

food	category	calories	protein (g)	fiber (g)	carbohydrate (g)	fat (g)	calories, calculated	calories, difference
egg,white	dairy	16.00	3.40	0.00	0.41	0.00	15.24	-0.76
carrots,raw	vegetables	24.80	0.67	3.60	5.80	0.13	27.05	2.25
tomato,raw	vegetables	25.00	1.00	2.00	6.00	0.20	29.80	4.80
squash,summer	vegetables	25.00	1.40	3.50	5.50	0.13	28.77	3.77
green beans	vegetables	31.00	2.00	4.10	6.80	0.25	37.45	6.45
broccoli	vegetables	34.00	4.80	9.40	4.70	0.50	42.50	8.50
grapefruit	fruit	39.00	0.81	1.50	9.90	0.12	43.92	4.92
carrots,cooked	vegetables	39.00	1.20	6.80	9.00	0.30	43.50	4.50
strawberries	fruit	45.00	0.91	3.40	10.50	0.55	50.59	5.59
raspberries	fruit	61.00	1.10	9.10	14.20	0.68	67.32	6.32
orange	fruit	62.00	1.20	2.60	15.40	0.16	67.84	5.84
peach	fruit	74.00	1.20	4.60	19.30	0.16	83.44	9.44
white	bread	75.00	2.40	0.75	14.10	0.90	74.10	-0.90
egg	dairy	79.00	6.10	0.00	0.60	5.60	77.20	-1.80
cantaloupe	fruit	79.50	2.50	2.60	18.00	0.73	88.57	9.07
apple,raw	fruit	81.00	0.27	4.30	21.00	0.49	89.49	8.49
blueberries	fruit	82.00	0.97	4.90	20.50	0.55	90.83	8.83
whole wheat	bread	84.00	3.60	1.80	16.70	1.10	91.10	7.10
black beans	dry legumes	85.00	5.60	9.70	15.30	0.40	87.20	2.20
milk,skim	dairy	86.00	8.40	0.00	11.90	0.44	85.16	-0.84
tofu	dry legumes	86.00	9.40	0.10	2.90	5.00	94.20	8.20
wine,3.5oz	beverage	92.00	0.20	5.80	0.00	0.00	0.80	-91.20
squash,winter	vegetables	93.00	2.70	6.90	22.50	0.73	107.37	14.37
peanut butter	nuts and seeds	94.00	4.00	0.29	3.60	7.80	100.60	6.60
grapefruit,juice	fruit	96.00	1.20	0.25	22.70	0.25	97.85	1.85
walnuts	nuts and seeds	98.00	2.20	0.80	2.40	9.60	104.80	6.80
pear	fruit	98.00	0.65	3.80	25.10	0.66	108.94	10.94
cream cheese	dairy	99.00	2.10	0.00	0.75	9.52	97.08	-1.92
peas,cooked	vegetables	99.00	8.30	17.00	15.80	0.62	101.98	2.98
beer,8oz	beverage	101.00	0.72	0.00	9.13	0.00	39.40	-61.60
butter	dairy	102.00	0.12	0.00	0.00	11.50	103.98	1.98
cottage cheese	dairy	102.00	15.50	0.00	4.10	2.18	98.02	-3.98
potato	vegetables	105.00	2.90	3.90	23.30	0.10	105.70	0.70
Spirits, 86 prf 1.5oz	beverage	106.00	0.00	0.00	0.01	0.00	0.03	-105.97
peanuts	nuts and seeds	106.00	4.70	0.29	2.50	9.20	111.60	5.60
almonds	nuts and seeds	106.00	3.20	2.50	3.50	9.60	113.20	7.20
orange,juice	fruit	111.00	1.74	1.70	25.80	0.50	114.66	3.66
grapes	fruit	114.00	1.10	3.20	28.40	0.92	126.28	12.28
apple,juice	fruit	116.00	0.15	0.52	29.00	0.28	119.12	3.12
raisins	fruit	124.00	1.30	2.80	32.70	0.19	137.71	13.71
chick peas	dry legumes	125.00	6.90	5.50	20.50	2.20	129.40	4.40
cheese, Am	dairy	133.00	7.90	0.00	0.60	10.20	125.80	-7.20
cola,12oz	beverage	136.00	0.00	0.00	34.80	0.00	139.20	3.20
potato,fr.fr	vegetables	137.00	2.20	2.90	18.00	6.60	140.20	3.20
potato,baked	vegetables	145.00	4.00	4.40	32.80	0.20	149.00	4.00
milk,whole	dairy	150.00	8.10	0.00	11.40	8.20	151.80	1.80
watermelon	fruit	152.00	3.00	9.60	34.60	2.10	169.30	17.30
grape,juice	fruit	155.00	1.40	1.30	38.00	0.20	159.40	4.40
sweet potato	vegetables	160.00	2.40	4.10	37.00	0.75	164.35	4.35
soy milk	beverage	184.00	11.90	1.70	23.30	6.20	196.60	12.60
ice cream	dairy	202.00	3.60	0.00	23.70	11.50	212.70	10.70
milk shake	beverage	336.00	8.70	0.26	57.40	7.90	335.50	-0.50
avocado	vegetables	457.00	5.60	7.90	21.00	43.40	497.00	40.00

Protein cal/g

4.0 Carbs cal/g

4.00 Fat cal/g

9.0

