140g	140.00	0.140
4080	Pie, tourtiere, commercial	140g	140.00	0.140
4584	Fast foods, entree, salad, vegetable, no dressing, with turkey, ham and cheese	100g	100.00	0.140
4172	Candies, fudge, vanilla, with nuts, prepared from recipe	40g	40.00	0.139
4169	Candies, fudge, chocolate with nuts, prepared from recipe	40g	40.00	0.137
3778	Cake, pound, commercial, made with other than butter	1/10 cake (340g)	34.00	0.136
3690	Bread, Boston brown, canned	1 slice (1.3cm x 8.3cm dia)	45.00	0.135
1119	Soup, vegetable with beef, canned, condensed	amount to make 250ml	132.61	0.133

3686	Biscuit, mixed grain, refrigerated dough	amount to make 1 medium	44.00	0.132
4546	Fast foods, breakfast, danish pastry, cinnamon	55g	55.00	0.132
6016	Margarine, tub, canola oil (non-hydrogenated), Healty Attitude, Lactantia	10g	1.00	0.132
6074	Margarine, stick, unspecified vegetable oils (hydrogenated), BLUE BONNET	10g	1.00	0.132
138	Cream, whipping, 35% M.F.	15g	15.00	0.129
3006	Fish portions and sticks, frozen and reheated	1 food guide serving = 75g	75.00	0.128
987	Soup, vegetable beef, dehydratec	amount to make 250ml	17.96	0.126
3115	Mollusks, mussel, blue, raw	1 food guide serving = 90g	90.00	0.126
4591	Fast foods, mexican, burrito with beans, cheese and beef	140g	140.00	0.126
4547	Fast foods, breakfast, danish pastry, fruit	55g	55.00	0.121
54	Cream, whipped, cream topping, pressurized	15g	15.00	0.120
4666	Fast foods, side dish, potato salac	125ml	150.57	0.120
4901	Soup, cream, mushroom, CUP-A-SOUP, mix, dry	amount to make 250ml	15.00	0.120
4896	Soup, cream, chicken, CUP-A-SOUP, mix, dry	amount to make 250ml	17.00	0.119
137	Cream, whipping, 32% M.F.	15g	15.00	0.118
980	Soup, leek, dehydratec	amount to make 100ml	7.18	0.115
4010	Cookie, chocolate chip, from recipe, made with butter	2 medium cookies (5.7cm dia)	32.00	0.112
4649	Fast foods, sandwiches and burgers, steak sandwich	140g	140.00	0.112
4650	Fast foods, sandwiches and burgers, submarine sandwich with coldcuts	140g	140.00	0.112
3912	Hush puppy, prepared from recipe	1 hushpuppy (5.7 cm x 3.2 cm)	22.00	0.110
3961	Pie, pecan, commercial	110g	110.00	0.110
983	Soup, oxtail, dehydratec	amount to make 250ml	17.96	0.108
969	Soup, beef noodle, dehydratec	amount to make 250ml	15.00	0.105
3111	Mollusks, clam, mixed species, boiled or steamed	1 food guide serving = 75g	75.00	0.105
3695	Bread, egg	1 slice = 1 food guide portion	35.00	0.102
3696	Bread, egg, toastec	1 slice = 1 food guide portion	35.00	0.102
49	Cheese, processed, pimentc	50g	50.00	0.100
51	Cheese, processed, cheddar, cold pack	50g	50.00	0.100
94	Cheese, processed food, chedda	50g	50.00	0.100
121	Cheese, processed, chedda	50g	50.00	0.100
5500	Cheese product, processed, cheddar, reduced fat	50g	50.00	0.100
5601	Cheese, processed, cheddar, low sodium	50g	50.00	0.100
4585	Fast foods, entree, scallops, breaded and fried	1 food guide serving = 75g	75.00	0.098
5751	Dessert, frozen yogourt, chocolate, nonfat milk, with low calorie sweetener	125ml	98.27	0.098
979	Soup, consomme with gelatin, dehydrated	amount to make 250ml	13.74	0.096
3763	Coffee cake, fruit	1/12 cake (20cm x 20cm)	47.00	0.094
16	Butter, whipped	10g	10.00	0.093
164	Yogourt, frozen	125ml	91.93	0.092
5515	Salad dressing, caesar dressing, regular	30ml	29.80	0.092

5485	Dessert, frozen yogourt, chocolate	125ml	91.23	0.091
	Chicken, broiler, light meat and skin, raw	1 food guide serving = 90g	90.00	0.090
580				
612	Chicken, broiler, leg, meat, raw	1 food guide serving = 90g	90.00	0.090
631	Chicken, broiler, wing, meat, raw	1 food guide serving = 90g	90.00	0.090
639	Chicken, broiler, wing, meat, raw	1 food guide serving = 90g	90.00	0.090
675	Guinea, flesh only, raw	1 food guide serving = 90g	90.00	0.090
677	Pheasant, flesh only, raw	1 food guide serving = 90g	90.00	0.090
	Pork, fresh, loin, centre cut (centre chop), bone-in, lean, raw	1 food guide serving = 90g	90.00	0.090
1785				
1839	Pork, fresh, heart, raw	1 food guide serving = 90g	90.00	0.090
1846	Pork, fresh, lungs, raw	1 food guide serving = 90g	90.00	0.090
1851	Pork, fresh, spleen, raw	1 food guide serving = 90g	90.00	0.090
	Pork, fresh, loin, sirloin steak, boneless, lean, raw	1 food guide serving = 90g	90.00	0.090
1915				
1931	Pork, fresh, loin, tenderloin, lean, raw	1 food guide serving = 90g	90.00	0.090
1935	Pork, fresh, kidneys, raw	1 food guide serving = 90g	90.00	0.090
	Pork, fresh, loin, tenderloin, lean and fat, raw	1 food guide serving = 90g	90.00	0.090
1943				
	Pork, fresh, leg, inside, boneless, lean and fat, raw	1 food guide serving = 90g	90.00	0.090
1963				
	Pork, fresh, leg, inside, boneless, lean, raw	1 food guide serving = 90g	90.00	0.090
1965				
	Pork, fresh, loin, centre cut (centre steak), boneless, lean, raw	1 food guide serving = 90g	90.00	0.090
1969				
3211	Shrimp, mixed species, raw	1 food guide serving = 90g	90.00	0.090
	Fast foods, breakfast, french toast sticks	2 sticks	56.40	0.090
4554				
	Fast foods, entree, salad, vegetable, no dressing, with shrimp	100g	100.00	0.090
4583				
	Goose, wild (Canada goose), native, flesh only, raw	1 food guide serving = 90g	90.00	0.090
5209				
5383	Turkey sausage, fresh, raw	1 food guide serving = 90g	90.00	0.090
	Cake, gingerbread, prepared from recipe	1/9 cake (20cm x 20cm)	74.00	0.089
3773				
	Cake, date square (matrimonial cake), prepared from recipe	1 piece	43.00	0.089
4081				
6	Corn fritter	55g	55.00	0.085
	Fast foods, mexican, burrito with beans, cheese and chili peppers	140g	140.00	0.084
4592				
	Fast foods, mexican, nachos with cheese and jalapeno peppers	140g	140.00	0.084
4606				
119	Cheese, cheddar	50g	50.00	0.083
	Cheese, mozzarella, (52% water, 22.5% M.F.)	50g	50.00	0.081
110				
	Cheese, mozzarella, partially skim, (52% water, 16.5% M.F.)	50g	50.00	0.081
111				
3807	Cookie, brownie, prepared from recipe	40g	40.00	0.076
	Dessert, frozen yogourt, vanilla, soft-serve	125ml	76.08	0.076
4292				
	Dessert, frozen yogourt, chocolate, soft serve	125ml	76.08	0.076
4350				
5753	Dessert, frozen, juice with cream	75ml	75.58	0.076
163	Cream, table (coffee), 20% M.F.	15ml	15.22	0.075
	Chicken, broiler, light meat and skin, roasted	1 food guide serving = 75g	75.00	0.075
583				
	Chicken, broiler, light meat and skin, stewed	1 food guide serving = 75g	75.00	0.075
584				
593	Chicken, broiler, light meat, stewec	1 food guide serving = 75g	75.00	0.075
595	Chicken, broiler, dark meat, fried	1 food guide serving = 75g	75.00	0.075
596	Chicken, broiler, dark meat, roastec	1 food guide serving = 75g	75.00	0.075
597	Chicken, broiler, dark meat, stewec	1 food guide serving = 75g	75.00	0.075

600	Chicken, broiler, back, meat, fried	1 food guide serving = 75g	75.00	0.075
606	Chicken, broiler, drumstick, meat, fried	1 food guide serving = 75g	75.00	0.075
613	Chicken, broiler, leg, meat, fried	1 food guide serving = 75g	75.00	0.075
615	Chicken, broiler, leg, meat, stewed	1 food guide serving = 75g	75.00	0.075
621	Chicken, broiler, neck, meat, fried	1 food guide serving = 75g	75.00	0.075
623	Chicken, broiler, thigh, meat and skin, batter dipped, fried	1 food guide serving = 75g	75.00	0.075
624	Chicken, broiler, thigh, meat and skin, flour coated, fried	1 food guide serving = 75g	75.00	0.075
625	Chicken, broiler, thigh, meat, fried	1 food guide serving = 75g	75.00	0.075
632	Chicken, broiler, wing, meat, fried	1 food guide serving = 75g	75.00	0.075
633	Chicken, broiler, wing, meat, roasted	1 food guide serving = 75g	75.00	0.075
634	Chicken, broiler, wing, meat, stewed	1 food guide serving = 75g	75.00	0.075
665	Duck, domesticated, flesh only, roasted	1 food guide serving = 75g	75.00	0.075
672	Goose, domesticated, flesh only, roasted	1 food guide serving = 75g	75.00	0.075
733	Turkey, broiler, light meat only, roasted	1 food guide serving = 75g	75.00	0.075
820	Chicken, cornish game hens, flesh only, roasted	1 food guide serving = 75g	75.00	0.075
829	Chicken, broiler, leg and back, meat, water chill, roasted	1 food guide serving = 75g	75.00	0.075
830	Chicken, broiler, leg and back, meat, water chill, stewed	1 food guide serving = 75g	75.00	0.075
836	Chicken, broiler, back, meat, water chill, roasted	1 food guide serving = 75g	75.00	0.075
837	Chicken, broiler, back, meat, water chill, stewed	1 food guide serving = 75g	75.00	0.075
840	Chicken, broiler, breast, meat and skin, water chill, stewed	1 food guide serving = 75g	75.00	0.075
849	Chicken, broiler, drumstick, meat, water chill, stewed	1 food guide serving = 75g	75.00	0.075
854	Chicken, broiler, thigh, meat, water chill, roasted	1 food guide serving = 75g	75.00	0.075
855	Chicken, broiler, thigh, meat, water chill, stewed	1 food guide serving = 75g	75.00	0.075
890	Chicken, roasting, breast, meat and skin, stewed	1 food guide serving = 75g	75.00	0.075
898	Chicken, roasting, leg and back, meat, roasted	1 food guide serving = 75g	75.00	0.075
899	Chicken, roasting, leg and back, meat, stewed	1 food guide serving = 75g	75.00	0.075
905	Chicken, roasting, drumstick, meat, stewed	1 food guide serving = 75g	75.00	0.075
910	Chicken, roasting, thigh, meat, roasted	1 food guide serving = 75g	75.00	0.075
916	Chicken, roasting, back, meat, roasted	1 food guide serving = 75g	75.00	0.075
917	Chicken, roasting, back, meat, stewed	1 food guide serving = 75g	75.00	0.075
1154	Luncheon meat, beef, thin sliced	1 food guide serving = 75g	75.00	0.075
1172	Turkey, breast meat	1 food guide serving = 75g	75.00	0.075
1221	Pepperoni, sausage, pork and beef	1 food guide serving = 75g	75.00	0.075
1847	Pork, fresh, lungs, braised	1 food guide serving = 75g	75.00	0.075
1852	Pork, fresh, spleen, braised	1 food guide serving = 75g	75.00	0.075
1870	Pork, cured, ham steak, boneless, lean unheated	1 food guide serving = 75g	75.00	0.075
1932	Pork, fresh, loin, tenderloin, lean, roasted	1 food guide serving = 75g	75.00	0.075

1939	Pork, cured, ham, whole, lean, bone-in, unheated	1 food guide serving = 75g	75.00	0.075
1966	Pork, fresh, leg, inside, boneless, lean, roasted	1 food guide serving = 75g	75.00	0.075
1977	Pork, cured, ham, whole, lean, with bone, 30% salt reduced, unheated	1 food guide serving = 75g	75.00	0.075
2708	Luncheon meat, beef, cured, jellied	1 food guide serving = 75g	75.00	0.075
3593	Game meat, rabbit, domestic, composite cuts, roasted	1 food guide serving = 75g	75.00	0.075
3594	Game meat, rabbit, domestic, composite cuts, stewed	1 food guide serving = 75g	75.00	0.075
3596	Game meat, native, rabbit, wild, cooked	1 food guide serving = 75g	75.00	0.075
4843	Chicken breast (honey glazed)	1 food guide serving = 75g	75.00	0.075
4875	Duck, duckling, domestic, Pekin, leg, meat and skin, bone in, roasted	1 food guide serving = 75g	75.00	0.075
4877	Chicken Breast, oven roasted, fat free	1 food guide serving = 75g	75.00	0.075
5002	Turkey Breast, smoked, fat free	1 food guide serving = 75g	75.00	0.075
5180	Turkey, young tom, breast, meat, roasted	1 food guide serving = 75g	75.00	0.075
5212	Goose, wild (Canada goose), native, flesh only, roasted	1 food guide serving = 75g	75.00	0.075
5213	Goose, wild (Canada goose), native, flesh only, boiled	1 food guide serving = 75g	75.00	0.075
5218	Goose, wild (Canada goose), native, breast with skin, fire roasted	1 food guide serving = 75g	75.00	0.075
5219	Goose, wild (Canada goose), native, breast with skin, boiled	1 food guide serving = 75g	75.00	0.075
5227	Goose, wild (Canada goose), native, collar with skin, fire roasted	1 food guide serving = 75g	75.00	0.075
5386	Turkey sausage, fresh, cooked	1 food guide serving = 75g	75.00	0.075
5479	Turkey and pork sausage, fresh, bulk, patty or link, cooked	1 food guide serving = 75g	75.00	0.075
5506	Wiener (frankfurter), meat and poultry, low fat	1 food guide serving = 75g	75.00	0.075
5683	Pastrami, beef, 98% fat-free	1 food guide serving = 75g	75.00	0.075
5696	Ham, honey, smoked, cooked	1 food guide serving = 75g	75.00	0.075
5589	Chocolate flavour drink, whey and milk based	250ml	257.82	0.072
2707	Beef, cured, dried beef	35g	35.00	0.070
3850	Cookie, sugar, refrigerated dough	amount to make 2 cookies	32.00	0.064
3109	Mollusks, clam, mixed species, raw	1 food guide serving = 90g	90.00	0.063
95	Cheese, processed spread, cheddar	30ml	30.94	0.062
4556	Fast foods, breakfast, potatoes, hashed brown	125ml	76.08	0.061
4086	Snacks, beef jerky, chopped and formed	20g	20.00	0.060
5369	Gravy, meat or poultry, prepared, low sodium	60ml	59.85	0.060
118	Butter, regular	10g	10.00	0.059
5001	Sauce, nacho cheese sauce, ready-to-serve	60ml	63.90	0.058
3882	Croissant, butter	1/2 medium	28.50	0.057
3883	Croissant, apple	1/2 medium	28.50	0.057
3884	Croissant, cheese	1/2 medium	28.50	0.057
3804	Cookie, brownie, commercial	1/2 cookie (7.0cm x 2.2cm)	28.00	0.056
2062	Coleslaw (cabbage salad), with dressing, home-prepared	125ml	63.40	0.053
3112	Mollusks, clam, mixed species, canned, drained solids	1 food guide serving = 75g	75.00	0.052

967	Soup, beef, broth or bouillon, dehydrated	amount to make 250ml	8.45	0.051
3784	Cake, snack cake, cream-filled, chocolate with frosting (icing)	1 snack cake	50.00	0.050
3851	Cookie, sugar, refrigerated dough, baked	2 medium cookies	24.00	0.048
3093	Crab, alaska king, raw	1 food guide serving = 90g	90.00	0.045
3808	Cookie, butter, commercial	2 medium cookies (5cm dia)	15.00	0.045
3785	Cake, snack cake, cream-filled, sponge	1 snack cake	42.50	0.042
531	Salad dressing, mayonnaise, commercial, over 65% oil	15ml	13.99	0.041
5331	Salad dressing, ranch dressing, reduced fat	30ml	32.46	0.039
5556	Salad dressing, buttermilk, light	30ml	31.07	0.037
968	Soup, beef, broth, cubed, dehydrated	amount to make 250ml	5.07	0.036
5518	Salad dressing, buttermilk as main ingredient	30ml	29.80	0.036
5516	Salad dressing, coleslaw	30ml	31.70	0.035
975	Soup, chicken rice, dehydratec	amount to make 250ml	16.91	0.034
3816	Cookie, chocolate chip, refrigerated dough	amount to make 2 cookies	32.00	0.032
3840	Cookie, peanut butter, refrigerated dough	amount to make 2 cookies	32.00	0.032
976	Soup, chicken vegetable, dehydrated	amount to make 250ml	14.79	0.030
527	Salad dressing, mayonnaise type, commercial, over 35% oil	15ml	14.90	0.026
2898	Malted milk, natural flavour, powder	amount to make 250ml	22.19	0.026
2902	Malted milk, chocolate flavour, powder	amount to make 250ml	22.19	0.026
4549	Fast foods, breakfast, english muffin with butter	1/2 muffin	26.00	0.026
5330	Salad dressing, ranch dressing, commercial, regular	30ml	29.39	0.021
67	Milk, dry, buttermilk, sweet cream	amount to make 250ml	25.34	0.020
1012	Soup, chicken noodle, dehydratec	amount to make 250ml	15.64	0.016
972	Soup, chicken, broth or bouillon, dehydrated	amount to make 250ml	8.45	0.013
1131	Sauce, tartar, ready-to-serve	30ml	29.16	0.012
3209	Lobster, american (northern), raw	1 food guide serving = 90g	90.00	0.009
3913	Ice cream, cone, cake or wafer-type	1 cone	4.00	0.008
973	Soup, chicken, broth, cubed, dehydrated	amount to make 250ml	6.76	0.007
1002	Gravy, beef, dehydratec	amount to make 60ml	5.55	0.006
1010	Gravy, turkey, dehydratec	amount to make 60ml	6.29	0.006
1011	Gravy, unspecified, dehydratec	amount to make 60ml	6.29	0.006
1008	Gravy, pork, dehydratec	amount to make 60ml	5.40	0.005
1000	Gravy, au jus, dehydratec	amount to make 60ml	2.10	0.002