

Nutritive Value of **FOODS**

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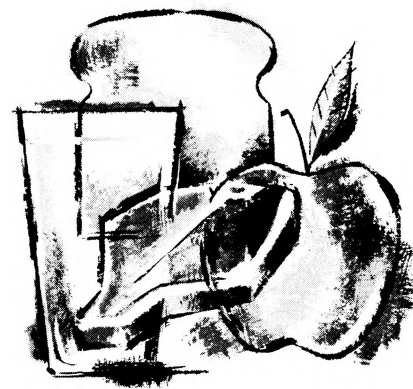
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NUTRITIVE VALUE OF FOODS



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

Ready answers to questions like these are helpful to homemakers who need quantitative information for the planning of nutritionally adequate

diets, and to nutritionists, dietitians, and physicians.

The answers will be found in the tables, pages 5 to 39, page 40, and page 41.

EXPLANATION OF THE TABLES

ABOUT TABLE 1

Table 1 shows the food values in 615 foods commonly used in this country.

Foods listed.—Foods are grouped under the following main headings: Milk; eggs; meat, poultry, and fish; dry beans and peas, nuts; vegetables; fruits; grain products; fats; sugars; and miscellaneous items.

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

Weight in grams—rounded to the nearest whole gram—is shown for an approximate measure of each food as it is described; if inedible parts are included in the description, both measure and weight include these parts.

The approximate measure shown for each food is in cups, ounces, pounds, some other well-known unit, or a piece of certain size. Usually, the measure shown can be calculated to larger or smaller amounts by multiplying or dividing. Because the measures are approximate (some are rounded for convenient use), calculated nutritive values for larger quantities of some food items may be less representative than those calculated for smaller quantities.

The cup measure refers to the standard measuring cup of 8 fluid ounces or $\frac{1}{2}$ liquid pint. The ounce refers to $\frac{1}{16}$ of a pound avoirdupois, unless fluid ounce is indicated. The weight of a fluid ounce varies according to the food measured.

Factors in general use for converting from one measure to its equivalent in another measure include those shown below.

EQUIVALENTS BY VOLUME

(All measurements level)

1 quart	= 4 cups
1 cup	= 8 fluid ounces
	= $\frac{1}{2}$ pint
	= 16 tablespoons
2 tablespoons	= 1 fluid ounce
1 tablespoon	= 3 teaspoons
1 pound regular butter or margarine	= 4 sticks
	= 2 cups
1 pound whipped butter or margarine	= 6 sticks
	= 2 8-ounce containers
	= 3 cups

EQUIVALENTS BY WEIGHT

1 pound (16 ounces)	= 453.6 grams
1 ounce	= 28.35 grams
3½ ounces	= 100 grams

Food values.—Values are shown for protein; fat; fatty acids; total carbohydrates; two minerals—calcium and iron; and five vitamins—vitamin A, thiamin, riboflavin, niacin, and ascorbic acid (vitamin C). Calories are shown in the column headed "Food energy." The calorie is the unit of measure for the energy furnished the body by protein, fat, and carbohydrate.

These values can be used as the basis for comparing kinds and amounts of nutrients in different foods. For some foods, the values can be used in comparing different forms of the same food.

Water content is also shown in the table because the percentage of moisture present is needed for identification and comparison of many food items.

The values for food energy (calories) and nutrients shown in table 1 are the amounts present in the edible part of the item, that is, in only that portion of the weight of the item customarily eaten—corn without cob, meat without bone, potatoes without skin, European-type grapes without seeds. If additional parts are eaten—the skin of the potato, for example—amounts of some nutrients obtained will be somewhat greater than those shown.

For many of the prepared items, values have been calculated from the ingredients in typical recipes. Examples of such items are: Biscuits, corn muffins, oyster stew, macaroni and cheese, custard, and a number of other dessert-type items.

For toast and for vegetables, values are without fat added, either during preparation or at the table. Values for the thiamin content of toast are about 20 percent lower than for fresh bread; it was impossible to show this loss adequately because of the small amount of thiamin present in

a slice of bread. Some destruction of vitamins in vegetables, especially of ascorbic acid, may occur when foods are cut or shredded. Such losses are variable, and no deduction for these losses has been made.

For meat, values are for meat as cooked, drained, and without drippings. For many cuts, two sets of values are shown: Meat including the fat, and meat from which the fat has been trimmed off in the kitchen or on the plate.

A variety of manufactured items, such as some of the milk products, ready-to-eat breakfast cereals, imitation cream products, fruit drinks, and various mixes are included in table 1. Frequently these foods are fortified with one or more nutrients. If nutrients are added, this information is on the label. Values shown in this bulletin for these foods are usually based on products from several manufacturers and may differ somewhat from the values provided by any one source.

YIELD OF COOKED MEAT

Meat undergoes certain losses from the time it is purchased to the time it is ready to serve. Among these losses are those that occur through evaporation of moisture, loss of fat in the drippings, and discard of bone and various trimmings.

See page 41 for the relationships between weights of raw meat as purchased and yield of cooked meat. The approximate weight of cooked, drained meat that usually can be expected from a pound of raw meat as purchased in several cuts is shown. Yield is given as ounces of—

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

Among the factors that influence the yield of meat is the proportion of fat and lean in the piece. Many cuts have a layer of fat extending all or part

way around. The thickness of this fat varies because practices in cutting and trimming meat for retail distribution differ widely. The data on yield of meat (p. 41) as well as those on nutritive value in table 1, apply to cuts trimmed so that the outer layer of fat is not more than 1/2 inch in thickness. Deposits of fat within a cut may be extensive and usually are not affected by retail trimming although they may be discarded at the table.

ABOUT TABLE 2

Table 2 (p. 40) shows Recommended Daily Dietary Allowances for calories and for several nutrients essential for maintenance of good nutrition in healthy, normally active persons in this country. This table is an abbreviated version which has been adapted from more extensive material published in 1968 by the Food and Nutrition Board, National Academy of Sciences—National Research Council.

Additional nutrients for which the Food and Nutrition Board published Recommended Daily Dietary Allowances are: The B-vitamins—vitamins B₆, B₁₂, and folacin, vitamins D and E, phosphorus, magnesium, and iodine.

Data for these nutrients are not shown in table 1 of this bulletin, and the allowances for them have been omitted from table 2. However, foods which are of special value in supplying these eight nutrients (either because they are high in the nutrient or because quantities generally eaten supply relatively large amounts) are listed at right.

The allowance of 18 milligrams of iron per day recommended for girls and women is almost impossible to obtain through ordinary foods; iron supplementation is often required. Many foods, for example, breakfast cereals, are being fortified with iron at increasingly higher levels to meet this allowance for girls and women.

More detailed information about the Recommended Daily Allowances may be obtained from

the publication from which table 2 is adapted (see source note at the bottom of table, p. 41).

Vitamin B₆

Bananas
Whole-grain cereals
Chicken
Dry legumes
Egg yolk
Most dark-green leafy vegetables
Most fish and shellfish
Muscle meats, liver, and kidney
Peanuts, walnuts, filberts, peanut butter
Potatoes and sweetpotatoes
Prunes and raisins
Yeast

Folacin

Liver
Dark-green vegetables
Dry beans
Peanuts, walnuts, filberts
Lentils

Vitamin E

Vegetable oils
Margarine
Salad dressing
Whole-grain cereals
Peanuts

Magnesium

Bananas
Whole-grain cereals
Dry beans

Milk
Most dark-green leafy vegetables
Nuts
Peanuts, peanut butter

Vitamin B₁₂ (present in foods of animal origin only)

Kidney
Liver
Meat
Milk
Most cheeses
Most fish
Shellfish
Whole egg and egg yolk

Vitamin D

Vitamin D milks
Egg yolk
Salt-water fish
Liver

Phosphorus

Whole-grain cereals
Cheese
Dry beans
Eggs
Meat
Milk
Peanuts, peanut butter

Iodine

Iodized salt
Seafood

NIACIN AND NIACIN EQUIVALENT

Niacin, for which values are given in table 1, is a less inclusive term than niacin equivalent used in table 2. Nearly all foods contain some tryptophan, an amino acid found in protein, which the body can convert to niacin. Niacin equivalent is

the composite of the niacin already in the food and that which may be formed from tryptophan. Among the better sources of tryptophan are milk, meats, eggs, legumes, and nuts.

In the United States, the average diet contains a generous amount of protein, and provides enough tryptophan to increase the niacin value calculated from table 1 by about a third.

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

	Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohydrate	Calcium	Iron	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
						Saturated (total)	Unsaturated									
							Oleic	Linoleic								
		Percent	Calories	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	International units	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
MILK, CHEESE, CREAM, IMITATION CREAM; RELATED PRODUCTS																
Milk:																
Fluid:																
1	Whole, 3.5% fat.....	87	160	9	9	5	3	Trace	12	288	0.1	350	0.07	0.41	0.2	2
2	Nonfat (skim).....	90	90	9	Trace	---	---	---	12	296	.1	10	.09	.44	.2	2
3	Partly skimmed, 2% nonfat milk solids added.....	87	145	10	5	3	2	Trace	15	352	.1	200	.10	.52	.2	2
4	Canned, concentrated, undiluted: Evaporated, unsweetened.....	74	345	18	20	11	7	1	24	635	.3	810	.10	.86	.5	3
5	Condensed, sweetened.....	27	980	25	27	15	9	1	166	802	.3	1,100	.24	1.16	.6	3
6	Dry, nonfat instant: Low-density (1½ cups needed for reconstitution to 1 qt.).....	4	245	24	Trace	---	---	---	35	879	.4	120	.24	1.21	.6	5
7	High-density (¾ cup needed for reconstitution to 1 qt.).....	4	375	37	1	---	---	---	54	1,345	.6	130	.36	1.85	.9	7
Buttermilk:																
8	Fluid, cultured, made from skim milk.....	90	90	9	Trace	---	---	---	12	296	.1	10	.10	.44	.2	2
9	Dried, packaged.....	3	465	41	6	3	2	Trace	60	1,498	.7	260	.31	2.06	1.1	-----
Cheese:																
Natural:																
Blue or Roquefort type:																
10	Ounce.....	40	105	6	9	5	3	Trace	1	89	.1	350	.01	.17	.3	0
11	Cubic inch.....	40	65	4	5	3	2	Trace	Trace	54	.1	210	.01	.11	.2	0

¹ Value applies to unfortified product; value for fortified low-density product would be 1500 I.U., and the fortified high-density product would be 2290 I.U.

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

	Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohydrate	Calcium	Iron	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
						Saturated (total)	Unsaturated									
							Oleic	Linoleic								
		Percent	Calories	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	International units	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
12	Natural—Continued Camembert, packaged in 4-oz. pkg. with 3 wedges per pkg.	52	115	7	9	5	3	Trace	1	40	0.2	380	0.02	0.29	0.3	0
	Cheddar:															
13	Ounce..... 1 oz.....	37	115	7	9	5	3	Trace	1	213	.3	370	.01	.13	Trace	0
14	Cubic inch..... 1 cu. in.....	37	70	4	6	3	2	Trace	Trace	129	.2	230	.01	.08	Trace	0
	Cottage, large or small curd: Creamed:															
15	Package of 12-oz., net wt. 1 cup.....	78	360	46	14	8	5	Trace	10	320	1.0	580	.10	.85	.3	0
16	Cup, curd pressed down. 1 cup.....	78	260	33	10	6	3	Trace	7	230	.7	420	.07	.61	.2	0
	Uncreamed:															
17	Package of 12-oz., net wt. 1 pkg.....	79	290	58	1	1	Trace	Trace	9	306	1.4	30	.10	.95	.3	0
18	Cup, curd pressed down. 1 cup.....	79	170	34	1	Trace	Trace	Trace	5	180	.8	20	.06	.56	.2	0
	Cream:															
19	Package of 8-oz., net wt. 1 pkg.....	51	850	18	86	48	28	3	5	141	.5	3,500	.05	.54	.2	0
20	Package of 3-oz., net wt. 1 pkg.....	51	320	7	32	18	11	1	2	53	.2	1,310	.02	.20	.1	0
21	Cubic inch..... 1 cu. in.....	51	60	1	6	3	2	Trace	Trace	10	Trace	250	Trace	.04	Trace	0
	Parmesan, grated:															
22	Cup, pressed down. 1 cup.....	17	655	60	43	24	14	1	5	1,893	.7	1,760	.03	1.22	.3	0
23	Tablespoon..... 1 tbsp.....	17	25	2	2	1	Trace	Trace	Trace	68	Trace	60	Trace	.04	Trace	0
24	Ounce..... 1 oz.....	17	130	12	9	5	3	Trace	1	383	.1	360	.01	.25	.1	0
	Swiss:															
25	Ounce..... 1 oz.....	39	105	8	8	4	3	Trace	1	262	.3	320	Trace	.11	Trace	0
26	Cubic inch..... 1 cu. in.....	39	55	4	4	2	1	Trace	Trace	139	.1	170	Trace	.06	Trace	0

27	Pasteurized processed cheese: American: Ounce..... 1 oz.....	28	40	105	7	9	5	3	Trace	1	198	.3	350	.01	.12	Trace	0
28	Cubic inch..... 1 cu. in.....	18	40	65	4	5	3	2	Trace	Trace	122	.2	210	Trace	.07	Trace	0
29	Swiss: Ounce..... 1 oz.....	28	40	100	8	8	4	3	Trace	1	251	.3	310	Trace	.11	Trace	0
30	Cubic inch..... 1 cu. in.....	18	40	65	5	5	3	2	Trace	Trace	159	.2	200	Trace	.07	Trace	0
31	Pasteurized process cheese food, American: Tablespoon..... 1 tbsp.....	14	43	45	3	3	2	1	Trace	1	80	.1	140	Trace	.08	Trace	0
32	Cubic inch..... 1 cu. in.....	18	43	60	4	4	2	1	Trace	1	100	.1	170	Trace	.10	Trace	0
33	Pasteurized process cheese spread, American: Ounce..... 1 oz.....	28	49	80	5	6	3	2	Trace	2	160	.2	250	Trace	.15	Trace	0
34	Cream: Half-and-half (cream and milk). Ounce..... 1 cup.....	242	80	325	8	28	15	9	1	11	261	.1	1,160	.07	.39	.1	2
35	Light, coffee or table... 1 tbsp.....	15	80	20	1	2	1	1	Trace	1	16	Trace	70	Trace	.02	Trace	Trace
36	Sour..... 1 cup.....	240	72	505	7	49	27	16	1	10	245	.1	2,020	.07	.36	.1	2
37	Sour..... 1 tbsp.....	15	72	30	1	3	2	1	Trace	1	15	Trace	130	Trace	.02	Trace	Trace
38	Whipped topping (pressurized). Ounce..... 1 cup.....	230	72	485	7	47	26	16	1	10	235	.1	1,930	.07	.35	.1	2
39	Whipped topping (pressurized). Ounce..... 1 cup.....	60	62	155	2	14	8	5	Trace	1	12	Trace	100	Trace	.02	Trace	Trace
40	Whipped topping (pressurized). Ounce..... 1 cup.....	60	62	155	2	14	8	5	Trace	6	67	Trace	570	Trace	.04	Trace	Trace
41	Whipping, unwhipped (volume about double when whipped): Light..... 1 cup.....	239	62	715	6	75	41	25	2	9	203	.1	3,060	.05	.29	.1	2
42	Heavy..... 1 cup.....	15	62	45	Trace	5	3	2	Trace	1	13	Trace	190	Trace	.02	Trace	Trace
43	Imitation cream products (made with vege- table fat): Creamers: Powdered..... 1 cup.....	94	2	505	4	83	31	1	0	52	21	.6	2,200	Trace	Trace	Trace	Trace
44	Liquid (frozen)..... 1 cup.....	245	77	345	3	27	25	1	0	25	29	Trace	2,100	0	0	0	Trace
45	Sour dressing (imita- tion sour cream) made with nonfat dry milk. Ounce..... 1 cup.....	235	72	440	9	38	35	1	Trace	17	277	.1	10	.07	.38	.2	1
46	Whipped topping: Pressurized..... 1 cup.....	70	61	190	1	17	15	1	0	9	5	Trace	Trace	Trace	Trace	Trace	Trace
47	Whipped topping: Pressurized..... 1 tbsp.....	4	61	10	Trace	1	1	Trace	0	Trace	Trace	Trace	2,200	Trace	Trace	Trace	Trace
48																	
49																	
50																	
51																	
52																	
53																	

* Contributed largely from beta-carotene used for coloring.

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohydrate	Calcium	Iron	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
					Saturated (total)	Unsaturated									
						Oleic	Linoleic								
MILK, CHEESE, CREAM, IMITATION CREAM; RELATED PRODUCTS—Con.															
Whipped topping—Continued															
Frozen	Per cent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	International units	Milli-grams	Milli-grams	Milli-grams	Milli-grams
1 cup	52	230	1	20	18	Trace	0	15	5	---	2 560	---	---	---	---
1 tbsp.	52	10	Trace	1	1	Trace	0	1	Trace	---	2 30	---	---	---	---
Powdered, made with whole milk.	58	175	3	12	10	1	Trace	15	62	Trace	2 330	.02	.08	Trace	Trace
Milk beverages:	58	10	Trace	1	1	Trace	Trace	1	3	Trace	2 20	Trace	Trace	Trace	Trace
Cocoa, homemade	79	245	10	12	7	4	Trace	27	295	1.0	400	.10	.45	.5	3
Chocolate-flavored drink made with skim milk and 2% added butterfat.	83	190	8	6	3	2	Trace	27	270	.5	210	.10	.40	.3	3
Malted milk:															
Dry powder, approx. 3 heaping teaspoons per ounce.	3	115	4	2	---	---	---	20	82	.6	290	.09	.15	.1	0
Beverage	78	245	11	10	---	---	---	28	317	.7	590	.14	.49	.2	2
Milk desserts:															
Custard, baked	77	305	14	15	7	5	1	29	297	1.1	930	.11	.50	.3	1
Ice cream:															
Regular (approx. 10% fat).	63	2,055	48	113	62	37	3	221	1,553	.5	4,680	.43	2.23	1.1	11
1 cup	63	255	6	14	8	5	Trace	28	194	.1	590	.05	.28	.1	1
3 fl. oz. cup	63	95	2	5	3	2	Trace	10	73	Trace	220	.02	.11	.1	1
Rich (approx. 16% fat).	63	2,635	31	191	105	63	6	214	927	.2	7,840	.24	1.31	1.2	12
1 cup	63	330	4	24	13	8	1	27	115	Trace	980	.03	.16	.1	1
Ice milk:															
Hardened	67	1,595	50	53	29	17	2	235	1,635	1.0	2,200	.52	2.31	1.0	10
1 cup	67	200	6	7	4	2	Trace	29	204	.1	280	.07	.29	.1	1
Soft-serve	67	265	8	9	5	3	Trace	39	273	.2	370	.09	.39	.2	2

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohydrate	Calcium	Iron	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
					Saturated (total)	Unsaturated	Oleic								
MEAT, POULTRY, FISH, SHELLFISH; RELATED PRODUCTS—Continued															
	Percent	Calories	Grams	Grams	Grams	Grams	Grams	Grams	Milligrams	Milligrams	International units	Milligrams	Milligrams	Milligrams	Milligrams
94	55	560	23	33	9	20	2	43	32	4.1	1,860	0.25	0.27	4.5	7
Beef potpie, baked, 4¼-inch diam., weight before baking about 8 ounces.															
95	71	115	20	3	1	1	1	0	8	1.4	80	.05	.16	7.4	
Chicken, cooked:															
Flesh only, broiled—3 ounces.															
96	58	155	25	5	1	2	1	1	9	1.3	70	.04	.17	11.2	
Breast, fried, ½ breast: 3.3 ounces.															
97	58	155	25	5	1	2	1	1	9	1.3	70	.04	.17	11.2	
Flesh and skin only—2.7 ounces.															
Drumstick, fried:															
98	55	90	12	4	1	2	1	Trace	6	.9	50	.03	.15	2.7	
With bone—2.1 ounces.															
99	55	90	12	4	1	2	1	Trace	6	.9	50	.03	.15	2.7	
Flesh and skin only—1.3 ounces.															
100	65	170	18	10	3	4	2	0	18	1.3	200	.03	.11	3.7	3
Chicken, canned, boneless 3 ounces.															
101	57	535	23	31	10	15	3	42	68	3.0	3,020	.25	.26	4.1	5
Chicken potpie, baked 4¼-inch diam., weight before baking about 8 ounces.															
Chili con carne, canned:															
102	72	335	19	15	7	7	Trace	30	80	4.2	150	.08	.18	3.2	
With beans—1 cup.															
103	67	510	26	38	18	17	1	15	97	3.6	380	.05	.31	5.6	
Without beans—1 cup.															
104	61	160	27	5				1	5	5.0	20	.21	1.04	6.5	1
Heart, beef, lean, braised—3 ounces.															
Lamb, 3 cooked:															
105	47	400	25	33	18	12	1	0	10	1.5		.14	.25	5.6	
Chop, thick, with bone, 1 chop, 4.8 ounces.															
106	47	400	25	33	18	12	1	0	10	1.5		.14	.25	5.6	
Lean and fat—4.0 ounces.															
107	62	140	21	6	3	2	Trace	0	9	1.5		.11	.20	4.5	
Lean only—2.6 ounces.															
Leg, roasted:															
108	54	235	22	16	9	6	Trace	0	9	1.4		.13	.23	4.7	
Lean and fat—3 ounces.															
109	62	130	20	5	3	2	Trace	0	9	1.4		.12	.21	4.4	
Lean only—2.5 ounces.															
Shoulder, roasted:															
110	50	285	18	23	13	8	1	0	9	1.0		.11	.20	4.0	
Lean and fat—3 ounces.															
111	61	130	17	6	3	2	Trace	0	8	1.0		.10	.18	3.7	
Lean only—2.3 ounces.															

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohydrate	Calcium	Iron	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
					Saturated (total)	Unsaturated	Linoleic								
	Per cent	Calories	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	International units	Milli-grams	Milli-grams	Milli-grams	Milli-grams
MEAT, POULTRY, FISH, SHELLFISH; RELATED PRODUCTS—Continued															
137		400	38	20	5	4	10	15	25	0.9		0.09	0.16		
	Fish and shellfish—Continued														
	Fish sticks, breaded, 10 sticks or cooked, frozen; stick 8 oz. pkg. 3/4 by 1 by 1/2 inch.	140	17	5	1	3	Trace	5	34	1.0		.03	.06		2
138	Haddock, breaded, fried 3 oz.	195	16	11				6	28	1.1		.08	.09		
139	Ocean perch, breaded, 3 oz. fried.	160	20	4				8	226	13.2	740	.33	.43		
140	Oysters, raw, meat only (13–19 med. selects).	120	17	5	1	1	Trace	0	4167	.7	60	.03	.16		6.8
141	Salmon, pink, canned, 3 oz.	175	20	9				0	372	2.5	190	.02	.17		4.6
142	Sardines, Atlantic, canned in oil, drained solids.	170	20	10				0	20	.5	20	.11	.22		7.3
143	Shad, baked with table fat and bacon.	100	21	1				1	98	2.6	50	.01	.03		1.5
144	Shrimp, canned, meat, 3 oz.	150	24	5				0	23	1.1	1,750	.03	.04		9.3
145	Swordfish, broiled with butter or margarine.	170	24	7	2	1	1	0	7	1.6	70	.04	.10		10.1
146	Tuna, canned in oil, drained solids.	850	26	77	6	52	15	28	332	6.7	0	.34	1.31		5.0
147	Almonds, shelled, whole kernels.	69	14	1				38	90	4.9	0	.25	.13		0
	Beans, dry: Common varieties as Great Northern, navy, and others: Cooked, drained: Great Northern...	210	14	1											
148	Great Northern...	180													
	MATURE DRY BEANS AND PEAS, NUTS, PEANUTS; RELATED PRODUCTS														
147	Almonds, shelled, whole kernels.	5	26	77	6	52	15	28	332	6.7	0	.34	1.31		5.0
148	Beans, dry: Common varieties as Great Northern, navy, and others: Cooked, drained: Great Northern...	69	14	1											

149	Navy (pea)..... 1 cup.....	190	69	225	15	1	---	---	---	---	40	95	5.1	0	.27	.13	1.3	0	
	Canned, solids and liquid:																		
	White with—																		
150	Frankfurters 1 cup.....	255	71	365	19	18	---	---	---	---	32	94	4.8	330	.18	.15	3.3	Trace	
151	Pork and tomato sauce. 1 cup.....	255	71	310	16	7	2	3	1	49	138	138	4.6	330	.20	.08	1.5	5	
152	Pork and sweet sauce. 1 cup.....	255	66	385	16	12	4	5	1	54	161	161	5.9	---	.15	.10	1.3	---	
153	Red kidney..... 1 cup.....	255	76	230	15	1	---	---	---	42	74	74	4.6	10	.13	.10	1.5	---	
154	Lima, cooked, drained. 1 cup.....	190	64	260	16	1	---	---	---	49	55	55	5.9	---	.25	.11	1.3	---	
155	Cashew nuts, roasted. 1 cup.....	140	5	785	24	64	11	45	4	41	53	53	5.3	140	.60	.35	2.5	---	
156	Coconut, fresh, meat only: Pieces, approx. 2 by 1 piece. 1 cup.....	45	51	155	2	16	14	1	Trace	4	6	6	.8	0	.02	.01	.2	1	
157	Shredded or grated, firmly packed. 1 cup.....	130	51	450	5	46	39	3	Trace	12	17	17	2.2	0	.07	.03	.7	4	
158	Cowpeas or blackeye peas, dry, cooked. 1 cup.....	248	80	190	13	1	---	---	---	34	42	42	3.2	20	.41	.11	1.1	Trace	
159	Peanuts, roasted, salted, halves. 1 cup.....	144.	2	840	37	72	16	31	21	27	107	107	3.0	---	.46	.19	24.7	0	
160	Peanut butter..... 1 tbsp.....	16	2	95	4	8	2	4	2	3	9	9	.3	---	.02	.02	2.4	0	
161	Peas, split, dry, cooked. 1 cup.....	250	70	290	20	1	---	---	---	52	28	28	4.2	100	.37	.22	2.2	---	
162	Pecans, halves. 1 cup.....	108	3	740	10	77	5	48	15	16	79	79	2.6	140	.93	.14	1.0	2	
163	Walnuts, black or native, chopped. 1 cup.....	126	3	790	26	75	4	26	36	19	Trace	Trace	7.6	380	.28	.14	.9	---	
VEGETABLES AND VEGETABLE PRODUCTS																			
Asparagus, green:																			
Cooked, drained:																			
164	Spears, 1/2-in. diam. at base. 4 spears.....	60	94	10	1	Trace	---	---	---	---	2	13	.4	540	.10	.11	.8	16	
165	Pieces, 1 1/2 to 2-in. lengths. 1 cup.....	145	94	30	3	Trace	---	---	---	5	30	30	.9	1,310	.23	.26	2.0	38	
166	Canned, solids and liquid. 1 cup.....	244	94	45	5	1	---	---	---	7	44	44	4.1	1,240	.15	.22	2.0	37	
Beans:																			
167	Lima, immature seeds, cooked, drained. 1 cup.....	170	71	190	13	1	---	---	---	34	80	80	4.3	480	.31	.17	2.2	29	
Snap:																			
Green:																			
168	Cooked, drained. 1 cup.....	125	92	30	2	Trace	---	---	---	7	63	63	.8	680	.09	.11	.6	15	
169	Canned, solids and liquid. 1 cup.....	239	94	45	2	Trace	---	---	---	10	81	81	2.9	690	.07	.10	.7	10	

⁴ If bones are discarded, value will be greatly reduced.

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohy- drate	Cal- cium	Iron	Vita- min A value	Thia- min	Ribo- flavin	Niacin	Ascor- bic acid
					Satu- rated (total)	Unsaturated	Oleic								
VEGETABLES AND VEGETABLE PRODUCTS—Continued															
Beans—Continued	Grams	Calo- ries	Grams	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Inter- national units	Milli- grams	Milli- grams	Milli- grams	Milli- grams
Snap—Continued															
Yellow or wax:															
Cooked, drained...	125	30	2	Trace			6	63	0.8	290	0.09	0.11	0.6	16	
Canned, solids	239	45	2	1			10	81	2.9	140	.07	.10	.7	12	
and liquid.															
Sprouted mung beans, cooked, drained.	125	35	4	Trace			7	21	1.1	30	.11	.13	.9	8	
Beets:															
Cooked, drained, peeled:															
Whole beets, 2-in. diam.	100	30	1	Trace			7	14	.5	20	.03	.04	.3	6	
Diced or sliced	170	55	2	Trace			12	24	.9	30	.05	.07	.5	10	
Canned, solids and liquid.	246	85	2	Trace			19	34	1.5	20	.02	.05	.2	7	
Beet greens, leaves and stems, cooked, drained. Blackeye peas. See Cowpeas.	145	25	3	Trace			5	144	2.8	7,400	.10	.22	.4	22	
Broccoli, cooked, drained:															
Whole stalks, medium size.	180	45	6	1			8	158	1.4	4,500	.16	.36	1.4	162	
Stalks cut into ½-in. pieces.	155	40	5	1			7	136	1.2	3,880	.14	.31	1.2	140	
Chopped, yield from 10-oz. frozen pkg.	250	65	7	1			12	135	1.8	6,500	.15	.30	1.3	143	
Brussels sprouts, 7-8 sprouts (1¼ to 1½ in. diam.) per cup, cooked. Cabbage: Common varieties:	155	55	7	1			10	50	1.7	810	.12	.22	1.2	135	

181	Raw: Coarsely shredded or sliced.	1 cup	70	92	15	1	Trace	4	34	.3	90	.04	.04	.2	33
182	Finely shredded or chopped.	1 cup	90	92	20	1	Trace	5	44	.4	120	.05	.05	.3	42
183	Cooked	1 cup	145	94	30	2	Trace	6	64	.4	190	.06	.06	.4	48
184	Red, raw, coarsely shredded.	1 cup	70	90	20	1	Trace	5	29	.6	30	.06	.04	.3	43
185	Savoy, raw, coarsely shredded.	1 cup	70	92	15	2	Trace	3	47	.6	140	.04	.06	.2	39
186	Cabbage, celery or Chinese, raw, cut in 1- in. pieces.	1 cup	75	95	10	1	Trace	2	32	.5	110	.04	.03	.5	19
187	Cabbage, spoon (or pakchoy), cooked.	1 cup	170	95	25	2	Trace	4	252	1.0	5,270	.07	.14	1.2	26
Carrots:															
Raw:															
188	Whole, 5½ by 1 inch, 1 carrot (25 thin strips).	1 carrot	50	88	20	1	Trace	5	18	.4	5,500	.03	.03	.3	4
189	Grated	1 cup	110	88	45	1	Trace	11	41	.8	12,100	.06	.06	.7	9
190	Cooked, diced	1 cup	145	91	45	1	Trace	10	48	.9	15,220	.08	.07	.7	9
191	Canned, strained or chopped (baby food).	1 ounce	28	92	10	Trace	Trace	2	7	.1	3,690	.01	.01	.1	1
192	Cauliflower, cooked, flowerbuds.	1 cup	120	93	25	3	Trace	5	25	.8	70	.11	.10	.7	66
Celery, raw:															
193	Stalk, large outer, 8 by about 1½ inches, at root end.	1 stalk	40	94	5	Trace	Trace	2	16	.1	100	.01	.01	.1	4
194	Pieces, diced	1 cup	100	94	15	1	Trace	4	39	.3	240	.03	.03	.3	9
195	Collards, cooked	1 cup	190	91	55	5	1	9	289	1.1	10,260	.27	.37	2.4	87
Corn, sweet:															
196	Cooked, ear 5 by 1¾ inches, ⁵	1 ear	140	74	70	3	1	16	2	.5	6310	.09	.08	1.0	7
197	Canned, solids and liquid.	1 cup	256	81	170	5	2	40	10	1.0	690	.07	.12	2.3	13
198	Cowpeas, cooked, im- mature seeds.	1 cup	160	72	175	13	1	29	38	3.4	560	.49	.18	2.3	28
Cucumbers, 10-ounce, 7½ by about 2 inches:															
199	Raw, pared	1 cucumber	207	96	30	1	Trace	7	35	.6	Trace	.07	.09	.4	23
200	Raw, pared, center slice ⅛-inch thick.	6 slices	50	96	5	Trace	Trace	2	8	.2	Trace	.02	.02	.1	6
201	Dandelion greens, cooked	1 cup	180	90	60	4	1	12	252	3.2	21,060	.24	.29	-----	32

⁵ Measure and weight apply to entire vegetable or fruit including parts not usually eaten.

⁶ Based on yellow varieties; white varieties contain only a trace of cryptoxanthin and carotenes, the pigments in corn that have biological activity.

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

	Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohy- drate	Calcium	Iron	Vita- min A value	Thia- min	Ribo- flavin	Niacin	Ascor- bic acid
						Satur- ated (total)	Unsaturated									
							Oleic	Lin- oleic								
		Per- cent	Calo- ries	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Inter- national units	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
202	Endive, curly (includ- ing escarole). 2 ounces	93	10	1	Trace				2	46	1.0	1,870	0.04	0.08	0.3	6
203	Kale, leaves including stems, cooked. 1 cup	91	30	4	1				4	147	1.3	8,140				68
204	Butterhead, as Boston types; head, 4-inch diameter. 1 head	95	30	3	Trace				6	77	4.4	2,130	.14	.13	.6	18
205	Crisphead, as Iceberg; head, 4¾-inch diameter. 1 head	96	60	4	Trace				13	91	2.3	1,500	.29	.27	1.3	29
206	Looseleaf, or bunch- ing varieties, leaves. 1 cup	94	10	1	Trace				2	34	.7	950	.03	.04	.2	9
207	Mushrooms, canned, solids and liquid. 1 cup	93	40	5	Trace				6	15	1.2	Trace	.04	.60	4.8	4
208	Mustard greens, cooked	93	35	3	1				6	193	2.5	8,120	.11	.19	.9	68
209	Okra, cooked, pod 3 by ¾ inch. 8 pods	91	25	2	Trace				5	78	.4	420	.11	.15	.8	17
	Onions:															
	Mature:															
210	Raw, onion 2½-inch diameter. 1 onion	89	40	2	Trace				10	30	.6	40	.04	.04	.2	11
211	Cooked. 1 cup	92	60	3	Trace				14	50	.8	80	.06	.06	.4	14
212	Young green, small, without tops. 6 onions	88	20	1	Trace				5	20	.3	Trace	.02	.02	.2	12
213	Parsley, raw, chopped	85	Trace	Trace	Trace				Trace	8	.2	340	Trace	.01	Trace	7
214	Parsnips, cooked	82	100	2	1				23	70	.9	50	.11	.12	.2	16
215	Peas, green: Cooked. 1 cup	82	115	9	1				19	37	2.9	860	.44	.17	3.7	33
216	Canned, solids and liquid. 1 cup	83	165	9	1				31	50	4.2	1,120	.23	.13	2.2	22

217	Canned, strained (baby food).	1 ounce-----	28	86	15	1	Trace	-----	-----	-----	3	3	.4	.02	.02	.4	3
218	Peppers, hot, red, without seeds, dried (ground chili powder, added seasonings). Peppers, sweet: Raw, about 5 per pound: Green pod without stem and seeds.	1 tablespoon_	15	8	50	2	2	-----	-----	-----	8	40	2.3	.17	.03	1.3	2
219	Cooked, boiled, drained 1 pod_	1 pod_-----	74	93	15	1	Trace	-----	-----	-----	4	7	.5	.06	.06	.4	94
220	Potatoes, medium (about 3 per pound raw): Baked, peeled after baking.	1 potato-----	99	75	90	3	Trace	-----	-----	-----	21	9	.7	.04	.10	1.7	20
222	Boiled: Peeled after boiling_	1 potato-----	136	80	105	3	Trace	-----	-----	-----	23	10	.8	.05	.13	2.0	22
223	Peeled before boiling_	1 potato-----	122	83	80	2	Trace	-----	-----	-----	18	7	.6	.04	.11	1.4	20
224	French-fried, piece 2 by 1/2 by 1/2 inch: Cooked in deep fat_	10 pieces-----	57	45	155	2	7	2	2	4	20	9	.7	.07	.07	1.8	12
225	Frozen, heated_	10 pieces-----	57	53	125	2	5	1	1	2	19	5	1.0	.01	.08	1.5	12
226	Mashed: Milk added_	1 cup-----	195	83	125	4	1	-----	-----	-----	25	47	.8	.10	.16	2.0	19
227	Milk and butter added.	1 cup-----	195.	80	185	4	8	4	3	Trace	24	47	.8	.10	.16	1.9	18
228	Potato chips, medium, 2-inch diameter.	10 chips-----	20	2	115	1	8	2	2	4	10	8	.4	.04	.04	1.0	3
229	Pumpkin, canned_	1 cup-----	228	90	75	2	1	-----	-----	-----	18	57	.9	.12	.07	1.3	12
230	Radishes, raw, small, without tops.	4 radishes---	40	94	5	Trace	Trace	-----	-----	-----	1	12	.4	.01	.01	.1	10
231	Sauerkraut, canned, and liquid.	solids 1 cup-----	235	93	45	2	Trace	-----	-----	-----	9	85	1.2	.09	.07	.4	33
232	Spinach: Cooked_	1 cup-----	180	92	40	5	1	-----	-----	-----	6	167	4.0	.25	.13	1.0	50
233	Canned, drained solids.	1 cup-----	180	91	45	5	1	-----	-----	-----	6	212	4.7	.21	.03	.6	24
234	Squash: Cooked: Summer, diced_	1 cup-----	210	96	30	2	Trace	-----	-----	-----	7	52	.8	.16	.10	1.6	21
235	Winter, baked, mashed.	1 cup-----	205	81	130	4	1	-----	-----	-----	32	57	1.6	.27	.10	1.4	27
236	Sweetpotatoes: Cooked, medium, 5 by 2 inches, weight raw about 6 ounces:	5 by 2 inches, weight raw about 6 ounces:	110	64	155	2	1	-----	-----	-----	36	44	1.0	.07	.10	.7	24
237	Baked, peeled after baking.	1 sweet-potato.	147	71	170	2	1	-----	-----	-----	39	47	1.0	.09	.13	.9	25
	Boiled, peeled after boiling.	1 sweet-potato.	147	71	170	2	1	-----	-----	-----	39	47	1.0	.09	.13	.9	25

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

	Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohydrate	Calcium	Iron	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid	
						Saturated (total)	Unsaturated										
							Oleic	Linoleic									
		Percent	Calories	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	International units	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
238	Sweetpotatoes—Continued	Grams															
	Candied, 3½ by 2¼ inches.	175	295	2	6	3	1	60	65	1.6	11,030	0.10	0.08	0.8	17		
239	Canned, vacuum or solid pack.	218	235	4	Trace			54	54	1.7	17,000	.10	.10	1.4	30		
240	Tomatoes:																
	Raw, approx. 3-in. diam. 2½ in. high; wt., 7 oz.	200	40	2	Trace			9	24	.9	1,640	.11	.07	1.3	7	42	
241	Canned, solids and liquid.	241	50	2	1			10	14	1.2	2,170	.12	.07	1.7	41		
242	Tomato catsup:																
	Cup	273	290	6	1			69	60	2.2	3,820	.25	.19	4.4	41		
243	Tablespoon	15	15	Trace	Trace			4	3	.1	210	.01	.01	.2	2		
244	Tomato juice, canned:																
	Cup	243	45	2	Trace			10	17	2.2	1,940	.12	.07	1.9	39		
245	Glass (6 fl. oz.)	182	35	2	Trace			8	13	1.6	1,460	.09	.05	1.5	29		
246	Turnips, cooked, diced	155	35	1	Trace			8	54	.6	Trace	.06	.08	.5	34		
247	Turnip greens, cooked	145	30	3	Trace			5	252	1.5	8,270	.15	.33	.7	68		
248	FRUITS AND FRUIT PRODUCTS																
	Apples, raw (about 3 per lb.) ⁵	150	70	Trace	Trace			18	8	.4	50	.04	.02	.1	3		
249	Apple juice, bottled or canned.	248	120	Trace	Trace			30	15	1.5	---	.02	.05	.2	2		
250	Applesauce, canned:																
	Sweetened	255	230	1	Trace			61	10	1.3	100	.05	.03	.1	8	3	
251	Unsweetened or artificially sweetened.	244	100	1	Trace			26	10	1.2	100	.05	.02	.1	8	2	

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

	Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohy- drate	Cal- cium	Iron	Vita- min A value	Thia- min	Ribo- flavin	Niacin	Ascor- bic acid
						Satu- rated (total)	Unsaturated									
							Oleic	Lin- oleic								
		Per- cent	Calo- ries	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Inter- national units	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
FRUITS AND FRUIT PRODUCTS—Con.																
	Grapefruit:															
	Raw, medium, 3¾-in. diam. ⁵															
270	White..... ½ grape- fruit.	89	45	1	Trace				12	19	0.5	10	0.05	0.02	0.2	44
271	Pink or red..... ½ grape- fruit.	89	50	1	Trace				13	20	0.5	540	0.05	0.02	0.2	44
272	Canned, sirup pack..... 1 cup.....	81	180	2	Trace				45	33	.8	30	.08	.05	.5	76
273	Grapefruit juice:															
	Fresh..... 1 cup.....	90	95	1	Trace				23	22	.5	(¹¹)	.09	.04	.4	92
	Canned, white:															
274	Unsweetened..... 1 cup.....	89	100	1	Trace				24	20	1.0	20	.07	.04	.4	84
275	Sweetened..... 1 cup.....	86	130	1	Trace				32	20	1.0	20	.07	.04	.4	78
276	Frozen, concentrate, unsweetened:															
	Undiluted, can, 6 fluid ounces.	62	300	4	1				72	70	.8	60	.29	.12	1.4	286
277	Diluted with 3 parts water, by volume.	89	100	1	Trace				24	25	.2	20	.10	.04	.5	96
278	Dehydrated crystals..... 4 oz.....	1	410	6	1				102	100	1.2	80	.40	.20	2.0	396
279	Prepared with water (1 pound yields about 1 gallon).	90	100	1	Trace				24	22	.2	20	.10	.05	.5	91
280	Grapes, raw: ⁵															
	American type (slip skin).	82	65	1	1				15	15	.4	100	.05	.03	.2	3
281	European type (adherent skin).	81	95	1	Trace				25	17	.6	140	.07	.04	.4	6
282	Grapejuice:															
	Canned or bottled..... 1 cup.....	83	165	1	Trace				42	28	.8	-----	.10	.05	.5	Trace
283	Frozen concentrate, sweetened:															
	Undiluted, can, 6 fluid ounces.	53	395	1	Trace				100	22	.9	40	.13	.22	1.5	(¹²)

284	Diluted with 3 parts water, by volume.	1 cup-----	250	86	135	1	Trace	-----	-----	-----	33	8	.3	10	.05	.08	.5	(12)
285	Grapefruit drink, canned.	1 cup-----	250	86	135	Trace	Trace	-----	-----	-----	35	8	.3	-----	.03	.03	.3	(12)
286	Lemons, raw, 2½-in. diam., size 165. ⁵ Used for juice.	1 lemon-----	110	90	20	1	Trace	-----	-----	-----	6	19	.4	10	.03	.01	.1	39
287	Lemon juice, raw-----	1 cup-----	244	91	60	1	Trace	-----	-----	-----	20	17	.5	50	.07	.02	.2	112
288	Lemonade concentrate: Frozen, 6 fl. oz. per can.	1 can-----	219	48	430	Trace	Trace	-----	-----	-----	112	9	.4	40	.04	.07	.7	66
289	Diluted with 4½ parts water, by volume.	1 cup-----	248	88	110	Trace	Trace	-----	-----	-----	28	2	Trace	Trace	Trace	.02	.2	17
290	Lime juice: Fresh-----	1 cup-----	246	90	65	1	Trace	-----	-----	-----	22	22	.5	20	.05	.02	.2	79
291	Canned, unsweetened--	1 cup-----	246	90	65	1	Trace	-----	-----	-----	22	22	.5	20	.05	.02	.2	52
292	Limeade concentrate, frozen: Undiluted, can, 6 fluid ounces.	1 can-----	218	50	410	Trace	Trace	-----	-----	-----	108	11	.2	Trace	.02	.02	.2	26
293	Diluted with 4½ parts water, by volume.	1 cup-----	247	90	100	Trace	Trace	-----	-----	-----	27	2	Trace	Trace	Trace	Trace	Trace	5
294	Oranges, raw, 2½-in. diam., all commercial, varieties. ⁵	1 orange-----	180	86	65	1	Trace	-----	-----	-----	16	54	.5	260	.13	.05	.5	66
295	Orange juice, fresh, all varieties.	1 cup-----	248	88	110	2	1	-----	-----	-----	26	27	.5	500	.22	.07	1.0	124
296	Canned, unsweetened--	1 cup-----	249	87	120	2	Trace	-----	-----	-----	28	25	1.0	500	.17	.05	.7	100
297	Frozen concentrate: Undiluted, can, 6 fluid ounces.	1 can-----	213	55	360	5	Trace	-----	-----	-----	87	75	.9	1,620	.68	.11	2.8	360
298	Diluted with 3 parts water, by volume.	1 cup-----	249	87	120	2	Trace	-----	-----	-----	29	25	.2	550	.22	.02	1.0	120
299	Dehydrated crystals---	4 oz-----	113	1	430	6	2	-----	-----	-----	100	95	1.9	1,900	.76	.24	3.3	408
300	Prepared with water (1 pound yields about 1 gallon).	1 cup-----	248	88	115	2	1	-----	-----	-----	27	25	.5	500	.20	.07	1.0	109
301	Orange-apricot juice drink	1 cup-----	249	87	125	1	Trace	-----	-----	-----	32	12	.2	1,440	.05	.02	.5	10 40

⁵ Measure and weight apply to entire vegetable or fruit including parts not usually eaten.

¹¹ For white-fleshed varieties value is about 20 I.U. per cup; for red-fleshed varieties, 1,080 I.U. per cup.

¹² Present only if added by the manufacturer. Refer to the label for this information.

¹⁰ Value listed is based on product with label stating 30 milligrams per 6 fl. oz. serving.

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

	Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohy- drate	Calcium	Iron	Vita- min A value	Thia- min	Ribo- flavin	Niacin	Ascor- bic acid
						Satur- ated (total)	Unsaturated									
							Oleic	Lin- oleic								
		Per- cent	Calo- ries	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Inter- national units	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
FRUITS AND FRUIT PRODUCTS—Con.																
302	Orange and grapefruit juice: Frozen concentrate: Undiluted, can, 6 fluid ounces.	59	330	4	1				78	61	0.8	800	0.48	0.06	2.3	302
303	Diluted with 3 parts water, by volume.	88	110	1	Trace				26	20	.2	270	.16	.02	.8	102
304	Papayas, raw, ½-inch cubes.	89	70	1	Trace				18	36	.5	3,190	.07	.08	.5	102
Peaches:																
Raw:																
305	Whole, medium, 2- inch diameter, about 4 per pound. ⁵	89	35	1	Trace				10	9	.5	131,320	.02	.05	1.0	7
306	Sliced----- 1 cup----- 168 Canned, yellow-fleshed, solids and liquid: Sirup pack, heavy:	89	65	1	Trace				16	15	.8	132,230	.03	.08	1.6	12
307	Halves or slices----- 1 cup----- 257	79	200	1	Trace				52	10	.8	1,100	.02	.06	1.4	7
308	Water pack----- 1 cup----- 245	91	75	1	Trace				20	10	.7	1,100	.02	.06	1.4	7
309	Dried, uncooked----- 1 cup----- 160	25	420	5	1				109	77	9.6	6,240	.02	.31	8.5	28
310	Cooked, unsweet- ened, 10-12 halves and juice.	77	220	3	1				58	41	5.1	3,290	.01	.15	4.2	6
Frozen:																
311	Carton, 12 ounces, not thawed.	76	300	1	Trace				77	14	1.7	2,210	.03	.14	2.4	14 135
Pears:																
312	Raw, 3 by 2½-inch diameter. ⁵	83	100	1	1				25	13	.5	30	.04	.07	.2	7
Canned, solids and liquid: Sirup pack, heavy:																
313	Halves or slices----- 1 cup----- 255	80	195	1	1				50	13	.5	Trace	.03	.05	.3	4

314	Pineapple: Raw, diced.....	140	85	75	1	Trace	---	---	---	19	24	.7	100	.12	.04	.3	24
315	Canned, heavy sirup pack, solids and liquid: Crushed.....	260	80	195	1	Trace	---	---	---	50	29	.8	120	.20	.06	.5	17
316	Sliced, slices and juice.	122	80	90	Trace	Trace	---	---	---	24	13	.4	50	.09	.03	.2	8
317	Pineapple juice, canned... 1 cup.....	249	86	135	1	Trace	---	---	---	34	37	.7	120	.12	.04	.5	*22
318	Plums, all except prunes: Raw, 2-inch diameter, 1 plum... about 2 ounces. ⁵	60	87	25	Trace	Trace	---	---	---	7	7	.3	140	.02	.02	.3	3
319	Canned, sirup pack (Italian prunes): Plums (with pits) 1 cup..... and juice. ⁵	256	77	205	1	Trace	---	---	---	53	22	2.2	2,970	.05	.05	.9	4
320	Prunes, dried, "softenized", medium: Uncooked ⁵	32	28	70	1	Trace	---	---	---	18	14	1.1	440	.02	.04	.4	1
321	Cooked, unsweetened, 1 cup..... 17-18 prunes and 1/3 cup liquid. ⁵	270	66	295	2	1	---	---	---	78	60	4.5	1,860	.08	.18	1.7	2
322	Prune juice, canned or bottled.	256	80	200	1	Trace	---	---	---	49	36	10.5	---	.03	.03	1.0	*5
323	Raisins, seedless: Packaged, 1/2 oz. or 1 1/2 tbsp. per pkg.	14	18	40	Trace	Trace	---	---	---	11	9	.5	Trace	.02	.01	.1	Trace
324	Cup, pressed down.....	165	18	480	4	Trace	---	---	---	128	102	5.8	30	.18	.13	.8	2
325	Raspberries, red: Raw.....	123	84	70	1	1	---	---	---	17	27	1.1	160	.04	.11	1.1	31
326	Frozen, 10-ounce car- ton, not thawed.	284	74	275	2	1	---	---	---	70	37	1.7	200	.06	.17	1.7	59
327	Rhubarb, cooked, sugar added.	272	63	385	1	Trace	---	---	---	98	212	1.6	220	.06	.15	.7	17
328	Strawberries: Raw, capped.....	149	90	55	1	1	---	---	---	13	31	1.5	90	.04	.10	1.0	88
329	Frozen, 10-ounce car- ton, not thawed.	284	71	310	1	1	---	---	---	79	40	2.0	90	.06	.17	1.5	150
330	Tangerines, raw, medium, 1 tangerine... 2 3/8-in. diam., size 176. ⁵	116	87	40	1	Trace	---	---	---	10	34	.3	360	.05	.02	.1	27
331	Tangerine juice, canned, 1 cup... sweetened.	249	87	125	1	1	---	---	---	30	45	.5	1,050	.15	.05	.2	55
332	Watermelon, raw, wedge, 1 wedge... 4 by 8 inches (1/8 of 10 pounds with rind). ⁵	925	93	115	2	1	---	---	---	27	30	2.1	2,510	.13	.13	.7	30

⁵ Measure and weight apply to entire vegetable or fruit including parts not usually eaten.

⁸ This is the amount from the fruit. Additional ascorbic acid may be added by the manufacturer. Refer to the label for this information.

¹³ Based on yellow-fleshed varieties; for white-fleshed varieties value is about 50 I.U. per 114-gram peach and 80 I.U. per cup of sliced peaches.

¹⁴ This value includes ascorbic acid added by manufacturer.

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

	Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohydrate	Calcium	Iron	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid	
						Saturated (total)	Unsaturated	Oleic									
		Per cent	Calories	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	International units	Milli-grams	Milli-grams	Milli-grams	Milli-grams	
GRAIN PRODUCTS																	
333	Bagel, 3-in. diam.:																
	Egg.....	55	165	6	2				28	9	1.2	30	0.14	0.10	1.2	0	
334	Water.....	55	165	6	2				30	8	1.2	0	.15	.11	1.4	0	
335	Barley, pearled, light, 1 cup.....	200	700	16	2	Trace	1	1	158	32	4.0	0	.24	.10	6.2	0	
336	Biscuits, baking powder from home recipe with enriched flour, 2-in. diam.	28	105	2	5	1	2	1	13	34	.4	Trace	.06	.06	.1	Trace	
337	Biscuits, baking powder from mix, 2-in. diam.	28	90	2	3	1	1	1	15	19	.6	Trace	.08	.07	.6	Trace	
338	Bran flakes (40% bran), added thiamin and iron.	35	105	4	1				28	25	12.3	0	.14	.06	2.2	0	
339	Bran flakes with raisins, added thiamin and iron.	50	145	4	1				40	28	13.5	Trace	.16	.07	2.7	0	
Breads:																	
340	Boston brown bread, slice 3 by 3/4 in.	48	100	3	1				22	43	.9	0	.05	.03	.6	0	
Cracked-wheat bread:																	
341	Loaf, 1 lb.....	454	1,190	40	10	2	5	2	236	399	5.0	Trace	.53	.41	5.9	Trace	
342	Slice, 18 slices per loaf.	25	65	2	1				13	22	.3	Trace	.03	.02	.3	Trace	
French or vienna bread:																	
343	Enriched, 1 lb. loaf..	454	1,315	41	14	3	8	2	251	195	10.0	Trace	1.27	1.00	11.3	Trace	
344	Unenriched, 1 lb. loaf.	454	1,315	41	14	3	8	2	251	195	3.2	Trace	.36	.36	3.6	Trace	
Italian bread:																	
345	Enriched, 1 lb. loaf..	454	1,250	41	4	Trace	1	2	256	77	10.0	0	1.32	.91	11.8	0	
346	Unenriched, 1 lb. loaf.	454	1,250	41	4	Trace	1	2	256	77	3.2	0	.41	.27	3.6	0	
Raisin bread:																	
347	Loaf, 1 lb.....	454	1,190	30	13	3	8	2	243	322	5.9	Trace	.23	.41	3.2	Trace	

348	Slice, 18 slices per loaf.	1 slice	25	35	65	2	1					13	18	.3	Trace	.01	.02	.2	Trace
Rye bread:																			
American, light (1/3 rye, 2/3 wheat):																			
349	Loaf, 1 lb.	1 loaf	454	36	1,100	41	5					236	340	7.3	0	.82	.32	6.4	0
350	Slice, 18 slices per loaf.	1 slice	25	36	60	2	Trace					13	19	.4	0	.05	.02	.4	0
351	Pumpernickel, loaf, 1 lb.	1 loaf	454	34	1,115	41	5					241	381	10.9	0	1.04	.64	5.4	0
White bread, enriched: ¹⁵																			
Soft-crumbs type:																			
352	Loaf, 1 lb.	1 loaf	454	36	1,225	39	15	3	8	2		229	381	11.3	Trace	1.13	.95	10.9	Trace
353	Slice, 18 slices per loaf.	1 slice	25	36	70	2	1					13	21	.6	Trace	.06	.05	.6	Trace
354	Slice, 22 slices per loaf.	1 slice	22	25	70	2	1					13	21	.6	Trace	.06	.05	.6	Trace
355	Slice, 22 slices per loaf.	1 slice	20	36	55	2	1					10	17	.5	Trace	.05	.04	.5	Trace
356	Slice, toasted.	1 slice	17	25	55	2	1					10	17	.5	Trace	.05	.04	.5	Trace
357	Loaf, 1 1/2 lbs.	1 loaf	680	36	1,835	59	22	5	12	3		343	571	17.0	Trace	1.70	1.43	16.3	Trace
358	Slice, 24 slices per loaf.	1 slice	28	36	75	2	1					14	24	.7	Trace	.07	.06	.7	Trace
359	Slice, toasted.	1 slice	24	25	75	2	1					14	24	.7	Trace	.07	.06	.7	Trace
360	Slice, 28 slices per loaf.	1 slice	24	36	65	2	1					12	20	.6	Trace	.06	.05	.6	Trace
361	Slice, toasted.	1 slice	21	25	65	2	1					12	20	.6	Trace	.06	.05	.6	Trace
Firm-crumbs type:																			
362	Loaf, 1 lb.	1 loaf	454	35	1,245	41	17	4	10	2		228	435	11.3	Trace	1.22	.91	10.9	Trace
363	Slice, 20 slices per loaf.	1 slice	23	35	65	2	1					12	22	.6	Trace	.06	.05	.6	Trace
364	Slice, toasted.	1 slice	20	24	65	2	1					12	22	.6	Trace	.06	.05	.6	Trace
365	Loaf, 2 lbs.	1 loaf	907	35	2,495	82	34	8	20	4		455	871	22.7	Trace	2.45	1.81	21.8	Trace
366	Slice, 34 slices per loaf.	1 slice	27	35	75	2	1					14	26	.7	Trace	.07	.05	.6	Trace
367	Slice, toasted.	1 slice	23	35	75	2	1					14	26	.7	Trace	.07	.05	.6	Trace
Whole-wheat bread, soft-crumbs type:																			
368	Loaf, 1 lb.	1 loaf	454	36	1,095	41	12	2	6	2		224	381	13.6	Trace	1.36	.45	12.7	Trace
369	Slice, 16 slices per loaf.	1 slice	28	36	65	3	1					14	24	.8	Trace	.09	.03	.8	Trace
370	Slice, toasted.	1 slice	24	24	65	3	1					14	24	.8	Trace	.09	.03	.8	Trace

¹⁵ Values for iron, thiamin, riboflavin, and niacin per pound of unenriched white bread would be as follows:

	Iron Milligrams	Thiamin Milligrams	Riboflavin Milligrams	Niacin Milligrams
Soft crumb	3.2	.81	.39	5.0
Firm crumb	3.2	.32	.59	4.1

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

	Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohydrate	Calcium	Iron	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
						Saturated (total)	Unsaturated									
							Oleic	Linoleic								
		Percent	Calories	Grams	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	International units	Milli-grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
GRAIN PRODUCTS—Continued																
Bread—Continued																
Whole-wheat bread, firm-crumbs type:																
371	Loaf, 1 lb.-----	36	1,100	48	14	3	6	3	216	449	13.6	Trace	1.18	0.54	12.7	Trace
372	Slice, 18 slices per loaf.-----	36	60	3	1	---	---	---	12	25	.8	Trace	.06	.03	.7	Trace
373	Slice, toasted-----	24	60	3	1	---	---	---	12	25	.8	Trace	.06	.03	.7	Trace
374	Breadcrumbs, dry, grated. 1 cup-----	6	390	13	5	1	2	1	73	122	3.6	Trace	.22	.30	3.5	Trace
375	Buckwheat flour, light, 1 cup----- sifted.	12	340	6	1	---	---	---	78	11	1.0	0	.08	.04	.4	0
376	Bulgur, canned, seasoned. 1 cup-----	56	245	8	4	---	---	---	44	27	1.9	0	.08	.05	4.1	0
Cakes made from cake mixes:																
Angelfood:																
377	Whole cake-----	34	1,645	36	1	---	---	---	377	603	1.9	0	.03	.70	.6	0
378	Piece, 1/2 of 10-in. diam. cake. Cupcakes, small, 2 1/2 in. diam.:	34	135	3	Trace	---	---	---	32	50	.2	0	Trace	.06	.1	0
379	Without icing-----	26	90	1	3	1	1	1	14	40	.1	40	.01	.03	.1	Trace
380	With chocolate icing. 1 cupcake-----	22	130	2	5	2	2	1	21	47	.3	60	.01	.04	.1	Trace
Devil's food, 2-layer, with chocolate icing:																
381	Whole cake-----	24	3,755	49	136	54	58	16	645	653	8.9	1,660	.33	.89	3.3	1
382	Piece, 1/6 of 9-in. diam. cake. Cupcake, small, 2 1/2 in. diam.:	24	235	3	9	3	4	1	40	41	.6	100	.02	.06	.2	Trace
383	Cupcake, small, 2 1/2 in. diam.:	24	120	2	4	1	2	Trace	20	21	.3	50	.01	.03	.1	Trace
Gingerbread:																
384	Whole cake-----	37	1,575	18	39	10	19	9	291	513	9.1	Trace	.17	.51	4.6	2
385	Piece, 1/3 of 8-in. square cake. White, 2-layer, with chocolate icing:	37	175	2	4	1	2	1	32	57	1.0	Trace	.02	.06	.5	Trace
386	Whole cake-----	21	4,000	45	122	45	54	17	716	1,129	5.7	680	.23	.91	2.3	2

387	Piece, $\frac{1}{16}$ of 9-in. diam. cake.	1 piece-----	71	21	250	3	8	3	3	1	45	70	.4	40	.01	.06	.1	Trace
388	Cakes made from home recipes: ¹⁶ Boston cream pie; 1 piece----- piece $\frac{1}{12}$ of 8-in. diam.	69	35	210	4	6	2	3	3	1	34	46	.3	140	.02	.08	.1	Trace
389	Fruitcake, dark, made with enriched flour: Loaf, 1-lb.-----	454	18	1,720	22	69	15	37	13	271	327	11.8	540	.59	.64	3.6	2	Trace
390	Slice, $\frac{1}{30}$ of 8-in. loaf.	15	18	55	1	2	Trace	1	Trace	9	11	.4	20	.02	.02	.1	Trace	
391	Plain sheet cake: Without icing: Whole cake-----	777	25	2,830	35	108	30	52	21	434	497	3.1	1,320	.16	.70	1.6	2	Trace
392	Piece, $\frac{1}{3}$ of 9-in. square cake.	86	25	315	4	12	3	6	2	48	55	.3	150	.02	.08	.2	Trace	
393	With boiled white icing, piece, $\frac{1}{3}$ of 9-in. square cake.	114	23	400	4	12	3	6	2	71	56	.3	150	.02	.08	.2	Trace	
394	Pound: Loaf, $8\frac{1}{2}$ by $3\frac{1}{2}$ by 3 in.	514	17	2,430	29	152	34	68	17	242	108	4.1	1,440	.15	.46	1.0	0	0
395	Slice, $\frac{1}{2}$ -in. thick.	30	17	140	2	9	2	4	1	14	6	.2	80	.01	.03	.1	0	0
396	Sponge: Whole cake-----	790	32	2,345	60	45	14	20	4	427	237	9.5	3,560	.40	1.11	1.6	Trace	Trace
397	Piece, $\frac{1}{2}$ of 10-in. diam. cake.	66	32	195	5	4	1	2	Trace	36	20	.8	300	.03	.09	.1	Trace	Trace
398	Yellow, 2-layer, without icing: Whole cake-----	870	24	3,160	39	111	31	53	22	506	618	3.5	1,310	.17	.70	1.7	2	2
399	Piece, $\frac{1}{6}$ of 9-in. diam. cake.	54	24	200	2	7	2	3	1	32	39	.2	80	.01	.04	.1	Trace	Trace
400	Yellow, 2-layer, with chocolate icing: Whole cake-----	1,203	21	4,390	51	156	55	69	23	727	818	7.2	1,920	.24	.96	2.4	Trace	Trace
401	Piece, $\frac{1}{6}$ of 9-in. diam. cake.	75	21	275	3	10	3	4	1	45	51	.5	120	.02	.06	.2	Trace	Trace
402	Cake icings. See Sugars, Sweets. Cookies: Brownies with nuts: Made from home recipe with enriched flour.	20	10	95	1	6	1	3	1	10	8	.4	40	.04	.02	.1	Trace	Trace
403	Made from mix-----	20	11	85	1	4	1	2	1	13	9	.4	20	.03	.02	.1	Trace	Trace

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present.]

Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohy- drate	Cal- cium	Iron	Vita- min A value	Thia- min	Ribo- flavin	Niacin	Ascor- bic acid
					Satu- rated (total)	Unsaturated	Lin- oleic								
	Per- cent	Calo- ries	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Inter- national units	Milli- grams	Milli- grams	Milli- grams	Milli- grams
GRAIN PRODUCTS—Continued															
404															
Cookies—Continued															
Chocolate chip:															
Made from home recipe with enriched flour.	3	50	1	3	1	1	1	6	4	0.2	10	0.01	0.01	0.1	Trace
405															
Commercial	3	50	1	2	1	1	Trace	7	4	.2	10	Trace	Trace	Trace	Trace
406															
Fig bars, commercial	14	50	1	1			11	11	11	.2	20	Trace	.01	.1	Trace
407															
Sandwich, chocolate or vanilla, commercial.	2	50	1	2	1	1	Trace	7	2	.1	0	Trace	Trace	.1	0
Corn flakes, added nutrients:															
408															
Plain	4	100	2	Trace			21	21	4	.4	0	.11	.02	.5	0
409															
Sugar-covered	2	155	2	Trace			36	5	5	.4	0	.16	.02	.8	0
Corn (hominy) grits, degermed, cooked:															
410															
Enriched	87	125	3	Trace			27	2	2	.7	17 150	.10	.07	1.0	0
411															
Unenriched	87	125	3	Trace			27	2	2	.2	17 150	.05	.02	.5	0
Cornmeal:															
412															
Whole-ground, unbolted, dry.	12	435	11	5	1	2	2	2	24	2.9	17 620	.46	.13	2.4	0
413															
Bolted (nearly whole-grain) dry.	12	440	11	4	Trace	1	2	91	21	2.2	17 590	.37	.10	2.3	0
Degermed, enriched:															
414															
Dry form	12	500	11	2			108	8	8	4.0	17 610	.61	.36	4.8	0
415															
Cooked	88	120	3	1			26	2	2	1.0	17 140	.14	.10	1.2	0
Degermed, unenriched:															
416															
Dry form	12	500	11	2			108	8	8	1.5	17 610	.19	.07	1.4	0
417															
Cooked	88	120	3	1			26	2	2	.5	17 140	.05	.02	.2	0
418															
Corn muffins, made with enriched degermed cornmeal and enriched flour; muffin 2½-in. diam.	33	125	3	4	2	2	Trace	19	42	.7	17 120	.08	.09	.6	Trace

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present.]

Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohy- drate	Calcium	Iron	Vitamin A value	Thia- min	Ribo- flavin	Niacin	Ascor- bic acid
					Satur- ated (total)	Unsaturated									
						Oleic	Lin- oleic								
Grams	Per- cent	Calo- ries	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Inter- national units	Milli- grams	Milli- grams	Milli- grams	Milli- grams	
GRAIN PRODUCTS—Continued															
438 Oats (with or without corn) puffed, added nutrients.	25	100	3	1				19	44	1.2	0	0.24	0.04	0.5	0
439 Oatmeal or rolled oats, cooked.	240	130	5	2			1	23	22	1.4	0	.19	.05	.2	0
440 Pancakes, 4-inch diam.: Wheat, enriched flour (home recipe).	27	60	2	2	Trace	1	Trace	9	27	.4	30	.05	.06	.4	Trace
441 Buckwheat (made from mix with egg and milk).	27	55	2	2	1	1	Trace	6	59	.4	60	.03	.04	.2	Trace
442 Plain or buttermilk (made from mix with egg and milk).	27	60	2	2	1	1	Trace	9	58	.3	70	.04	.06	.2	Trace
Pie (piecrust made with unenriched flour):															
Sector, 4-in., 1/4 of 9-in. diam. pie:															
443 Apple (2-crust).....	135	350	3	15	4	7	3	51	11	.4	40	.03	.03	.5	1
444 Butterscotch (1-crust).....	130	350	6	14	5	6	2	50	98	1.2	340	.04	.13	.3	Trace
445 Cherry (2-crust).....	135	350	4	15	4	7	3	52	19	.4	590	.03	.03	.7	Trace
446 Custard (1-crust).....	130	285	8	14	5	6	2	30	125	.8	300	.07	.21	.4	0
447 Lemon meringue (1-crust).	120	305	4	12	4	6	2	45	17	.6	200	.04	.10	.2	4
448 Mince (2-crust).....	135	365	3	16	4	8	3	56	38	1.4	Trace	.09	.05	.5	1
449 Pecan (1-crust).....	118	490	6	27	4	16	5	60	55	3.3	190	.19	.08	.4	Trace
450 Pineapple chiffon (1-crust).	93	265	6	11	3	5	2	36	22	.8	320	.04	.08	.4	1
451 Pumpkin (1-crust).....	130	275	5	15	5	6	2	32	66	.7	3,210	.04	.13	.7	Trace
Piecrust, baked shell for pie made with:															
452 Enriched flour.....	180	900	11	60	16	28	12	79	25	3.1	0	.36	.25	3.2	0
453 Unenriched flour.....	180	900	11	60	16	28	12	79	25	.9	0	.05	.05	.9	0

454	Piecrust mix including stick form: Package, 10-oz., for double crust.	284	9	1,480	20	93	23	46	21	141	131	1.4	0	.11	.11	2.0	0
455	Pizza (cheese) 5½-in. sector; ⅓ of 14-in. diam. pie.	75	45	185	7	6	2	3	Trace	27	107	.7	290	.04	.12	.7	4
456	Popcorn, popped: Plain, large kernel.....	6	4	25	1	Trace	---	---	---	5	1	.2	---	---	.01	.1	0
457	With oil and salt.....	9	3	40	1	2	1	Trace	Trace	5	1	.2	---	---	.01	.2	0
458	Sugar coated.....	35	4	135	2	1	---	---	---	30	2	.5	---	---	.02	.4	0
459	Pretzels: Dutch, twisted.....	16	5	60	2	1	---	---	---	12	4	.2	0	Trace	Trace	.1	0
460	Thin, twisted.....	6	5	25	1	Trace	---	---	---	5	1	.1	0	Trace	Trace	Trace	0
461	Stick, small, 2¼ inches.....	3	5	10	Trace	Trace	---	---	---	2	1	Trace	0	Trace	Trace	Trace	0
462	Stick, regular, 3⅓ inches.	3	5	10	Trace	Trace	---	---	---	2	1	Trace	0	Trace	Trace	Trace	0
463	Rice, white: Enriched: Raw.....	185	12	670	12	1	---	---	---	149	44	205.4	0	20.81	20.06	206.5	0
464	Cooked.....	205	73	225	4	Trace	---	---	---	50	21	201.8	0	20.23	20.02	202.1	0
465	Instant, ready-to- serve.	165	73	180	4	Trace	---	---	---	40	5	201.3	0	20.21	20.---	201.7	0
466	Unenriched, cooked.....	205	73	225	4	Trace	---	---	---	50	21	.4	0	.04	.02	.8	0
467	Parboiled, cooked.....	175	73	185	4	Trace	---	---	---	41	33	201.4	0	20.19	20.---	202.1	0
468	Rice, puffed, added nutrients.	15	4	60	1	Trace	---	---	---	13	3	.3	0	.07	.01	.7	0
469	Rolls, enriched: Cloverleaf or pan: Home recipe.....	35	26	120	3	3	1	1	1	20	16	.7	30	.09	.09	.8	Trace
470	Commercial.....	28	31	85	2	2	Trace	1	Trace	15	21	.5	Trace	.08	.05	.6	Trace
471	Frankfurter or hamburger.	40	31	120	3	2	1	1	1	21	30	.8	Trace	.11	.07	.9	Trace
472	Hard, round or rectangular.	50	25	155	5	2	Trace	1	Trace	30	24	1.2	Trace	.13	.12	1.4	Trace
473	Rye wafers, whole-grain, 1⅞ by 3½ inches.	13	6	45	2	Trace	---	---	---	10	7	.5	0	.04	.03	.2	0
474	Spaghetti, cooked, tender stage, enriched.	140	72	155	5	1	---	---	---	32	11	191.3	0	19.20	19.11	191.5	0

¹⁹ Iron, thiamin, riboflavin, and niacin are based on the minimum levels of enrichment specified in standards of identity promulgated under the Federal Food, Drug, and Cosmetic Act.

²⁰ Iron, thiamin, and niacin are based on the minimum levels of enrichment specified in standards of identity promulgated under the Federal Food, Drug, and Cosmetic Act. Riboflavin is based on unenriched rice. When the minimum level of enrichment for riboflavin specified in the standards of identity becomes effective the value will be 0.12 milligram per cup of parboiled rice and of white rice.

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes show that no basis could be found for imputing a value although there was some reason to believe that a measurable amount of the constituent might be present]

Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohy- drate	Cal- cium	Iron	Vita- min A value	Thia- min	Ribo- flavin	Niacin	Ascor- bic acid
					Satu- rated (total)	Unsaturated	Lin- oleic								
	Per- cent	Calo- ries	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams	Milli- grams
GRAIN PRODUCTS—Continued															
475 Spaghetti with meat balls, and tomato sauce: Home recipe..... 1 cup.....	70	330	19	12	4	6	1	39	124	3.7	1,590	0.25	0.30	4.0	22
476 Canned..... 1 cup.....	78	260	12	10	2	3	4	28	53	3.3	1,000	.15	.18	2.3	5
477 Spaghetti in tomato sauce with cheese: Home recipe..... 1 cup.....	77	260	9	9	2	5	1	37	80	2.3	1,080	.25	.18	2.3	13
478 Canned..... 1 cup.....	80	190	6	2	1	1	1	38	40	2.8	930	.35	.28	4.5	10
479 Waffles, with enriched flour, 7-in. diam.	41	210	7	7	2	4	1	28	85	1.3	250	.13	.19	1.0	Trace
480 Waffles, made from mix, enriched, egg and milk added, 7-in. diam.	42	205	7	8	3	3	1	27	179	1.0	170	.11	.17	.7	Trace
481 Wheat, puffed, added nutrients.	3	55	2	Trace				12	4	.6	0	.08	.03	1.2	0
482 Wheat, shredded, plain.... 1 biscuit.....	7	90	2	1				20	11	.9	0	.06	.03	1.1	0
483 Wheat flakes, added nutrients.	4	105	3	Trace				24	12	1.3	0	.19	.04	1.5	0
484 Wheat flours: Whole-wheat, from hard wheats, stirred.	12	400	16	2	Trace	1	1	85	49	4.0	0	.66	.14	5.2	0
485 All-purpose or family flour, enriched: Sifted..... 1 cup.....	12	420	12	1				88	18	193.3	0	19.51	19.30	194.0	0
486 Unsifted..... 1 cup.....	12	455	13	1				95	20	193.6	0	19.55	19.33	194.4	0
487 Self-rising, enriched.... 1 cup.....	12	440	12	1				93	331	193.6	0	19.55	19.33	194.4	0
488 Cake or pastry flour, sifted.	12	350	7	1				76	16	.5	0	.03	.03	.7	0
FATS, OILS															
Butter: Regular, 4 sticks per pound: Stick..... ½ cup.....	16	810	1	92	51	30	3	1	23	0	213,750				0

490	Tablespoon (approx. 1/8 stick).....	14	16	100	Trace	12	6	4	Trace	Trace	3	0	21470	---	---	---	---	0
491	Pat (1-in. sq. 1/8-in. high; 90 per lb.). Whipped, 6 sticks or 2, 8-oz. containers per pound:	5	16	35	Trace	4	2	1	Trace	Trace	1	0	21170	---	---	---	---	0
492	Stick.....	76	16	540	1	61	34	20	2	Trace	15	0	212,500	---	---	---	---	0
493	Tablespoon (approx. 1/8 stick).	9	16	65	Trace	8	4	3	Trace	Trace	2	0	21310	---	---	---	---	0
494	Pat (1 1/4-in. sq. 1/8-in. high; 120 per lb.).	4	16	25	Trace	3	2	1	Trace	Trace	1	0	21130	---	---	---	---	0
495	Fats, cooking:																	
495	Lard.....	205	0	1,850	0	205	78	94	20	0	0	0	0	0	0	0	0	0
496	1 cup.....		0	115	0	13	5	6	1	0	0	0	0	0	0	0	0	0
497	1 tbsp.....		0	1,770	0	200	50	100	44	0	0	0	0	0	0	0	0	0
498	1 cup.....		0	110	0	13	3	6	3	0	0	0	0	0	0	0	0	0
498	1 tbsp.....		13															
499	Margarine:																	
499	Regular, 4 sticks per pound:																	
499	Stick.....	113	16	815	1	92	17	46	25	1	23	0	223,750	---	---	---	---	0
500	Tablespoon (approx. 1/8 stick).	14	16	100	Trace	12	2	6	3	Trace	3	0	22470	---	---	---	---	0
501	Pat (1-in. sq. 1/8-in. high; 90 per lb.). Whipped, 6 sticks per pound:	5	16	35	Trace	4	1	2	1	Trace	1	0	22170	---	---	---	---	0
502	Stick.....	76	16	545	1	61	11	31	17	Trace	15	0	222,500	---	---	---	---	0
503	Soft, 2 8-oz. tubs per pound:																	
503	Tub.....	227	16	1,635	1	184	34	68	68	1	45	0	227,500	---	---	---	---	0
504	Tablespoon.....	14	16	100	Trace	11	2	4	4	Trace	3	0	22470	---	---	---	---	0
505	Oils, salad or cooking:																	
505	Corn.....	220	0	1,945	0	220	22	62	117	0	0	0	0	0	0	0	0	0
506	1 cup.....		0	125	0	14	1	4	7	0	0	0	0	0	0	0	0	0
507	1 tbsp.....		0	1,945	0	220	55	46	110	0	0	0	0	0	0	0	0	0
508	Cottonseed.....	14	0	125	0	14	4	3	7	0	0	0	0	0	0	0	0	0
509	1 cup.....		0	1,945	0	220	24	167	15	0	0	0	0	0	0	0	0	0
510	1 tbsp.....		14	125	0	14	2	11	1	0	0	0	0	0	0	0	0	0
511	Peanut.....	220	0	1,945	0	220	40	103	64	0	0	0	0	0	0	0	0	0
512	1 cup.....		0	125	0	14	3	7	4	0	0	0	0	0	0	0	0	0
513	1 tbsp.....		14	1,945	0	220	18	37	165	0	0	0	0	0	0	0	0	0
514	Safflower.....	220	0	1,945	0	220	18	37	165	0	0	0	0	0	0	0	0	0
514	1 cup.....		14	125	0	14	1	2	10	0	0	0	0	0	0	0	0	0
515	1 tbsp.....		0	1,945	0	220	33	44	114	0	0	0	0	0	0	0	0	0
516	1 cup.....		0	125	0	14	2	3	7	0	0	0	0	0	0	0	0	0

¹⁹ Iron, thiamin, riboflavin, and niacin are based on the minimum levels of enrichment specified in standards of identity promulgated under the Federal Food, Drug, and Cosmetic Act.

²¹ Year-round average.

²² Based on the average vitamin A content of fortified margarine. Federal specifications for fortified margarine require a minimum of 15,000 I.U. of vitamin A per pound.

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohy- drate	Cal- cium	Iron	Vita- min A value	Thia- min	Ribo- flavin	Niacin	Ascor- bic acid
					Satu- rated (total)	Unsaturated	Lin- oleic								
	Per- cent	Calo- ries	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Inter- national units	Milli- grams	Milli- grams	Milli- grams	Milli- grams
FATS, OILS—Continued															
Salad dressings:															
517	32	75	1	8	2	2	4	1	12	Trace	30	Trace	0.02	Trace	Trace
518	41	65	Trace	6	1	1	3	2	2	Trace	30	Trace	Trace	Trace	Trace
519	81	20	Trace	2	Trace	Trace	1	1	3	Trace	40	Trace	Trace	Trace	Trace
French:															
520	39	65	Trace	6	1	1	3	3	2	.1					
521	95	Trace	Trace	Trace				Trace	2	.1					
522	68	25	1	2	1	1	Trace	2	14	.1	80	.01	.03	Trace	Trace
523	15	100	Trace	11	2	2	6	Trace	3	.1	40	Trace	.01	Trace	Trace
524	32	80	Trace	8	1	2	4	3	2	.1	50	Trace	Trace	Trace	Trace
SUGARS, SWEETS															
Cake icings:															
525	14	1,035	9	38	21	14	1	185	165	3.3	580	.06	.28	.6	1
526	15	605	3	13	11	1	Trace	124	10	.8	0	.02	.07	.3	0
527	15	830	7	16	5	8	3	183	96	2.7	Trace	.05	.20	.7	Trace
528	18	300	1	0				76	2	Trace	0	Trace	.03	Trace	0
529	8	115	1	3	2	1	Trace	22	42	.4	Trace	.01	.05	.1	Trace
530	1	145	2	9	5	3	Trace	16	65	.3	80	.02	.10	.1	Trace
531	1	160	5	12	3	6	2	11	33	.4	Trace	.10	.05	2.1	Trace

532	Fondant; mints, un-coated; candy corn.	1 oz.	28	8	105	Trace	1	---	---	---	25	4	.3	0	Trace	Trace	Trace	0	Trace	Trace	Trace	0
533	Fudge, plain	1 oz.	28	8	115	1	4	2	1	Trace	21	22	.3	Trace	.01	.03	.1	Trace	.1	Trace	Trace	Trace
534	Gum drops	1 oz.	28	12	100	Trace	Trace	---	---	---	25	2	.1	0	0	Trace	Trace	0	Trace	Trace	Trace	0
535	Hard	1 oz.	28	1	110	0	Trace	---	---	---	28	6	.5	0	0	0	0	0	0	0	0	0
536	Marshmallows	1 oz.	28	17	90	1	Trace	---	---	---	23	5	.5	0	0	Trace	Trace	Trace	Trace	Trace	Trace	0
537	Chocolate-flavored sirup or topping:																					
537	Thin type	1 fl. oz.	38	32	90	1	1	Trace	Trace	Trace	24	6	.6	Trace	.01	.03	.2	Trace	.03	.2	Trace	0
538	Fudge type	1 fl. oz.	38	25	125	2	5	3	2	Trace	20	48	.5	60	.02	.08	.2	Trace	.08	.2	Trace	Trace
539	Chocolate-flavored beverage powder (approx. 4 heaping teaspoons per oz.):																					
539	With nonfat dry milk	1 oz.	28	2	100	5	1	Trace	Trace	Trace	20	167	.5	10	.04	.21	.2	Trace	.21	.2	Trace	1
540	Without nonfat dry milk.	1 oz.	28	1	100	1	1	Trace	Trace	Trace	25	9	.6	---	.01	.03	.1	---	.03	.1	---	0
541	Honey, strained or extracted.	1 tbsp.	21	17	65	Trace	0	---	---	---	17	1	.1	0	Trace	.01	.1	Trace	.01	.1	Trace	Trace
542	Jams and preserves	1 tbsp.	20	29	55	Trace	Trace	---	---	---	14	4	.2	Trace	Trace	.01	Trace	Trace	.01	Trace	Trace	Trace
543	Jellies	1 tbsp.	18	29	50	Trace	Trace	---	---	---	13	4	.3	Trace	Trace	.01	Trace	Trace	.01	Trace	Trace	1
544	Molasses, cane:																					
544	Light (first extraction)	1 tbsp.	20	24	50	---	---	---	---	---	13	33	.9	---	.01	.01	Trace	---	.01	.01	Trace	---
545	Blackstrap (third extraction).	1 tbsp.	20	24	45	---	---	---	---	---	11	137	3.2	---	.02	.04	.4	---	.02	.04	.4	---
546	Sirups:																					
546	Sorghum	1 tbsp.	21	23	55	---	---	---	---	---	14	35	2.6	---	---	.02	Trace	---	.02	Trace	---	---
547	Table blends, chiefly corn, light and dark.	1 tbsp.	21	24	60	0	0	---	---	---	15	9	.8	0	0	0	0	0	0	0	0	0
548	Sugars:																					
548	Brown, firm packed	1 cup	220	2	820	0	0	---	---	---	212	187	7.5	0	.02	.07	.4	0	.02	.07	.4	0
549	White:																					
549	Granulated	1 cup	200	Trace	770	0	0	---	---	---	199	0	.2	0	0	0	0	0	0	0	0	0
550	Light	1 tbsp.	11	Trace	40	0	0	---	---	---	11	0	Trace	0	0	0	0	0	0	0	0	0
551	Powdered, stirred before measuring.	1 cup	120	Trace	460	0	0	---	---	---	119	0	.1	0	0	0	0	0	0	0	0	0
MISCELLANEOUS ITEMS																						
552	Barbecue sauce	1 cup	250	81	230	4	17	2	5	9	20	53	2.0	900	.03	.03	.8	13	.03	.8	13	13
553	Beverages, alcoholic:																					
553	Beer	12 fl. oz.	360	92	150	1	0	---	---	---	14	18	Trace	---	.01	.11	2.2	---	.01	.11	2.2	---
554	Gin, rum, vodka, whiskey:																					
554	80-proof	1 1/2 fl. oz.	42	67	100	---	---	---	---	---	Trace	---	---	---	---	---	---	---	---	---	---	---
555	86-proof	1 1/2 fl. oz.	42	64	105	---	---	---	---	---	Trace	---	---	---	---	---	---	---	---	---	---	---
556	90-proof	1 1/2 fl. oz.	42	62	110	---	---	---	---	---	Trace	---	---	---	---	---	---	---	---	---	---	---

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present]

	Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohy- drate	Calcium	Iron	Vitamin A value	Thiamin	Riboflavin	Niacin	Ascorbic acid
						Saturated (total)	Unsaturated									
							Oleic	Linoleic								
MISCELLANEOUS ITEMS—Continued																
Beverages, alcoholic—Continued																
557	Gin, rum, vodka, whiskey—Con. 94-proof.....	42	115													
558	100-proof.....	42	125													
Wines:																
559	Dessert.....	103	140	Trace	0				8			.01	.02	.2		
560	Table.....	102	85	Trace	0				4	.4		Trace	.01	.1		
Beverages, carbonated, sweetened, nonalcoholic:																
561	Carbonated water.....	366	115	0	0				29			0	0	0	0	0
562	Cola type.....	369	145	0	0				37			0	0	0	0	0
563	Fruit-flavored sodas and Tom Collins mixes.....	372	170	0	0				45			0	0	0	0	0
564	Ginger ale.....	366	115	0	0				29			0	0	0	0	0
565	Root beer.....	370	150	0	0				39			0	0	0	0	0
566	Bouillon cubes, approx. ½ in.....	4	5	1	Trace				Trace							
Chocolate:																
567	Bitter or baking.....	28	145	3	15	8	6	Trace	8			20	.01	.07	.4	0
568	Semi-sweet, small pieces.....	170	860	7	61	34	22	1	97			30	.02	.14	.9	0
Gelatin:																
569	Plain, dry powder in envelope.....	7	25	6	Trace				0							
570	Dessert powder, 3-oz. package.....	85	315	8	0				75							
571	Gelatin dessert, prepared with water.....	240	140	4	0				34							

TABLE 1.—NUTRITIVE VALUES OF THE EDIBLE PART OF FOODS—Continued

[Dashes in the columns for nutrients show that no suitable value could be found although there is reason to believe that a measurable amount of the nutrient may be present.]

Food, approximate measure, and weight (in grams)	Water	Food energy	Protein	Fat	Fatty acids			Carbohy- drate	Cal- cium	Iron	Vita- min A value	Thia- min	Ribo- flavin	Niacin	Ascor- bic acid
					Satu- rated (total)	Oleic	Lin- oleic								
	Per- cent	Calo- ries	Grams	Grams	Grams	Grams	Grams	Milli- grams	Milli- grams	Milli- grams	Inter- national units	Milli- grams	Milli- grams	Milli- grams	Milli- grams
MISCELLANEOUS ITEMS—Continued															
Soups—Continued															
Canned, condensed, ready-to-serve—Con.															
Prepared with an equal volume of water—Con.															
593		Grams													
	85	145	9	3	1	2	21	29	1.5	440	0.25	0.15	1.5	1	
594	90	90	2	3	Trace	1	16	15	.7	1,000	.05	.05	1.2	12	
595	92	80	5	2			10	12	.7	2,700	.05	.05	1.0		
596	92	80	2	2			13	20	1.0	2,940	.05	.05	1.0		
Dehydrated, dry form:															
597	6	220	8	6	2	3	1	33	1.4	190	.30	.15	2.4	3	
(2-oz. package).															
598	3	150	6	5	1	2	1	23	.6	30	.05	.03	.3	6	
(1 pkg.-----)															
599	4	245	6	6	2	3	1	45	1.4	1,700	.21	.13	1.8	18	
Tomato vegetable 1 pkg.-----															
with noodles (2½-oz. pkg.).															
Frozen, condensed:															
Clam chowder, New England type (with milk, without tomatoes):															
600	83	210	9	12			16	240	1.0	250	.07	.29	.5	Trace	
Prepared with 1 cup-----															
equal volume of milk.															
601	89	130	4	8			11	91	1.0	50	.05	.10	.5		
Prepared with 1 cup-----															
equal volume of water.															
Cream of potato:															
602	83	185	8	10	5	3	Trace	18	1.0	590	.10	.27	.5	Trace	
Prepared with 1 cup-----															
equal volume of milk.															
603	90	105	3	5	3	2	Trace	12	1.0	410	.05	.05	.5		
Prepared with 1 cup-----															
equal volume of water.															

604	Cream of shrimp: Prepared with equal volume of milk.	1 cup-----	245	82	245	9	16	---	---	---	15	189	.5	290	.07	.27	.5	Trace
605	Prepared with equal volume of water.	1 cup-----	240	88	160	5	12	---	---	---	8	38	.5	120	.05	.05	.5	---
606	Oyster stew: Prepared with equal volume of milk.	1 cup-----	240	83	200	10	12	---	---	---	14	305	1.4	410	.12	.41	.5	Trace
607	Prepared with equal volume of water.	1 cup-----	240	90	120	6	8	---	---	---	8	158	1.4	240	.07	.19	.5	---
608	Tapioca, dry, quick- cooking.	1 cup-----	152	13	535	1	Trace	---	---	---	131	15	.6	0	0	0	0	0
609	Tapioca desserts: Apple-----	1 cup-----	250	70	295	1	Trace	---	---	---	74	8	.5	30	Trace	Trace	Trace	Trace
610	Cream pudding-----	1 cup-----	165	72	220	8	8	---	---	---	28	173	.7	480	.07	.30	.2	2
611	Tartar sauce-----	1 tbsps-----	14	34	75	Trace	8	---	---	---	1	3	.1	30	Trace	Trace	Trace	Trace
612	Vinegar-----	1 tbsps-----	15	94	Trace	Trace	0	---	---	---	1	1	.1	---	---	---	---	---
613	White sauce, medium----	1 cup-----	250	73	405	10	31	---	---	---	22	288	.5	1,150	.10	.48	.5	2
614	Yeast: Baker's, dry, active----	1 pkg-----	7	5	20	3	Trace	---	---	---	3	3	1.1	Trace	.16	.38	2.6	Trace
615	Brewer's, dry-----	1 tbsps-----	8	5	25	3	Trace	---	---	---	3	17	1.4	Trace	1.25	.34	3.0	Trace
	Yoghurt. See Milk, Cheese, Cream, Imitation Cream.																	

**FOOD AND NUTRITION BOARD, NATIONAL ACADEMY OF SCIENCES-NATIONAL RESEARCH COUNCIL
RECOMMENDED DAILY DIETARY ALLOWANCES,¹ Revised 1973**

Designed for the maintenance of good nutrition of practically all healthy people in the U.S.A.

Age (years) From Up to (kg) (lbs)	Weight (kg) (lbs)	Height (cm) (in)	Energy (kcal) ²	Protein (g)	Fat-Soluble Vitamins				Water-Soluble Vitamins						Minerals							
					Vitamin A Activity (IU) ³	Vitamin D (IU)	Vitamin E Activity ⁵ (IU)	Ascorbic Acid (mg)	Folic Acid ⁶ (μg)	Niacin ⁷ (B ₃) (mg)	Riboflavin (B ₂) (mg)	Thiamin (mg)	Vitamin B ₆ (μg)	Vitamin B ₁₂ (μg)	Calcium (mg)	Phosphorus (mg)	Iodine (μg)	Iron (mg)	Magnesium (mg)	Zinc (mg)		
Infants	0.0-0.5	6	14	60	24	kg × 117	kg × 2.2	400	4	35	50	5	0.4	0.3	0.3	0.3	360	240	35	10	60	3
	0.5-1.0	9	20	71	28	kg × 108	kg × 2.0	400	5	35	50	8	0.6	0.5	0.4	0.3	540	400	45	15	70	5
Children	1-3	13	28	86	34	1300	23	400	2,000	400	7	40	0.8	0.7	0.6	1.0	800	800	60	15	150	10
	4-6	20	44	110	44	1800	30	500	2,500	400	9	40	1.1	0.9	0.9	1.5	800	800	80	10	200	10
	7-10	30	66	135	54	2400	36	700	3,300	400	10	40	1.2	1.2	1.2	2.0	800	800	110	10	250	10
Males	11-14	44	97	158	63	2800	44	1,000	5,000	400	12	45	1.5	1.4	1.6	3.0	1200	1200	130	18	350	15
	15-18	61	134	172	69	3000	54	1,000	5,000	400	15	45	1.8	1.5	1.8	3.0	1200	1200	150	18	400	15
	19-22	67	147	172	69	3000	54	1,000	5,000	400	15	45	1.8	1.5	2.0	3.0	800	800	140	10	350	15
	23-50	70	154	172	69	2700	56	1,000	5,000		15	45	1.6	1.4	2.0	3.0	800	800	130	10	350	15
	51+	70	154	172	69	2400	56	1,000	5,000		15	45	1.5	1.2	2.0	3.0	800	800	110	10	350	15
Females	11-14	44	97	155	62	2400	44	800	4,000	400	10	45	1.3	1.2	1.6	3.0	1200	1200	115	18	300	15
	15-18	54	119	162	65	2100	48	800	4,000	400	11	45	1.4	1.1	2.0	3.0	1200	1200	115	18	300	15
	19-22	58	128	162	65	2100	46	800	4,000	400	12	45	1.4	1.1	2.0	3.0	800	800	100	18	300	15
	23-50	58	128	162	65	2000	46	800	4,000		12	45	1.2	1.0	2.0	3.0	800	800	100	18	300	15
	51+	58	128	162	65	1800	46	800	4,000		12	45	1.1	1.0	2.0	3.0	800	800	80	10	300	15
Pregnant ⁴						+300	+30	1,000	5,000	400	15	60	+0.3	+0.3	2.5	4.0	1200	1200	125	18 ⁸	450	20
Lactating						+500	+20	1,200	6,000	400	15	60	+0.5	+0.3	2.5	4.0	1200	1200	150	18	450	25

¹The allowances are intended to provide for individual variations among most normal persons as they live in the United States under usual environmental stresses. Diets should be based on a variety of common foods in order to provide other nutrients for which human requirements have been less well defined. See text for more-detailed discussion of allowances and of nutrients not tabulated.

²Kilojoules (KJ) = 4.2 × kcal

³Retinol equivalents

⁴Assumed to be all as retinol in milk during the first six months of life. All subsequent intakes are assumed to be one-half as retinol and one-half as β-carotene when calculated from international units. As retinol equivalents, three-fourths are as retinol and one-fourth as β-carotene.

⁵Total vitamin E activity, estimated to be 80 percent as α-tocopherol and 20 percent other tocopherols. See text for variation in allowances.

⁶The folic acid allowances refer to dietary sources as determined by *Lactobacillus casei* assay. Pure forms of folic acid may be effective in doses less than one-fourth of the FDA.

⁷Although allowances are expressed as niacin, it is recognized that on the average 1 mg of niacin is derived from each 60 mg of dietary tryptophan.

⁸This increased requirement cannot be met by ordinary diets; therefore, the use of supplemental iron is recommended.

YIELD OF COOKED MEAT PER POUND OF RAW MEAT

Meat as purchased	Meat after cooking (less drippings)	
	Parts weighed	Approximate weight of cooked parts per pound of raw meat purchased
Chops or steaks for broiling or frying: With bone and relatively large amount of fat, such as pork or lamb chops; beef rib, sirloin, or porterhouse steaks.	Lean, bone, fat..... Lean and fat..... Lean only.....	<i>Ounces</i> 10-12 7-10 5-7
Without bone and with very little fat, such as round of beef, veal steaks.....	Lean and fat..... Lean only..... Patties.....	12-13 9-12 9-13
Ground meat for broiling or frying, such as beef, lamb, or pork patties.....		
Roasts for oven cooking (no liquid added): With bone and relatively large amount of fat, such as beef rib, loin, chuck; lamb shoulder, leg; pork, fresh or cured.	Lean, bone, fat..... Lean and fat..... Lean only..... Lean and fat..... Lean only.....	10-12 8-10 6-9 10-12 7-10
Without bone.....		
Cuts for pot-roasting, simmering, braising, stewing: With bone and relatively large amount of fat, such as beef chuck, pork shoulder.....	Lean, bone, fat..... Lean and fat..... Lean only..... Lean with adhering fat.....	10-11 8-9 6-8 9-11
Without bone and with relatively small amount of fat, such as trimmed beef, veal.		



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