

ITEM	Calories	Protein	Protein Density
GELATINS, DRY PDR, UNSWTND	335	85.6	3.91
SEAL, BEARDED (OOGROK), MEAT, RAW (ALASKA NATIVE)	110	26.7	4.12
DUCK, SCOTER, WHITE-WINGED, MEAT (ALASKA NATIVE)	84	20.2	4.16
Whale, beluga, meat, raw (Alaska Native)	111	26.5	4.19
Seal, bearded (Oogruk), meat, dried (Alaska Native)	351	82.6	4.25
SEAL, BEARDED (OOGROK), MEAT, PART DRIED (ALASKA NATIVE)	270	62.38	4.33
SEAL, BEARDED (OOGROK), MEAT, PART DRIED (ALASKA NATIVE)	270	62.38	4.33
SEAWEED, SPIRULINA, RAW	26	5.92	4.39
WALRUS, MEAT, DRIED (ALASKA NATIVE)	251	57	4.4
EGG, WHITE, RAW, FRESH	48	10.9	4.4
FISH, LINGCOD, MEAT, RAW (ALASKA NATIVE)	79	17.9	4.41
FROG LEGS, RAW	73	16.4	4.45
EMU, OUTSIDE DRUM, RAW	103	23.08	4.46
TURKEY, FRYER-ROASTERS, LT MEAT, MEAT ONLY, RAW	108	24.18	4.47
BUFFALO, FREE RANGE, TOP RND STEAK, CKD (SHOSHONE BANNOCK)	146	32.51	4.49
TURKEY, FRYER-ROASTERS, BREAST, MEAT ONLY, CKD, RSTD	135	30.06	4.49
TURTLE, GREEN, RAW	89	19.8	4.49
TURKEY, FRYER-ROASTERS, BREAST, MEAT ONLY, RAW	111	24.6	4.51
TURKEY, BREAST, SMOKED, LEMON PEPPER FLAVOR, 97% FAT-FREE	95	20.9	4.55
TEA, RTD, UNSWTND, WENDY'S, FAST FD, WO/ ICE	1	0.22	4.55
TUNA, LT, CND IN H2O, WO/SALT, DRND SOL	116	25.51	4.55
TUNA, LT, CND IN H2O, DRND SOL	116	25.51	4.55
LING, COOKED, DRY HEAT	111	24.35	4.56
EGG, WHITE, DRIED, PDR, GLUCOSE RED	376	82.4	4.56
EGG, WHITE, DRIED, FLAKES, GLUCOSE RED	351	76.92	4.56
CARIBOU, SHLDR MEAT, DRIED (ALASKA NATIVE) - CY040CF	271	59.38	4.56
PIKE, NORTHERN, RAW	88	19.26	4.57
COD, PACIFIC, CKD, DRY HEAT	105	22.95	4.58
PIKE, NORTHERN, CKD, DRY HEAT	113	24.69	4.58
EMU, FAN FILLET, RAW	103	22.5	4.58
GAME MEAT, MOOSE, CKD, RSTD	134	29.27	4.58
COD, PACIFIC, RAW	82	17.9	4.58
CUSK, RAW	87	18.99	4.58
LING, RAW	87	18.99	4.58
SUNFISH, PUMPKIN SD, CKD, DRY HEAT	114	24.87	4.58
EMU, FLAT FILLET, RAW	102	22.25	4.58
GAME MEAT, MOOSE, RAW	102	22.24	4.59
SUNFISH, PUMPKIN SEED, RAW	89	19.4	4.59
CRAB, ALASKA KING, RAW	84	18.29	4.59
DOLPHINFISH, RAW	85	18.5	4.59
DOLPHINFISH, CKD, DRY HEAT	109	23.72	4.6
HADDOCK, SMOKED	116	25.23	4.6
COD, ATLANTIC, CKD, DRY HEAT	105	22.83	4.6
CUSK, COOKED, DRY HEAT	112	24.35	4.6
HADDOCK, RAW	87	18.91	4.6
COD, ATLANTIC, RAW	82	17.81	4.6
COD, ATLANTIC, CND, SOL&LIQ	105	22.76	4.61
WHITEFISH, MXD SP, SMOKED	108	23.4	4.62
COD, ATLANTIC, DRIED&SALTED	290	62.82	4.62
Buffalo, free range, top round steak, raw (Shoshone Bannock)	99	21.44	4.62
MOOSE, MEAT, RAW (ALASKA NATIVE)	103	22.3	4.62
TUNA, FRESH, YELLOWFIN, RAW	108	23.38	4.62
HADDOCK, COOKED, DRY HEAT	112	24.24	4.62
ROUGHY, ORANGE, RAW	76	16.41	4.63
TURKEY, FRYER-ROASTERS, LT MEAT, MEAT ONLY, CKD, RSTD	140	30.19	4.64
ROUGHY, ORANGE, CKD, DRY HEAT	105	22.64	4.64
TUNA, YELLOWFIN, FRSH, CKD, DRY HEAT	139	29.97	4.64
BURBOT, COOKED, DRY HEAT	115	24.76	4.64
OSCAR MAYER, CHICK BREAST (OVEN RSTD, FAT FREE)	85	18.3	4.64
BURBOT, RAW	90	19.31	4.66
TUNA, SKIPJACK, FRSH, CKD, DRY HEAT	132	28.21	4.68
WHALE, BELUGA, MEAT, DRIED (ALASKA NATIVE)	327	69.86	4.68
TUNA, FRESH, SKIPJACK, RAW	103	22	4.68
PERCH, MIXED SPECIES, RAW	91	19.39	4.69

CHEESE,MOZZARELLA,NON-FAT	149	31.7	4.7
CHICKEN BREAST OVEN-ROASTED FAT-FREE SLICED	79	16.79	4.71
PERCH,MXD SP,CKD,DRY HEAT	117	24.86	4.71
EGG,WHITE,DRIED	382	81.1	4.71
COWPEAS,LEAFY TIPS,CKD,BLD,DRND,WO/SALT	22	4.67	4.71
COWPEAS,LEAFY TIPS,CKD,BLD,DRND,W/SALT	22	4.67	4.71
LOUIS RICH,TURKEY BREAST (OVEN RSTD,PORTION FAT FREE)	90	19.1	4.71
TURKEY,FRYER-ROASTERS,WING,MEAT ONLY,RAW	106	22.49	4.71
POLLOCK,WALLEYE,RAW	81	17.18	4.71
POLLOCK,ATLANTIC,RAW	92	19.44	4.73
CAMPBELL SOUP COMPANY,CAMPBELL'S AU JUS GRAVY	8	1.69	4.73
SHRIMP,MXD SP,CKD,MOIST HEAT	99	20.91	4.73
POLLOCK,ATLANTIC,CKD,DRY HEAT	118	24.92	4.74
GROUPE,MIXED SPECIES,RAW	92	19.38	4.75
POUT,OCEAN,RAW	79	16.64	4.75
GROUPE,MXD SP,CKD,DRY HEAT	118	24.84	4.75
CHICKEN BREAST FAT-FREE MESQ FLAVOR SLICED	80	16.8	4.76
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,RAW	110	23.09	4.76
LOUIS RICH,TURKEY BREAST (SMOKED,CARVING BOARD)	94	19.7	4.77
LOBSTER,NORTHERN,CKD,MOIST HEAT	98	20.5	4.78
FISH,TILAPIA,RAW	96	20.08	4.78
POUT,OCEAN,CKD,DRY HEAT	102	21.33	4.78
WATERCRESS,RAW	11	2.3	4.78
LOBSTER,NORTHERN,RAW	90	18.8	4.79
EGG,WHITE,RAW,FROZEN	47	9.8	4.8
CHICKEN,GIZZARD,ALL CLASSES,CKD,SIMMRD	146	30.39	4.8
POLLOCK,WALLEYE,CKD,DRY HEAT	113	23.51	4.81
LINGCOD,RAW	85	17.66	4.81
LINGCOD,COOKED,DRY HEAT	109	22.64	4.81
CRAB,BLUE,RAW	87	18.06	4.82
EMU,INSIDE DRUMS,CKD,BRLD	156	32.38	4.82
LOUIS RICH,TURKEY BREAST (SMOKED,PORTION FAT FREE)	93	19.3	4.82
CRAYFISH,MXD SP,WILD,RAW	77	15.97	4.82
CRAB,BLUE,CANNED	99	20.52	4.82
SCALLOP,(BAY&SEA),CKD,STMD	112	23.2	4.83
GAME MEAT,DEER,TOP RND,LN,1" STEAK,CKD,BRLD	152	31.47	4.83
FLATFISH (FLOUNDER&SOLE SP),RAW	91	18.84	4.83
GAME MEAT,ELK,CKD,RSTD	146	30.19	4.84
GAME MEAT,ELK,RAW	111	22.95	4.84
SHEEPSHEAD,CKD,DRY HEAT	126	26.02	4.84
FLATFISH (FLOUNDER&SOLE SP),CKD,DRY HEAT	117	24.16	4.84
PASTRAMI BF 98% FAT-FREE	95	19.6	4.85
CRAB,QUEEN,CKD,MOIST HEAT	115	23.72	4.85
CRAYFISH,MXD SP,FARMED,RAW	72	14.85	4.85
PIKE,WALLEYE,CKD,DRY HEAT	119	24.54	4.85
CHITON,LEATHERY,GUMBOOTS (ALASKA NATIVE)	83	17.1	4.85
GAME MEAT,BUFFALO,H2O,RAW	99	20.39	4.86
Elk, free range, ground, cooked patties (Shoshone Bannock)	143	29.45	4.86
PIKE,WALLEYE,RAW	93	19.14	4.86
OSTRICH,INSIDE LEG,CKD	141	29.01	4.86
EMU,INSIDE DRUM,RAW	108	22.22	4.86
CUTTLEFISH,MXD SP,RAW	79	16.24	4.86
CUTTLEFISH,MXD SP,CKD,MOIST HEAT	158	32.48	4.86
CRAB,QUEEN,RAW	90	18.5	4.86
TURKEY,YOUNG TOM,LT MEAT,MEAT ONLY,RAW	114	23.43	4.87
SNAPPER,MXD SP,CKD,DRY HEAT	128	26.3	4.87
SNAPPER,MIXED SPECIES,RAW	100	20.51	4.88
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN,UNHTD	91	18.65	4.88
TURKEY,ALL CLASSES,LT MEAT,RAW	115	23.56	4.88
GAME MEAT,BUFFALO,H2O,CKD,RSTD	131	26.83	4.88
CRAYFISH,MXD SP,WILD,CKD,MOIST HEAT	82	16.77	4.89
FISH,TILAPIA,CKD,DRY HEAT	128	26.15	4.89
SHRIMP,MXD SP,CND	100	20.42	4.9
CARIBOU,RUMP MEAT,HALF DRIED (ALASKA NATIVE)	255	52.06	4.9
EMU,FULL RUMP,RAW	112	22.83	4.91

TURKEY,YOUNG HEN,LT MEAT,MEAT ONLY,RAW	116	23.64	4.91
CHICKEN,ROASTING,LT MEAT,MEAT ONLY,RAW	109	22.2	4.91
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,RAW	114	23.2	4.91
WHITING,MIXED SPECIES,RAW	90	18.31	4.92
BEEF,CURED,DRIED	153	31.1	4.92
CHEESE,COTTAGE,NONFAT,UNCRMD,DRY,LRG OR SML CURD	85	17.27	4.92
VITAL WHEAT GLUTEN	370	75.16	4.92
EMU,FAN FILLET,CKD,BRLD	154	31.27	4.92
CRAB,DUNGENESS,CKD,MOIST HEAT	110	22.32	4.93
TURKEY,FRYER-ROASTERS,MEAT ONLY,RAW	110	22.32	4.93
OSCAR MAYER,HAM (40%HAM/WATER PRODUCT,SMOKED,FAT FREE)	72	14.6	4.93
CRAB,DUNGENESS,RAW	86	17.41	4.94
WHITING,MXD SP,CKD,DRY HEAT	116	23.48	4.94
Elk, free range, roast, eye of round, ckd (Shoshone Bannock)	151	30.56	4.94
CONCH,BAKED OR BROILED	130	26.3	4.94
STEELHEAD TROUT,DRIED,FLESH (SHOSHONE BANNOCK)	382	77.27	4.94
CAMPBELL SOUP COMPANY,CAMPBELLS RED & WHITE,BF CONSOMME,COND	16	3.23	4.95
OSTRICH,INSIDE LEG,RAW	111	22.39	4.96
CAMPBELL SOUP COMPANY,CAMPBELL'S RED & WHITE,BF BROTH,COND	12	2.42	4.96
CRAYFISH,MXD SP,FARMED,CKD,MOIST HEAT	87	17.52	4.97
GAME MEAT,DEER,LOIN,LN,1" STEAK,CKD,BRLD	150	30.2	4.97
LOUIS RICH,CHICK BREAST CLASSIC BKD /GRILL (CARVING BOARD)	98	19.7	4.97
GAME MEAT,DEER,TENDERLOIN,LN,0.5-1 LB RST,CKD,BRLD	149	29.9	4.98
EMU,FULL RUMP,CKD,BRLD	168	33.67	4.99
CLAM,MXD SP,CND,LIQ	2	0.4	5
SEAL,RINGED,MEAT (ALASKA NATIVE)	142	28.4	5
CRAB,ALASKA KING,CKD,MOIST HEAT	97	19.35	5.01
ROCKFISH,PACIFIC,MXD SP,RAW	94	18.75	5.01
GAME MEAT,BISON,LN,CKD,RSTD	143	28.44	5.03
VEAL,LEG (TOP RND),LN,RAW	107	21.28	5.03
OSTRICH,OUTSIDE LEG,RAW	115	22.86	5.03
ROCKFISH,PACIFIC,MXD SP,CKD,DRY HEAT	121	24.04	5.03
OCTOPUS (ALASKA NATIVE)	62	12.3	5.04
GAME MEAT,BISON,LN,RAW	109	21.62	5.04
GAME MEAT,ELK,RND,LN,CKD,BRLD	156	30.94	5.04
SEAWEED,SPIRULINA,DRIED	290	57.47	5.05
OCEAN PERCH,ATLANTIC,RAW	94	18.62	5.05
CRAB,BLUE,CKD,MOIST HEAT	102	20.2	5.05
PORK,FRSH,ENHANCED,LOIN,TOP LOIN (CHOPS),BNLESS,LN,RAW	110	21.78	5.05
PORK,CURED,HAM W/ NAT JUICES,SLICE,BONE-IN,LN,UNHTD	123	24.34	5.05
OCEAN PERCH,ATLANTIC,CKD,DRY HEAT	121	23.88	5.07
DUCK,YNG DUCKL,DOM,WH PEKIN,BRST,MEAT,BNLESS,CKD WO/SKN,BRLD	140	27.6	5.07
PORK,CURED,HAM,RUMP,BONE-IN,LN,HTD,RSTD	132	26.02	5.07
TURKEY,FRYER-ROASTERS,MEAT ONLY,CKD,RSTD	150	29.56	5.07
BEAR,POLAR,MEAT,RAW (ALASKA NATIVE)	130	25.6	5.08
OSTRICH,TIP CKD	145	28.49	5.09
GAME MEAT,ANTELOPE,CKD,RSTD	150	29.45	5.09
GAME MEAT,ANTELOPE,RAW	114	22.38	5.09
FISH,HALIBUT,CKD,W/ SKN (ALASKA NATIVE)	113	22.13	5.11
PORK,CURED,HAM,RUMP,BONE-IN,LN,UNHTD	125	24.46	5.11
ELK,FREE RANGE,GROUND,RAW (SHOSHONE BANNOCK)	103	20.14	5.11
Elk, free range, roast, eye of round, raw (Shoshone Bannock)	101	19.74	5.12
OSTRICH,OUTSIDE STRIP,RAW	120	23.36	5.14
SOUP,CHICK BROTH,CND,LESS/REDUCED NA	7	1.36	5.15
MACKEREL,KING,CKD,DRY HEAT	134	26	5.15
TURKEY,YOUNG TOM,LT MEAT,MEAT ONLY,CKD,RSTD	154	29.88	5.15
SOUP,BF BROTH BOUILLON&CONSOMME,CND,COND,COMM	13	2.52	5.16
CISCO,RAW	98	18.99	5.16
DEER (VENISON),SITKA,RAW (ALASKA NATIVE)	111	21.5	5.16
FISH,HERRING EGGS,PACIFIC,DRY (ALASKA NATIVE)	312	60.4	5.17
GAME MEAT,BISON,SHLDR CLOD,LN,0" FAT,RAW	109	21.1	5.17
FISH,SHEEFISH,RAW (ALASKA NATIVE)	115	22.25	5.17
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN,UNHTD	130	25.11	5.18
MACKEREL,KING,RAW	105	20.28	5.18

PORK,FRSH,ENHANCED,LOIN,TENDERLOIN,LN,RAW	106	20.39	5.2
PORK FRSH LOIN TENDERLOIN LN ONLY RAW	109	20.95	5.2
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,STWD	151	28.98	5.21
OSTRICH,TIP RAW	114	21.85	5.22
SHRIMP,MIXED SPECIES,RAW	106	20.31	5.22
MONKFISH,COOKED,DRY HEAT	97	18.56	5.23
GAME MEAT,DEER,RAW	120	22.96	5.23
EMU, TOP LOIN,CKD,BRLD	152	29.07	5.23
GAME MEAT,DEER,CKD,RSTD	158	30.21	5.23
SEA CUCUMBER,YANE (ALASKA NATIVE)	68	13	5.23
GAME MEAT,BISON, TOP RND, LN, 1" STEAK,RAW	122	23.32	5.23
GAME MEAT,RABBIT,WILD,RAW	114	21.79	5.23
PORK,CURED,HAM -- H2O ADDED,SLICE,BONE-IN,LN,UNHTD	91	17.38	5.24
GAME MEAT,RABBIT,WILD,CKD,STWD	173	33.02	5.24
VEAL,SHLDR,ARM,LN,RAW	105	20.04	5.24
SCALLOP,MIXED SPECIES,RAW	88	16.78	5.24
HALIBUT,ATLANTIC&PACIFIC,CKD,DRY HEAT	140	26.69	5.25
PORK,CURED,HAM,SHANK,BONE-IN,LN,HTD,RSTD	139	26.49	5.25
SEA BASS,MXD SP,CKD,DRY HEAT	124	23.63	5.25
MONKFISH,RAW	76	14.48	5.25
GAME MEAT,BISON,RIBEYE,LN,0"FAT,RAW	116	22.1	5.25
TURKEY,ALL CLASSES,LT MEAT,CKD,RSTD	157	29.9	5.25
PORK,CURED,HAM,SHANK,BONE-IN,LN,UNHTD	125	23.79	5.25
BEEF,RND, TOP RND, LN,0"FAT,SEL,CKD,BRSD	190	36.12	5.26
FISH,HALIBUT,RAW,W/ SKN (ALASKA NATIVE)	108	20.53	5.26
TURKEY,FRYER-ROASTERS,BREAST,MEAT&SKN,RAW	125	23.76	5.26
TURKEY,FRYER-ROASTERS,BREAST,MEAT&SKN,CKD,RSTD	153	29.07	5.26
SEA BASS,MXD SP,RAW	97	18.43	5.26
GAME MEAT,DEER,SHLDR CLOD,LN,3-5 LB RST,CKD,BRSD	191	36.28	5.26
GAME MEAT,ELK,TENDERLOIN,LN,CKD,BRLD	162	30.76	5.27
OSTRICH,RND,RAW	116	21.99	5.28
GAME MEAT,GOAT,CKD,RSTD	143	27.1	5.28
PORK,FRSH,ENHANCED,LOIN, TOP LOIN (CHOPS),BNLESS,LN,CKD,BRLD	131	24.81	5.28
GAME MEAT,BISON, TOP SIRLOIN, LN,0"FAT,RAW	113	21.4	5.28
TURKEY,FRYER-ROASTERS,WING,MEAT ONLY,CKD,RSTD	163	30.85	5.28
PORK,FRSH,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	149	28.2	5.28
LOUIS RICH,TURKEY (HONEY RSTD,FAT FREE)	102	19.3	5.28
HALIBUT,ATLANTIC&PACIFIC,RAW	110	20.81	5.29
FISH,BLACKFISH,WHL (ALASKA NATIVE)	82	15.5	5.29
GOAT,RAW	109	20.6	5.29
TURKEY,FRYER-ROASTERS,LEG,MEAT ONLY,RAW	108	20.35	5.31
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,RSTD	165	31.02	5.32
CHICKEN,GIZZARD,ALL CLASSES,RAW	94	17.66	5.32
GUINEA HEN,MEAT ONLY,RAW	110	20.64	5.33
BEEF,RND,EYE OF RND,LN,1/8" FAT,SEL,RAW	119	22.31	5.33
PORK,CURED,HAM,SLICE,BONE-IN,LN,UNHTD	130	24.36	5.34
VEAL,LEG (TOP RND),LN,CKD,RSTD	150	28.07	5.34
SHEEPSHEAD,RAW	108	20.21	5.34
VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	98	18.3	5.36
VEAL,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	129	24.08	5.36
OSTRICH,INSIDE STRIP,RAW	127	23.69	5.36
OSTRICH,FAN,RAW	117	21.81	5.36
PORK,FRSH,ENHANCED,LOIN,TENDERLOIN,LN,CKD,RSTD	116	21.61	5.37
OSCAR MAYER,TURKEY BREAST (SMOKED,FAT FREE)	80	14.9	5.37
PORK,CURED,HAM,SLICE,BONE-IN,LN,HTD,PAN-BROIL	146	27.18	5.37
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN,UNHTD	122	22.71	5.37
VEAL,CUBED FOR STEW (LEG&SHLDR),LN,RAW	109	20.27	5.38
VEAL,CUBED FOR STEW (LEG&SHLDR),LN,CKD,BRSD	188	34.94	5.38
TURKEY,YOUNG HEN,LT MEAT,MEAT ONLY,CKD,RSTD	161	29.89	5.39
TURKEY,YOUNG TOM,MEAT ONLY,RAW	117	21.72	5.39
GAME MEAT,ELK,LOIN,LN,CKD,BRLD	167	31	5.39
CARIBOU,HIND QUARTER MEAT,RAW (ALASKA NATIVE)	122	22.63	5.39
SOUP,BF BROTH,BOUILLON,CONSOMME,PREP W/ EQ VOLUME H2O	12	2.22	5.41
PORK,CURED,HAM W/ NAT JUICES,SLICE,BONE-IN,LN,HTD,PAN-BROIL	150	27.75	5.41
PORK,FRSH,ENHANCED,LOIN,TENDERLOIN,LN & FAT,RAW	109	20.16	5.41

SPINY LOBSTER,MXD SP,CKD,MOIST HEAT	143	26.41	5.41
TUNA,WHITE,CND IN H2O,DRND SOL	128	23.62	5.42
TUNA,WHITE,CND IN H2O,WO/SALT,DRND SOL	128	23.62	5.42
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT ONLY,RAW	111	20.46	5.43
BEEF,RND, TOP RND, LN, 1/4" FAT, SEL, CKD, BRSD	196	36.12	5.43
MORI-NU, TOFU, SILKEN, LITE EX FIRM	38	7	5.43
SPINY LOBSTER, MXD SP, RAW	112	20.6	5.44
BEEF, RND, TIP RND, LN, 0" FAT, SEL, CKD, RSTD	149	27.37	5.44
QUAIL, BREAST, MEAT ONLY, RAW	123	22.59	5.44
VEAL, SIRLOIN, LN, RAW	110	20.2	5.45
TURKEY, FRYER-ROASTERS, LEG, MEAT ONLY, CKD, RSTD	159	29.19	5.45
BEEF, RND, EYE OF RND, LN, 0" FAT, SEL, CKD, RSTD	163	29.92	5.45
BASS, STRIPED, CKD, DRY HEAT	124	22.73	5.46
PHEASANT, BREAST, MEAT ONLY, RAW	133	24.37	5.46
CHICKEN, ROASTING, MEAT ONLY, RAW	111	20.33	5.46
OSTRICH, OUTSIDE STRIP, CKD	156	28.55	5.46
PORK, FRSH, LOIN, TENDERLOIN, LN, CKD, RSTD	143	26.17	5.46
TURKEY, ALL CLASSES, MEAT ONLY, RAW	119	21.77	5.47
BASS, STRIPED, RAW	97	17.73	5.47
BF, RND, KNUCKLE, TIP SIDE, STEAK, LN & FAT, 0" FAT, SE, CKD, GRILLED	160	29.24	5.47
WOLFFISH, ATLANTIC, CKD, DRY HEAT	123	22.44	5.48
TILEFISH, RAW	96	17.5	5.49
WOLFFISH, ATLANTIC, RAW	96	17.5	5.49
SMELT, RAINBOW, CKD, DRY HEAT	124	22.6	5.49
BEEF, RND, EYE OF RND, LN, 1/8" FAT, ALL GRDS, RAW	124	22.6	5.49
SUCKER, WHITE, RAW	92	16.76	5.49
OSCAR MAYER CHICKEN BREAST (HONEY GLAZED)	109	19.85	5.49
OSTRICH, TOP LOIN, RAW	119	21.67	5.49
PORK, CURED, HAM W/ NAT JUICES, WHL, BNLESS, LN, HTD, RSTD	113	20.57	5.49
VEAL, SHANK (FORE&HIND), LN, CKD, BRSD	177	32.22	5.49
OCTOPUS, COMMON, CKD, MOIST HEAT	164	29.82	5.5
OCTOPUS, COMMON, RAW	82	14.91	5.5
SMELT, RAINBOW, RAW	97	17.63	5.5
CHICKEN, BROILERS OR FRYERS, LT MEAT, MEAT ONLY, CKD, STWD	159	28.88	5.51
BEEF, RND, EYE OF RND RST, LN, 1/8" FAT, SEL, CKD, RSTD	163	29.59	5.51
BEEF, RND, TOP RND, LN, 0" FAT, ALL GRDS, CKD, BRSD	199	36.12	5.51
OSTRICH, TOP LOIN, CKD	155	28.12	5.51
VEAL, VAR MEATS&BY-PRODUCTS, THYMUS, CKD, BRSD	125	22.67	5.51
VEAL, LEG (TOP RND), LN, CKD, PAN-FRIED, NOT BREADED	183	33.17	5.52
OSTRICH, OYSTER, CKD	159	28.81	5.52
LOUIS RICH, CHICK BREAST (OVEN RSTD DELUXE)	101	18.3	5.52
VEAL, VAR MEATS&BY-PRODUCTS, LUNGS, RAW	90	16.3	5.52
BEEF, RND, EYE OF RND, LN, 0" FAT, ALL GRDS, CKD, RSTD	162	29.33	5.52
VEAL, LEG (TOP RND), LN, CKD, BRSD	203	36.71	5.53
PORK, CURED, HAM W/ NAT JUICES, SLICE, BNLESS, LN, HTD, PAN-BROIL	116	20.95	5.54
SUCKER, WHITE, CKD, DRY HEAT	119	21.49	5.54
VEAL, COMP OF RTL CUTS, LN, RAW	112	20.2	5.54
STURGEON, MXD SP, SMOKED	173	31.2	5.54
VEAL, VAR MEATS&BY-PRODUCTS, LUNGS, CKD, BRSD	104	18.74	5.55
PORK, CURED, HAM W/ NAT JUICES, WHL, BNLESS, LN & FAT, HTD, RSTD	114	20.54	5.55
BEEF, RND, TOP RND, LN, 0" FAT, SEL, CKD, BRSD	176	31.7	5.55
SCUP, RAW	105	18.88	5.56
CHICKEN, BROILERS OR FRYERS, MEAT ONLY, RAW	119	21.39	5.56
OSTRICH, TENDERLOIN, RAW	123	22.07	5.57
FISH, HERRING EGGS ON GIANT KELP, PACIFIC (ALASKA NATIVE)	63	11.3	5.58
SCUP, COOKED, DRY HEAT	135	24.21	5.58
VEAL, LEG (TOP RND), LN&FAT, RAW	117	20.98	5.58
BEEF, RND, TOP RND, LN, 1/8" FAT, SEL, RAW	129	23.13	5.58
OSTRICH, INSIDE STRIP, CKD	164	29.37	5.58
PRK, CRD, HAM W/ NAT JUCS, SPRL SLC, MEAT ONLY, BNLES, LN, HTD, RSTD	126	22.56	5.59
SNAIL, RAW	90	16.1	5.59
CHICKEN, BROILERS OR FRYERS, BREAST, MEAT ONLY, CKD, FRIED	187	33.44	5.59
BEEF, RND, TOP RND, LN & FAT, 0" FAT, SEL, CKD, BRSD	177	31.65	5.59
BEEF, RND, EYE OF RND, LN, 1/8" FAT, CHOIC, RAW	128	22.88	5.59
CHICKEN, BROILERS OR FRYERS, LT MEAT, MEAT ONLY, CKD, RSTD	173	30.91	5.6

PORK,FRSH,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	100	17.86	5.6
BEEF,RND,TOP RND,LN,1/8" FAT,SEL,CKD,BRLD	177	31.61	5.6
LOUIS RICH,TURKEY BREAST (OVEN RSTD,FAT FREE)	84	15	5.6
VEAL,SHANK (FORE&HIND),LN,RAW	108	19.28	5.6
FISH,SALMON,CHUM,RAW (ALASKA NATIVE)	116	20.69	5.61
TURKEY,YOUNG HEN,MEAT ONLY,RAW	122	21.76	5.61
GAME MEAT,CARIBOU,CKD,RSTD	167	29.77	5.61
GAME MEAT,CARIBOU,RAW	127	22.63	5.61
BEEF,RND,TOP RND,LN&FAT,0"FAT,SEL,CKD,BRSD	200	35.62	5.61
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,SEL,RAW	125	22.26	5.62
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT ONLY,CKD,RSTD	162	28.84	5.62
GAME MEAT,SQUIRREL,CKD,RSTD	173	30.77	5.62
VEAL,SHLDR,ARM,LN,CKD,BRSD	201	35.73	5.63
PORK,FRSH,ENHANCED,LOIN,TENDERLOIN,LN & FAT,CKD,RSTD	121	21.5	5.63
KENTUCKY FRIED CHICK,EX CRISPY,BREAST,MEAT ONLY	166	29.47	5.63
GAME MEAT,BISON,CHUCK,SHLDR CLOD,LN,3-5 LB RST,RAW	119	21.12	5.63
BEEF,RND,EYE OF RND,LN,0"FAT,CHOIC,CKD,RSTD	162	28.74	5.64
BEEF,RND,TIP RND,LN,1/4"FAT,SEL,RAW	119	21.11	5.64
CHICKEN,ROASTING,LT MEAT,MEAT ONLY,CKD,RSTD	153	27.13	5.64
PHEASANT,RAW,MEAT ONLY	133	23.57	5.64
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,CKD,RSTD	147	26.04	5.65
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT 0" FAT,SEL,RAW	124	21.96	5.65
PORK,CURED,HAM W/ NAT JUICS,SLICE,BNLES,LN & FAT,HTD,PAN-BRL	118	20.89	5.65
PORK,CURED,HAM -- H2O ADDED,RUMP,BONE-IN,LN,HTD,RSTD	121	21.41	5.65
GAME MEAT,SQUIRREL,RAW	120	21.23	5.65
GAME MEAT,BOAR,WILD,CKD,RSTD	160	28.3	5.65
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN,UNHTD	110	19.44	5.66
VEAL,SHLDR,WHL (ARM&BLD),LN,RAW	112	19.79	5.66
BALSAM-PEAR (BITTER GOURD),LEAFY TIPS,RAW	30	5.3	5.66
PORK,CURED,HAM W/ NAT JUICES,SPIRAL SLICE,BNLESS,LN,UNHTD	109	19.25	5.66
TURKEY,GIZZARD,ALL CLASSES,CKD,SIMMRD	123	21.72	5.66
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN,RAW	127	22.41	5.67
LAMB,NZ,IMP,FRZ,FORESHANK,LN,RAW	118	20.82	5.67
GAME MEAT,BOAR,WILD,RAW	122	21.51	5.67
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN,HTD,RSTD	137	24.14	5.68
BEEF,RND,TOP RND,LN,1/4"FAT,ALL GRDS,CKD,BRSD	205	36.12	5.68
HAM,SLICED,EX LN	107	18.85	5.68
BEEF,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	92	16.2	5.68
LOUIS RICH,TURKEY BREAST&WHITE TURKEY (SMOKED SLICED)	100	17.6	5.68
BEEF,CHUCK,MOCK TENDER STK,LN,1/4" FAT,USDA SEL,RAW	109	19.18	5.68
YEAST EXTRACT SPREAD	158	27.8	5.68
LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	113	19.88	5.68
BEEF,RND,EYE OF RND,LN,1/8" FAT,ALL GRDS,CKD,RSTD	169	29.73	5.68
CATFISH,CHANNEL,WILD,CKD,DRY HEAT	105	18.47	5.68
TURKEY BREAST,PRE-BASTED,MEAT&SKN,CKD,RSTD	126	22.16	5.69
LAMB,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	95	16.7	5.69
SALMON,RED (SOCKEYE),FILETS W/ SKN,SMOKED (ALASKA NATIVE)	345	60.62	5.69
LAMB,DOM,FORESHANK,LN,1/4"FAT,CHOIC,RAW	120	21.08	5.69
BEEF,RND,EYE OF RND,LN&FAT,0"FAT,SEL,CKD,RSTD	169	29.67	5.7
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,SEL,CKD,BRSD	189	33.18	5.7
TURKEY,FRYER-ROASTERS,LT MEAT,MEAT&SKN,CKD,RSTD	164	28.77	5.7
BEEF,TOP SIRLOIN,LN,1/8" FAT,SEL,RAW	127	22.27	5.7
BEEF,RND,TIP RND,LN,0" FAT,SEL,RAW	122	21.38	5.71
GAME MEAT,BISON,CHUCK,SHLDR CLOD,LN,3-5 LB RST,CKD,BRSD	193	33.78	5.71
POPEYES,FRIED CHICK,SPICY,BREAST,MEAT ONLY	166	29.04	5.72
BEEF,RND,FULL CUT,LN,1/4"FAT,SEL,RAW	126	22.03	5.72
TURKEY,YOUNG TOM,MEAT ONLY,CKD,RSTD	168	29.36	5.72
BEEF,RND,TOP RND,LN,0"FAT,CHOIC,CKD,BRSD	207	36.12	5.73
EMU,GROUND,CKD,PAN-BROILED	163	28.43	5.73
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,RAW	126	21.97	5.74
BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	105	18.3	5.74
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,1/4" FAT,USDA SEL,RAW	110	19.16	5.74
WHELK,UNSPECIFIED,RAW	137	23.84	5.75
BEEF,TOP SIRLOIN,LN,0"FAT,SEL,CKD,BRLD	177	30.8	5.75
CHICKEN,CORNISH GAME HENS,MEAT ONLY,CKD,RSTD	134	23.3	5.75

VEAL,LOIN,LN,RAW	116	20.17	5.75
SQUIRREL,GROUND,MEAT (ALASKA NATIVE)	111	19.3	5.75
HORMEL,CURE 81 HAM	106	18.43	5.75
FISH,WHITEFISH,HEAD,EYES,CHEEKS & SOFT BONES (ALASKA NATIVE)	107	18.6	5.75
VEAL,SHLDR,BLADE,LN,RAW	113	19.64	5.75
FISH,SALMON,RED,(SOCKEYE),KIPPERED (ALASKA NATIVE)	141	24.5	5.76
TURKEY,FRYER-ROASTERS,LT MEAT,MEAT&SKN,RAW	133	23.09	5.76
PORK,FRSH,ENHANCED,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,RAW	123	21.35	5.76
ALFALFA SEEDS,SPROUTED,RAW	23	3.99	5.76
BEEF,RND,BTTM RND LN,1/8" FAT,SEL,CKD,RSTD	164	28.45	5.76
BEEF,SHRT LOIN,TOP LOIN,LN,1/8" FAT,SEL,RAW	133	23.07	5.77
GAME MEAT,BISON,TOP RND,LN,1" STEAK,CKD,BRLD	174	30.18	5.77
BEEF,RND,EYE OF RND,LN&FAT,0" FAT,ALL GRDS,CKD,RSTD	168	29.13	5.77
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	124	21.5	5.77
WHELK,UNSPEC,CKD,MOIST HEAT	275	47.68	5.77
BEEF,RND,BTTM RND,LN,1/8" FAT,ALL GRDS,RAW	128	22.19	5.77
BEEF,RND,BTTM RND,LN,1/8" FAT,SEL,RAW	128	22.18	5.77
POPEYES,FRIED CHICK,MILD,BREAST,MEAT ONLY,SKN	168	29.11	5.77
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,RAW	127	21.99	5.78
VEAL,LEG (TOP RND),LN&FAT,CKD,RSTD	160	27.7	5.78
BEEF,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	145	25.1	5.78
BF,RND,KNUCK,TIP SIDE,STK,LN & FAT,0" FAT,ALL GRDS,CKD,GRLD	168	29.08	5.78
PORK,CURED,HAM W/ NAT JUICES,WHL,BNLESS,LN & FAT,UNHTD	112	19.38	5.78
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,RAW	119	20.59	5.78
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,SEL,RAW	124	21.45	5.78
CHICKEN,CORNISH GAME HENS,MEAT ONLY,RAW	116	20.04	5.79
LOUIS RICH,TURKEY BREAST & WHITE TURKEY (OVEN ROASTED)	99	17.1	5.79
CLAM,MXD SP,CKD,MOIST HEAT	148	25.55	5.79
CLAM,MXD SP,CND,DRND SOL	148	25.55	5.79
LAMB,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	137	23.65	5.79
BEEF,VAR MEATS&BY-PRODUCTS,HEART,CKD,SIMMRD	165	28.48	5.79
OSCAR MAYER,WIENERS (FAT FREE HOT DOGS)	73	12.6	5.79
BEEF,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,SIMMRD	158	27.27	5.79
BEEF,TOP SIRLOIN,LN,1/8" FAT,SEL,CKD,BRLD	170	29.34	5.79
CLAM,MIXED SPECIES,RAW	74	12.77	5.79
TURKEY,ALL CLASSES,MEAT ONLY,CKD,RSTD	170	29.32	5.8
CATFISH,CHANNEL,WILD,RAW	95	16.38	5.8
OSTRICH,OYSTER,RAW	125	21.55	5.8
TURKEY,LT OR DK MEAT,SMOKED,CKD,SKN & BONE REMOVED	170	29.3	5.8
KENTUCKY FRIED CHICK,ORIGINAL RECIPE,BREAST,MEAT ONLY	171	29.46	5.8
PORK,FRSH,ENHCD,LN,TOP LOIN (CHOPS),BNLESS,LN & FAT,CKD,BRLD	142	24.46	5.81
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,NO NA	72	12.4	5.81
BEEF,RND,EYE OF RND,LN&FAT,0" FAT,CHOIC,CKD,RSTD	166	28.58	5.81
TURKEY,FRYER-ROASTERS,BACK,MEAT ONLY,RAW	120	20.66	5.81
TROUT,RAINBOW,WILD,RAW	119	20.48	5.81
CHEESE,COTTAGE,LOWFAT,1% MILKFAT	72	12.39	5.81
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,RAW	120	20.65	5.81
PORK,CURED,HAM W/ NAT JUICES,SHANK,BONE-IN,LN,HTD,RSTD	145	24.95	5.81
BEEF,SHRT LOIN,TOP LOIN,LN,0" FAT,SEL,CKD,BRLD	172	29.59	5.81
BEEF,RND,TOP RND,LN,1/8" FAT,ALL GRDS,CKD,BRLD	185	31.82	5.81
SALMON,PINK,RAW	116	19.94	5.82
CHICKEN,BROILERS OR FRYERS,GIBLETS,CKD,SIMMRD	158	27.15	5.82
BEEF,RND,BTTM RND,LN,1/8" FAT,ALL GRDS,CKD	163	28	5.82
BEEF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,SEL,RAW	129	22.15	5.82
SALMON,PINK,CKD,DRY HEAT	149	25.56	5.83
VEAL,LEG (TOP RND),LN&FAT,CKD,BRSD	211	36.16	5.84
PORK,CURED,HAM & H2O PRODUCT,SLICE,BONE-IN,LN,HTD,PAN-BROIL	122	20.9	5.84
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,ENH,LN,CKD,PAN-BROIL	169	28.95	5.84
BEEF,BRISKET,FLAT HALF,LN,0" FAT,SEL,CKD,BRSD	198	33.9	5.84
BEEF,CURED,LUNCHEON MEAT,JELLIED	111	19	5.84
BEEF,CHUCK,ARM POT RST,LN,0" FAT,SEL,CKD,BRSD	195	33.37	5.84
CROAKER,ATLANTIC,RAW	104	17.78	5.85
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT ONLY,CKD,FRIED	192	32.82	5.85
COCKLES,RAW (ALASKA NATIVE)	79	13.5	5.85
FISH,SALMON,RED,(SOCKEYE),CND,SMOKED (ALASKA NATIVE)	206	35.19	5.85

USDA CMDTY,CHICK,CND,MEAT ONLY,W/ H2O	129	22.02	5.86
BEEF,RND,EYE OF RND LN,1/8" FAT,CHOIC,CKD,RSTD	175	29.87	5.86
TURKEY,FRYER-ROASTERS,LEG,MEAT&SKN,RAW	118	20.13	5.86
BEEF,RND,TOP RND,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	209	35.62	5.87
BEEF,RND,TOP RND,LN,0" FAT,ALL GRDS,CKD,BRLD	186	31.7	5.87
VEAL,VAR MEATS&BY-PRODUCTS,THYMUS,RAW	101	17.21	5.87
LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,RAW	101	17.2	5.87
MOR-NU,TOFU,SILKEN,LITE FIRM	37	6.3	5.87
BEEF,RND,TIP RND,LN,1/4"FAT,ALL GRDS,RAW	124	21.11	5.87
BEEF,RND,FULL CUT,LN,1/4"FAT,SEL,CKD,BRLD	172	29.25	5.88
BEEF,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	120	20.4	5.88
BEEF,RND,TOP RND,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	186	31.61	5.88
EMU,GROUND,RAW	134	22.77	5.88
BEEF,SHANK CROSSCUTS,LN,1/4"FAT,CHOIC,RAW	128	21.75	5.89
USDA CMDTY CHICK,CND,MEAT ONLY,DRND	162	27.52	5.89
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,ALL GRDS,RAW	127	21.57	5.89
BEEF,CHUCK,MOCK TENDER STK,LN,1/4" FAT,ALL GRDS,RAW	112	19.01	5.89
SALMON,PINK,CND,DRND SOL W/BONE	136	23.08	5.89
BEEF,RND,TOP RND,LN,1/8" FAT,ALL GRDS,RAW	135	22.91	5.89
Fish, salmon, red, canned, bones removed (Alaska Native)	161	27.31	5.9
PORK,FRSH,LOIN,TOP LOIN (ROASTS),BNLESS,LN,RAW	132	22.39	5.9
LAMB,VAR MEATS&BY-PRODUCTS,SPLEEN,CKD,BRSD	156	26.46	5.9
BEEF,RND,TOP RND,LN,1/4"FAT,CHOIC,CKD,BRSD	213	36.12	5.9
BEEF,RND,BTTM RND,LN,0"FAT,SEL,CKD,BRSD	206	34.93	5.9
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN,RAW	123	20.85	5.9
VEAL,SHANK (FORE&HIND),LN&FAT,RAW	113	19.15	5.9
LAMB,AUS,IMP,FRSH,FORESHANK,LN,1/8"FAT,RAW	123	20.83	5.9
SQUID,MIXED SPECIES,RAW	92	15.58	5.91
VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,BRSD	199	33.68	5.91
OSCAR MAYER,WIENERS (BEEF FRANKS,FAT FREE)	78	13.2	5.91
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,ALL GRDS,CKD,BRSD	196	33.15	5.91
TURBOT,EUROPEAN,RAW	95	16.05	5.92
BEEF,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	103	17.4	5.92
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,SEL,CKD,BRSD	205	34.6	5.92
BF,RND,OUT RND,BTTM RND,STEAK,LN & FAT,0" FAT,SE,CKD,GRILLED	166	28.01	5.93
SALMON,COHO,WILD,CKD,DRY HEAT	139	23.45	5.93
TURBOT,EUROPEAN,CKD,DRY HEAT	122	20.58	5.93
BEEF,TOP SIRLOIN,LN,1/8" FAT,ALL GRDS,RAW	131	22.09	5.93
CHICKEN,STEWING,LT MEAT,MEAT ONLY,RAW	137	23.1	5.93
USDA CMDTY,CHICK,CND,MEAT ONLY,W/ BROTH	133	22.41	5.93
Fish, whitefish, dried (Alaska Native)	371	62.44	5.94
PORK,CURED,HAM -- H2O ADDED,SLICE,BONE-IN,LN,HTD,PAN-BROIL	131	22.04	5.94
PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	151	25.4	5.94
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,1/4" FAT,ALL GRDS,RAW	113	19	5.95
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,CHOIC,RAW	129	21.69	5.95
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	129	21.69	5.95
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,SEL,RAW	134	22.53	5.95
BEEF,RND,BTTM RND,LN,1/8" FAT,SEL,CKD,BRSD	205	34.46	5.95
WALRUS,LIVER,RAW (ALASKA NATIVE)	125	21	5.95
SALMON,CHUM,RAW	120	20.14	5.96
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BONE-IN,LN,RAW	129	21.65	5.96
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,RAW	120	20.13	5.96
OSCAR MAYER,HAM (H2O ,SMOKED,CKD)	99	16.6	5.96
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LUNGS,CKD,BRSD	99	16.6	5.96
SALMON,CHUM,CKD,DRY HEAT	154	25.82	5.96
TURKEY,FRYER-ROASTERS,LEG,MEAT&SKN,CKD,RSTD	170	28.49	5.97
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN,UNHTD	107	17.93	5.97
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,LACTOSE RED	74	12.4	5.97
BEEF,SHANK CROSSCUTS,LN,1/4"FAT,CHOIC,CKD,SIMMRD	201	33.68	5.97
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,ALL GRDS,RAW	132	22.11	5.97
BEEF,RND,BTTM RND RST,LN,0" FAT,SEL,CKD,RSTD	169	28.29	5.97
BEEF,RND,TIP RND,LN,0" FAT,ALL GRDS,RAW	126	21.07	5.98
TURKEY,YOUNG HEN,MEAT ONLY,CKD,RSTD	175	29.25	5.98
TURKEY,FRYER-ROASTERS,MEAT&SKN,RAW	134	22.37	5.99
BEEF,TOP SIRLOIN,LN,0"FAT,ALL GRDS,CKD,BRLD	183	30.55	5.99

OWL,HORNED,FLESH,RAW (ALASKA NATIVE)	136	22.7	5.99
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/CHICK	48	8	6
LAMB,AUS,IMP,FRSH,FORESHANK,LN,1/8"FAT,CKD,BRSD	165	27.5	6
TILEFISH,COOKED,DRY HEAT	147	24.49	6
TURKEY,FRYER-ROASTERS,MEAT&SKN&GIBLETS&NECK,RAW	133	22.15	6
VEAL,SIRLOIN,LN,CKD,BRSD	204	33.96	6.01
BEEF,CHUCK,MOCK TENDER STK,LN,0" FAT,USDA SEL,CKD,BRLD	157	26.13	6.01
VEAL,RIB,LN,RAW	120	19.97	6.01
GAME MEAT,BISON,RIBEYE,LN,1" STEAK,CKD,BRLD	177	29.45	6.01
BEEF,SHRT LOIN,TOP LOIN,LN,1/8" FAT,SEL,CKD,BRLD	177	29.44	6.01
BEEF,SHRT LOIN,TOP LOIN,LN,1/8" FAT,ALL GRDS,RAW	138	22.93	6.02
BEEF,RND,TOP RND,LN,1/8" FAT,CHOIC,CKD,BRLD	193	32.04	6.02
SEAWEED,LAVER,RAW	35	5.81	6.02
CHICKEN,ROASTING,DK MEAT,MEAT ONLY,RAW	113	18.74	6.03
LAMB,DOM,FORESHANK,LN,1/4"FAT,CHOIC,CKD,BRSD	187	31.01	6.03
PUMPKIN LEAVES,RAW	19	3.15	6.03
BEEF,CHUCK,MOCK TENDER STK,LN,1/4" FAT,USDA CHOIC,RAW	114	18.9	6.03
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,1/4" FAT,USDA CHOIC,RAW	114	18.89	6.03
PHEASANT,LEG,MEAT ONLY,RAW	134	22.2	6.04
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LUNGS,RAW	85	14.08	6.04
BASS,FRESHWATER,MXD SP,CKD,DRY HEAT	146	24.18	6.04
BF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,CH,CKD,GRILLED	174	28.79	6.04
BASS,FRSH H2O,MXD SP,RAW	114	18.86	6.04
BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,SEL,RAW	129	21.34	6.04
MULLET,STRIPED,CKD,DRY HEAT	150	24.81	6.05
MULLET,STRIPED,RAW	117	19.35	6.05
LAMB,NZ,IMP,FRZ,FORESHANK,LN,CKD,BRSD	186	30.76	6.05
BEEF,TOP SIRLOIN,LN,1/8" FAT,ALL GRDS,CKD,BRLD	178	29.42	6.05
TURKEY,HEART,ALL CLASSES,CKD,SIMMRD	130	21.47	6.05
VEAL,SHANK (FORE&HIND),LN&FAT,CKD,BRSD	191	31.54	6.06
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,RAW	119	19.65	6.06
VEAL,SHLDR,BLADE,LN,CKD,BRSD	198	32.66	6.06
BEEF,RND,TOP RND,LN&FAT,0"FAT,CHOIC,CKD,BRSD	216	35.62	6.06
TURKEY,FRYER-ROASTERS,BACK,MEAT ONLY,CKD,RSTD	170	28.02	6.07
GAME MEAT,BEAVER,RAW	146	24.05	6.07
PORK,FRSH,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	100	16.46	6.08
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN,RAW	128	21.06	6.08
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,RSTD	172	28.29	6.08
BEEF,RIB,EYE,SML END (RIBS 10- 12) LN,0" FAT,SEL,CKD,BRLD	182	29.93	6.08
GAME MEAT,BEAVER,CKD,RSTD	212	34.85	6.08
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,LN,HTD,RSTD	132	21.69	6.09
TURKEY,FRYER-ROASTERS,MEAT&SKN,CKD,RSTD	172	28.26	6.09
FISH,SALMON,CHUM,DRIED (ALASKA NATIVE)	378	62.09	6.09
BF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,SE,CKD,GRILLED	162	26.61	6.09
TURKEY,FRYER-ROASTERS,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	171	28.08	6.09
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,SEL,CKD,BRLD	188	30.87	6.09
LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,RAW	125	20.52	6.09
TURKEY BREAST MEAT	104	17.07	6.09
GAME MEAT BISON,TOP SIRLOIN,LN,1" STEAK,CKD,BRLD	171	28.05	6.1
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	159	26.08	6.1
ASPARAGUS,FRZ,CKD,BLD,DRND,W/SALT	18	2.95	6.1
ASPARAGUS,FRZ,CKD,BLD,DRND,W/SALT	18	2.95	6.1
BEEF,BRISKET,FLAT HALF,LN & FAT,0" FAT,SEL,CKD,BRSD	205	33.59	6.1
SWORDFISH,COOKED,DRY HEAT	155	25.39	6.1
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,ALL GRDS,RAW	129	21.13	6.11
SWORDFISH,RAW	121	19.8	6.11
CHEESE FOOD,IMITATION	137	22.4	6.12
DUCK,YNG DUCKL,DOM,WH PEKIN,LEG,MEAT,BONE IN,CKD WO/SKN,BRSD	178	29.1	6.12
PORK,CURED,HAM -- H2O ADDED,SHANK,BONE-IN,LN,HTD,RSTD	128	20.92	6.12
BEEF,CHUCK,CLOD RST,LN ONLY,TO 0" FAT,USDA SEL,CKD,RSTD	172	28.09	6.12
BEEF,BRISKET,FLAT HALF,LN,1/8" FAT,CHOIC,CKD,BRSD	203	33.13	6.13
PORK,CURED,HAM W/ NAT JUCS,SPRL SLCE,BNLES,LN & FAT,HTD,RSTD	136	22.18	6.13
GAME MEAT,BEEFALO,COMP OF CUTS,CKD,RSTD	188	30.66	6.13
GAME MEAT,BEEFALO,COMP OF CUTS,RAW	143	23.3	6.14
TURKEY,YOUNG TOM,DK MEAT,MEAT ONLY,RAW	123	20.04	6.14

ABALONE,MIXED SPECIES,RAW	105	17.1	6.14
SOUP,BF BROTH OR BOUILLON CND,RTS	7	1.14	6.14
LAMB,NZ,IMP,FRZ,LOIN,LN,RAW	130	21.17	6.14
VEAL,COMP OF RTL CUTS,LN,CKD	196	31.9	6.14
BEEF,SHRT LOIN,TOP LOIN,LN & FAT,0" FAT,SEL,CKD,BRLD	180	29.29	6.15
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,STWD	169	27.5	6.15
CHEESE,COTTAGE,LOWFAT,1% MILKFAT,W/VEG	67	10.9	6.15
PORK,FRSH,LOIN,TENDERLOIN,LN,CKD,BRLD	187	30.42	6.15
TUNA,FRSH,BLUEFIN,CKD,DRY HEAT	184	29.91	6.15
PORK,CURED,HAM & H2O PRODUCT,RUMP,BONE-IN,LN,HTD,RSTD	131	21.28	6.16
PORK,CURED,HAM -- H2O ADDED,RUMP,BONE-IN,LN,UNHTD	95	15.43	6.16
SQUAB,(PIGEON),LT MEAT WO/SKN,RAW	134	21.76	6.16
QUAIL,MEAT ONLY,RAW	134	21.76	6.16
BEEF,RND,TIP RND,LN,1/4"FAT,CHOIC,RAW	130	21.11	6.16
BEEF,TOP SIRLOIN,LN,1/8" FAT,CHOIC,RAW	135	21.91	6.16
LAMB,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	97	15.74	6.16
BEEF,BRISKET,FLAT HALF,LN,0"FAT,ALL GRDS,CKD,BRSD	205	33.26	6.16
CHICKEN,ROASTING,GIBLETS,CKD,SIMMRD	165	26.77	6.16
TURKEY,GIZZARD,ALL CLASSES,RAW	118	19.14	6.17
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,RAW	128	20.75	6.17
BEEF,RND,TOP RND LN,1/8" FAT,CHOIC,RAW	140	22.69	6.17
TUNA,FRESH,BLUEFIN,RAW	144	23.33	6.17
BABYFOOD,MEAT,VEAL,STR	81	13.12	6.17
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,ALL GRDS,CKD,BRSD	214	34.66	6.17
BEEF,CHUCK,MOCK TENDER STK,LN,0" FAT,ALL GRDS,CKD,BRLD	160	25.9	6.18
EMU,OYSTER,RAW	141	22.81	6.18
BABYFOOD,MEAT,LAMB,STR	87	14.07	6.18
BEEF,CHUCK,MOCK TENDER STK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	160	25.87	6.18
BLUEFISH,RAW	124	20.04	6.19
BEEF,SHRT LOIN,T-BONE STEAK,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	132	21.33	6.19
BLUEFISH,COOKED,DRY HEAT	159	25.69	6.19
VEAL,VAR MEATS&BY-PRODUCTS,KIDNEYS,CKD,BRSD	163	26.32	6.19
SHARK,MIXED SPECIES,RAW	130	20.98	6.2
DUCK,WILD,BREAST,MEAT ONLY,RAW	123	19.85	6.2
SEATROUT,MXD SP,CKD,DRY HEAT	133	21.46	6.2
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRLD	193	31.13	6.2
BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,USDA SEL,CKD,RSTD	166	26.75	6.21
BEEF,TOP SIRLOIN,LN,0"FAT,CHOIC,CKD,BRLD	188	30.29	6.21
LOUIS RICH,TURKEY HAM (10% H2O)	113	18.2	6.21
BEEF,RND,KNUCKLE,TIP SIDE,STEAK,LN & FAT,0" FAT,CHOIC,RAW	133	21.41	6.21
SEATROUT,MXD SP,RAW	104	16.74	6.21
CHICKEN,CAPONS,GIBLETS,CKD,SIMMRD	164	26.39	6.21
BEEF,RND,TOP RND,LN,0" FAT,CHOIC,CKD,BRLD	197	31.7	6.21
PORK,CURED,HAM -- H2O ADDED,SLICE,BNLESS,LN,HTD,PAN-BROIL	117	18.82	6.22
GAME MEAT,HORSE,RAW	133	21.39	6.22
GAME MEAT,HORSE,CKD,RSTD	175	28.14	6.22
BEEF,SHRT LOIN,TOP LOIN,LN,0"FAT,ALL GRDS,CKD,BRLD	182	29.25	6.22
CHICKEN,BROILERS OR FRYERS,DK MEAT,MEAT ONLY,RAW	125	20.08	6.23
LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,RAW	128	20.56	6.23
TURKEY,ALL CLASSES,DK MEAT,RAW	125	20.07	6.23
BEEF,RND,BTTM RND,LN&FAT,0"FAT,SEL,CKD,RSTD	175	28.08	6.23
SEAL,RINGED,(ALASKA NATIVE)	116	18.6	6.24
PORK,CURED,HAM,STEAK,BNLESS,EX LN,UNHTD	122	19.56	6.24
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,ADDED P,K,NA,VIT C	345	55.3	6.24
GELATIN DSSRT,DRY MIX,RED CAL,W/ ASPRT,NO ADDED NA	345	55.3	6.24
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BONE-IN,LN,RAW	136	21.79	6.24
BEEF,CHUCK,MOCK TENDER STK,LN,0" FAT,USDA CHOIC,CKD,BRLD	161	25.74	6.25
BEEF,CHCK,MCK TENDER STK,LN & FAT,0" FAT,USDA CHOIC,CKD,BRLD	161	25.73	6.26
BEEF,CURED,THIN-SLICED BF	176	28.11	6.26
BEEF,RND,TIP RND,LN,0" FAT,CHOIC,RAW	130	20.76	6.26
BEEF,RND,FULL CUT,LN,1/4" FAT,CHOIC,RAW	138	22.03	6.26
PEANUT FLOUR,DEFATTED	327	52.2	6.26
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LIVER,RAW	134	21.39	6.26
OSCAR MAYER,HAM (H2O ,BLD)	104	16.6	6.27
PORK,CURED,HAM,WHL,LN,RSTD	157	25.05	6.27

BEEF RND TIP RND LN ONLY TO 1/4" FAT SEL CKD RSTD	180	28.71	6.27
OSCAR MAYER,BOLOGNA (FAT FREE)	79	12.6	6.27
PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	148	23.6	6.27
PORK,FRSH,LOIN, TOP LOIN (CHOPS),BNLESS,LN,CKD,BRLD	173	27.58	6.27
VEAL,SHLDR,ARM,LN,CKD,RSTD	164	26.13	6.28
VEAL,VAR MEATS&BY-PRODUCTS,KIDNEYS,RAW	99	15.76	6.28
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 0" FAT,USDA SEL,CKD,BRSD	191	30.37	6.29
BEEF,RND,BTTM RND,LN,1/8" FAT,ALL GRDS,CKD,BRSD	216	34.34	6.29
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,USDA SEL,CKD,BRSD	183	29.08	6.29
BEEF,RND,BTTM RND,LN,0"FAT,ALL GRDS,CKD,BRSD	214	34	6.29
BEEF,RND,BTTM RND,LN,1/8" FAT,CHOIC,RAW	140	22.22	6.3
YELLOWTAIL,MXD SP,CKD,DRY HEAT	187	29.67	6.3
CHEESE,SWISS,LOW FAT	179	28.4	6.3
YELLOWTAIL,MXD SP,RAW	146	23.14	6.31
BEEF,RND,BTTM RND,LN&FAT,0"FAT,SEL,CKD,BRSD	217	34.39	6.31
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,ALL GRDS,RAW	141	22.33	6.31
BEEF,RND,TIP RND,LN,0" FAT,ALL GRDS,CKD,RSTD	174	27.53	6.32
BEEF,VAR MEATS&BY-PRODUCTS,HEART,RAW	112	17.72	6.32
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,USDA CHOIC,RAW	132	20.88	6.32
TURKEY HAM,SLICED,EX LN,PREPACKAGED OR DELI-SLICED	124	19.6	6.33
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,CHOIC,RAW	139	21.96	6.33
VEAL,RIB,LN,CKD,BRSD	218	34.44	6.33
BEEF,RND, TOP RND, LN & FAT,0" FAT,CHOIC,CKD,BRLD	200	31.57	6.34
BEEF, TOP SIRLOIN, LN, 1/8" FAT, CHOIC, CKD, BRLD	187	29.51	6.34
PORK,FRSH,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	165	26.02	6.34
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN,UNHTD	110	17.34	6.34
PORK,FRSH,LOIN, TOP LOIN (ROASTS),BNLESS,LN,CKD,RSTD	173	27.23	6.35
BEEF,CHUCK,ARM POT RST,LN,0"FAT,CHOIC,CKD,BRSD	212	33.36	6.35
BEEF,GROUND,95% LN MEAT / 5% FAT,PATTY,CKD,PAN-BROILED	164	25.8	6.36
MOOSE,LIVER,BRSD (ALASKA NATIVE)	155	24.38	6.36
BEEF,RND,TIP RND,LN,0"FAT,CHOIC,CKD,RSTD	176	27.68	6.36
WHALE,BELUGA,LIVER,RAW (ALASKA NATIVE)	117	18.4	6.36
BEEF,FLANK,LN,0" FAT,SEL,CKD,BRLD	178	27.96	6.37
BEEF,GROUND,95% LN MEAT / 5% FAT,LOAF,CKD,BKD	174	27.31	6.37
BEEF,TENDERLOIN,LN,0"FAT,SEL,CKD,BRLD	179	28.08	6.37
BEEF,RND,BTTM RND,LN,0"FAT,ALL GRDS,CKD,RSTD	177	27.76	6.38
OSCAR MAYER HAM (WATER ADDED BKD CKD 96% FAT FREE)	104	16.3	6.38
VEAL,SIRLOIN,LN,CKD,RSTD	168	26.32	6.38
VEAL,VAR MEATS&BY-PRODUCTS,HEART,CKD,BRSD	186	29.12	6.39
LAMB,DOM,LEG,SHANK HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	180	28.17	6.39
HORMEL ALWAYS TENDER,PORK TENDERLOIN,PEPPERCORN-FLAVORED	110	17.21	6.39
BEEF,FLANK,LN,0" FAT,SEL,RAW	137	21.43	6.39
BEEF,GROUND,95% LN MEAT / 5% FAT,RAW	137	21.41	6.4
SALMON,CHINOOK,SMOKED,(LOX),REG	117	18.28	6.4
SALMON,CHINOOK,SMOKED	117	18.28	6.4
VEAL,VAR MEATS&BY-PRODUCTS,HEART,RAW	110	17.18	6.4
ROE,MIXED SPECIES,RAW	143	22.32	6.41
BEEF,CHUCK,CLOD RST,LN,0" FAT,ALL GRDS,CKD,RSTD	172	26.82	6.41
PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,RSTD	136	21.16	6.43
FISH,SALMON,COHO (SILVER),RAW (ALASKA NATIVE)	145	22.56	6.43
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 0" FAT,ALL GRDS,CKD,BRSD	192	29.87	6.43
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT&SKN,RAW	129	20.06	6.43
ANCHOVY,EUROPEAN,RAW	131	20.35	6.44
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 1/4" FAT,ALL GRDS,CKD,BRSD	189	29.34	6.44
BEEF,FLANK,LN & FAT,0" FAT,SEL,CKD,BRLD	179	27.78	6.44
BEEF,RND,TIP RND,LN,1/4" FAT,ALL GRDS,CKD,RSTD	185	28.71	6.44
PORK,CURED,HAM & H2O PRODUCT,SHANK,BONE-IN,UNHTD,LN	113	17.53	6.45
CHICKEN,STEWING,LT MEAT,MEAT ONLY,CKD,STWD	213	33.04	6.45
PORK,FRSH,LEG (HAM),RUMP HALF,LN,RAW	137	21.24	6.45
TURKEY,YOUNG TOM,DK MEAT,MEAT ONLY,CKD,RSTD	185	28.68	6.45
BEEF,SHRT LOIN, TOP LOIN LN, 1/8" FAT, ALL GRDS, CKD, BRLD	189	29.3	6.45
BEEF,CHUCK,ARM POT RST,LN,1/8" FAT,CHOIC,CKD,BRSD	224	34.72	6.45
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN CHOPS,BNLESS,LN,1/8"FAT,RAW	132	20.43	6.46
FISH,SALMON,KING,CHINOOK,SMOKED & CND (ALASKA NATIVE)	150	23.2	6.47
BEEF,RND, TOP RND, LN, 1/4" FAT, CHOIC, CKD, PAN-FRIED	227	35.07	6.47

BEEF,BRISKET,FLAT HALF,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	213	32.9	6.47
TURKEY,YOUNG HEN,DK MEAT,MEAT ONLY,RAW	130	20.07	6.48
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN,CKD,BRSD	175	27	6.48
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,STWD	177	27.29	6.49
PORK,CURED,HAM,EX LN (APPROX 4% FAT),CND,UNHTD	120	18.49	6.49
BEEF,RND,BTTM RND,LN,1/8" FAT,CHOIC,CKD,RSTD	179	27.56	6.49
BEEF,BRISKET,FLAT HALF,LN,0" FAT,CHOIC,CKD,BRSD	212	32.62	6.5
BF,CHK, CLOD,SHLDR TENDER,MED,LN & FAT,0" FAT,SE,CKD,GRILLED	172	26.45	6.5
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,SEL,CKD,BRSD	225	34.6	6.5
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN,HTD,RSTD	117	17.99	6.5
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,RAW	133	20.45	6.5
BEEF,GROUND,95% LN MEAT / 5% FAT,PATTY,CKD,BRLD	171	26.29	6.5
STURGEON,MXD SP,RAW	105	16.14	6.51
KRAFT FREE SINGLES AMERICAN NONFAT PAST PROCESS CHS PRODUCT	148	22.7	6.52
LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,RAW	134	20.55	6.52
LUNCHEON MEAT,BF,THIN SLICED	117	17.94	6.52
STURGEON,MXD SP,CKD,DRY HEAT	135	20.7	6.52
SURIMI	99	15.18	6.52
BF,RND,KNUCKLE,TIP CNTR,STK,LN & FAT,0" FAT,ALL,CKD,GRLD	177	27.12	6.53
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,SEL,RAW	137	20.98	6.53
BEEF,FLANK,LN,0" FAT,ALL GRDS,RAW	141	21.57	6.54
BEEF,CHUCK,CLOD STEAK,LN ONLY,TO 0" FAT,USDA CHOIC,CKD,BRSD	193	29.52	6.54
BEEF,CHUCK,CLOD STEAK,LN ONLY,1/4" FAT,USDA CHOIC,CKD,BRSD	193	29.52	6.54
HORMEL ALWAYS TENDER,PORK TENDERLOIN,TERIYAKI-FLAVORED	119	18.2	6.54
BEEF,RND,FULL CUT,LN,1/4"FAT,CHOIC,CKD,BRLD	191	29.21	6.54
LAMB,NZ,IMP,FRZ,LEG,WHL (SHK&SIRL),LN,CKD,RSTD	181	27.68	6.54
TROUT,RAINBOW,WILD,CKD,DRY HEAT	150	22.92	6.54
TURKEY,ALL CLASSES,DK MEAT,CKD,RSTD	187	28.57	6.55
JELLYFISH,DRIED,SALTED	36	5.5	6.55
BEEF,RND,TIP RND,LN,1/4" FAT,CHOIC,CKD,RSTD	188	28.71	6.55
BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	130	19.85	6.55
BEEF,SHRT LOIN,PRTRHS STEAK,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	149	22.75	6.55
CHEESE,COTTAGE,LOWFAT,2% MILKFAT	90	13.74	6.55
SOUP,GAZPACHO,CND,RTS	19	2.9	6.55
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,SEL,CKD,BRLD	201	30.63	6.56
BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,ALL GRDS,CKD,BRLD	193	29.41	6.56
BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,ALL GRDS,CKD,RSTD	173	26.36	6.56
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,RSTD	190	28.93	6.57
BEEF,VAR MEATS & BY-PRODUCTS,LIVER,CKD,BRSD	191	29.08	6.57
BEEF,CHUCK,CLOD RST,LN,1/4" FAT,ALL GRDS,RAW	129	19.63	6.57
TURKEY,FRYER-ROASTERS,DK MEAT,MEAT&SKN,CKD,RSTD	182	27.69	6.57
BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,ALL,RAW	142	21.59	6.58
CHEESE,PAST PROCESS,CHEDDAR OR AMERICAN,FAT-FREE	148	22.5	6.58
SALMON,CHUM,DRND SOL W/BONE	141	21.43	6.58
SALMON,CHUM,CND,WO/SALT,DRND SOL W/BONE	141	21.43	6.58
TURKEY,ALL CLASSES,BREAST,MEAT&SKN,CKD,RSTD	189	28.71	6.58
PORK,CURED,HAM,WHL,LN,UNHTD	147	22.32	6.59
VEAL,SHLDR,WHL (ARM&BLD),LN,CKD,RSTD	170	25.81	6.59
BEEF,CURED,SMOKED,CHOPD BF	133	20.19	6.59
BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,SEL,CKD,RSTD	179	27.17	6.59
BEEF,CHUCK,CLOD RST,LN ONLY,TO 0" FAT,USDA CHOIC,CKD,RSTD	171	25.95	6.59
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,ALL GRDS,CKD,BRLD	195	29.58	6.59
TURKEY,HEART,ALL CLASSES,RAW	113	17.13	6.6
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,RAW	135	20.46	6.6
BEEF, VAR MEATS&BY-PRODUCTS, LIVER, CKD, PAN-FRIED	175	26.52	6.6
SOUP,STOCK,BEEF,HOME-PREPARED	13	1.97	6.6
BF,CHK, CLOD,TOP & CNTR,STK,LN & FAT,0" FAT,SEL,CKD,GRLD	176	26.66	6.6
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,RAW	132	19.99	6.6
LAMB,DOM,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,RAW	134	20.29	6.6
TURKEY,YOUNG TOM,BREAST,MEAT&SKN,CKD,RSTD	189	28.61	6.61
CHICKEN ROLL LT MEAT	110	16.64	6.61
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,RSTD	197	29.8	6.61
TROUT,RAINBOW,FARMED,RAW	138	20.87	6.61
BF,RND,OUT RND,BTTM RND,STK,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	182	27.52	6.61
BEEF,GROUND,95% LN MEAT / 5% FAT,CRUMBLES,CKD,PAN-BROWNED	193	29.17	6.62

HORMEL ALWAYS TENDER,PORK LOIN FILETS,LEMON GARLIC-FLAVORED	118	17.83	6.62
LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4"FAT,CKD,BRSD	223	33.69	6.62
BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,USDA CHOIC,RAW	129	19.48	6.62
LAMB,DOM,CUBED FOR STEW (LEG&SHLDR),LN,1/4"FAT,CKD,BRLD	186	28.08	6.62
BF,CHUCK,SHLDR CLOD, TOP & CNTR,STK,LN & FAT,0" FAT,SEL,RAW	140	21.13	6.63
TURKEY ROLL,LIGHT MEAT	98	14.79	6.63
LAMB,DOM,CUBED FOR STEW OR KABOB (LEG&SHLDR),LN,1/4"FAT,RAW	134	20.21	6.63
BEEF,VAR MEATS&BY-PRODUCTS,LIVER,RAW	135	20.36	6.63
MUSTARD GRNS,CKD,BLD,DRND,WO/SALT	15	2.26	6.64
MUSTARD GRNS,CKD,BLD,DRND,W/SALT	15	2.26	6.64
PORK,FRSH,LEG (HAM),WHL,LN,RAW	136	20.48	6.64
BEEF,SHRT LOIN, TOP LOIN,LN,0"FAT,CHOIC,CKD,BRLD	192	28.91	6.64
SESAME FLOUR,LOW-FAT	333	50.14	6.64
BEEF,RND,BTTM RND,LN&FAT,0"FAT,ALL GRDS,CKD,BRSD	223	33.56	6.64
SPOT,RAW	123	18.51	6.65
VEAL,LEG (TOP RND),LN&FAT,CKD,PAN-FRIED,NOT BREADED	211	31.75	6.65
OSCAR MAYER,HAM (H2O ,HONEY)	111	16.7	6.65
VEAL,LOIN,LN,CKD,RSTD	175	26.32	6.65
BEEF,RND, TOP RND STEAK,LN & FAT,1/8" FAT,ALL GRDS,CKD,BRLD	204	30.67	6.65
PORK,FRSH,LEG (HAM),RUMP HALF,LN,CKD,RSTD	206	30.94	6.66
SPOT,COOKED, DRY HEAT	158	23.73	6.66
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,STWD	181	27.18	6.66
CHEESE,CREAM,FAT FREE	96	14.41	6.66
COTTONSEED FLR,LOFAT (GLANDLESS)	332	49.83	6.66
BEEF,RND,BTTM RND,LN,1/8" FAT,CHOIC,CKD,BRSD	228	34.22	6.66
TURKEY,ALL CLASSES,GIBLETS,RAW	129	19.36	6.66
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,RSTD	203	30.46	6.66
CHEESE,PAST PROCESS,SWISS,LOFAT	170	25.5	6.67
LAMB,NZ,IMP,FRZ,SHLDR,WHL (ARM&BLD),LN,RAW	135	20.25	6.67
BEEF,FLANK,LN,0" FAT,ALL GRDS,CKD,BRLD	186	27.89	6.67
VEAL,SHLDR,BLADE,LN,CKD,RSTD	171	25.64	6.67
PORK,FRSH,ENHANCED,SHLDR,(BOSTON BUTT),BLADE (STEAKS),LN,RAW	122	18.29	6.67
CHICKEN,LIVER,ALL CLASSES,CKD,PAN-FRIED	172	25.78	6.67
PORK,FRSH,LOIN,WHL,LN,RAW	143	21.43	6.67
BEEF,TENDERLOIN,LN,1/8" FAT,SEL,CKD,BRLD	194	29.07	6.67
CHICKEN,ROASTING,MEAT ONLY,CKD,RSTD	167	25.01	6.68
BEEF,BTTM SIRLOIN, TRI-TIP,LN,0" FAT,ALL GRDS,RAW	142	21.26	6.68
CORNED BEEF LOAF,JELLIED	153	22.9	6.68
BEEF,SHRT LOIN, TOP LOIN,LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	193	28.87	6.69
BEEF,RIB,SML END (RIBS 10-12),LN,1/8" FAT,CHOIC,RAW	148	22.12	6.69
OSTRICH,GROUND,CKD,PAN-BROILED	175	26.15	6.69
LAMB,AUS,IMP,FRSH,LEG,SHANK HALF,LN,1/8"FAT,CKD,RSTD	182	27.18	6.7
MACKEREL,SPANISH,CKD, DRY HEAT	158	23.59	6.7
PRK,FRSH, TOP LOIN (CHPS),BNLESS,ENHCD,LN & FAT,CKD,PAN-BRLD	190	28.35	6.7
TURKEY,ALL CLASSES,NECK,MEAT ONLY,RAW	135	20.14	6.7
TURKEY,ALL CLASSES,NECK,MEAT ONLY,CKD,SIMMRD	180	26.84	6.71
TURKEY,YOUNG TOM,LT MEAT,MEAT&SKN,CKD,RSTD	191	28.48	6.71
VEAL,SHLDR,BLADE,LN&FAT,RAW	129	19.23	6.71
BEEF,TENDERLOIN,LN,1/8" FAT,SEL,RAW	148	22.06	6.71
PORK,CURED,HAM -- H2O ADDED,SLCE,BNLESS,LN & FAT,HTD,PAN-BRL	125	18.62	6.71
BEEF,RND, TOP RND,LN,1/4"FAT,PRIME,RAW	153	22.79	6.71
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,STWD	184	27.39	6.72
BEEF,RND, TOP RND,LN,1/8" FAT,CHOIC,CKD,PAN-FRIED	228	33.93	6.72
BEEF,COMP OF RTL CUTS,LN,0"FAT,SEL,CKD	201	29.89	6.72
SALMON,COHO,WILD,CKD,MOIST HEAT	184	27.36	6.73
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRLD	180	26.76	6.73
MACKEREL,JACK,CND,DRND SOL	156	23.19	6.73
PORK,FRSH,LOIN,TENDERLOIN,LN&FAT,CKD,BRLD	201	29.86	6.73
VEAL,LOIN,LN,CKD,BRSD	226	33.57	6.73
BABYFOOD,MEAT,BF,STR	81	12.03	6.73
BABYFOOD,MEAT,BF,STR	81	12.03	6.73
TURKEY,YOUNG HEN,BREAST,MEAT&SKN,CKD,RSTD	194	28.8	6.74
LAMB,AUS,IMP,FRSH,LEG,SIRLOIN HALF,BNLESS,LN,1/8"FAT,RAW	138	20.48	6.74
PORK,FRSH,LEG (HAM),SHANK HALF,LN,RAW	139	20.62	6.74
BEEF,RND,BTTM RND,LN,0"FAT,CHOIC,CKD,BRSD	223	33.08	6.74

BEEF,CURED,PASTRAMI	147	21.8	6.74
PORK,FRSH,LOIN,COUNTRY-STYLE RIBS,LN,RAW	140	20.76	6.74
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,RAW	130	19.27	6.75
LAMB,DOM,LEG,WHL (SHK&SIRL),LN,1/4"FAT,CHOIC,CKD,RSTD	191	28.3	6.75
BF,CHK,CLD,SHDR TNR,MED,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	177	26.22	6.75
GUINEA HEN,MEAT&SKN,RAW	158	23.4	6.75
OOPAH,WHL ANIMAL (ALASKA NATIVE)	79	11.7	6.75
SALMON,COHO,WILD,RAW	146	21.62	6.75
TURKEY,YOUNG HEN,DK MEAT,MEAT ONLY,CKD,RSTD	192	28.42	6.76
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	192	28.42	6.76
BEEF,TENDERLOIN,LN,0"FAT,ALL GRDS,CKD,BRLD	193	28.51	6.77
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,RSTD	197	29.06	6.78
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,CKD,STWD	206	30.38	6.78
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,RAW	144	21.23	6.78
GAME MEAT,RABBIT,DOMESTICATED,COMP OF CUTS,RAW	136	20.05	6.78
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,BRSD	202	29.78	6.78
SUNFLOWER SD FLR,PART DEFATTED	326	48.06	6.78
BEEF,RND,TOP RND,LN,1/2"FAT,PRIME,CKD,BRLD	215	31.69	6.78
BEEF,RND,TOP RND,LN,1/4"FAT,PRIME,CKD,BRLD	215	31.69	6.78
DRUM,FRESHWATER,RAW	119	17.54	6.78
BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN & FAT,0" FAT,SEL,RAW	142	20.93	6.78
PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,SHLDR),LN,RAW	143	21.07	6.79
LAMB,NZ,IMP,FRZ,LOIN,LN,CKD,BRLD	199	29.31	6.79
BEEF,RND,BTTM RND,LN,0"FAT,CHOIC,CKD,RSTD	185	27.23	6.79
BEEF,FLANK,LN & FAT,0" FAT,ALL GRDS,CKD,BRLD	188	27.66	6.8
TUNA,LT,CND IN OIL,WO/SALT,DRND SOL	198	29.13	6.8
TUNA,LT,CND IN OIL,DRND SOL	198	29.13	6.8
DRUM,FRESHWATER,CKD,DRY HEAT	153	22.49	6.8
BF,LOIN,BTTM SIRLOIN BUTT,TRI-TIP,LN,0" FAT,ALL GRD,CKD,RSTD	182	26.75	6.8
LAMB,AUS,IMP,FRSH,LEG,SIRL CHOPS,BNLESS,LN,1/8"FAT,CKD,BRLD	188	27.63	6.8
BEEF,SHRT LOIN,TOP LOIN LN,1/8" FAT,CHOIC,RAW	155	22.78	6.8
HAM HONEY SMOKED CKD	122	17.93	6.8
BEEF,SHRT LOIN,T-BONE STEAK,LN, 0" FAT,USDA SEL,CKD,BRLD	177	26	6.81
HORSERADISH-TREE LEAFY TIPS,RAW	64	9.4	6.81
BEEF,RND,TIP RND,LN&FAT,0"FAT,SEL,CKD,RSTD	181	26.57	6.81
WORTHINGTON FOOD,MORGSTAR FARM AMERICA'S ORIGINAL VEGGIE DOG	134	19.67	6.81
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT ONLY,CKD,FRIED	195	28.62	6.81
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRLD	208	30.52	6.82
PORK,CURED,SHLDR,ARM PICNIC,LN,RSTD	170	24.94	6.82
TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RAW	120	17.6	6.82
BEEF,RND,BTTM RND,LN&FAT,0"FAT,ALL GRDS,CKD,RSTD	187	27.42	6.82
BEEF,CHUCK,CLOD RST,LN ONLY,TO 1/4" FAT,USDA CHOIC,CKD,RSTD	178	26.1	6.82
LAMB,VAR MEATS&BY-PRODUCTS,LIVER,RAW	139	20.38	6.82
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,SEL,RAW	141	20.67	6.82
BF,CHUCK,CLOD,TOP & CNTR,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	141	20.67	6.82
VEAL,SHLDR,ARM,LN&FAT,RAW	132	19.34	6.83
POPEYES,FRIED CHICK,MILD,DRUMSTK,MEAT ONLY	179	26.22	6.83
CHICKEN,LIVER,ALL CLASSES,CKD,SIMMRD	167	24.46	6.83
BEEF,RND,EYE OF RND,LN,1/2"FAT,PRIME,CKD,RSTD	198	28.99	6.83
BEANS,KIDNEY,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,W/SALT	33	4.83	6.83
BEEF,RND,KNUCKLE,TIP CNTR,STEAK,LN & FAT,0" FAT,ALL GRDS,RAW	143	20.93	6.83
BEANS,KIDNEY,MATURE SEEDS,SPROUTED,CKD,BLD,DRND,WO/SALT	33	4.83	6.83
PORK,FRSH,VAR MEATS&BY-PRODUCTS,HEART,RAW	118	17.27	6.83
BEEF,FLANK,LN & FAT,0" FAT,SEL,RAW	145	21.22	6.83
LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN,1/8"FAT,CKD,BRLD	183	26.75	6.84
BEEF,CHUCK,TOP BLADE,LN ONLY,TO 1/4" FAT,USDA SEL,RAW	129	18.84	6.85
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,RAW	143	20.88	6.85
BEEF,RND,EYE OF RND,LN,1/2"FAT,PRIME,RAW	149	21.75	6.85
CHICKEN,LIVER,ALL CLASSES,RAW	116	16.92	6.86
BEEF,FLANK,LN,0" FAT,CHOIC,RAW	149	21.72	6.86
BEEF,BRISKET,FLAT HALF,LN & FAT,0" FAT,CHOIC,CKD,BRSD	221	32.21	6.86
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN,CKD,RSTD	198	28.85	6.86
BEEF,RND,TOP RND,LN&FAT,1/4"FAT,SEL,CKD,BRSD	234	34.09	6.86
BEEF,CHUCK,CLOD STEAK,LN & FAT,0" FAT,USDA SEL,CKD,BRSD	205	29.84	6.87
VEAL,RIB,LN,CKD,RSTD	177	25.76	6.87

BEEF,TENDERLOIN,LN,1/8" FAT,ALL GRDS,RAW	152	22.12	6.87
PORK,CURED,HAM W/ NAT JUICS,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	180	26.18	6.88
TURKEY,YOUNG TOM,BREAST,MEAT&SKN,RAW	151	21.96	6.88
TURKEY,CND,MEAT ONLY,W/BROTH	163	23.68	6.88
BEEF,TENDERLOIN,LN,1/8" FAT,ALL GRDS,CKD,BRLD	200	29.04	6.89
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN,1/8"FAT,RAW	137	19.88	6.89
BEEF,SHRT LOIN, TOP LOIN LN,1/8" FAT,CHOIC,CKD,BRLD	201	29.16	6.89
TURKEY,ALL CLASSES,LT MEAT,MEAT&SKN,CKD,RSTD	197	28.57	6.9
BEANS,KIDNEY,MATURE SEEDS,SPROUTED,RAW	29	4.2	6.9
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,ALL GRDS,RAW	145	21	6.9
PORK,CURED,HAM W/ NAT JUICES,SPIRL SLCE,BNLES,LN & FAT,UNHTD	129	18.66	6.91
BEEF,RND,TIP RND,LN,1/4"FAT,PRIME,RAW	146	21.11	6.92
SAUCE,FISH,READY-TO-SERVE	35	5.06	6.92
BF,CHK,CLD, TOP & CNTR ,STK,LN & FAT,0" FAT,ALL GRDS,CK,GRLD	182	26.3	6.92
SMELT,DRIED (ALASKA NATIVE)	389	56.19	6.92
LAMB,AUS,IMP,FRSH,LEG,CNTR SLICE,BONE-IN,LN,1/8"FAT,RAW	143	20.65	6.92
PORK,CURED,HAM,BNLESS,EX LN (APPROX 5% FAT),RSTD	145	20.93	6.93
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,SEL,CKD	205	29.59	6.93
BEEF,COMP OF RTL CUTS,LN,1/4" FAT,ALL GRDS,RAW	144	20.78	6.93
LAMB,NZ,IMP,FRZ,RIB,LN,RAW	142	20.49	6.93
BEEF,RND, TOP RND, LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	238	34.34	6.93
FISH,WHITEFISH,MXD SP,RAW (ALASKA NATIVE)	131	18.9	6.93
CHICKEN,BROILERS OR FRYERS,GIBLETS,RAW	124	17.88	6.94
PORK,CURED,HAM,BNLESS,LO NA,EX LN (APPROXIMATLY 5% FAT),RSTD	145	20.9	6.94
BROCCOLI RAAB,RAW	22	3.17	6.94
BF,CHK,CLD,SHDR TNR,MED,LN & FAT,0" FAT,CH,CKD,GRILLED	181	26.07	6.94
KENTUCKY FRIED CHICK,ORIGINAL RECIPE,DRUMSTK,MEAT ONLY	187	26.92	6.95
BEEF, TOP SIRLOIN, LN&FAT,0"FAT,SEL,CKD,BRLD	206	29.65	6.95
PORK,FRSH,LOIN, TOP LOIN (CHOPS),BNLESS,LN,CKD,BRSD	202	29.07	6.95
LAMB,AUS,IMP,FRSH,LOIN,LN,1/8"FAT,RAW	146	21	6.95
LAMB,AUS,IMP,FRSH,LEG,WHL (SHK&SIRL),LN,1/8"FAT,CKD,RSTD	190	27.31	6.96
BEEF,CHUCK, TOP BLADE, LN & FAT,1/4" FAT,USDA SEL,RAW	131	18.82	6.96
CHICKEN,STEWING,MEAT ONLY,RAW	148	21.26	6.96
LAMB,NZ,IMP,FRZ,COMP OF RTL CUTS,LN,CKD	206	29.59	6.96
TROUT,RAINBOW,FARMED,CKD, DRY HEAT	169	24.27	6.96
LAMB,AUS,IMP,FRSH,SHLDR,ARM,LN,1/8"FAT,CKD,BRSD	238	34.17	6.97
PORK,CURED,HAM W/ NAT JUICES,SLICE,BONE-IN,LN & FAT,UNHTD	159	22.82	6.97
WINGED BEAN,IMMAT SEEDS,CKD,BLD,DRND,W/SALT	37	5.31	6.97
BEEF,RND,TIP RND,LN & FAT,0" FAT,SEL,RAW	145	20.8	6.97
CHICKEN,BROILERS OR FRYERS,BREAST,MEAT&SKN,CKD,FRIED,FLR	222	31.84	6.97
PORK,FRSH,LOIN,CNTR RIB (CHOPS OR ROASTS),BNLESS,LN,RAW	152	21.8	6.97
BEEF,FLANK,LN,0"FAT,CHOIC,CKD,BRLD	194	27.82	6.97
Fish, salmon, sockeye (red), raw (Alaska Native)	153	21.94	6.97
NALLEY CHILI CON CARNE W/BNS,CND ENTREE	109	15.6	6.99
KENTUCKY FRIED CHICK,EX CRISPY,DRUMSTK,MEAT ONLY	187	26.75	6.99
BF,RND, KNUCKLE, TIP CNTR,STK,LN & FAT,0" FAT,CHOIC,CKD,GRLD	188	26.88	6.99
CHICKEN,BROILERS OR FRYERS,WING,MEAT ONLY,CKD,FRIED	211	30.15	7
Mutton, cooked, roasted (Navajo)	234	33.43	7
SOUP,CHICK BROTH,CND,RTS	7	1	7
EGG SUBSTITUTE,LIQUID	84	12	7
CHICKEN,ROASTING,GIBLETS,RAW	127	18.14	7
CHICKEN,BROILERS OR FRYERS,BACK,MEAT ONLY,RAW	137	19.56	7
CHICKEN,HEART,ALL CLASSES,CKD,SIMMRD	185	26.41	7
BF,CHK,CLD,SHLDR TNR,MEDALLION,LN & FAT,0" FAT,ALL GRDS,RAW	144	20.54	7.01
TUNA,WHITE,CND IN OIL,WO/SALT,DRND SOL	186	26.53	7.01
TUNA,WHITE,CND IN OIL,DRND SOL	186	26.53	7.01
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,RAW	142	20.25	7.01
BEEF,CHUCK,SHLDR CLOD, TOP & CNTR ,STK,LN & FAT,0" FAT,CH,RAW	143	20.39	7.01
SOUP,CHICK BROTH,CND,COND	31	4.42	7.01
PORK,CURED,HAM,CNTR SLICE,COUNTRY-STYLE,LN,RAW	195	27.8	7.01
BF,RND, OUT RND,BTTM RND,STK,LN & FAT,0" FAT,CH,CKD,GRILLED	191	27.22	7.02
VEAL,SHLDR,ARM,LN&FAT,CKD,BRSD	236	33.63	7.02
BEEF,RND,TIP RND,LN&FAT,0"FAT,ALL GRDS,CKD,RSTD	188	26.79	7.02
WHITEFISH,MXD SP,RAW	134	19.09	7.02
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,RAW	140	19.93	7.02

BEEF,RND,BTTM RND,LN&FAT,0"FAT,CHOIC,CKD,BRSD	230	32.73	7.03
SALMON,PINK,CND,SOL W/BONE&LIQ	139	19.78	7.03
SALMON,PINK,CND,WO/SALT,SOL W/BONE&LIQ	139	19.78	7.03
WHITEFISH,MXD SP,CKD,DRY HEAT	172	24.47	7.03
BEEF,CHUCK,TOP BLADE,LN ONLY,TO 0" FAT,USDA SEL,CKD,BRLD	184	26.16	7.03
BEEF,VAR MEATS&BY-PRODUCTS,TRIBE,RAW	85	12.07	7.04
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,STWD	185	26.26	7.04
PORK,FRSH,SHLDR,(BOSTON BUTT),BLADE (STEAKS),LN,RAW	132	18.73	7.05
PORK,FRSH,LOIN,SIRLOIN (CHOPS OR ROASTS),BNLESS,LN&FAT,RAW	145	20.57	7.05
WINGED BNS,IMMAT SEEDS,RAW	49	6.95	7.05
VEAL,VAR MEATS&BY-PRODUCTS,LIVER,CKD,PAN-FRIED	193	27.37	7.05
VEAL,GROUND,CKD,BRLD	172	24.38	7.05
BF,CHK,SHLDR CLOD,TOP & CNTR,STK,LN & FAT,0" FAT,CH,CKD,GRLD	184	26.07	7.06
BEEF,RIB,SML END (RIBS 10-12),LN,0"FAT,SEL,CKD,BRLD	198	28.04	7.06
BEEF,COMP OF RTL CUTS,LN,0" FAT,ALL GRDS,CKD	211	29.88	7.06
BF,RND,OUTSIDE RND,BTTM RND,STEAK,LN & FAT,0" FAT,CHOIC,RAW	150	21.24	7.06
PORK,CURED,HAM,SLICE,BONE-IN,LN & FAT,HTD,PAN-BROIL	180	25.48	7.06
CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY,CKD,RSTD	191	27.03	7.07
BF,CHK,CLOD,SHLDR TENDER,MEDALLION,LN & FAT,0" FAT,CHOIC,RAW	145	20.51	7.07
GAME MEAT,DEER,GROUND,CKD,PAN-BROILED	187	26.45	7.07
COWPEAS,LEAFY TIPS,RAW	29	4.1	7.07
GOOSE,DOMESTICATED,MEAT ONLY,RAW	161	22.75	7.08
CARP,COOKED,DRY HEAT	162	22.86	7.09
PORK,FRSH,SHLDR,ARM PICNIC,LN,RAW	140	19.75	7.09
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN & FAT,HTD,RSTD	126	17.77	7.09
PORK,CURED,HAM -- H2O ADDED,WHL,BNLESS,LN & FAT,UNHTD	121	17.06	7.09
Fish, whitefish, eggs (Alaska Native)	104	14.66	7.09
SOUP,VEG BF,MICROWAVABLE,RTS,SINGLE BRAND	44	6.2	7.1
BEEF,RIB,EYE,SML END (RIBS 10-12),LN,0"FAT,CHOIC,CKD,BRLD	205	28.88	7.1
BEEF,TENDERLOIN,LN,1/8" FAT,CHOIC,CKD,BRLD	206	29.01	7.1
POPEYES,FRIED CHICK,SPICY,DRUMSTK,MEAT ONLY	187	26.33	7.1
CHEESE,LOFAT,CHEDDAR OR COLBY	173	24.35	7.1
CHICKEN,CAPONS,GIBLETS,RAW	130	18.28	7.11
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,BRSD	228	32.06	7.11
TURKEY,YOUNG TOM,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	199	27.97	7.11
SALMON,SOCKEYE,CND,DRND SOL W/BONE	166	23.33	7.12
BEEF,TENDERLOIN,LN,0"FAT,CHOIC,CKD,BRLD	206	28.95	7.12
PORK,CURED,HAM & H2O PRODUCT,SLICE,BONE-IN,LN,UNHTD	103	14.47	7.12
MUSHROOMS,WHITE,RAW	22	3.09	7.12
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BNLESS,LN&FAT,CKD,BRSD	189	26.54	7.12
CARP,RAW	127	17.83	7.12
TROUT,MIXED SPECIES,RAW	148	20.77	7.13
BEEF,TENDERLOIN,LN,1/8" FAT,CHOIC,RAW	158	22.17	7.13
ROE,MXD SP,CKD,DRY HEAT	204	28.62	7.13
TROUT,MXD SP,CKD,DRY HEAT	190	26.63	7.13
BEEF,RIB,SML END (RIBS 10-12),LN,1/8"FAT,CHOIC,CKD,BRLD	202	28.29	7.14
PORK,FRSH,LOIN,WHL,LN,CKD,BRSD	204	28.57	7.14
CHRYSANTHEMUM LEAVES,RAW	24	3.36	7.14
CHRYSANTHEMUM,GARLAND,RAW	24	3.36	7.14
SALMON,ATLANTIC,WILD,CKD,DRY HEAT	182	25.44	7.15
WINGED BNS,IMMAT SEEDS,CKD,BLD,DRND,WO/SALT	38	5.31	7.16
SALMON,ATLANTIC,WILD,RAW	142	19.84	7.16
PORK,FRSH,COMP OF RTL CUTS (LOIN&SHLDR BLADE),LN,CKD	211	29.47	7.16
CHICKEN,BROILERS OR FRYERS,MEAT ONLY,CKD,FRIED	219	30.57	7.16
TURKEY,ALL CLASSES,BREAST,MEAT&SKN,RAW	157	21.89	7.17
PORK,FRSH,LEG (HAM),WHL,LN,CKD,RSTD	211	29.41	7.17
BEEF,CHUCK,CLOD RST,LN & FAT,0" FAT,USDA SEL,CKD,RSTD	196	27.3	7.18
VEAL,SHLDR,ARM,LN&FAT,CKD,RSTD	183	25.46	7.19
BAMBOO SHOOTS,CKD,BLD,DRND,W/SALT	11	1.53	7.19
VEAL,BREAST,WHL,BNLESS,LN,CKD,BRSD	218	30.32	7.19
TURKEY,YOUNG TOM,MEAT&SKN,CKD,RSTD	202	28.09	7.19
PORK,FRSH,LOIN,TOP LOIN (CHOPS),BNLESS,LN & FAT,RAW	155	21.55	7.19
CARL BUDDIG. CKD SMOKED BF PASTRAMI,CHOPD,PRESSED	141	19.6	7.19
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,PRIME,CKD,BRLD	225	31.27	7.2
LAMB,DOM,LEG,SIRLOIN HALF,LN,1/4"FAT,CHOIC,CKD,RSTD	204	28.35	7.2

LAMB,VAR MEATS&BY-PRODUCTS,LIVER,CKD,BRSD	220	30.57	7.2
VEAL,SHLDR,BLADE,LN&FAT,CKD,BRSD	225	31.26	7.2
TURKEY HAM,CURED TURKEY THIGH MEAT	126	17.5	7.2
CARL BUDDIG,SMOKED SLICED BF	139	19.3	7.2
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,BRLD	216	29.99	7.2
BEEF,SHRT LOIN,TOP LOIN,LN&FAT,0"FAT,CHOIC,CKD,BRLD	205	28.45	7.21
MACKEREL,SPANISH,RAW	139	19.29	7.21
GAME MEAT,DEER,GROUND,RAW	157	21.78	7.21
MILKFISH,RAW	148	20.53	7.21
PORK,FRSH,LOIN,CNTR LOIN (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	232	32.18	7.21
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRLD	186	25.79	7.21
TURKEY,YOUNG TOM,LT MEAT,MEAT&SKN,RAW	156	21.63	7.21
BEEF,SHRT LOIN,PRTRHS STEAK,LN ONLY,0" FAT,USDA SEL,CKD,BRLD	194	26.89	7.21
TURKEY,YOUNG TOM,LEG,MEAT&SKN,RAW	141	19.54	7.22
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,BRLD	200	27.71	7.22
BEEF,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,RAW	150	20.78	7.22
MILKFISH,COOKED,DRY HEAT	190	26.32	7.22
BEEF,CHUCK,BLADE RST,LN,1/4"FAT,SEL,RAW	139	19.25	7.22
DUCK,DOMESTICATED,MEAT ONLY,RAW	132	18.28	7.22
PORK,FRSH,LOIN,CNTR LOIN (ROASTS),BONE-IN,LN,CKD,RSTD	199	27.55	7.22
MUSSEL,BLUE,RAW	86	11.9	7.23
MUSSEL,BLUE,CKD,MOIST HEAT	172	23.8	7.23
HORMEL CANADIAN STYLE BACON	122	16.88	7.23
TURKEY,YOUNG HEN,LT MEAT,MEAT&SKN,CKD,RSTD	207	28.64	7.23
BEEF, TOP SIRLOIN,LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	212	29.33	7.23
MCDONALD'S,CAESAR SALAD W/ GRILLED CHICK	71	9.82	7.23
BEEF,RND, KNUCKLE, TIP CNTR,STEAK,LN & FAT,0" FAT,CHOIC,RAW	150	20.74	7.23
VEGETARIAN STEW	123	17	7.24
LAMB,AUS,IMP,FRSH,LOIN,LN,1/8"FAT,CKD,BRLD	192	26.53	7.24
USDA COMMODITY,TURKEY HAM,DK MEAT,SMOKED,FRZ	118	16.3	7.24
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,USDA SEL,CKD,BRLD	198	27.35	7.24
PORK,FRSH,COMP OF RTL CUTS (LEG,LOIN,&SHLDR),LN,CKD	212	29.27	7.24
BEEF,CHUCK,ARM POT RST,LN,1/2"FAT,PRIME,RAW	154	21.26	7.24
GAME MEAT,ELK,GROUND,CKD,PAN-BROILED	193	26.64	7.24
BEEF,RND,EYE OF RND,LN&FAT,1/8"FAT,SEL,CKD,RSTD	204	28.13	7.25
BEEF,RND,TIP RND,LN&FAT,0"FAT,CHOIC,CKD,RSTD	196	27.01	7.26
DUCK,DOMESTICATED,LIVER,RAW	136	18.74	7.26
PORK,FRSH,LOIN, TOP LOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	192	26.45	7.26
MUSHROOMS,WHITE,STIR-FRIED	26	3.58	7.26
PORK,FRSH,LOIN,SIRLOIN (ROASTS),BNLESS,LN&FAT,CKD,RSTD	207	28.5	7.26
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,BRSD	206	28.35	7.27
VEAL,SHLDR,WHL (ARM&BLD),LN&FAT,CKD,RSTD	184	25.32	7.27
ANCHOVY,EUROPEAN,CND IN OIL,DRND SOL	210	28.89	7.27
TURKEY RST,BNLESS,FRZ,SEASONED,LT&DK MEAT,RSTD	155	21.32	7.27
BEEF,RND,BTTM RND,LN,1/2"FAT,PRIME,RAW	159	21.87	7.27
BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	189	25.99	7.27
CHICKEN,CANNED,NO BROTH	184	25.3	7.27
BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,CHOIC,RAW	154	21.17	7.27
BEEF,LOIN,BTTM SIRLOIN BUTT,TRI-TIP,LN,1/4" FAT,ALL GRDS,RAW	154	21.16	7.28
CHICKEN,BROILERS OR FRYERS,NECK,MEAT ONLY,CKD,SIMMRD	179	24.56	7.29
PORK,FRSH,LOIN,SIRLOIN (CHOPS),BONE-IN,LN,CKD,BRSD	197	27	7.3
BEEF,RND, TOP RND,LN&FAT,1/8"FAT,CHOIC,CKD,BRLD	224	30.7	7.3
LAMB,DOM,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,CKD	206	28.22	7.3
BASIL,FRESH	23	3.15	7.3
BEEF,COMP OF RTL CUTS,LN,1/4" FAT,ALL GRDS,CKD	216	29.58	7.3
PORK,FRSH,LOIN,WHL,LN,CKD,RSTD	209	28.62	7.3
BEEF,FLANK,LN & FAT,0" FAT,ALL GRDS,RAW	155	21.22	7.3
SWAMP CABBAGE,(SKUNK CABBAGE),RAW	19	2.6	7.31
JUTE,POTHERB,RAW	34	4.65	7.31
CHEESE,PAST PROCESS,AMERICAN,LOFAT	180	24.6	7.32
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/SHRIMP	45	6.15	7.32
GAME MEAT,OPOSSUM,CKD,RSTD	221	30.2	7.32
SALMON,COHO,FARMED,CKD,DRY HEAT	178	24.3	7.33
TURKEY,ALL CLASSES,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	205	27.98	7.33
BEEF,BTTM SIRLOIN,TRI-TIP,LN,0" FAT,CHOIC,CKD,RSTD	193	26.34	7.33

BEEF, TOP SIRLOIN, LN, 1/4" FAT, CHOIC, CKD, PAN-FRIED	238	32.48	7.33
BEEF, BRISKET, WHL, LN, 0" FAT, ALL GRDS, CKD, BRSD	218	29.75	7.33
CHICKEN, BROILERS OR FRYERS, LEG, MEAT ONLY, CKD, FRIED	208	28.38	7.33
BEEF, COMP OF RTL CUTS, LN, 0" FAT, CHOIC, CKD	219	29.88	7.33
BEEF, RND, TOP RND, LN&FAT, 1/4" FAT, ALL GRDS, CKD, BRSD	248	33.83	7.33
BEEF, SHRT LOIN, PRTRHS STEAK, LN, 1/4" FAT, ALL GRDS, RAW	156	21.28	7.33
PORK, FRSH, LOIN, CNTR RIB (CHOPS), BNLESS, LN, CKD, BRLD	216	29.46	7.33
BEEF, FLANK, LN&FAT, 0" FAT, CHOIC, CKD, BRLD	202	27.55	7.33
BEEF, CHUCK, TOP BLADE, LN, 1/4" FAT, ALL GRDS, RAW	141	19.23	7.33
BEEF, RND, TOP RND, LN&FAT, 1/8" FAT, CHOIC, CKD, BRSD	250	34.09	7.33
PORK, FRSH, VAR MEATS & BY-PRODUCTS, STOMACH, CKD, SIMMRD	157	21.4	7.34
PORK, FRSH, LOIN, SIRLOIN (ROASTS), BONE-IN, LN, CKD, RSTD	204	27.78	7.34
BEEF, RND, BTM RND, LN & FAT, 1/8" FAT, SEL, CKD, BRSD	240	32.67	7.35
BEEF, RND, EYE OF RND, LN&FAT, 1/8" FAT, ALL GRDS, CKD, RSTD	208	28.31	7.35
TURKEY, ALL CLASSES, LT MEAT, MEAT&SKN, RAW	159	21.64	7.35
PORK, FRSH, LOIN, WHL, LN, CKD, BRLD	210	28.57	7.35
CARL BUDDIG, CKD CORNED BF, CHOPD, PRESSED	142	19.3	7.36
LAMB, DOM, SHLDR, WHL (ARM&BLD), LN, 1/4" FAT, CHOIC, RAW	144	19.55	7.37
BABYFOOD, MEAT, LAMB, JUNIOR	112	15.2	7.37
TURKEY, ALL CLASSES, LEG, MEAT&SKN, RAW	144	19.54	7.37
BEEF, RND, TOP RND, LN&FAT, 1/4" FAT, PRIME, CKD, BRLD	229	31.06	7.37
BEEF, RND, TIP RND, LN & FAT, 0" FAT, ALL GRDS, RAW	151	20.48	7.37
TURKEY, YOUNG TOM, LEG, MEAT&SKN, CKD, RSTD	206	27.93	7.38
TURKEY, DICED, LT&DK MEAT, SEASONED	138	18.7	7.38
PORK, FRSH, LOIN, TOP LOIN (CHOPS), BNLESS, LN, CKD, PAN-FRIED	225	30.48	7.38
PORK, CURED, HAM, RUMP, BONE-IN, LN & FAT, HTD, RSTD	177	23.95	7.39
BEEF, CHUCK, CLOD STEAK, LN & FAT, 1/4" FAT, USDA CHOIC, RAW	151	20.43	7.39
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT ONLY, CKD, STWD	192	25.97	7.39
BEEF, RND, TOP RND, LN&FAT, 1/8" FAT, SEL, RAW	164	22.18	7.39
VEAL, SHLDR, BLADE, LN&FAT, CKD, RSTD	186	25.15	7.4
TURKEY, LT OR DK MEAT, SMOKED, CKD, W/SKN, BONE REMOVED	208	28.1	7.4
TURKEY, ALL CLASSES, MEAT&SKN, CKD, RSTD	208	28.1	7.4
PORK, FRSH, LOIN, TOP LOIN (CHOPS), BNLESS, LN & FAT, CKD, BRLD	197	26.6	7.41
Soup, Swanson chickne broth	4	0.54	7.41
LAMB, VAR MEATS&BY-PRODUCTS, HEART, RAW	122	16.47	7.41
LAMB, VAR MEATS&BY-PRODUCTS, HEART, CKD, BRSD	185	24.97	7.41
BEEF, SHRT LOIN, T-BONE STEAK, LN, 1/4" FAT, USDA CHOIC, RAW	154	20.78	7.41
BEEF, RND, TIP RND, LN, 1/4" FAT, PRIME, CKD, RSTD	213	28.71	7.42
BEEF, RND, TIP RND, LN, 1/2" FAT, PRIME, CKD, RSTD	213	28.71	7.42
PORK, FRSH, LOIN, CNTR RIB (ROASTS), BNLESS, LN, CKD, RSTD	214	28.81	7.43
ASPARAGUS, FRZ, UNPREP	24	3.23	7.43
MORI-NU, TOFU, SILKEN, EX FIRM	55	7.4	7.43
BEEF, RND, BTM RND, LN&FAT, 0" FAT, CHOIC, CKD, RSTD	199	26.76	7.44
VEAL, COMP OF RTL CUTS, LN&FAT, RAW	144	19.35	7.44
VEAL, GROUND, RAW	144	19.35	7.44
BEEF, RND, EYE OF RND, LN&FAT, 1/8" FAT, CHOIC, CKD, RSTD	212	28.48	7.44
LUPINS, MATURE SEEDS, CKD, BLD, W/SALT	116	15.57	7.45
TURKEY, YOUNG TOM, MEAT&SKN&GIBLETS&NECK, RAW	152	20.39	7.45
TURKEY, DRUMSTK, SMOKED, CKD, W/SKN, BONE REMOVED	208	27.9	7.46
TURKEY, ALL CLASSES, LEG, MEAT&SKN, CKD, RSTD	208	27.87	7.46
BEEF, SHRT LOIN, PRTRHS STEAK, LN, 1/4" FAT, USDA SEL, CKD, BRLD	203	27.2	7.46
BEEF, RIB, WHL (RIBS 6-12), LN, 1/4" FAT, SEL, RAW	148	19.83	7.46
BEEF, RND, EYE OF RND, LN&FAT, 1/8" FAT, SEL, RAW	159	21.3	7.46
FIDDLEHEAD FERNS, RAW	34	4.55	7.47
SALMON, SOCKEYE, CND, WO/SALT, DRND SOL W/BONE	153	20.47	7.47
COTTONSEED MEAL, PART DEFATTED (GLANDLESS)	367	49.1	7.47
BEEF, SHRT LOIN, T-BONE STEAK, LN, 1/4" FAT, ALL GRDS, CKD, BRLD	202	27.01	7.48
BEEF, BRISKET, WHL, LN, ALL GRDS, RAW	155	20.72	7.48
PORK, FRSH, LOIN, SIRLOIN (CHOPS), BONE-IN, LN, CKD, BRLD	213	28.46	7.48
TURKEY, FRYER-ROASTERS, WING, MEAT&SKN, CKD, RSTD	207	27.65	7.49
BEEF, BTM SIRLOIN, TRI-TIP RST, LN & FAT, 0" FAT, SEL, CKD, RSTD	198	26.44	7.49
CHICKEN, BROILERS OR FRYERS, DK MEAT, MEAT ONLY, CKD, RSTD	205	27.37	7.49
PORK, CURED, HAM, BNLESS, LO NA, EX LN & REG, RSTD	165	22	7.5
PORK, CURED, HAM, SHANK, BONE-IN, LN & FAT, HTD, RSTD	183	24.39	7.5
BEEF, CHUCK, CLOD STEAK, LN & FAT, 1/4" FAT, ALL GRDS, RAW	154	20.52	7.5

BEEF,COMP OF RTL CUTS,LN,1/4"FAT,CHOIC,CKD	222	29.58	7.51
PORK,CURED,HAM,BNLESS,EX LN®,RSTD	165	21.97	7.51
SOUP,STOCK,FISH,HOME-PREPARED	17	2.26	7.52
SALMON,COHO,FARMED,RAW	160	21.27	7.52
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,ALL GRDS,RAW	166	22.06	7.52
LAMB,AUS,IMP,FRSH,COMP OF RTL CUTS,LN,1/8"FAT,CKD	201	26.71	7.53
LOUIS RICH,CHICK (WHITE,OVEN RSTD)	128	17	7.53
TURKEY,YOUNG TOM,MEAT&SKN,RAW	154	20.45	7.53
STEELHEAD TROUT,BLD,CND (ALASKA NATIVE)	159	21.11	7.53
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,BRSD	247	32.76	7.54
CHICKEN,STEWING,GIBLETS,CKD,SIMMRD	194	25.73	7.54
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,RSTD	192	25.46	7.54
BEEF,TENDERLOIN,LN&FAT,0"FAT,SEL,CKD,BRLD	205	27.18	7.54
PASTRAMI,TURKEY	123	16.3	7.55
BEEF,TOP SIRLOIN,LN&FAT,0"FAT,CHOIC,CKD,BRLD	219	29.02	7.55
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BNLESS,LN,CKD,BRSD	211	27.95	7.55
BEEF,RIB,SML END (RIBS 10-12),LN,1/4" FAT,SEL,CKD,RSTD	203	26.84	7.56
PORK,FRSH,SHLDR,WHL,LN,RAW	148	19.55	7.57
CHICKEN,CND,MEAT ONLY,W/BROTH	165	21.77	7.58
TURKEY,FRYER-ROASTERS,BACK,MEAT&SKN,RAW	151	19.89	7.59
LAMB,DOM,LOIN,LN,1/4"FAT,CHOIC,CKD,RSTD	202	26.59	7.6
KENTUCKY FRIED CHICK,ORIGINAL RECIPE,WING,MEAT ONLY	233	30.67	7.6
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,SEL,CKD,RSTD	210	27.63	7.6
VEAL,LEG (TOP RND),LN,CKD,PAN-FRIED,BREADED	216	28.41	7.6
PORK,CURED,CANADIAN-STYLE BACON,UNHTD	157	20.64	7.61
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,SEL,RAW	157	20.64	7.61
BEEF,TENDERLOIN,LN,1/4"FAT,SEL,CKD,RSTD	211	27.71	7.61
BEEF,SHRT LOIN,T-BONE STEAK,LN,0" FAT,USDA CHOIC,CKD,BRLD	198	25.98	7.62
PORK,FRSH,LEG (HAM),SHANK HALF,LN,CKD,RSTD	215	28.21	7.62
PHEASANT,CKD,TOTAL EDIBLE	247	32.4	7.62
HORMEL ALWAYS TENDER,BNLESS PORK LOIN,FRSH PORK	145	19.02	7.62
VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,RAW	131	17.18	7.63
TURKEY,FRYER-ROASTERS,WING,MEAT&SKN,RAW	159	20.85	7.63
USDA COMMODITY,PORK,CURED,HAM,BNLESS,CKD,UNHTD	133	17.44	7.63
BEEF,CHUCK,BLADE RST,LN,1/4" FAT,SEL,CKD,BRSD	237	31.06	7.63
ASCIDIANS (TUNUGHNAK) (ALASKA NATIVE)	29	3.8	7.63
PORK,CURED,CANADIAN-STYLE BACON,GRILLED	185	24.24	7.63
BEEF,CHUCK,CLOD STEAK,LN & FAT,0" FAT,ALL GRDS,CKD,BRSD	220	28.79	7.64
LUPINS,MATURE SEEDS,CKD,BLD,WO/ SALT	119	15.57	7.64
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,RSTD	222	29.02	7.65
GREEN GIANT,HARVEST BURGER,ORIG FLAV,ALL VEG PROT PATTY,FRZ	153	20	7.65
BEEF,SHRT LOIN,T-BONE STEAK,LN,1/4" FAT,USDA CHOIC,CKD,BRLD	205	26.78	7.65
CHICKEN,ROASTING,DK MEAT,MEAT ONLY,CKD,RSTD	178	23.25	7.66
BEEF,RND,TOP RND,LN&FAT,1/8"FAT,CHOIC,RAW	168	21.94	7.66
BEEF,CHUCK,BLADE RST,LN,0"FAT,SEL,CKD,BRSD	238	31.06	7.66
LUXURY LOAF,PORK	141	18.4	7.66
CRAB,BLUE,CRAB CAKES	155	20.21	7.67
TURKEY,YOUNG HEN,LT MEAT,MEAT&SKN,RAW	165	21.51	7.67
VEAL,COMP OF RTL CUTS,LN&FAT,CKD	231	30.1	7.67
TURKEY,YOUNG HEN,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	215	28	7.68
TURKEY,YOUNG HEN,LEG,MEAT&SKN,CKD,RSTD	213	27.73	7.68
PORK,FRSH,VAR MEATS&BY-PRODUCTS,PANCREAS,CKD,BRSD	219	28.5	7.68
PORK,FRSH,SHLDR,ARM PICNIC,LN,CKD,BRSD	248	32.26	7.69
CHICKEN,BROILERS OR FRYERS,LT MEAT,MEAT&SKN,CKD,STWD	201	26.14	7.69
BEEF,PLATE,INSIDE SKIRT STEAK,LN,0" FAT,ALL GRDS,CKD,BRLD	205	26.66	7.69
CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,W/SALT	12	1.56	7.69
CABBAGE,CHINESE (PAK-CHOI),CKD,BLD,DRND,WO/SALT	12	1.56	7.69
BEEF,CHUCK,TOP BLADE,LN ONLY,TO 1/4" FAT,USDA CHOIC,RAW	150	19.5	7.69
LEAVENING AGENTS,YEAST,BAKER'S,ACTIVE DRY	295	38.3	7.7
BEEF,CHUCK,CLOD STEAK,LN & FAT,1/4" FAT,USDA SEL,RAW	159	20.64	7.7
PORK,CURED,HAM,SLICE,BONE-IN,LN & FAT,UNHTD	173	22.45	7.71
TURKEY,ALL CLASSES,MEAT&SKN&GIBLETS&NECK,RAW	157	20.37	7.71
FISH,HERRING EGGS,PACIFIC,PLN (ALASKA NATIVE)	74	9.6	7.71
BEAR,BLACK,MEAT (ALASKA NATIVE)	155	20.1	7.71
BEEF,RND,TOP RND,LN&FAT,1/2"FAT,PRIME,CKD,BRLD	237	30.73	7.71

PORK,CURED,HAM,LO NA,LN & FAT,CKD	172	22.3	7.71
MALABAR SPINACH,COOKED	23	2.98	7.72
PUMPKIN LEAVES,CKD,BLD,DRND,W/ SALT	21	2.72	7.72
PUMPKIN LEAVES,CKD,BLD,DRND,WO/SALT	21	2.72	7.72
TURKEY,YOUNG HEN,BREAST,MEAT&SKN,RAW	167	21.62	7.72
BEEF,RND,EYE OF RND,LN&FAT,1/8"FAT,ALL GRDS,RAW	166	21.49	7.72
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,CHOIC,CKD,BRSD	254	32.85	7.73
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,FRIED	218	28.18	7.74
BEEF,RND,TIP RND,LN & FAT,0" FAT,CHOIC,RAW	156	20.16	7.74
VEAL,RIB,LN&FAT,CKD,BRSD	251	32.43	7.74
BEEF,CHUCK,BLADE RST,LN,1/4"FAT,ALL GRDS,RAW	149	19.25	7.74
BEEF,RND, TOP RND,LN&FAT,1/4"FAT,CHOIC,CKD,BRSD	260	33.58	7.74
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,SEL,RAW	152	19.63	7.74
LAMB,DOM,SHLDR,WHL (ARM&BLD),LN,1/4"FAT,CHOIC,CKD,BRLD	210	27.12	7.74
SPINACH,CKD,BLD,DRND,W/SALT	23	2.97	7.74
SPINACH,CKD,BLD,DRND,WO/ SALT	23	2.97	7.74
LAMB,AUS,IMP,FRSH,LEG,SIRL HALF,BNLESS,LN,1/8"FAT,CKD,RSTD	215	27.75	7.75
SQUASH,ZUCCHINI,BABY,RAW	21	2.71	7.75
SCALLOP,MXD SP,IMITN,MADE FROM SURIMI	99	12.77	7.75
PORK,FRSH,LOIN,CNTR RIB (CHOPS),BONE-IN,LN,CKD,PAN-FRIED	218	28.11	7.76
TURKEY,YOUNG HEN,LEG,MEAT&SKN,RAW	151	19.46	7.76
TURKEY,YOUNG HEN,MEAT&SKN,CKD,RSTD	218	28.09	7.76
PORK,FRSH,LOIN,CNTR RIB (ROASTS),BONE-IN,LN,CKD,RSTD	223	28.72	7.76
BEEF,CHUCK, TOP BLADE,LN ONLY,TO 0" FAT,ALL GRDS,CKD,BRLD	203	26.13	7.77
BEEF,FLANK,LN&FAT,0"FAT,CHOIC,RAW	165	21.22	7.78
GAME MEAT,MUSKRAT,CKD,RSTD	234	30.09	7.78
BEEF,RND, TOP RND,LN&FAT,1/8"FAT,PRIME,RAW	173	22.24	7.78
PORK,FRSH,LOIN, TOP LOIN (ROASTS),BNLESS,LN&FAT,RAW	166	21.34	7.78
BEEF,PLATE,INSIDE SKIRT STEAK,LN ONLY,1/4" FAT,ALL GRDS,RAW	164	21.08	7.78
WORTHINGTON FOODS,MORNINGSTAR FARMS "BURGER"CRUMBLES	150	19.26	7.79
CHICKEN,STEWING,MEAT ONLY,CKD,STWD	237	30.42	7.79
BEEF,CHUCK, TOP BLADE,LN & FAT,0" FAT,USDA SEL,CKD,BRLD	200	25.67	7.79
CHICKEN,BROILERS OR FRYERS,THIGH,MEAT ONLY,CKD,STWD	195	25	7.8
TURKEY,FRYER-ROASTERS,BACK,MEAT&SKN,CKD,RSTD	204	26.15	7.8
GAME MEAT,MUSKRAT,RAW	162	20.76	7.8
PORK,CURED,HAM & H2O PRDCT,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	155	19.85	7.81
MACKEREL,PACIFIC&JACK,MXD SP,CKD,DRY HEAT	201	25.73	7.81
BEEF,CHUCK, TOP BLADE,LN & FAT,1/4" FAT,ALL GRDS,RAW	149	19.07	7.81
VEAL,VAR MEATS&BY-PRODUCTS,TONGUE,CKD,BRSD	202	25.85	7.81
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,SEL,CKD,RSTD	213	27.25	7.82
BEEF,RIB,WHL (RIBS 6-12),LN,1/4"FAT,SEL,CKD,BRLD	206	26.33	7.82
LAMB,DOM,SHLDR,BLADE,LN,1/4"FAT,CHOIC,RAW	151	19.29	7.83
TURKEY,YOUNG TOM,DK MEAT,MEAT&SKN,CKD,RSTD	216	27.58	7.83
TURKEY,ALL CLASSES,MEAT&SKN,RAW	160	20.42	7.84
HORMEL PILLOW PAK SLICED TURKEY PEPPERONI	243	30.99	7.84
BAMBOO SHOOTS,CKD,BLD,DRND,WO/SALT	12	1.53	7.84
LAMB,DOM,SHLDR,ARM,LN,1/4"FAT,CHOIC,CKD,BRSD	279	35.54	7.85
PORK,CURED,HAM,BNLESS,REG (APPROX 11% FAT),RSTD	178	22.62	7.87
MACKEREL,PACIFIC&JACK,MXD SP,RAW	158	20.07	7.87
PORK,CURED,HAM W/ NAT JUICES,RUMP,BONE-IN,LN & FAT,HTD,RSTD	177	22.47	7.88
MCDONALD'S,BACON RANCH SALAD W/ GRILLED CHICK	81	10.28	7.88
BEEF,RND,BTTM RND,LN,1/2"FAT,PRIME,CKD,BRSD	249	31.59	7.88
SALMON,SOCKEYE,RAW	168	21.3	7.89
FIDDLEHEAD FERNS,FRZ,UNPREP	34	4.31	7.89
BEEF,SHRT LOIN,PRTRHS STEAK,LN, 1/4" FAT,USDA CHOIC,RAW	160	20.27	7.89
PORK,CURED,HAM,RUMP,BONE-IN,LN & FAT,UNHTD	176	22.27	7.9
BEEF,RND,FULL CUT,LN&FAT,1/8"FAT,SEL,CKD,BRLD	218	27.58	7.9
BEEF,TENDERLOIN,LN&FAT,0"FAT,ALL GRDS,CKD,BRLD	218	27.58	7.9
BEEF,CHUCK,ARM POT RST,LN,1/2"FAT,PRIME,CKD,BRSD	261	33.02	7.9
GAME MEAT,ELK,GROUND,RAW	172	21.76	7.9
CHICKEN,CAPONS,MEAT&SKN,CKD,RSTD	229	28.96	7.91
USDA COMMODITY,PORK,CURED,HAM,BNLESS,CKD,HTD	149	18.84	7.91
SALMON,SOCKEYE,CKD,DRY HEAT	216	27.31	7.91
BEEF,RND,BTTM RND,LN&FAT,1/8"FAT,SEL,CKD,RSTD	212	26.77	7.92
SOUP,CHICK BROTH,CND,PREP W/ EQ VOLUME H2O	16	2.02	7.92

BEEF,SHRT LOIN,PRTRHS STEAK,LN,1/4" FAT,ALL GRDS,CKD,BRLD	210	26.51	7.92
BEEF,BTTM SIRLOIN,TRI-TIP RST,LN & FAT,0" FAT,ALL GRDS,RAW	164	20.64	7.95
LAMB,AUS,IMP,FRSH,RIB,LN,1/8"FAT,RAW	160	20.12	7.95
CHICKEN,STEWING,DK MEAT,MEAT ONLY,RAW	157	19.7	7.97
SOUP,CONSUME W/ GELATIN,DRY,MIX	137	17.19	7.97
VEAL,SIRLOIN,LN&FAT,RAW	152	19.07	7.97
CHICKEN,CAPONS,MEAT&SKN&GIBLETS&NECK,CKD,RSTD	226	28.35	7.97
PHEASANT,RAW,MEAT&SKN	181	22.7	7.97
PORK,CURED,HAM,EX LN®,CND,RSTD	167	20.94	7.98
BEEF,RND,TIP RND,LN&FAT,1/8"FAT,ALL GRDS,CKD,RSTD	219	27.45	7.98
TURKEY,YOUNG TOM,DK MEAT,MEAT&SKN,RAW	152	19.05	7.98
BEEF,RND,EYE OF RND,LN&FAT,1/8"FAT,CHOIC,RAW	173	21.68	7.98
PORK,CURED,HAM -- H2O ADDED,SLCE,BNE-IN,LN & FAT,HTD,PAN-BRL	166	20.8	7.98
BF,BTTM SRLOIN,TRI-TIP RST,LN & FAT,0" FAT,ALL GRDS,CKD,RSTD	208	26.05	7.98
GAME MEAT,BEAR,CKD,SIMMRD	259	32.42	7.99
SPINACH,FRZ,CHOPD OR LEAF,UNPREP	29	3.63	7.99
CHICKEN,BROILERS OR FRYERS,DRUMSTK,MEAT&SKN,CKD,RSTD	216	27.03	7.99
BEEF,RIB,LRG END (RIBS 6-9),LN,0"FAT,SEL,CKD,RSTD	220	27.53	7.99
BEEF,RIB,LRG END (RIBS 6-9),LN,1/4"FAT,SEL,CKD,RSTD	220	27.53	7.99
BEEF,RIB,EYE,SML END (RIBS 10-12),LN,0"FAT,CHOIC,RAW	161	20.13	8
EGG SUBSTITUTE,POWDER	444	55.5	8
SOUP,CHICK BROTH,LO NA,CND	16	2	8
KENTUCKY FRIED CHICK,EX CRISPY,THIGH,MEAT ONLY	188	23.5	8
FISH BROTH	16	2	8