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Nutrient Value of Some Common Foods

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Health Canada is the federal department responsible for helping Canadians maintain and improve their health.

We assess the safety of drugs and many consumer products, help improve the safety of food, and provide information to Canadians to help them make healthy decisions. We provide health services to First Nations people and to Inuit communities. We work with the provinces to ensure our health care system serves the needs of Canadians.

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As Canadians recognize the crucial role of nutrition in the maintenance of good health, they increasingly seek information regarding the nutrient density of foods on the Canadian market.

Health Canada publishes two databases which list nutrient values in Canadian foods. The first is a large, comprehensive, computerized database called the Canadian Nutrient File (CNF). The 2007b version reports up to 143 nutrients in 5516 foods. The CNF can be accessed on the Internet at www.healthcanada.gc.ca/cnf. While this format and detail are useful to health professionals and food industry personnel, a second abbreviated, printed version is a more practical reference for many Canadians.

For this reason we have produced this booklet entitled *Nutrient Value of Some Common Foods*. This publication lists the nutrients most relevant in terms of public health and contribution to the food supply of 1100 of the most commonly consumed foods in Canada. Nutrient values taken from the CNF are calculated in terms of reasonable average household measures of the ready-to-eat form of the food. These amounts are not always identical to the serving sizes displayed on Canada's Food Guide, which are determined for the purpose of providing healthy patterns of eating for a wide range of ages and gender.

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This edition of the *Nutrient Value of Some Common Foods* is an update to the 1999 version. During this interval, changes have taken place in the food supply, in our understanding of nutrition with regards to health and disease prevention, and to nutrition recommendations.

In this updated version of the *Nutrient Value of Some Common Foods*, the emphasis has been placed on mixed dishes rather than individual ingredients. Detailed ingredient information is available on the CNF website.

Common recipes have been used to calculate nutrient profiles of mixed dishes. As there are multiple variations possible for recipes and ingredients, values given may not precisely match the profile of food you consume. For example, a lasagna prepared with veal and white sauce would differ somewhat from one prepared with the more common ground beef and tomato sauce. Please use these recipes as a general reference not a specific match to what you are eating.

Users may find some foods have been re-categorized, to better allow comparison between similar foods. For this reason, foods found in some categories will not match those displayed in Canada's Food Guide.

Foods commonly consumed by Canadians have been chosen and listed alphabetically under 17 general food headings. This classification allows the user to easily locate a particular food and to compare its nutrient values to similar foods. The index should be used to locate foods whose classification may not be apparent.

Products such as infant formulas, baby foods and frozen dinners are not included. Nutrient values for these products are well documented by the manufacturers, and can be found on the labels.

Nutrient values are given for the weight of the edible portion as described. This is the portion remaining after inedible or refuse parts are discarded, and cooking losses are calculated. This is especially important to note in the meat groupings, where descriptive measure and nutrients are for the cooked product unless raw is specifically stated in the food name.

Because of the condensed version of this booklet, composites have been used in several categories. These composites are an averaging of the most common cuts or brands. The resulting nutrient profiles give approximate values that can be used if a more precise match cannot be found.

The approach to choosing nutrients for inclusion in the booklet has changed. The set of 19 nutrients now varies for different food groupings. Nutrients relevant to one specific food group may not be as important to another. For example, cholesterol is present in meats but is not present in fruits and vegetables. When nutrients do not contribute significantly, emphasis is now directed towards components more specific to the group. This allows the addition of more detailed information on the types of fats in the fats and oils group, reporting of beta-carotene and lycopene in the fruit and vegetable groups, and inclusion of values for alcohol and caffeine in the beverage group.

Although trans fatty acids are of public interest, these values cannot be included in this publication. Most food values in the CNF and therefore in this booklet, are generic. For example, chocolate cookies are a representative average of the most popular selling brands in Canada and do not correspond to a specific brand name. The fatty acid content of individual brands can vary widely, and many companies are in the process of re-formulating due to consumer demand. For these reasons, the most reliable way to determine trans fat content of your pre-packaged food is to check the mandatory Nutrition Facts table found on the package.

Trace indicates a measurable quantity in the food, but too small to be included. Zeros indicate a true zero content of the nutrient. N/A indicates a lack of data or “missing value” for a nutrient. Do not assume that missing values are zeros.

The values presented are mean values for a nationwide representative sample. Some of them have a wide range of deviation based on a variation in contributing samples due to such factors as soil type, season, geography, genetics and diet.

DHA and EPA (docosahexanoic acid and eicosapentanoic acid) are long chain omega-3 fatty acids that are known to have positive effects on health. The major dietary source of these fatty acids is fatty fish.

Vitamin E is the common name for the family of antioxidants called tocopherols. Nutrition recommendations are based solely on alpha-tocopherol as this naturally occurring form is the most biologically active. Vitamin E in this booklet refers to alpha-tocopherols only.

Nutrients and Other Components

Nutrient	Unit of measure	Nutrient	Unit of measure
Energy	kcal	Folate	mcg DFE
Energy	kJ	Total Sugar	g
Protein	g	Thiamin	mg
Carbohydrate	g	Niacin	NE
Total Fat	g	Lycopene	mcg
Total Dietary Fibre	g	Beta-carotene	mcg
Saturated Fat	g	Vitamin D	mcg
Cholesterol	mg	Caffeine	mg
Calcium	mg	DHA	g
Iron	mg	EPA	g
Sodium	mg	Trans Fat	g
Potassium	mg	Monounsaturated Fat	g
Magnesium	mg	Polyunsaturated Fat	g
Phosphorus	mg	Vitamin E	mg
Vitamin A	mcg RAE	Alcohol	g
Vitamin C	mg	Riboflavin	mg
Vitamin B12	mcg		

Abbreviations and Symbols

cm	centimetre	M.F.	milk fat
DFE	dietary folate equivalent	mg	milligram
DHA	docosahexaenoic fatty acid (22:6n-3)	mL	millilitre
diam	diameter	N/A	no suitable value available
EPA	eicosapentaenoic fatty acid (20:5n-3)	NE	niacin equivalent
g	gram	RAE	retinol activity equivalent
kcal	kilocalories	tr	trace
kJ	kilojoules	TM	trademark (Brand name)
mcg	microgram	%	percent

Breads, Cereals and Other Grain Products

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Thiamin	Riboflavin	Niacin	Folate
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	NE
Breads, Cereals and Other Grain Products																					
Flours and Brans																					
Chickpea flour	125mL	49	188	786	11	28	5	5.2	3	0.3	0	22	2.4	31	411	81	155	0.2	0.05	2.9	212
Cornmeal, dry	125mL	73	267	1116	6	57	1	5.4	1	0.2	0	4	0.8	2	118	29	61	0.1	0.04	1.9	35
Oat bran, dry	125mL	50	122	511	9	33	1	5.2	3	0.7	0	29	2.7	2	281	117	365	0.6	0.11	3.2	26
Oat flour	125mL	53	200	838	7	35	1	5.3	4	0.7	0	27	2.2	2	199	78	226	0.3	0.08	1.8	15
Potato flour	125mL	85	302	1262	6	70	3	0.1	tr	0.1	0	55	1.2	46	846	55	142	0.2	0.04	4.6	21
Rice flour	125mL	83	305	1278	5	67	tr	2.0	1	0.3	0	8	0.3	0	63	29	82	0.1	0.02	3.2	3
Rye flour, light	125mL	54	198	827	5	43	1	7.9	1	0.1	0	11	1.0	1	126	38	105	0.2	0.05	1.3	12
Soy flour	125mL	53	174	729	25	20	11	9.2	1	0.1	0	127	4.9	11	1259	153	356	0.4	0.13	7.4	161
Wheat bran	15mL	4	8	33	1	2	tr	1.6	tr	tr	0	3	0.4	tr	43	22	37	tr	0.02	0.7	3
Wheat flour, all purpose	125mL	66	240	1005	7	50	tr	2.0	1	0.1	0	10	3.1	1	71	15	71	0.5	0.33	5.3	192
Wheat flour, bread	125mL	72	261	1093	9	52	tr	1.7	1	0.2	0	11	3.2	1	72	18	70	0.6	0.37	7.1	208
Wheat flour, cake	125mL	72	262	1096	6	56	tr	1.2	1	0.1	0	10	5.3	1	76	12	62	0.6	0.31	6.3	204
Wheat flour, whole grain	125mL	63	215	899	9	46	tr	7.7	1	0.2	0	22	2.5	3	257	87	219	0.3	0.14	6.3	28
Wheat germ, toasted	15mL	7	27	114	2	4	1	1.1	1	0.1	0	3	0.7	tr	68	23	82	0.1	0.06	0.9	25
Breads and Buns																					
Bagel, plain (10cm diam)	1	71	195	817	7	38	4	1.6	1	0.2	0	53	2.5	379	72	21	68	0.4	0.22	4.7	117
Bannock	1 medium	37	84	353	2	19	N/A	0.5	tr	0	1	84	0.7	N/A	N/A	N/A	60	0.1	0.06	1.4	N/A
Bread, French or Vienna	1 slice	35	96	401	3	18	tr	1.1	1	0.2	0	26	0.9	213	40	9	37	0.2	0.12	2.3	80
Bread, Italian	1 slice	35	95	397	3	18	tr	0.9	1	0.3	0	27	1.0	204	39	9	36	0.2	0.10	2.1	106
Bread, mixed-grain	1 slice	35	88	366	4	16	4	2.2	1	0.3	0	32	1.2	170	71	19	62	0.1	0.12	2.3	58
Bread, naan	1/2	63	192	803	7	36	2	1.4	2	0.8	3	78	2.3	208	115	16	89	0.3	0.33	5.6	115
Bread, oatmeal	1 slice	35	94	394	3	17	3	1.4	2	0.2	0	23	0.9	210	50	13	44	0.1	0.08	1.8	30
Bread, pita, white (17cm diam)	1	60	165	690	5	33	1	1.3	1	0.1	0	52	1.6	322	72	16	58	0.4	0.20	3.8	99

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Thiamin	Riboflavin	Niacin	Folate
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	NE
Breads, Cereals and Other Grain Products																					
Bread, pita, whole wheat (17cm diam)	1	64	170	712	6	35	1	4.7	2	0.3	0	10	2.0	340	109	44	115	0.2	0.05	3.4	22
Bread, pumpernickel	1 slice	35	88	366	3	17	tr	2.3	1	0.2	0	24	1.0	235	73	19	62	0.1	0.11	1.6	47
Bread, raisin	1 slice	35	96	401	3	18	2	1.5	2	0.4	0	23	1.0	137	79	9	38	0.1	0.14	1.7	55
Bread, rye	1 slice	35	91	379	3	17	1	2.0	1	0.2	0	26	1.0	231	58	14	44	0.2	0.12	1.9	53
Bread, white, Calorie-reduced	1 slice	35	72	303	3	16	2	3.4	1	0.2	0	33	1.1	159	27	8	42	0.1	0.10	1.9	48
Bread, white, commercial	1 slice	35	93	389	3	18	2	0.8	1	0.3	0	53	1.3	238	35	8	35	0.2	0.12	2.1	60
Bread, white, homemade with 2% milk	1 slice	35	100	417	3	17		0.7	2	0.4	1	20	1.0	126	51	7	40	0.1	0.13	1.8	44
Bread, whole wheat, commercial	1 slice	35	86	360	3	16	7	2.4	1	0.3	0	25	1.2	184	88	30	80	0.1	0.07	2.2	18
Bread, whole wheat, homemade with 2% milk	1 slice	35	97	407	3	18	1	2.1	2	0.3	0	12	1.1	121	110	28	65	0.1	0.08	2.1	27
English muffin, white, toasted	1	52	133	554	4	26	2	1.5	1	0.1	0	98	1.4	262	74	11	75	0.2	0.14	2.8	65
English muffin, whole wheat, toasted	1	52	126	528	5	25	1	2.6	1	0.2	0	100	1.6	216	105	22	65	0.2	0.15	2.8	41
Fry bread	1	37	122	511	2	18	1	1.0	5	1.7	3	21	1.5	122	28	7	46	0.2	0.08	2.2	73
Roll, crusty (kaiser)	1	57	167	698	6	30	1	1.3	2	0.3	0	54	1.9	310	62	15	57	0.3	0.19	3.5	86
Roll, dinner, white	1	28	85	356	2	14	2	0.9	2	0.5	tr	34	0.9	148	38	7	33	0.1	0.09	1.6	41
Roll, dinner, whole wheat	1	28	75	315	2	14	2	2.1	1	0.2	0	30	0.7	136	77	24	64	0.1	0.04	1.7	9
Roll, hamburger or hotdog, white	1	43	120	502	4	21	3	0.9	2	0.5	0	59	1.4	206	40	9	27	0.2	0.14	2.5	73
Roll, hamburger or hotdog, whole wheat	1	43	113	473	4	19	3	1.6	3	0.6	0	41	1.7	197	69	19	52	0.2	0.13	2.8	74
Other Bread Products																					
Bread stick, plain (19cm X 2cm)	1	10	41	172	1	7	tr	0.3	1	0.1	0	2	0.4	66	12	3	12	0.1	0.06	0.8	25
Bread stuffing, dry mix, prepared	125mL	106	188	786	3	23	2	3.1	9	1.8	0	34	1.2	574	78	13	44	0.1	0.11	2.3	56
Croutons, plain	60mL	8	31	129	1	6	N/A	0.4	1	0.1	0	6	0.3	53	9	2	9	tr	0.02	0.6	16
Dumpling	1 dumpling	35	69	289	1	8	tr	0.3	4	1.0	1	23	0.4	138	23	3	22	0.1	0.06	0.8	19
Matzo, plain	1	28	112	468	3	24	tr	0.9	tr	0.1	0	4	0.9	1	32	7	25	0.1	0.08	1.7	5
Taco shell, baked (13cm diam)	1 shell	13	61	254	1	8	tr	1.0	3	0.4	0	21	0.3	48	23	14	32	tr	0.01	0.3	28
Tortilla, corn (15cm diam)	1	19	41	173	1	8	tr	1.2	1	0.1	0	15	0.2	9	35	14	60	tr	0.01	0.4	1
Tortilla, wheat (20cm diam)	1	49	159	666	4	27	N/A	1.6	3	0.9	0	19	1.6	234	64	13	61	0.3	0.14	2.6	98
Pancakes, Waffles and French Toast																					
French toast, frozen, ready to heat, heated	1 slice	59	126	526	4	19	N/A	0.6	4	0.9	48	63	1.3	292	79	10	82	0.2	0.22	2.5	42

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Thiamin	Riboflavin	Niacin	Folate
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	NE
Breads, Cereals and Other Grain Products																					
French toast, homemade	1 slice	65	149	623	5	16	N/A	0.7	7	1.8	75	65	1.1	311	87	11	76	0.1	0.21	2.1	37
Pancake, buckwheat, prepared from mix (13cm diam)	1	40	73	305	3	10	2	1.1	3	0.6	20	89	0.7	191	80	27	143	0.1	0.09	1.2	9
Pancake, homemade with butter and syrup (13cm diam)	1	50	112	468	3	20	2	0.8	3	1.0	11	85	0.5	211	78	9	118	0.1	0.11	1.1	23
Pancake, plain, from complete mix (13cm diam)	1	40	64	266	1	11	N/A	0.4	2	0.2	3	36	0.4	180	50	6	96	0.1	0.06	0.8	15
Pancake, plain, frozen, ready-to-heat (13cm diam), heated	1	41	94	393	2	18	4	0.7	1	0.3	4	25	1.4	209	30	6	153	0.2	0.19	2.1	27
Pancake, plain, homemade (13cm diam)	1	38	86	361	2	11	N/A	0.5	4	0.8	22	83	0.7	167	50	6	60	0.1	0.11	1.1	21
Potato pancake, homemade (8cm diam)	1	37	112	467	2	13	1	1.0	6	0.6	23	12	0.7	191	277	16	46	0.1	0.06	1.4	15
Waffle, homemade	1	37	103	432	3	14	2	0.5	4	0.7	33	44	0.9	146	58	7	53	0.1	0.15	1.7	37
Waffle, plain, frozen, ready-to-heat, heated	1	33	87	364	2	13	2	0.8	3	0.5	8	77	1.5	260	42	7	139	0.1	0.16	1.9	22
Rice, Pasta and Other Grains																					
Barley, pearled, cooked	125mL	83	102	426	2	23	tr	2.0	tr	0.1	0	9	1.1	2	77	18	45	0.1	0.05	2.2	13
Bulgur, cooked	125mL	96	80	334	3	18	tr	2.7	tr	tr	0	10	0.9	5	65	31	38	0.1	0.03	1.7	17
Couscous, cooked	125mL	83	93	388	3	19	tr	0.7	tr	tr	0	7	0.3	4	48	7	18	0.1	0.02	1.5	12
Quinoa, cooked	125mL	73	70	293	2	13	N/A	1.3	1	0.1	0	11	1.7	4	138	39	77	tr	0.07	1.0	9
Macaroni, cooked	250mL	148	209	873	7	42	1	1.8	1	0.1	0	10	2.1	1	46	27	80	0.3	0.14	4.0	184
Noodles, Chinese, chow mein	60mL	11	60	252	1	7	tr	0.4	4	0.5	0	2	0.5	50	14	6	18	0.1	0.05	0.9	16
Noodles, egg, cooked	250mL	169	225	940	8	42	1	1.9	2	0.5	56	20	2.7	12	47	32	117	0.3	0.14	4.3	176
Pasta, fresh-refrigerated, cooked	250mL	169	220	920	9	40	N/A	3.7	3	0.7	69	17	2.0	140	36	24	88	0.3	0.29	4.0	101
Pasta, fresh-refrigerated, spinach, cooked	250mL	169	223	933	9	41	1	2.2	3	0.6	56	32	1.8	20	63	41	96	0.4	0.21	4.4	159
Ramen noodles, chicken flavour, dry	1 package	85	371	1554	9	54	1	2.0	13	6.0	N/A	23	3.3	1760	147	19	100	0.5	0.21	3.8	150
Rice noodles, cooked	250mL	186	203	848	2	46	N/A	1.9	tr	tr	0	7	0.3	35	7	6	37	tr	0.01	0.5	6
Rice, brown, long-grain, cooked	125mL	103	115	479	3	24	tr	1.5	1	0.2	0	10	0.4	5	44	44	86	0.1	0.03	2.1	4
Rice, white, long-grain, cooked	125mL	83	109	454	2	24	tr	0.4	tr	0.1	0	8	0.2	1	29	10	36	tr	0.01	0.8	3
Rice, white, long-grain, instant, prepared	125mL	87	85	357	2	19	0	0.5	tr	tr	0	7	0.2	3	3	4	12	tr	0.04	0.9	7
Rice, white, long-grain, parboiled, cooked	125mL	92	105	441	2	23	tr	0.4	tr	0.1	0	18	0.2	3	34	11	39	tr	0.02	1.7	4
Rice, wild, cooked	125mL	87	88	366	3	18	1	1.6	tr	tr	0	3	0.5	3	88	28	71	tr	0.08	1.8	23

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Thiamin	Riboflavin	Niacin	Folate
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	NE
Breads, Cereals and Other Grain Products																					
Soba noodles, cooked	250mL	120	119	499	6	26	N/A	N/A	tr	tr	0	5	0.6	72	42	11	30	0.1	0.03	2.1	8
Spaghetti, cooked	250mL	148	209	873	7	42	1	2.5	1	0.1	0	10	2.1	1	46	27	80	0.3	0.14	4.0	184
Spaghetti, whole wheat, cooked	250mL	148	183	768	8	39	1	4.8	1	0.1	0	22	1.6	4	65	44	132	0.2	0.07	2.7	7
Breakfast Cereals																					
Hot Cereal, cooked																					
Cream of wheat, regular	175mL	186	46	195	2	9	tr	0.7	tr	0	0	2	1.6	tr	15	2	17	tr	0.01	0.4	N/A
Oat bran, cooked	175mL	179	73	306	3	12	tr	3.4	1	0.3	0	17	1.3	1	120	N/A	127	0.2	0.06	0.9	9
Oatmeal, instant, apple-cinnamon	1 packet	186	141	592	3	29	12	2.8	2	0.3	0	21	5.0	256	108	36	88	0.8	0.03	1.4	50
Oatmeal, instant, regular	1 packet	186	112	468	4	20	1	2.7	2	0.4	0	21	4.0	241	112	45	132	0.6	0.04	1.5	N/A
Oatmeal, large flakes/quick	175mL	173	99	412	4	17	tr	2.6	2	0.3	0	13	1.0	1	98	N/A	111	0.2	0.04	0.9	8
Red River, Robin Hood™	175mL	180	115	482	4	24	N/A	4.0	1	0.1	tr	15	1.3	27	N/A	18	63	0.1	0.02	1.4	19
Ready-to-eat																					
All Bran Buds with psyllium, Kellogg's™	75mL	27	70	292	2	22	7	11.3	1	N/A	0	17	3.5	181	242	74	242	0.5	0.09	2.5	38
All Bran, Kellogg's™	125mL	35	92	384	4	27	6	11.8	1	N/A	0	30	4.7	305	408	130	350	0.7	0.07	6.0	50
Almond Raisin Mulslix, Kellogg's™	175mL	44	173	722	4	34	13	3.0	3	N/A	0	24	5.9	140	191	30	86	0.9	0.07	2.1	N/A
Alpha-Bits, Post™	250mL	34	139	580	2	30	14	1.1	1	0.2	0	3	4.5	126	21	24	74	0.7	0	2.0	41
Bran Flakes, Post™	250mL	53	185	776	5	41	9	7.4	1	0.2	0	24	7.0	302	253	121	276	1.1	0.08	3.5	64
Cap'n Crunch, Quaker™	175mL	27	108	452	1	23	10	0.7	1	1.1	0	0	3.6	213	30	11	22	0.5	0	1.3	32
Cheerios, Honey Nut, General Mills™	250mL	35	134	561	3	28	12	2.1	1	N/A	0	128	4.7	252	99	38	115	0	0.06	1.6	41
Cheerios, regular General Mills™	250mL	24	95	396	3	18	1	2.2	2	N/A	0	44	3.2	219	78	32	105	tr	0.04	1.1	28
Cinnamon Toast Crunch, General Mills™	175mL	28	123	514	1	22	9	1.0	3	N/A	0	103	3.8	193	41	12	93	0	0.01	1.3	33
Corn Bran, Quaker™	250mL	38	124	520	3	30	8	6.1	2	0.8	0	0	5.0	349	91	N/A	42	0.8	0.02	1.7	45
Corn Flakes, Kellogg's™	250mL	26	103	430	2	23	2	0.7	tr	0	0	1	3.5	190	28	2	12	0.5	0.71	1.6	32
Corn Pops, Kellogg's™	250mL	33	130	544	1	30	12	0.4	tr	0	0	2	4.4	192	26	3	13	0.7	0.01	1.8	40
Fibre 1, General Mills™	125mL	30	79	329	3	24	0	14.1	1	0.1	0	110	4.1	130	239	68	188	0.1	0.06	1.4	36
Froot Loops, Kellogg's™	250mL	30	116	485	1	26	14	0.6	1	N/A	0	3	3.9	121	30	7	31	0.6	0.02	1.7	36
Frosted Flakes, Kellogg's™	250mL	37	142	595	2	33	15	0.6	tr	0	0	1	4.9	196	28	2	9	0.7	0.67	2.1	45
Fruit & Fibre, Dates/Raisins/Walnuts, Post™	125mL	29	93	389	3	22	7	4.3	1	N/A	0	16	3.9	134	145	55	126	0.6	0.05	1.9	35

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Thiamin	Riboflavin	Niacin	Folate
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	NE
Breads, Cereals and Other Grain Products																					
Granola with Raisins, low fat, Kellogg's™	125mL	59	226	944	5	46	17	3.5	3	N/A	0	24	7.8	147	173	47	135	1.2	0.14	3.7	71
Granola with Raisins, Rogers™	125mL	59	245	1023	5	41	N/A	5.3	8	N/A	0	28	1.9	95	198	N/A	157	0.4	0.06	1.8	N/A
Grape-Nuts, Post™	125mL	58	208	872	6	46	5	6.0	1	N/A	0	24	2.0	348	253	59	241	0.2	0.09	4.5	68
Harvest Crunch, regular, Quaker™	125mL	47	218	911	5	31	12	3.3	9	6.7	1	51	1.1	45	226	N/A	N/A	0.1	0.07	1.5	14
Honeycomb, Post™	250mL	23	92	384	1	21	8	0.2	tr	N/A	0	8	3.7	93	46	7	36	0.5	tr	1.4	28
Just Right, Kellogg's™	250mL	45	172	720	4	38	10	2.2	1	N/A	0	11	6.0	250	105	28	93	0.9	0.10	2.9	55
Life, Quaker™	175mL	33	124	518	5	23	7	2.9	2	0.3	0	24	4.3	195	188	10	160	0.6	0.03	1.5	19
Lucky Charms, General Mills™	250mL	34	132	550	2	28	15	1.7	1	N/A	0	124	4.6	227	64	28	87	0	0.02	1.6	40
Mini-Wheats with White Frosting, Kellogg's™	175mL	35	121	505	3	29	3	3.6	1	N/A	0	14	4.7	4	135	31	102	0.7	0.02	2.3	42
Muesli, President's Choice™	75mL	40	144	603	5	28	10	3.5	2	N/A	0	9	1.6	24	228	13	40	0.1	0.10	1.4	N/A
Nesquik, General Mills™	250mL	30	120	502	1	27	14	0.6	1	N/A	0	33	4.1	192	49	8	44	0	0	1.4	36
Oatmeal Crisp Almond, General Mills™	125mL	32	131	546	3	23	8	2.3	3	N/A	0	81	4.3	108	93	34	93	0.6	0.05	1.5	38
Oatmeal Crisp Maple Walnut, General Mills™	125mL	32	133	557	3	25	9	2.3	2	0.3	0	81	4.3	142	101	29	81	0.6	0.05	1.5	38
Puffed Wheat, Quaker™	250mL	13	45	188	2	9	tr	1.4	tr	0.1	0	9	0.5	0	60	18	40	0.1	0.01	1.0	1
Raisin Bran, Kellogg's™	250mL	59	187	782	5	47	17	6.7	1	N/A	0	22	7.9	367	334	75	189	1.2	0.08	4.5	72
Reese's Puffs, General Mills™	175mL	30	128	533	2	24	13	0.6	3	0.6	0	98	4.0	178	43	2	11	0	0	1.4	35
Rice Krispies, Kellogg's™	250mL	29	110	458	2	24	3	0.3	tr	0	0	4	3.8	315	31	11	41	0.6	0.01	1.7	30
Shredded Wheat, Post™	1 biscuit	25	91	379	3	21	tr	3.5	1	0.1	0	9	1.5	1	92	31	83	0.1	0.06	2.3	11
Shreddies, Post™	175mL	38	138	579	4	32	6	4.4	1	N/A	0	14	5.1	241	143	38	109	0.8	0.01	2.5	N/A
Special K, Kellogg's™	250mL	24	94	392	4	18	2	0.3	tr	N/A	0	tr	3.2	226	34	13	49	0.5	0.03	1.9	29
Sugar Crisp, Post™	250mL	26	103	432	1	24	14	0.8	1	N/A	0	3	0.3	33	1	11	44	0.5	tr	1.5	32
Trix, General Mills™	250mL	30	117	491	1	27	13	1.0	1	N/A	0	98	4.0	195	16	2	22	0	0	1.4	35
Weetabix™	2 biscuits	35	130	543	4	29	2	4.4	1	0.1	0	14	1.1	126	141	58	144	0.7	N/A	2.6	13
Crackers																					
Cheese crackers, small	15	15	75	316	2	9	tr	0.4	4	1.4	2	23	0.7	149	22	5	33	0.1	0.06	1.0	36
Melba toast, plain	2	10	39	163	1	8	tr	0.6	tr	tr	0	9	0.4	83	20	6	20	tr	0.03	0.6	19

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Thiamin	Riboflavin	Niacin	Folate
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	NE
Breads, Cereals and Other Grain Products																					
Milk crackers	2	24	109	457	2	17	4	0.5	4	0.6	3	41	0.9	142	27	5	73	0.1	0.10	1.5	34
Rusk toast	1	10	41	170	1	7	N/A	0.6	1	0.1	0	3	0.3	25	25	4	15	tr	0.04	0.7	10
Rye wafers, plain	2	20	67	279	2	16	tr	4.6	tr	tr	0	8	1.2	159	99	24	67	0.1	0.06	0.7	9
Saltine (oyster, soda, soup)	4	12	51	215	1	9	tr	0.4	1	0.2	0	8	0.7	129	18	3	12	tr	0.05	0.9	26
Saltine (oyster, soda, soup), unsalted top	4	12	52	218	1	9	0	0.4	1	0.4	0	14	0.6	92	15	3	13	0.1	0.06	0.9	23
Standard-type (snack-type) (Ritz™)	4	12	60	252	1	7	tr	0.2	3	0.5	0	14	0.4	102	16	3	27	tr	0.04	0.7	17
Standard-type, reduced sodium (Ritz™)	4	12	60	252	1	7	tr	0.2	3	0.5	0	14	0.4	45	43	3	27	tr	0.04	0.7	17
Wheat crackers	4	20	95	396	2	13	1	1.4	3	2.0	0	10	1.0	173	60	12	44	0.1	0.07	1.4	37
Wheat crackers, low fat	4	18	79	330	2	12	2	0.9	2	1.2	tr	34	0.7	112	72	13	52	0.1	0.10	1.3	28
Whole wheat crackers	4	16	71	296	1	11	tr	1.7	3	0.5	0	8	0.5	105	48	16	47	tr	0.02	1.1	4

Serving sizes for ready-to-eat cereals vary.
 Be sure to check the amount specified for 1 serving on the Nutrition Facts table
 (i.e., 1 serving of All Bran™ is 125mL but 1 serving of Cheerios™ is 250mL)



Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Thiamin	Riboflavin	Niacin	Folate
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	NE
Baked Goods																					
Biscuits, Croissants, and Muffins																					
Biscuit, plain or buttermilk, fast food	1	51	186	776	3	25	2	0.7	8	1.3	1	25	1.7	537	114	9	219	0.2	0.15	2.4	58
Biscuit, plain or buttermilk, from mix, baked	1	30	97	404	2	14	3	0.4	4	1.0	2	54	0.6	273	55	7	136	0.1	0.11	1.4	31
Biscuit, plain or buttermilk, homemade	1	60	212	888	4	27	1	0.9	10	2.6	2	141	1.7	348	73	11	98	0.2	0.19	2.6	57
Biscuit, plain, refrigerated dough, baked	1	27	93	391	2	13	tr	0.4	4	1.0	0	5	0.7	325	42	4	104	0.1	0.06	1.2	37
Croissant, butter	1	57	231	968	5	26	6	1.5	12	6.6	38	21	1.2	424	67	9	60	0.2	0.14	2.2	74
Muffin, blueberry, from mix, prepared	1	54	149	623	3	24	N/A	N/A	5	1.2	32	14	0.6	216	41	6	93	0.1	0.17	1.9	61
Muffin, bran, from mix, prepared	1	55	159	666	4	27	N/A	N/A	5	1.4	32	18	1.5	271	84	33	189	0.1	0.13	2.9	38
Muffin, bran, homemade	1	57	199	833	4	32	13	3.7	8	0.9	23	82	2.3	242	363	80	129	0.1	0.16	3.0	37
Muffin, carrot, commercial	1	113	344	1439	7	49	17	1.9	14	1.6	34	100	2.2	396	208	18	117	0.3	0.31	4.1	90
Muffin, chocolate chip, commercial	1	113	366	1530	8	53	16	2.4	14	5.3	37	116	2.9	341	192	34	147	0.3	0.35	4.6	102
Muffin, fruit, commercial	1	113	313	1309	6	54	22	2.9	7	1.6	34	64	1.8	505	139	18	223	0.2	0.14	2.5	129
Muffin, fruit, homemade	1	57	162	679	4	23	N/A	0.9	6	1.2	21	108	1.3	251	70	9	83	0.2	0.16	2.0	42
Cookies, Granola Bars and Other Bars																					
Bars																					
Breakfast bar, Oatmeal to Go™	1	47	197	825	3	33	10	2.4	5	0.9	tr	17	4.2	202	102	N/A	N/A	0.7	N/A	1.7	N/A
Cereal bar, fruit filled (Nutri-Grain™)	1	37	135	566	2	26	14	1.2	3	0.5	tr	17	0.6	96	72	3	43	0.1	0.04	0.8	N/A
Granola bar, hard, chocolate chip	1	24	105	440	2	17	N/A	1.1	4	2.7	0	18	0.7	83	60	17	49	tr	0.02	0.7	3
Granola bar, hard, plain	1	25	118	493	3	16	N/A	1.3	5	0.6	0	15	0.7	74	84	24	69	0.1	0.03	1.1	6
Granola bar, soft, chocolate chip, graham and marshmallow	1	26	109	454	1	20	6	1.0	3	0.6	0	6	0.6	90	48	18	53	tr	0.04	0.5	3
Granola bar, soft, nuts and raisins	1	28	127	532	2	18	N/A	1.6	6	2.7	tr	24	0.6	71	110	25	67	0.1	0.05	1.2	8
Granola bar, soft, peanut butter, chocolate coated	1	37	188	788	4	20	N/A	1.0	12	6.3	4	40	0.5	71	125	25	84	tr	0.08	2.0	9
Granola bar, soft, plain	1	28	124	519	2	19	N/A	1.3	5	2.0	tr	29	0.7	78	91	21	64	0.1	0.05	0.6	7
Muffin bar (Hop&Go™, Sweet Mornings™)	1	50	178	746	2	30	18	0.6	6	1.0	20	7	0.8	175	64	7	26	0.1	0.10	1.4	33

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Thiamin	Riboflavin	Niacin	Folate	
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	NE	DFE
Baked Goods																						
Cookies																						
Chocolate chip, commercial	2	20	98	409	1	13	7	0.6	5	1.5	N/A	7	0.7	59	30	10	23	tr	0.05	0.7	20	
Chocolate chip, homemade	2	32	156	653	2	19	N/A	0.9	9	2.6	10	12	0.8	116	72	18	32	0.1	0.06	0.8	15	
Chocolate chip, refrigerated dough, baked	2	24	118	494	1	16	N/A	0.4	5	1.9	6	7	0.6	56	48	6	18	tr	0.05	0.7	17	
Chocolate coated marshmallow	2	30	129	541	1	21	14	0.6	4	2.2	tr	6	0.9	46	43	11	29	tr	0.06	0.4	11	
Chocolate sandwich	2	20	93	390	1	14	8	0.6	4	1.8	0	4	2.1	97	37	10	18	tr	0.03	0.8	17	
Coconut macaroons, homemade	2	48	194	811	2	35	34	0.9	6	5.4	0	3	0.4	119	75	10	21	tr	0.05	0.4	2	
Fig	2	32	111	466	1	23	15	1.5	2	0.4	0	20	0.9	112	66	9	20	0.1	0.07	0.8	17	
Ginger snaps	2	14	58	244	1	11	3	0.3	1	0.3	0	11	0.9	92	48	7	12	tr	0.04	0.6	20	
Graham crackers, plain or honey	2	14	59	248	1	11	4	0.4	1	0.2	0	3	0.5	85	19	4	15	tr	0.04	0.8	9	
Molasses	2	30	129	539	2	22	5	0.3	4	1.0	0	22	1.9	138	104	16	29	0.1	0.08	1.3	44	
Oatmeal, with raisins, commercial	2	26	117	489	2	18	6	0.7	5	1.2	0	10	0.7	100	37	9	36	0.1	0.06	1.0	19	
Oatmeal, without raisins, homemade	2	30	134	561	2	20	N/A	0.7	5	1.1	11	32	0.8	179	55	13	50	0.1	0.05	0.8	14	
Peanut butter sandwich	2	28	134	560	2	18	10	0.5	6	1.4	0	15	0.7	103	54	14	53	0.1	0.07	1.6	26	
Peanut butter, homemade	2	40	190	794	4	24	N/A	1.5	10	1.8	12	16	0.9	207	92	16	46	0.1	0.08	2.1	32	
Shortbread, commercial, plain	2	16	80	336	1	10	2	0.3	4	1.0	3	6	0.4	73	16	3	17	0.1	0.05	0.8	18	
Shortbread, homemade	2	33	185	773	2	19	7	0.5	12	7.3	31	6	0.7	130	20	4	20	0.1	0.08	1.3	32	
Animal crackers (arrowroot, social tea)	2	10	45	187	1	7	1	0.2	1	0.3	0	4	0.3	39	10	2	11	tr	0.03	0.5	17	
Sugar cookies, commercial	2	30	143	600	2	20	11	0.2	6	1.6	15	6	0.6	107	19	4	24	0.1	0.06	1.2	25	
Sugar cookies, homemade	2	32	142	592	2	25	16	0.4	4	1.1	8	18	0.6	72	23	3	23	0.1	0.07	1.0	24	
Vanilla wafers	2	12	57	237	1	9	N/A	0.2	2	0.6	0	3	0.3	37	13	1	8	tr	0.03	0.5	8	
Cakes																						
Angelfood, commercial (25cm diam)	1/12	28	73	306	2	16	N/A	0.4	tr	tr	0	40	0.1	212	26	3	9	tr	0.14	0.6	16	
Angelfood, from mix (25cm diam)	1/12	50	129	538	3	29	15	0.1	tr	tr	0	42	0.1	255	68	4	116	tr	0.10	0.7	14	
Banana bread, homemade (11cm X 6cm X 1cm)	1 slice	60	196	818	3	33	N/A	0.7	6	1.3	26	13	0.8	181	80	8	35	0.1	0.12	1.4	29	
Boston cream pie, commercial	1/6	92	232	970	2	39	33	1.3	8	2.2	34	21	0.3	132	36	6	45	0.4	0.25	0.7	17	
Brownies, commercial (5cm X 5cm)	1 square	34	138	576	2	22	12	0.7	6	1.4	6	10	0.8	106	51	11	34	0	0.07	0.9	24	
Brownies, homemade (5cm X 5cm)	1 square	36	168	702	2	18	N/A	0.8	10	2.6	26	21	0.7	123	63	19	48	0.1	0.07	0.8	14	
Carrot, homemade with cream cheese icing (2 layer, 23cm diam)	1/12	133	542	2266	5	70	52	1.5	28	3.8	73	49	1.6	201	131	10	70	0.2	0.22	2.7	57	

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Thiamin	Riboflavin	Niacin	Folate
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	NE
Baked Goods																					
Cheesecake, commercial (15 cm diam)	1/6	100	321	1342	6	26	N/A	0.4	23	9.9	55	51	0.6	207	90	11	93	tr	0.19	1.3	20
Cheesecake, from mix, no-bake type (20cm diam)	1/8	149	407	1702	8	53	N/A	2.8	19	9.9	43	255	0.7	564	313	28	347	0.2	0.39	2.4	57
Cheesecake, plain, homemade with cherry topping (20cm diam)	1/8	168	459	1920	11	55	45	0.8	23	8.8	75	65	1.6	496	146	12	124	tr	0.24	2.8	23
Chocolate, from mix, with icing (23cm diam)	1/12	109	362	1513	4	61	47	2.0	13	1.9	43	63	1.6	396	177	27	141	0.1	0.13	1.9	26
Chocolate, frozen, commercial, with chocolate icing (1 layer, 5cm X 20cm diam)	1/6	85	282	1180	3	48	37	2.0	10	1.0	33	49	1.0	309	138	21	110	N/A	N/A	1.0	20
Chocolate, homemade, with icing (2 layer, 23cm diam)	1/12	109	408	1706	4	67	52	1.9	16	5.0	28	66	2.5	253	138	34	91	0.1	0.15	2.0	36
Coffee cake, cinnamon with crumb topping, commercial	1/10	57	237	991	4	26	N/A	1.1	13	3.3	18	31	1.1	199	70	12	61	0.1	0.13	1.7	46
Coffee cake, cinnamon with crumb topping, from mix (20cm X 15cm)	1/10	45	142	596	2	24	13	0.5	4	0.8	22	61	0.6	189	50	8	96	0.1	0.08	1.2	33
Fruitcake, commercial	1 piece	43	139	583	1	26	13	1.6	4	0.5	2	14	0.9	116	66	7	22	tr	0.04	0.6	14
Gingerbread, from mix (23cm X 23cm)	1/9	69	212	889	3	35	22	0.8	7	1.8	22	47	2.3	315	166	11	113	0.1	0.13	1.9	28
Pound cake, homemade (23cm X 13cm X 7.5cm)	1/10	91	391	1633	5	42	22	0.4	23	4.1	96	22	2.1	368	66	7	59	0.2	0.23	3.0	62
Shortcake, biscuit-type, homemade (4cm X 7.5cm diam)	1	75	234	978	5	34	8	1.0	8	2.4	28	106	1.7	459	96	12	100	0.2	0.24	3.1	72
Sponge, commercial, individual shell	1	25	72	302	1	15	9	0.1	1	0.2	26	18	0.7	61	25	3	34	0	0.07	0.8	18
Sponge, homemade (25cm diam)	1/12	63	187	782	5	36	N/A	0.2	3	0.8	107	26	1.0	144	89	6	63	0.1	0.19	1.7	33
White, from mix, with icing (2 layer, 23cm diam)	1/12	109	363	1518	3	66	51	0.9	10	1.6	N/A	41	0.9	342	76	15	138	0.1	0.12	1.9	47
White, homemade, with icing (2 layer, 23cm diam)	1/12	109	371	1553	3	70	56	0.3	9	2.5	1	50	1.3	205	55	5	41	0.1	0.14	1.9	33
White, frozen, commercial, with icing (1 layer, 5cm X 20cm diam)	1/6	85	283	1184	2	52	40	1.0	8	1.0	0	32	1.0	266	59	12	108	N/A	N/A	1.0	37
Yellow, from mix, with icing (2 layer, 23cm diam)	1/12	109	363	1519	4	64	47	0.9	11	2.0	46	60	1.1	338	74	15	137	0.1	0.14	2.0	57
Pies																					
Apple, commercial, 2 crust (23cm diam)	1/8	125	296	1239	2	43	20	2.0	14	4.7	0	14	0.6	333	81	9	30	tr	0.03	0.9	54
Apple, homemade, 2 crust (23cm diam)	1/8	155	411	1717	4	58	N/A	2.3	19	4.7	0	11	1.7	327	122	11	43	0.2	0.17	2.7	59
Banana cream, from mix, no-bake type (23cm diam)	1/8	92	231	966	3	29	N/A	0.6	12	6.4	27	67	0.4	267	104	11	154	0.1	0.13	1.4	28
Butter tart	1	54	248	1038	2	29	15	0.7	14	5.6	30	22	1.1	164	109	10	35	0.1	0.10	1.5	35
Cherry, commercial, 2 crust (23cm diam)	1/8	125	325	1359	3	50	18	1.0	14	3.2	0	15	2.0	308	101	10	36	0.2	0.16	2.5	50
Chocolate cream, commercial (20cm diam)	1/6	113	344	1436	3	38	N/A	2.3	22	5.6	6	41	1.2	154	144	24	77	tr	0.12	1.4	19
Coconut cream, commercial (20cm diam)	1/6	64	191	797	1	24	23	0.8	11	4.5	0	19	0.5	163	42	13	54	tr	0.05	0.4	5
Fried pie, fruit (13cm X 10cm)	1	128	404	1692	4	55	27	3.3	21	3.1	0	28	1.6	479	83	13	55	0.2	0.14	2.7	36

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Thiamin	Riboflavin	Niacin	Folate
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	NE
Baked Goods																					
Lemon meringue, commercial (20cm diam)	1/6	113	303	1267	2	53	27	1.4	10	2.0	51	63	0.7	165	101	17	119	0.1	0.24	1.1	40
Mincemeat pie, homemade, 2 crust (23cm diam)	1/8	165	477	1995	4	79	47	4.3	18	4.4	0	36	2.5	419	335	23	69	0.2	0.17	2.7	59
Pecan, commercial (20cm diam)	1/6	113	452	1890	5	65	32	4.0	21	4.0	36	19	1.2	479	84	20	87	0.1	0.14	1.5	61
Pumpkin, commercial (20cm diam)	1/6	109	229	957	4	30	15	2.9	10	1.9	22	65	1.5	307	168	16	77	0.2	0.22	1.9	35
Sugar pie, homemade, 1 crust	1/8	88	407	1703	3	31	18	0.5	31	17.3	84	61	1.1	81	139	13	59	0.1	0.15	1.6	34
Other Baked Goods																					
Apple crisp, homemade	125mL	128	206	863	2	39	25	1.8	4	0.9	0	45	1.0	449	100	10	36	0.1	0.10	N/A	31
Bread pudding with raisins, homemade	125mL	106	162	677	6	24	15	0.9	5	1.8	61	124	1.2	252	228	18	111	0.1	0.26	2.1	31
Danish pastry, cinnamon (11cm diam)	1	65	262	1095	5	29	13	0.8	15	3.7	14	46	1.3	241	81	12	70	0.2	0.17	2.8	60
Danish pastry, fruit (11cm diam)	1	71	263	1102	4	34	20	1.3	13	3.5	81	33	1.3	251	59	11	63	0.2	0.16	2.2	49
Date squares, homemade	1 square	61	226	944	3	37	N/A	2.3	8	4.7	20	21	2.0	241	154	23	61	0.2	0.08	1.7	31
Doughnut, cake-type, plain (8cm diam)	1	47	198	828	2	23	11	0.7	11	1.7	17	21	0.9	257	60	9	126	0.1	0.11	1.4	39
Doughnut, cake-type, plain, chocolate coated (9cm diam)	1	57	270	1130	3	27	13	1.1	18	4.6	35	20	1.4	245	112	23	115	0.1	0.06	1.4	39
Doughnut, yeast-leavened, honey bun, glazed (9cm x 6cm)	1	60	242	1011	4	27	14	0.7	14	3.5	4	26	1.2	205	65	13	56	0.2	0.13	2.5	41
Doughnut, yeast-leavened, jelly filled (9cm X 6cm)	1	85	289	1209	5	33	18	0.8	16	4.1	22	21	1.5	249	67	17	72	0.3	0.12	2.8	88
Eclairs, custard filled, chocolate glaze	1	100	262	1096	6	24	7	0.6	16	4.1	127	63	1.2	337	117	15	107	0.1	0.27	2.1	63
Rice Krispies Squares™, commercial	1 square	22	91	381	1	18	N/A	0.1	2	0.3	0	1	0.3	77	9	3	9	0.3	0.30	3.7	38
Toaster pastries (Pop-Tarts™), brown sugar & cinnamon	1	50	206	862	3	34	N/A	0.5	7	1.8	0	17	2.0	212	57	12	67	0.2	0.29	2.8	21
Toaster pastries (Pop-Tarts™), fruit, frosted	1	55	215	900	2	39	20	0.4	6	1.5	0	16	3.9	387	81	13	75	0.2	0.20	N/A	39

You may wonder why the nutrition label of a food reports 0 grams of trans fat when hydrogenated oil, partly hydrogenated oil or shortening are listed as ingredients. If the amount of trans fat is lower than 0.2g per serving, it can be rounded down to 0g per serving.

Vegetables and Vegetable Products

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Beta-carotene	Lycopene	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE	mg	mcg
Vegetables and Vegetable Products																					
Vegetables																					
Alfalfa sprouts, raw	60mL	8	2	10	tr	tr	tr	0.2	tr	3	0.1	1	7	2	6	1	7	0	3	1	0
Artichoke hearts, canned in water	1 heart	27	13	56	1	3	tr	1.0	tr	12	0.3	74	95	16	23	2	28	0	14	3	0
Artichoke hearts, marinated in oil	1 heart	28	27	111	1	3	tr	1.0	2	12	0.3	79	93	16	23	2	28	0	13	3	0
Artichoke, boiled, drained	1 medium	120	60	251	4	13	1	4.7	tr	54	1.5	114	425	72	103	11	127	0	61	12	0
Asparagus, canned, drained	6 spears	108	21	85	2	3	1	1.5	1	17	2.0	310	186	11	46	44	532	26	104	20	0
Asparagus, fresh or frozen, boiled, drained	6 spears	90	18	75	2	3	1	1.6	tr	18	0.7	8	178	11	46	41	489	24	128	14	0
Bean sprouts, stir-fried	125mL	66	33	137	3	7	N/A	1.2	tr	9	1.2	6	143	22	52	1	12	N/A	46	10	0
Beans, lima, frozen, boiled, drained	125mL	95	100	417	6	18	1	4.0	tr	27	1.9	28	391	53	107	8	95	0	15	6	0
Beans, snap (green, yellow, Italian), canned, drained	125mL	71	14	60	1	3	1	1.5	tr	19	0.6	187	78	9	14	16	186	0	23	2	0
Beans, snap (green, yellow, Italian), fresh or frozen, boiled, drained	125mL	71	22	94	1	5	1	1.9	tr	33	0.5	4	97	15	21	22	269	0	20	5	0
Beets, pickled, sliced, not drained	125mL	120	78	326	1	20	N/A	2.2	tr	13	0.5	317	177	18	20	1	7	N/A	32	3	0
Beets, sliced, boiled, drained	125mL	90	40	165	2	9	7	1.8	tr	14	0.7	69	274	21	34	2	19	0	72	3	0
Beets, sliced, canned, drained	125mL	90	28	117	1	6	5	1.9	tr	13	1.6	174	133	15	15	1	13	0	27	6	0
Belgium endive, raw	1 endive	53	9	38	tr	2	N/A	1.6	tr	10	0.1	1	112	5	14	1	9	N/A	20	1	0
Bok Choy, Pak-Choi, shredded, boiled, drained	125mL	90	11	45	1	2	1	0.9	tr	84	0.9	31	333	10	26	190	2289	0	37	23	0
Broccoli, chopped, boiled, drained	125mL	82	29	120	2	6	1	2.0	tr	33	0.6	34	241	17	55	81	973	0	89	53	0
Broccoli, chopped, raw	125mL	46	16	66	1	3	1	1.1	tr	22	0.3	15	147	10	31	15	178	0	29	41	0
Broccoli, frozen spears, boiled, drained	125mL	97	27	114	3	5	1	2.3	tr	50	0.6	23	175	19	53	54	645	0	29	39	0
Brussels sprouts, fresh or frozen, boiled, drained	4 sprouts	84	33	137	3	6	2	3.2	tr	26	0.7	15	255	16	47	36	428	0	68	45	0
Cabbage, green, shredded, boiled, drained	125mL	79	17	73	1	4	2	1.3	tr	25	0.1	6	77	6	12	6	59	0	16	16	0
Cabbage, green, shredded, raw	125mL	37	9	37	1	2	1	0.7	tr	17	0.2	7	91	6	9	3	33	0	16	12	0
Cabbage, napa, shredded, boiled, drained	125mL	58	7	29	1	1	N/A	N/A	tr	17	0.4	6	50	5	11	7	77	0	25	2	0
Cabbage, red, shredded, raw	125mL	37	11	48	1	3	1	0.8	tr	17	0.3	10	90	6	11	21	248	7	7	21	0

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Beta-carotene	Lycopene	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE	mg	mcg
Vegetables and Vegetable Products																					
Carrots, baby, raw	8	80	28	117	1	7	4	1.4	tr	26	0.7	62	190	8	22	552	5113	0	26	7	0
Carrots, fresh or frozen, boiled, drained	125mL	77	28	116	1	6	3	1.9	tr	25	0.3	45	165	8	24	652	6333	1	10	2	0
Carrots, raw	1 medium	61	25	104	1	6	3	1.5	tr	20	0.2	42	195	7	21	367	3522	1	12	4	0
Cauliflower, pieces, boiled, drained	125mL	66	15	63	1	3	1	1.8	tr	10	0.2	10	93	6	21	1	5	0	29	29	0
Cauliflower, pieces, raw	125mL	53	13	55	1	3	1	0.9	tr	12	0.2	16	160	8	23	1	4	0	30	25	0
Celery, raw	1 stalk	40	6	24	tr	1	1	0.6	tr	16	0.1	32	104	4	10	9	108	0	14	1	0
Corn, sweet, canned, cream style	125mL	135	97	407	2	25	4	1.8	1	4	0.5	385	181	23	69	5	41	0	61	6	0
Corn, sweet, canned, niblets	125mL	111	88	366	3	22	4	2.3	1	6	0.5	302	206	26	71	4	37	0	54	6	0
Corn, sweet, on or off cob, fresh or frozen, boiled, drained	125mL	87	82	343	3	19	3	2.0	1	2	0.5	8	209	26	79	7	50	0	35	4	0
Cucumber, peeled, raw	4 slices	28	3	14	tr	1	tr	0.2	tr	4	0.1	1	38	3	6	1	9	0	4	1	0
Edamame	125mL	82	100	417	9	8	2	4.3	4	52	1.9	5	357	52	138	N/A	N/A	N/A	255	5	0
Eggplant, pieces, boiled, drained	125mL	52	18	76	tr	5	2	1.3	tr	3	0.1	1	64	6	8	1	12	0	7	1	0
Fiddleheads, frozen, boiled	125mL	98	33	139	4	6	N/A	0.9	tr	27	1.0	tr	244	26	78	171	1911	N/A	N/A	22	0
Fireweed leaves, raw	125mL	12	13	52	1	2	N/A	1.3	tr	52	0.3	4	60	19	13	22	262	N/A	14	tr	0
Hearts of palm, canned	2	66	18	77	2	3	N/A	1.6	tr	38	2.1	281	117	25	43	0	0	N/A	26	5	0
Kale, chopped, boiled, drained	125mL	69	19	80	1	4	1	1.4	tr	49	0.6	16	157	12	19	468	5613	0	9	28	0
Leeks, chopped, boiled, drained	125mL	55	17	71	tr	4	N/A	0.5	tr	16	0.6	5	48	8	9	1	15	N/A	13	2	0
Lettuce, Boston, shredded	250mL	58	8	31	1	1	1	0.6	tr	20	0.7	3	138	8	19	96	1155	0	42	2	0
Lettuce, iceberg, shredded	250mL	58	8	34	1	2	1	0.7	tr	10	0.2	6	82	4	12	15	174	0	17	2	0
Lettuce, looseleaf, shredded	250mL	59	9	37	1	2	tr	0.8	tr	21	0.5	17	115	8	17	219	2629	0	22	11	0
Lettuce, romaine, shredded	250mL	59	10	42	1	2	1	1.2	tr	20	0.6	5	146	8	18	172	2062	0	80	14	0
Lettuce, spring mix (mesclun)	250mL	58	12	50	1	2	tr	1.1	tr	43	0.7	21	202	19	23	124	1489	0	62	9	0
Mushrooms, pieces, canned, drained	125mL	82	21	87	2	4	2	2.3	tr	9	0.7	350	106	12	54	0	0	0	10	1	0
Mushrooms, portobello, grilled	125mL	85	30	124	4	4	0	1.9	1	3	0.5	9	443	13	128	0	0	0	16	0	0
Mushrooms, raw	3 medium	54	12	50	2	2	1	0.6	tr	2	0.3	2	170	5	46	0	0	0	9	1	0.02
Mushrooms, shiitake, sliced, stir-fried	125mL	57	27	115	2	4	tr	2.1	tr	1	0.3	3	186	11	63	0	0	0	8	0	0
Mushrooms, white, sliced, stir-fried	125mL	57	15	62	2	2	0	1.0	tr	2	0.1	7	226	6	60	0	0	0	11	0	0
Onions, green (scallion), raw	1 medium	15	5	20	tr	1	tr	0.4	tr	11	0.2	2	41	3	6	8	90	0	10	3	0
Onions, yellow, chopped, raw	60mL	41	17	71	tr	4	2	0.6	tr	9	0.1	1	58	4	11	0	tr	0	8	3	0

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Beta-carotene	Lycopene	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE	mg	mcg
Vegetables and Vegetable Products																					
Onions, yellow, chopped, sauteed	125mL	46	61	254	tr	4	2	0.8	5	9	0.1	6	61	4	15	N/A	N/A	N/A	N/A	1	0
Parsnip, sliced, boiled, drained	125mL	82	59	245	1	14	4	2.7	tr	30	0.5	8	302	24	57	0	0	0	48	11	0
Peas, green, canned, drained	125mL	90	62	260	4	11	4	4.0	tr	18	0.9	226	155	15	60	24	287	0	40	9	0
Peas, green, frozen, boiled, drained	125mL	85	66	276	4	12	4	3.7	tr	20	1.3	61	93	19	65	89	1057	0	50	8	0
Peas, snowpeas, boiled, drained	125mL	85	36	149	3	6	3	2.4	tr	36	1.7	3	203	22	46	44	505	0	25	40	0
Peas, snowpeas, raw	10	34	14	60	1	3	1	0.6	tr	15	0.7	1	68	8	18	18	214	0	14	20	0
Pepper, jalapeno, raw	1	14	4	18	tr	1	tr	0.4	tr	1	0.1	tr	30	3	4	6	64	0	7	6	0
Pepper, sweet, green, raw	1/2	82	16	69	1	4	2	1.2	tr	8	0.3	2	144	8	16	15	171	0	9	66	0
Pepper, sweet, green, sauteed	125mL	74	95	396	1	3	2	1.3	9	6	0.2	13	100	6	11	8	101	0	1	132	0
Pepper, sweet, red, raw	1/2	60	15	65	1	4	2	0.8	tr	4	0.3	1	126	7	15	93	966	183	11	113	0
Pepper, sweet, red, sauteed	125mL	74	99	413	1	5	3	1.3	9	5	0.4	16	144	9	17	98	1169	361	1	121	0
Pepper, sweet, yellow, raw	1/2	93	25	105	1	6	N/A	0.8	tr	10	0.4	2	197	11	22	9	112	N/A	24	171	0
Pepper, sweet, yellow, sauteed	125mL	74	36	149	1	5	0	0.6	2	9	0.3	175	153	9	18	30	86	0	19	132	tr
Potato, baked, flesh	1	156	145	607	3	34	3	3.4	tr	8	0.5	8	610	39	78	0	0	0	14	20	0
Potato, baked, flesh and skin	1	173	161	673	4	37	2	3.8	tr	26	1.9	17	926	48	121	2	10	0	48	17	0
Potato, boiled without skin	1	135	116	486	2	27	1	1.9	tr	11	0.4	7	443	27	54	0	3	0	12	10	0
Potato, boiled, flesh and skin	1	150	129	540	3	30	1	2.5	tr	13	1.3	7	572	34	67	0	0	0	15	18	0
Potato, canned, drained	4	140	84	351	2	19	N/A	1.3	tr	7	1.8	307	321	20	39	0	0	0	8	7	0
Potato, microwaved, flesh and skin	1	202	212	887	5	49	N/A	5.1	tr	22	2.5	16	903	55	212	0	0	0	24	31	0
Potato, microwaved, peeled after cooking	1	156	156	652	3	36	N/A	3.4	tr	8	0.6	11	641	39	170	0	0	0	19	24	0
Potatoes, French fried, frozen, home-prepared in oven	20 strips	48	96	403	2	15	tr	1.6	4	4	0.6	14	201	11	40	0	1	0	6	5	0
Potatoes, hashed brown, plain, frozen, heated	125mL	82	180	752	3	23	1	1.8	9	12	1.2	28	359	14	59	0	0	0	6	5	0
Potatoes, mashed, dried, with 2% milk and margarine	125mL	111	107	447	3	15	2	1.1	4	46	0.2	284	235	15	59	61	2	0	8	14	0.13
Potatoes, mashed, homemade with 2% milk and margarine	125mL	111	116	487	2	19	N/A	2.2	4	29	0.3	327	321	20	51	19	N/A	0	9	7	0.06
Potatoes, scalloped, from mix with water, with 2% milk and margarine	125mL	129	120	502	3	16	2	1.0	5	66	0.4	420	243	17	81	64	1	0	8	3	0.11
Potatoes, scalloped, homemade	125mL	129	111	466	4	14	N/A	2.5	5	74	0.7	434	489	25	82	N/A	83	0	16	14	0
Pumpkin, canned	125mL	129	44	184	1	10	4	3.8	tr	34	1.8	6	267	30	45	1007	8983	0	16	5	0
Radicchio, chopped	125mL	21	5	20	tr	1	tr	0.2	tr	4	0.1	5	64	3	8	tr	3	0	13	2	0

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Beta-carotene	Lycopene	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE	mg	mcg
Vegetables and Vegetable Products																					
Radishes	3 medium	14	2	9	tr	tr	tr	0.2	tr	3	tr	5	31	1	3	0	1	0	3	2	0
Rutabaga (yellow turnip), diced, boiled, drained	125mL	90	35	146	1	8	5	1.6	tr	43	0.5	18	293	21	50	13	1	0	13	17	0
Sauerkraut, canned, not drained	125mL	75	14	59	1	3	1	1.9	tr	23	1.1	496	128	10	15	1	6	0	18	11	0
Seaweed, dulse, dried	60mL	4	8	35	1	1	tr	0.1	tr	17	0.4	11	84	tr	14	62	740	N/A	35	9	0
Spinach, boiled, drained	125mL	95	22	91	3	4	tr	2.3	tr	129	3.4	67	443	83	53	498	5980	0	139	9	0
Spinach, chopped, raw	250mL	32	7	30	1	1	tr	0.7	tr	31	0.9	25	177	25	16	149	1783	0	61	9	0
Squash, acorn, cubed, baked	125mL	108	61	253	1	16	N/A	2.1	tr	48	1.0	4	473	47	49	23	277	N/A	21	12	0
Squash, butternut, cubed, baked	125mL	108	43	181	1	11	2	1.8	tr	44	0.6	4	308	31	29	413	4950	0	21	16	0
Squash, spaghetti, baked	125mL	82	22	93	1	5	2	0.9	tr	17	0.3	15	96	9	11	5	48	0	7	3	0
Sweet potato, baked, peeled after cooking	1/2	57	51	214	1	12	5	1.9	tr	22	0.4	21	271	15	31	548	6560	0	3	11	0
Sweet potato, boiled without skin	1/2	76	57	240	1	13	4	1.9	tr	20	0.5	20	174	14	24	594	7130	0	5	10	0
Swiss chard, chopped, boiled, drained	125mL	92	18	78	2	4	1	1.9	tr	54	2.1	165	508	80	31	283	3376	0	8	17	0
Tomatoes, canned, stewed	125mL	135	35	147	1	8	6	1.4	tr	46	1.8	298	279	16	27	12	140	5436	7	11	0
Tomatoes, canned, whole	125mL	127	22	90	1	5	3	1.0	tr	39	1.2	162	238	14	24	8	89	3423	10	18	0
Tomatoes, raw	1	123	22	92	1	5	3	1.5	tr	12	0.3	6	292	14	30	52	552	3165	18	16	0
Tomatoes, sun-dried	1 piece	2	5	22	tr	1	1	0.2	tr	2	0.2	42	69	4	7	1	10	815	1	1	0
Tomatoes, sun-dried, packed in oil, drained	1 piece	3	6	27	tr	1	N/A	0.2	tr	1	0.1	8	47	2	4	2	23	N/A	1	3	0
Turnip (white turnip), cubed, boiled, drained	125mL	82	18	76	1	4	2	1.6	tr	27	0.1	13	146	7	21	0	0	0	7	10	0
Vegetables, Asian mix (broccoli, carrots, green beans, "mini corn", snow peas, sweet red pepper), frozen, boiled, drained	125mL	74	29	122	1	6	2	1.8	tr	24	0.5	15	128	13	32	192	1878	tr	23	22	0
Vegetables, broccoli and cauliflower, frozen, boiled, drained	125mL	95	22	93	2	4	1	2.4	tr	33	0.5	20	152	14	38	27	322	0	34	34	0
Vegetables, mixed (corn, lima beans, snap beans, peas, carrots), frozen, boiled, drained	125mL	96	63	262	3	13	3	2.8	tr	24	0.8	34	163	21	49	206	2002	0	18	3	0
Vegetables, peas and carrots, canned, not drained	125mL	135	51	214	3	11	N/A	2.7	tr	31	1.0	350	135	19	62	389	0	N/A	24	9	0
Zucchini, raw, slices	4	40	6	27	tr	1	1	0.4	tr	6	0.1	4	104	7	15	4	48	0	11	7	0
Zucchini, sliced, boiled, drained	125mL	95	15	64	1	4	2	1.3	tr	12	0.3	3	241	21	38	53	637	0	16	4	0
Vegetable Juices and Other Products																					
Carrot juice	125mL	125	50	208	1	12	5	1.0	tr	30	0.6	36	364	17	52	966	11599	2	5	11	0
Coleslaw with dressing, homemade	125mL	63	44	183	1	8	N/A	1.0	2	29	0.4	15	115	6	20	34	87	N/A	17	21	0

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Beta-carotene	Lycopene	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE	mg	mcg
Vegetables and Vegetable Products																					
Potato salad, homemade	125mL	132	205	858	4	14	3	1.4	15	28	0.7	579	276	17	66	57	183	0	22	17	0.20
Tomato clam cocktail	125mL	128	61	257	1	14	4	0.5	tr	10	0.2	462	114	6	14	9	163	3807	10	6	0.04
Tomato juice	125mL	128	22	91	1	5	5	0.9	tr	13	0.6	345	294	14	23	30	347	11602	26	10	0
Tomato juice, without added salt	125mL	184	31	131	1	8	7	0.7	tr	18	0.8	18	421	20	33	42	N/A	16611	37	34	0
Tomato sauce for spaghetti, canned	125mL	132	143	600	2	21	N/A	1.9	6	37	0.9	652	505	32	47	82	967	N/A	28	15	0
Tomato sauce, canned	125mL	129	41	173	2	10	6	1.9	tr	17	1.3	678	428	21	34	22	271	19612	12	8	0
Vegetable juice cocktail	125mL	128	24	101	1	6	4	0.7	tr	14	0.5	345	247	14	22	100	1061	12351	27	35	0
Vegetable juice cocktail, low sodium	125mL	128	28	118	1	6	5	1.0	tr	14	0.5	89	247	14	22	66	1061	12350	27	35	0

Lycopene is a pigment responsible for the red colour of tomatoes, guava, papaya and a few other fruits. Processed tomato products like juice, sauce, paste and ketchup contain high amounts of lycopene.

Fruit and Fruit Juices

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Beta-carotene	Lycopene	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE	mg	mcg
Fruit and Fruit Juices																					
Fruit																					
Apple with skin (7cm.diam)	1	138	72	300	tr	19	14	2.6	tr	8	0.2	1	148	7	15	4	37	0	4	6	0
Applesauce, unsweetened	125mL	129	55	232	tr	15	13	1.5	tr	4	0.2	3	97	4	9	1	17	0	1	13	0
Apricots, dried	3	21	67	281	1	17	N/A	1.2	tr	13	1.3	3	389	13	33	133	0	0	1	2	0
Apricots, raw	3	105	50	211	1	12	10	2.1	tr	14	0.4	1	272	11	24	101	1149	0	9	11	0
Avocado	1/2	101	161	672	2	9	1	6.7	15	12	0.6	7	487	29	52	7	62	0	81	10	0
Banana	1	118	105	439	1	27	14	2.1	tr	6	0.3	1	422	32	26	4	31	0	24	10	0
Blackberries	125mL	76	33	137	1	7	4	4.0	tr	22	0.5	1	123	15	17	8	97	0	19	16	0
Blueberries, frozen, unsweetened	125mL	82	42	174	tr	10	7	2.6	1	7	0.1	1	44	4	9	2	23	0	6	2	0
Blueberries, raw	125mL	77	44	182	1	11	8	2.0	tr	5	0.2	1	59	5	9	2	25	0	5	7	0
Cherries, sweet	10	68	43	179	1	11	9	1.4	tr	9	0.2	0	151	7	14	2	26	0	3	5	0
Clementine	1	74	35	146	1	9	7	1.3	tr	22	0.1	1	131	7	16	N/A	N/A	N/A	18	36	0
Cranberries, dried, sweetened	60mL	31	95	396	tr	25	20	1.8	tr	3	0.2	1	12	2	2	0	0	0	0	tr	0
Dates, dried	3	25	70	294	1	19	16	2.0	tr	10	0.3	tr	163	11	15	0	1	0	5	tr	0
Figs, dried	2	17	42	175	1	11	8	1.6	tr	27	0.3	2	114	11	11	tr	1	0	2	tr	0
Figs, raw	1	50	37	155	tr	10	8	1.5	tr	18	0.2	1	116	9	7	4	43	0	3	1	0
Fruit cocktail, canned, juice pack	125mL	125	58	240	1	15	14	1.3	tr	10	0.3	5	119	9	18	19	193	0	4	3	0
Fruit cocktail, canned, light syrup pack	125mL	128	73	304	1	19	18	1.3	tr	8	0.4	8	114	6	14	13	133	0	4	2	0
Fruit salad, tropical, canned, heavy syrup pack	125mL	136	117	489	1	30	N/A	1.8	tr	18	0.7	3	178	18	10	8	102	N/A	12	24	0
Fruit salad, tropical, canned, juice pack	125mL	131	70	272	1	18	16	1.1	tr	17	0.3	4	160	14	10	8	96	0	4	16	0
Grapefruit, pink or red	1/2	123	52	216	1	13	8	2.0	tr	27	0.1	0	166	11	22	71	844	1745	16	38	0
Grapefruit, white	1/2	118	39	163	1	10	9	2.1	tr	14	0.1	0	175	11	9	2	17	0	12	39	0
Grapes	20	100	69	289	1	18	15	1.2	tr	10	0.4	2	191	7	20	3	39	0	2	11	0
Groundcherries	10	49	26	108	1	5	N/A	N/A	tr	4	0.5	tr	75	N/A	19	17	210	N/A	3	5	0
Kiwifruit	1	76	46	194	1	11	7	2.3	tr	26	0.2	2	237	13	26	3	40	0	19	70	0
Lychees (litchis)	10	96	63	265	1	16	15	1.2	tr	5	0.3	1	164	10	30	0	0	0	13	69	0

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Beta-carotene	Lycopene	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE	mg	mcg
Fruit and Fruit Juices																					
Mango	1/2	104	67	282	1	18	15	1.9	tr	10	0.1	2	161	9	11	39	461	0	14	29	0
Melon, cantaloupe, cubes	125mL	85	29	120	1	7	7	0.6	tr	8	0.2	14	226	10	13	143	1708	0	18	31	0
Melon, honeydew, cubes	125mL	90	32	136	tr	8	7	0.7	tr	5	0.2	16	205	9	10	3	27	0	17	16	0
Melon, watermelon, cubes	125mL	80	24	100	tr	6	5	0.3	tr	6	0.2	1	90	8	9	22	243	3639	2	7	0
Nectarine	1	136	60	250	1	14	11	2.3	tr	8	0.4	0	273	12	35	18	204	0	7	7	0
Orange	1	131	62	258	1	15	12	2.3	tr	52	0.1	0	237	13	18	8	93	0	39	70	0
Papaya, cubes	125mL	74	29	121	tr	7	4	1.3	tr	18	0.1	2	190	7	4	17	204	0	28	46	0
Peach	1	98	38	160	1	9	8	1.9	tr	6	0.2	0	186	9	20	16	159	0	3	6	0
Peach, canned halves or slices, juice pack	125mL	132	58	243	1	15	14	1.7	tr	8	0.4	5	169	9	22	25	250	0	4	5	0
Peach, canned halves or slices, light syrup pack	125mL	133	72	300	1	19	18	1.7	tr	4	0.5	7	129	7	15	24	233	0	4	9	0
Peach, canned halves or slices, water pack	125mL	129	31	129	1	8	6	1.7	tr	3	0.4	4	128	6	13	35	340	0	4	4	0
Pear with skin	1	166	96	403	1	26	16	5.0	tr	15	0.3	2	198	12	18	2	22	0	12	7	0
Pear, canned halves, juice pack	125mL	131	66	274	tr	17	13	2.1	tr	12	0.4	5	126	9	16	0	4	0	1	2	0
Pear, canned halves, light syrup pack	125mL	133	76	316	tr	20	16	2.1	tr	7	0.4	7	88	5	9	0	0	0	1	2	0
Pear, canned halves, water pack	125mL	128	37	155	tr	10	8	2.0	tr	5	0.3	3	68	5	9	0	0	0	1	1	0
Pineapple, canned, juice pack	125mL	132	79	330	1	21	19	1.2	tr	18	0.4	1	160	18	8	3	30	0	7	12	0
Pineapple, cubes	125mL	82	42	174	tr	11	8	1.1	tr	11	0.2	1	88	10	7	2	28	0	16	46	0
Plantain, baked or boiled, sliced	125mL	81	94	395	1	25	11	1.9	tr	2	0.5	4	378	26	23	37	300	0	21	9	0
Plum	1	66	30	127	tr	8	7	1.1	tr	4	0.1	0	104	5	11	11	125	0	3	6	0
Pomegranate (9.5cm diam)	1/2	77	53	220	1	13	13	0.5	tr	2	0.2	2	200	2	6	2	31	0	5	5	0
Prunes, dried	3	25	60	253	1	16	10	1.8	tr	11	0.2	1	184	10	17	10	99	0	1	tr	0
Prunes, dried, cooked, without added sugar	60mL	63	67	281	1	18	16	3.6	tr	12	0.3	1	202	11	19	11	109	0	0	2	0
Raisins	60mL	37	110	460	1	29	22	1.3	tr	18	0.7	4	275	12	37	0	0	0	2	1	0
Raspberries	125mL	65	34	141	1	8	3	4.2	tr	16	0.4	1	98	14	19	1	8	0	14	17	0
Rhubarb, frozen, cooked, with added sugar	125mL	127	147	615	tr	40	36	2.5	tr	184	0.3	1	122	15	10	5	56	0	6	4	0
Strawberries	7	84	27	113	1	6	4	1.9	tr	13	0.4	1	129	11	20	1	6	0	20	49	0
Strawberries, frozen, unsweetened	125mL	117	41	170	1	11	5	1.8	tr	19	0.9	2	173	13	15	2	32	0	20	48	0
Tangerine (mandarin)	1	84	45	186	1	11	9	1.5	tr	31	0.1	2	139	10	17	11	130	0	13	22	0
Tangerine (mandarin), canned, juice pack, drained	125mL	100	38	159	1	9	8	1.2	tr	12	0.3	5	136	11	11	25	298	0	5	34	0

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Beta-carotene	Lycopene	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE	mg	mcg
Fruit and Fruit Juices																					
Fruit Juices																					
Apple juice, ready-to-drink, vitamin C added	125mL	126	59	249	tr	15	14	0.1	tr	9	0.5	4	150	4	9	0	0	0	tr	52	0
Cranberry juice cocktail, ready-to-drink, vitamin C added	125mL	134	76	318	0	19	16	0.1	tr	4	0.2	3	24	3	3	0	0	0	0	48	0
Cranberry juice, unsweetened, ready-to-drink	125mL	134	61	257	1	16	16	0.1	tr	11	0.3	3	103	8	17	3	36	0	1	12	0
Cranberry-apple juice-drink, ready-to-drink, low Calorie, vitamin C added	125mL	127	24	100	tr	6	6	0.1	0	13	0.1	6	57	4	1	1	8	0	0	41	0
Grape juice, frozen, sweetened, diluted, vitamin C added	125mL	132	67	281	tr	17	17	0.1	tr	5	0.1	3	28	5	5	0	7	0	1	20	0
Grape juice, ready-to-drink, vitamin C added	125mL	132	81	337	1	20	20	0.1	tr	12	0.3	4	174	13	15	0	7	0	4	32	0
Grapefruit juice, ready-to-drink unsweetened or freshly squeezed	125mL	130	50	210	1	12	12	0.4	tr	10	0.3	1	206	14	17	1	11	0	13	44	0
Grapefruit juice, ready-to-drink, sweetened	125mL	132	61	254	1	15	15	0.1	tr	11	0.5	3	214	13	15	0	4	0	13	36	0
Lemon juice, canned or bottled	15mL	15	3	14	tr	1	tr	0.1	tr	2	tr	3	16	1	1	tr	tr	0	2	4	0
Lime juice, canned or bottled	15mL	16	3	14	tr	1	tr	0.1	tr	2	tr	2	12	1	2	tr	2	0	1	1	0
Nectar, apricot	125mL	133	74	310	tr	19	18	0.8	tr	9	0.5	4	151	7	12	88	1042	0	1	44	0
Nectar, mango	125mL	133	68	281	tr	17	17	0.4	tr	23	0.5	7	32	4	3	46	533	0	9	20	0
Orange and grapefruit juice, ready-to-drink	125mL	130	56	235	1	13	13	0.1	tr	10	0.6	4	206	13	18	8	26	0	18	38	0
Orange juice, frozen, diluted	125mL	132	59	247	1	14	11	0.3	tr	12	0.1	1	250	13	21	7	22	0	58	51	0
Orange juice, ready-to-drink	125mL	132	58	242	1	13	N/A	0.3	tr	13	0.2	1	250	14	14	5	61	0	24	43	0
Orange juice, ready-to-drink, refrigerated, vitamin D and calcium added	125mL	132	58	242	1	13	N/A	0.3	tr	185	0.2	1	250	14	14	5	N/A	0	N/A	43	0
Orange, strawberry and banana juice, ready-to-drink	125mL	124	57	237	1	15	13	0.2	tr	14	0.3	5	124	12	15	1	21	0	21	31	0
Pineapple juice, ready-to-drink, vitamin C added	125mL	132	74	309	tr	18	13	0.3	tr	22	0.3	1	177	17	11	0	4	0	30	32	0
Pomegranate juice, ready-to-drink	125mL	128	72	300	0	20	17	0	0	0	0	5	215	N/A	N/A	0	N/A	N/A	N/A	0	0
Prune juice, ready-to-drink	125mL	135	96	402	1	24	22	1.4	tr	16	1.6	5	373	19	34	0	3	0	0	6	0

Did you know that fruit «juice» does not contain added sugar?

You can tell if sugar or sweeteners have been added to a product by looking for the words «drink», «beverage», «cocktail» or «punch».

Dairy Foods and Other Related Products

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Folate	Vitamin B12	Riboflavin
	g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	mcg	DFE	mcg	mg
Dairy Foods and Other Related Products																					
Milk and Substitutes																					
Buttermilk	250mL	259	104	432	9	12	12	2	1.4	10	300	0.1	272	391	28	230	18	0.2	13	0.57	0.40
Milk, chocolate, 1% M.F.	250mL	264	166	695	9	28	26	3	1.6	8	304	0.6	161	449	34	272	153	2.6	13	0.90	0.44
Milk, chocolate, 2% M.F.	250mL	264	190	795	8	27	26	5	3.3	18	301	0.6	158	446	34	269	145	2.6	13	0.90	0.43
Milk, skim	250mL	259	88	368	9	13	13	tr	0.2	5	324	0.1	109	404	28	261	158	2.7	13	1.37	0.47
Milk, partly skimmed, 1% M.F.	250mL	258	108	454	9	13	13	3	1.6	13	307	0.1	113	387	28	245	150	2.6	13	1.13	0.48
Milk, partly skimmed, 2% M.F.	250mL	258	129	539	9	12	13	5	3.3	21	302	0.1	106	387	28	242	142	2.8	13	1.19	0.48
Milk, partly skimmed, 2% M.F., with added milk solids	250mL	260	146	608	10	14	14	5	3.2	21	372	0.2	153	473	42	291	143	2.6	16	1.12	0.50
Milk, whole, 3.3% M.F.	250mL	258	155	647	8	12	14	8	5.4	26	291	0.1	103	369	26	235	72	2.7	13	1.13	0.47
Rice beverage, flavoured and unflavoured, enriched	250mL	259	127	531	tr	26	N/A	2	0.2	0	319	0.2	91	72	10	36	52	2.2	96	1.03	0.03
Soy beverage, chocolate, enriched	250mL	257	162	673	6	26	20	4	0.6	0	323	1.2	136	367	38	131	180	2.6	29	1.80	0.67
Soy beverage, original and vanilla, enriched	250mL	257	110	465	7	13	9	4	0.5	0	316	1.1	120	313	38	110	142	2.7	23	2.19	0.47
Soy beverage, unsweetened, enriched	250mL	257	85	354	7	4	1	4	0.5	0	318	1.2	95	308	41	82	160	3.1	18	2.85	0.53
Processed Milk																					
Milk, condensed, sweetened, canned (Eagle Brand™)	15mL	19	62	260	2	11	11	2	1.1	7	55	tr	25	72	5	49	14	N/A	2	0.09	0.08
Milk, evaporated, partly skimmed, canned, diluted, 2% M.F.	250mL	258	122	512	10	15	13	3	1.6	10	369	0.3	149	422	35	264	104	2.9	11	0.28	0.41
Milk, evaporated, partly skimmed, canned, undiluted, 2% M.F.	15mL	16	15	62	1	2	2	tr	0.2	1	44	tr	18	51	4	32	12	0.3	1	0.03	0.05
Milk, evaporated, skim, canned, diluted, 0.2% M.F.	250mL	259	105	438	10	15	15	tr	0.2	5	392	0.4	157	446	38	262	159	2.9	12	0.32	0.42
Milk, evaporated, skim, canned, undiluted, 0.2% M.F.	15mL	16	13	53	1	2	2	tr	tr	1	47	tr	19	54	4	32	19	0.4	1	0.04	0.05
Milk, evaporated, whole, canned, diluted, 7.8% M.F.	250mL	258	178	744	9	13	13	10	6.3	39	349	0.3	143	403	33	270	86	2.9	11	0.21	0.42
Milk, evaporated, whole, canned, undiluted, 7.8% M.F.	15mL	16	21	89	1	2	2	1	0.8	5	42	tr	17	48	4	32	10	0.3	1	0.03	0.05
Milk, reconstituted, from skim milk powder	250mL	259	86	360	8	13	13	tr	0.1	4	301	0.1	137	410	30	237	170	2.6	12	0.96	0.42
Skim milk powder	5mL	1	5	22	1	1	1	tr	tr	tr	18	tr	8	25	2	14	10	0.2	1	0.06	0.03

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Folate	Vitamin B12	Riboflavin
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	mcg	DFE	mcg
Dairy Foods and Other Related Products																					
Milk Beverages																					
Chocolate milk, chocolate flavour powder + 2% milk	250mL	279	207	863	9	33	N/A	6	3.4	20	321	0.8	176	531	59	274	143	2.8	N/A	0.92	0.46
Chocolate milk, syrup + 2% milk	250mL	298	238	998	10	38	N/A	5	3.3	21	319	1.0	158	489	60	298	146	2.8	15	0.95	0.45
Eggnog	250mL	268	362	1516	10	36	23	20	11.9	158	349	0.5	145	443	51	293	121	1.1	3	1.21	0.51
Hot chocolate, aspartame sweetened, powder + water	250mL	270	78	326	3	15	9	1	0	0	127	1.1	240	569	46	189	38	N/A	3	0.35	0.29
Hot chocolate, homemade with cocoa + 2% milk	250mL	264	203	851	9	28	26	6	3.8	21	277	1.3	116	520	61	277	135	2.6	13	1.11	0.48
Hot chocolate, powder + 2% milk	250mL	264	255	1068	10	41	37	6	3.8	20	318	0.5	272	595	55	327	126	2.5	11	1.52	0.62
Hot chocolate, powder + water	250mL	291	160	669	2	34	30	2	0.9	3	64	0.5	206	285	35	125	0	N/A	0	0.52	0.23
Instant breakfast powder + 2% milk	250mL	280	260	1087	16	36	12	5	3.1	24	555	3.9	286	811	61	459	444	2.6	12	2.21	1.41
Milk shake, chocolate	250mL	249	296	1240	8	53	52	7	4.2	27	329	0.8	276	558	40	314	45	1.0	12	0.80	0.55
Milk shake, vanilla	250mL	249	279	1166	10	44	44	8	4.7	30	364	0.2	237	456	30	286	62	0.5	17	1.30	0.49
Yogourts and Fermented Milk Products																					
Drinkable yogurt	200mL	207	145	607	5	24	24	3	2.1	12	191	0.2	81	257	23	157	N/A	0.2	25	0.58	0.23
Fresh cheese (Danimal™, Minigo™)	1	60	68	286	3	10	10	2	1.1	6	138	0.1	32	84	7	50	N/A	N/A	N/A	N/A	N/A
Kefir, plain	175mL	165	104	433	6	7	6	6	3.8	25	187	0.1	70	250	19	148	58	0.2	23	0.33	0.30
Yogourt parfait with berries and granola	175mL	188	233	973	7	40	3	5	2.7	14	208	2.2	119	337	36	201	23	0	40	0.59	0.31
Yogourt, plain, 1-2% M.F.	175mL	181	114	477	10	13	13	3	1.8	11	332	0.1	127	424	31	261	25	N/A	20	1.01	0.39
Yogourt, plain, 2-4% M.F.	175mL	181	129	538	9	12	8	5	3.3	17	292	0.1	111	412	28	246	31	N/A	21	1.03	0.42
Yogourt, plain, fat-free	175mL	189	79	332	8	11	9	tr	0	6	253	0.1	113	368	26	215	N/A	1.8	N/A	0.89	0.32
Yogourt, vanilla or fruit, 1-2% M.F.	175mL	185	183	767	7	30	25	4	2.3	17	227	0.1	98	335	20	167	N/A	N/A	N/A	0.31	0.15
Yogourt, vanilla or fruit, fat-free	175mL	181	116	484	8	21	19	tr	tr	4	229	0.2	103	349	20	163	N/A	N/A	N/A	0.59	N/A
Yogourt, vanilla or fruit, fat-free with sugar substitute	175mL	189	94	394	7	16	14	tr	0	6	205	0.2	92	311	22	179	N/A	1.4	N/A	0.72	0.27
Cheese																					
Blue	50g	50	177	738	11	1	tr	14	9.3	38	264	0.2	698	128	12	194	99	0.2	18	0.61	0.19
Brick	50g	50	186	776	12	1	tr	15	9.4	47	337	0.2	280	68	12	226	146	0.2	10	0.63	0.18
Brie	50g	50	167	699	10	tr	tr	14	8.7	50	92	0.3	315	76	10	94	87	0.2	33	0.83	0.26
Camembert	50g	50	150	628	10	tr	tr	12	7.6	36	194	0.2	421	94	10	174	121	0.2	31	0.65	0.24
Cheddar	50g	50	202	843	12	1	tr	17	10.5	53	361	0.3	311	49	14	256	133	0.1	9	0.42	0.19
Cheddar, low fat (18% M.F.)	50g	50	141	590	14	1	N/A	9	5.8	28	453	0.1	363	47	18	292	75	N/A	10	0.83	0.15

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Folate	Vitamin B12	Riboflavin
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	mcg	DFE	mcg
Dairy Foods and Other Related Products																					
Cottage cheese (1% M.F.)	125mL	119	86	359	15	3	3	1	0.8	5	73	0.2	500	103	6	160	13	N/A	14	0.75	0.20
Cream cheese, light	30mL	30	70	294	3	2	tr	5	3.4	17	34	0.5	90	51	2	44	56	N/A	5	0.18	0.09
Cream cheese, regular	30mL	29	103	430	2	1	tr	10	6.5	32	24	0.4	87	35	2	31	108	N/A	4	0.12	0.06
Edam	50g	50	179	747	12	1	1	14	8.8	45	366	0.2	483	94	15	268	122	0.5	8	0.77	0.19
Feta	50g	50	132	552	7	2	2	11	7.7	46	247	0.3	558	31	10	169	63	0.2	16	0.87	0.44
Goat cheese, soft	50g	50	134	561	9	tr	tr	11	7.3	23	70	1.0	184	13	8	128	144	0.2	6	0.10	0.19
Gouda	50g	50	178	745	13	1	1	14	9.0	58	350	0.1	410	61	15	273	83	0.2	11	0.78	0.17
Gruyere	50g	50	207	864	15	tr	tr	16	9.5	55	506	0.1	168	41	18	303	136	0.2	5	0.80	0.14
Imitation cheese	50g	50	120	500	8	6	4	7	4.4	18	281	0.2	673	121	15	356	57	0	4	0.20	0.22
Mozzarella (22.5% M.F.)	50g	50	141	588	10	1	1	11	6.8	39	269	0.1	187	34	10	186	90	0.1	4	0.33	0.13
Mozzarella, partially skimmed (16.5% M.F.)	50g	50	127	531	13	1	1	8	5.2	29	323	0.1	241	42	12	239	64	0.1	5	0.41	0.16
Parmesan, grated	15mL	6	27	114	2	tr	tr	2	1.1	6	70	0.1	97	8	2	46	8	tr	1	0.14	0.03
Processed cheese food, thin slices	1	21	78	327	5	tr	tr	7	4.1	20	115	tr	310	35	6	107	53	tr	2	0.15	0.07
Processed cheese food, thin slices, light	1	21	50	209	4	2	2	3	1.8	11	110	tr	331	69	7	173	53	tr	4	0.23	0.10
Processed cheese spread (Cheez Whiz™)	30mL	31	90	375	5	3	N/A	7	4.1	17	174	0.1	503	75	9	271	N/A	0.1	2	0.12	0.13
Processed cheese spread, light (Light Cheez Whiz™)	30mL	31	69	287	6	4	3	3	2.2	13	178	tr	491	107	9	317	91	N/A	N/A	N/A	0.20
Ricotta cheese, partly skimmed milk	125mL	131	181	756	15	7	tr	10	6.5	41	356	0.6	164	164	20	240	140	N/A	17	0.38	0.24
Romano, grated	15mL	6	25	103	2	tr	tr	2	1.1	7	67	tr	76	5	3	48	6	tr	tr	0.07	0.02
Swiss (Emmental)	50g	50	190	795	13	3	1	14	8.9	46	396	0.1	96	39	19	284	110	0.6	3	1.67	0.15
Swiss, processed, thin slices	1	21	70	291	5	tr	tr	5	3.3	18	161	0.1	285	45	6	159	41	0.2	1	0.26	0.06
Cream																					
Half and half, 10% M.F.	15mL	15	18	76	tr	1	tr	2	1.0	5	16	tr	6	20	2	15	15	tr	tr	0.05	0.02
Sour cream, 14% M.F.	15mL	15	22	93	tr	1	tr	2	1.3	6	16	tr	6	19	1	14	17	0.1	2	0.04	0.02
Sour cream, light, 5% M.F.	15mL	16	21	89	1	1	tr	2	1.0	6	22	tr	11	33	2	11	14	N/A	2	0.07	0.02
Table cream (coffee cream), 18% M.F.	15mL	15	28	118	tr	1	tr	3	1.7	9	15	tr	6	19	1	13	25	0.1	tr	0.04	0.02
Whipped, pressurized	60mL	15	39	164	tr	2	1	3	2.1	12	15	tr	20	22	2	14	29	0.1	tr	0.04	0.01
Whipping cream, 35% M.F., not whipped	15mL	15	49	207	tr	tr	tr	5	3.3	19	10	tr	5	12	1	9	62	0.1	1	0.03	0.02
Whipping cream, 35% M.F., sweetened, whipped	60mL	30	100	419	1	3	2	10	6.2	36	19	tr	10	23	2	17	117	0.2	1	0.05	0.03

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Folate	Vitamin B12	Riboflavin
		g	kcal	kJ	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	mcg	DFE	mcg	mg
Dairy Foods and Other Related Products																					
Imitation Cream Products																					
Coffee whitener, frozen liquid	15mL	15	21	87	tr	2	2	2	0.3	0	1	tr	12	29	0	10	tr	0	0	0	0
Coffee whitener, powdered	5mL	2	11	45	tr	1	1	1	0.6	0	tr	tr	4	16	tr	8	tr	0	0	0	tr
Coffee whitener, powdered, light	5mL	2	9	36	tr	1	1	tr	0.1	0	tr	tr	5	18	0	3	tr	0	tr	0	0
Dessert topping, frozen	60mL	19	60	253	tr	4	4	5	4.1	0	1	tr	5	3	tr	2	1	0	0	0	0
Dessert topping, frozen, low fat	60mL	19	42	175	1	4	4	2	2.1	tr	14	tr	14	19	1	14	1	N/A	1	0.04	0.02
Dessert topping, powdered, prepared with 2% milk	60mL	20	37	153	1	3	3	2	2.0	1	19	tr	12	31	2	18	9	0.2	1	0.07	0.03
Dessert topping, pressurized	60mL	18	47	196	tr	3	3	4	3.4	0	1	tr	11	3	tr	3	1	0	0	0	0
Pudding																					
All flavours, instant, from mix, prepared with 2% milk	125mL	139	149	623	4	27	23	3	1.6	9	141	0.2	391	206	18	307	65	1.3	6	0.54	0.23
Chocolate, ready-to-eat	1 unit	99	138	575	3	23	18	4	0.7	3	89	0.5	128	178	21	79	10	N/A	3	0	0.15
Chocolate, ready-to-eat, fat-free	1 unit	99	96	402	3	20	15	tr	0.2	1	72	0.8	168	139	19	75	47	N/A	4	0.22	0.15
Rice, homemade	125mL	119	160	669	4	32	19	2	1.2	7	115	0.3	55	211	18	112	51	1.0	5	0.24	0.19
Rice, ready-to-eat	1 unit	99	161	675	2	22	N/A	7	1.2	1	51	0.3	84	59	8	67	25	0.1	3	0.21	0.07
Tapioca, ready-to-eat	1 unit	99	118	493	2	19	18	4	0.6	1	83	0.2	157	95	8	78	0	N/A	3	0.21	0.10
Tapioca, ready-to-eat, fat-free	1 unit	99	88	368	2	20	16	tr	0	1	50	0.3	210	52	5	40	32	N/A	2	0.15	0.10
Vanilla, ready-to-eat	1 unit	99	128	534	2	22	20	4	0.6	7	87	0.1	134	112	8	67	6	N/A	0	0.10	0.14
Vanilla, ready-to-eat, fat-free	1 unit	99	92	385	2	22	16	tr	tr	1	59	0.4	211	71	7	49	40	N/A	3	0.19	0.12

Fortified soy beverages can be an important source of calcium and vitamin D for people who do not drink milk.

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Phosphorus	Vitamin A	Vitamin D	Folate	Vitamin B12	Vitamin E
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	DFE	mcg
Eggs and Egg Dishes																					
Egg substitute, frozen (yolk replaced), cooked	2 eggs	111	226	947	14	4	17	2.9	4.6	8.8	2	89	2.4	291	258	88	60	1.9	14	0.35	2.2
Egg white, cooked	1 large	33	16	66	3	tr	0	0	0	0	0	3	tr	106	39	4	0	0	0	0.01	0
Egg yolk, cooked	1 large	17	59	249	3	1	6	1.7	2.3	0.8	202	22	0.7	34	17	64	106	0.8	30	0.88	1.4
Egg, fried	2 large	92	173	726	12	2	14	3.6	5.8	2.7	367	46	1.4	322	116	127	236	1.9	54	1.62	2.7
Egg, hard-boiled	1 large	50	78	324	6	1	5	1.6	2.0	0.7	216	25	0.6	62	63	86	85	0.7	22	0.56	0.5
Egg, poached	1 large	50	74	308	6	tr	5	1.5	1.9	0.7	215	27	0.9	147	67	95	70	0.4	24	0.64	0.5
Eggs benedict	2 eggs	310	572	2393	34	30	35	12.5	14.2	4.9	458	189	4.0	2015	456	453	265	2.1	113	1.96	1.7
Eggs, scrambled, made with 2 eggs	2 eggs	124	189	792	13	4	14	4.1	5.9	2.7	363	90	1.4	476	171	160	253	2.3	55	1.73	2.6
Omelet, cheese, made with 2 eggs	1 omelet	150	273	1142	18	5	20	8.0	7.8	2.8	376	238	1.6	890	241	356	304	2.3	56	1.99	2.7
Omelet, spanish, made with 2 eggs (mushrooms, onions, green peppers, tomatoes)	1 omelet	290	319	1336	15	13	24	5.7	10.4	6.3	353	111	1.8	607	514	211	403	4.3	72	1.70	3.7
Omelet, western, made with 2 eggs (green peppers, ham, onions)	1 omelet	158	237	993	17	5	17	5.1	7.3	2.9	346	86	1.5	720	258	202	231	2.2	53	1.72	2.5

There are no nutritional differences between brown eggs and white eggs.

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Polyunsaturated Fat	DHA	EPA	Cholesterol	Calcium	Iron	Sodium	Potassium	Phosphorus	Vitamin A	Vitamin D	Vitamin B12	Vitamin E
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg
Fish and Shellfish																					
Fish																					
Anchovies, canned in oil, drained solids	2	8	17	70	2	0	1	0.2	0.2	0.10	0.06	7	19	0.4	293	44	20	1	0.1	0.07	0.3
Arctic char, cooked	75g	75	119	496	20	0	4	0.7	0.9	0.30	0.38	N/A	23	0.4	38	N/A	188	68	2.8	N/A	N/A
Bass, mixed species, baked or broiled	75g	75	110	458	18	0	4	0.8	1.0	0.34	0.23	65	77	1.4	68	342	192	26	N/A	1.73	N/A
Burbot (loche), raw	90g	90	71	297	16	0	1	0.1	0.3	0.09	0.06	54	22	0.3	63	288	171	5	0.5	0.72	N/A
Catfish, channel, farmed, baked or broiled	75g	75	114	477	14	0	6	1.3	1.0	0.10	0.04	48	7	0.6	60	241	184	11	N/A	2.10	1.0
Cisco (lake herring, tullibee), baked or broiled	75g	75	98	408	17	0	3	N/A	N/A	N/A	N/A	N/A	38	0.5	38	312	188	0	N/A	N/A	N/A
Cisco (lake herring, tullibee), raw	90g	90	88	369	17	0	2	1.1	1.2	0.46	0.11	45	10	0.4	50	319	137	27	N/A	0.90	N/A
Cod, Atlantic, baked or broiled	75g	75	79	329	17	0	1	0.1	0.2	0.12	tr	41	11	0.4	59	183	104	11	0.5	0.79	0.6
Cod, Atlantic, dried and salted, soaked in water	75g	75	62	259	13	0	1	0.1	0.2	0.09	tr	32	35	0.5	1353	265	183	9	0.5	1.82	0.6
Gefiltefish	75g	75	63	263	7	6	1	0.3	0.2	0.03	0.06	23	17	1.9	393	68	55	20	N/A	0.63	N/A
Grayling, baked or broiled	75g	75	80	332	17	0	1	N/A	N/A	N/A	N/A	N/A	29	0.5	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Haddock, baked or broiled	75g	75	84	351	18	0	1	0.1	0.2	0.12	0.06	56	32	1.0	65	299	181	14	0.2	1.04	0.4
Halibut, Atlantic and Pacific, baked or broiled	75g	75	105	439	20	0	2	0.3	0.7	0.28	0.07	31	45	0.8	52	432	214	41	3.6	1.03	2.2
Herring, Atlantic, kippered	75g	75	163	680	18	0	9	2.1	2.2	0.88	0.73	62	63	1.1	689	335	244	30	1.6	14.03	1.2
Mackerel, Atlantic, baked or broiled	75g	75	197	822	18	0	13	3.1	3.2	0.52	0.38	56	11	1.2	62	301	209	41	2.0	14.25	1.5
Ocean Perch, Atlantic, baked or broiled	75g	75	91	380	18	0	2	0.2	0.4	0.20	0.08	41	103	0.9	72	263	208	11	N/A	0.86	1.2
Pickeral (Walleye), baked or broiled	75g	75	89	374	18	0	1	0.2	0.4	0.22	0.08	83	106	1.3	49	374	202	18	3.5	1.73	N/A
Pike, northern, baked or broiled	75g	75	71	298	16	0	1	0.2	0.2	0.08	0.08	38	33	0.3	23	323	180	1	2.4	1.73	0.2
Pollock, Atlantic, baked or broiled	75g	75	89	370	19	0	1	0.1	0.5	0.34	0.07	68	58	0.4	83	342	212	9	1.4	2.76	0.2
Salmon, Atlantic, farmed, baked or broiled	75g	75	155	646	17	0	9	1.9	3.3	1.09	0.52	47	11	0.3	46	288	189	11	5.1	2.10	N/A
Salmon, chum (keta), baked or broiled	75g	75	116	483	19	0	4	0.8	0.9	0.38	0.22	71	11	0.5	48	413	272	26	14.0	2.60	1.1
Salmon, chum (keta), canned, drained solids with bone, salted	75g	75	106	443	16	0	4	1.1	1.1	0.53	0.35	29	187	0.5	365	225	266	14	5.0	3.30	1.2
Salmon, chum (keta), canned, drained solids with bone, unsalted	75g	75	106	443	16	0	4	1.1	1.1	0.53	0.35	29	187	0.5	56	225	266	14	4.2	3.30	1.2
Salmon, coho, farmed, baked or broiled	75g	75	134	558	18	0	6	1.5	1.5	0.65	0.31	47	9	0.3	39	345	249	44	N/A	2.38	0.7

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Polyunsaturated Fat	DHA	EPA	Cholesterol	Calcium	Iron	Sodium	Potassium	Phosphorus	Vitamin A	Vitamin D	Vitamin B12	Vitamin E	
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	mg
Fish and Shellfish																						
Salmon, eggs, raw	90g	90	116	485	24	0	9	2.1	2.3	1.17	0.99	N/A	11	0.6	45	369	198	N/A	N/A	N/A	N/A	
Salmon, king or chinook, smoked, canned	75g	75	113	470	17	1	4	N/A	N/A	N/A	N/A	N/A	45	1.4	N/A	N/A	N/A	72	N/A	N/A	N/A	
Salmon, pink, canned, drained with bones	75g	75	102	427	17	0	4	0.6	1.1	0.52	0.27	62	208	0.7	299	233	274	17	N/A	3.71	1.0	
Salmon, smoked	2 pieces	40	47	196	7	0	2	0.4	0.4	0.11	0.07	9	4	0.3	314	70	66	10	4.2	1.30	0.5	
Salmon, smoked, lox	2 pieces	40	47	196	7	0	2	0.4	0.4	0.11	0.07	9	4	0.3	800	70	66	10	4.2	1.30	N/A	
Salmon, sockeye, baked or broiled	75g	75	162	677	20	0	8	1.4	1.8	0.53	0.40	65	5	0.4	50	281	207	47	17.0	4.35	2.3	
Sardines, Atlantic, canned in oil, drained with bones	1 can	106	220	922	26	0	12	1.6	5.5	0.54	0.50	151	405	3.1	535	421	519	34	2.5	9.48	2.2	
Sardines, Pacific, canned in tomato sauce, drained with bones	1 can	106	197	825	22	1	11	2.8	2.2	0.92	0.56	65	254	2.4	439	361	388	36	12.7	9.54	1.5	
Smelt, breaded and fried	5	80	201	840	17	10	10	2.5	2.7	N/A	N/A	79	31	1.0	N/A	332	246	20	N/A	N/A	N/A	
Snapper, mixed species, baked or broiled	75g	75	96	401	20	0	1	0.3	0.4	0.20	0.04	35	30	0.2	43	392	151	26	2.2	2.63	0.5	
Sole (flatfish), baked or broiled	75g	75	88	367	18	0	1	0.3	0.5	0.19	0.18	51	14	0.3	79	258	217	10	1.1	1.88	0.5	
Trout, rainbow, farmed, baked or broiled	75g	75	127	530	18	0	5	1.6	1.7	0.62	0.25	51	65	0.2	32	331	200	65	4.8	3.73	0	
Tuna, light, canned in water, drained, salted	75g	75	87	364	19	0	1	0.2	0.3	0.17	0.04	23	8	1.1	254	178	122	13	0.9	2.24	0.3	
Tuna, light, canned with oil, drained, salted	75g	75	149	621	22	0	6	1.2	2.2	0.08	0.02	14	10	1.0	266	155	233	17	0.7	1.65	0.7	
Turbot, baked or broiled	75g	75	92	383	15	0	3	N/A	N/A	N/A	N/A	47	17	0.3	144	229	124	9	N/A	1.91	N/A	
Whitefish, lake, native, baked	75g	75	100	417	17	0	3	0.9	2.1	0.90	0.30	58	12	0.3	33	294	168	8	11.3	0.72	N/A	
Shellfish																						
Clams, mixed species, boiled or steamed	5 large	60	89	371	15	3	1	0.1	0.3	0.09	0.08	40	55	16.8	67	377	203	103	0.1	59.33	0.4	
Clams, mixed species, canned, drained solids	125mL	85	125	523	22	4	2	0.2	0.5	0.12	0.12	57	78	23.6	95	531	286	153	0.1	83.59	0.5	
Crab, canned, drained	125mL	71	71	295	15	0	1	0.2	0.3	0.12	0.14	63	72	0.6	238	267	185	1	N/A	0.33	1.3	
Crab, snow, boiled or steamed	125mL	62	72	300	15	0	1	0.1	0.3	0.09	0.21	44	21	1.8	431	125	80	32	N/A	6.47	N/A	
Crayfish, mixed species, farmed, boiled or steamed	4 medium	60	52	218	11	0	1	0.1	0.2	0.02	0.07	82	31	0.7	58	143	145	9	N/A	1.86	N/A	
Lobster, boiled or steamed	125mL	77	75	314	16	1	tr	0.1	0.1	0.02	0.04	55	47	0.3	291	270	142	20	N/A	2.38	0.8	
Mussels, boiled or steamed	15 small	75	129	539	18	6	3	0.6	0.9	0.38	0.21	42	25	5.0	277	201	214	68	0.2	18.00	0.8	
Oysters, boiled or steamed	6 medium	42	58	241	6	3	2	0.6	0.8	0.25	0.23	44	38	5.0	177	118	85	23	3.4	14.71	0.7	
Oysters, canned, solids and liquid	125mL	131	90	379	9	5	3	0.8	1.0	0.30	0.28	72	59	8.8	147	300	182	118	N/A	25.06	1.1	
Oysters, raw	6 medium	84	50	207	4	5	1	0.4	0.5	0.17	0.16	21	37	4.9	150	104	78	7	N/A	13.61	0.5	
Scallops, cooked, steamed	6 medium	78	87	365	18	0	1	0.1	0.4	0.16	0.13	41	90	2.3	207	371	264	23	0	1.01	1.2	
Shrimp, boiled or steamed	6 medium	30	30	124	6	0	tr	0.1	0.1	0.04	0.05	59	12	0.9	67	55	41	20	N/A	0.45	0.4	

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Polyunsaturated Fat	DHA	EPA	Cholesterol	Calcium	Iron	Sodium	Potassium	Phosphorus	Vitamin A	Vitamin D	Vitamin B12	Vitamin E
		g	kcal	kJ	g	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg
Fish and Shellfish																					
Fish Products																					
Calamari, breaded and fried	125mL	79	156	651	14	9	7	1.7	1.6	0.27	0.11	197	45	1.0	303	216	194	17	0.1	1.02	1.0
Caviar, black or red	15mL	16	41	171	4	1	3	0.7	1.2	0.62	0.44	95	45	1.9	243	29	58	91	0.5	3.25	1.1
Crab cake	1	60	93	389	12	tr	5	0.9	1.4	0.13	0.14	90	63	0.6	198	194	128	34	N/A	3.56	N/A
Crab, imitation, made from surimi	125mL	67	68	284	8	7	1	0.2	0.4	0.24	0.16	13	9	0.3	560	60	188	13	1.2	1.07	0.1
Fish cake	1	120	240	1004	16	15	12	3.3	2.6	0.10	tr	63	30	0.8	290	526	201	28	1.5	0.73	0.7
Fish fillet, battered and fried	1	134	265	1108	22	9	15	3.6	3.4	0.14	0.08	71	42	1.0	133	508	266	23	0.8	1.02	1.0
Fish sticks, frozen, heated (10cm x 2.5cm x 1.3cm)	3 sticks	83	227	948	13	20	10	2.6	2.6	0.11	0.07	93	17	0.6	485	217	151	26	0.1	1.50	0.4
Shrimp, breaded and fried	6 medium	66	160	668	14	8	8	1.4	3.4	0.08	0.07	117	44	0.8	227	149	144	N/A	N/A	1.23	N/A
Tuna salad	125mL	108	203	847	17	10	10	1.7	4.5	0.06	0.02	14	18	1.1	435	193	193	26	3.6	1.30	N/A

DHA and EPA are omega-3 fatty acids which appear to have many health benefits.

Good sources of DHA and EPA are fatty fish
such as salmon, mackerel, herring, sardines and trout.

Meat and Poultry

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Vitamin B12	Folate	Vitamin E
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE
Meat and Poultry																					
Beef																					
Blade roast, lean + fat, braised	75g	75	200	834	26	0	10	4.0	5.0	0.4	71	2.5	46	202	18	142	0	0.5	2.38	4	0.1
Blade steak, lean + fat, braised	75g	75	227	947	23	0	14	5.7	7.1	0.5	71	2.4	49	178	17	138	0	0.5	2.00	4	0.2
Composite, roast, lean + fat, cooked	75g	75	181	756	24	0	8	3.5	4.2	0.4	61	2.3	40	230	19	155	0	0.5	1.89	4	0.1
Composite, steak, lean + fat, cooked	75g	75	196	819	25	0	9	3.9	4.9	0.4	64	2.4	40	200	18	148	0	0.5	1.78	4	0.1
Cross rib roast, lean + fat, braised	75g	75	197	825	27	0	9	3.6	4.5	0.5	70	2.6	52	242	21	164	0	0.5	1.89	5	0.6
Eye of round roast, lean + fat, roasted	75g	75	148	618	24	0	5	2.1	2.5	0.2	50	1.5	40	243	19	152	0	0.5	1.44	5	0.2
Eye of round steak, lean + fat, braised	75g	75	171	715	28	0	5	2.2	2.8	0.3	61	1.8	35	243	19	152	0	0.5	1.38	5	0.2
Flank steak, lean + fat, braised	75g	75	184	769	25	0	8	3.6	4.1	0.3	54	2.2	45	243	19	152	0	0.5	2.15	5	0.3
Ground, extra lean, crumbled, pan-fried	75g	75	167	696	23	0	8	3.2	3.3	0.3	59	2.1	65	311	22	180	0	0.3	2.06	5	N/A
Ground, lean, crumbled, pan-fried	75g	75	194	809	22	0	11	4.5	5.1	0.3	59	2.1	70	293	21	174	0	0.5	2.16	0	N/A
Ground, medium, crumbled, pan-fried	75g	75	214	894	22	0	13	5.6	6.0	0.4	61	2.0	68	303	21	173	0	0.6	1.88	6	N/A
Ground, regular, crumbled, pan-fried	75g	75	243	1016	22	0	17	7.0	7.9	0.4	63	2.2	78	301	21	178	0	0.8	2.72	0	N/A
Inside (top) round roast, lean + fat, roasted	75g	75	133	555	24	0	3	1.4	1.6	0.2	53	2.1	48	253	20	163	0	0.5	1.68	5	0.1
Inside (top) round steak, lean + fat, braised	75g	75	175	731	30	0	5	2.1	2.6	0.3	68	2.4	38	204	20	157	0	0.5	1.43	5	0.4
Outside (bottom) round roast, lean + fat, roasted	75g	75	158	659	25	0	5	2.1	2.8	0.3	58	2.9	42	243	19	152	0	0.5	1.67	5	0.2
Outside (bottom) round steak, lean + fat, braised	75g	75	195	815	29	0	8	3.0	4.2	0.4	72	3.1	43	243	19	152	0	0.5	1.41	5	0.3
Rib eye steak, lean + fat, broiled	75g	75	230	963	20	0	16	6.7	8.0	0.5	53	2.4	40	243	19	152	0	0.5	1.54	5	0.8
Rib steak, lean + fat, broiled	75g	75	232	969	23	0	15	6.4	7.3	0.5	58	1.9	56	243	19	152	0	0.5	1.80	5	0.5
Rump roast, lean + fat, broiled	75g	75	164	684	21	0	8	3.2	3.6	0.3	59	1.9	47	296	20	180	0	0.3	2.27	7	N/A
Short ribs, lean + fat, simmered	75g	75	309	1292	17	0	26	11.2	11.8	1.0	57	1.4	29	146	10	86	0	1.7	1.97	4	N/A
Sirloin tip roast, lean + fat, roasted	75g	75	156	653	25	0	5	2.2	2.8	0.3	58	2.7	44	243	19	152	0	0.5	1.85	5	0.1
Standing rib roast, lean + fat, roasted	75g	75	237	992	21	0	16	6.9	8.0	0.5	55	1.7	53	243	19	152	0	0.5	1.73	5	0.5
Stewing beef, lean, simmered	75g	75	183	765	28	0	7	2.9	N/A	N/A	68	2.6	45	214	19	150	0	0.5	1.80	4	0.2

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Vitamin B12	Folate	Vitamin E
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE
Meat and Poultry																					
Strip loin (New York) steak, lean + fat, broiled	75g	75	191	797	23	0	10	4.3	5.2	0.4	55	2.1	43	243	19	152	0	0.5	1.72	5	0.3
T-Bone (Porterhouse) steak, lean + fat, broiled	75g	75	216	903	22	0	13	5.6	6.6	0.4	54	2.1	51	243	19	152	0	0.5	1.89	5	0.1
Tenderloin, steak, lean + fat, broiled	75g	75	170	709	24	0	7	3.2	3.6	0.3	59	2.9	50	243	19	152	0	0.5	2.04	5	0.2
Top sirloin steak, lean + fat, broiled	75g	75	146	611	21	0	6	2.6	3.1	0.3	52	2.0	43	257	20	160	0	0.5	2.33	5	0.2
Veal																					
Composite cuts, lean + fat, cooked	75g	75	173	725	23	0	9	3.2	3.3	0.6	86	0.9	65	244	20	179	0	1.1	1.18	11	0.3
Cutlets, grain-fed, pan-fried	75g	75	136	568	27	0	2	0.7	0.8	0.6	78	1.5	33	266	21	171	0	0.5	2.46	N/A	0.3
Cutlets, milk-fed, pan-fried	75g	75	142	593	28	0	2	0.6	0.8	1.0	78	0.5	58	332	16	218	0	0.5	1.27	12	0.3
Ground, broiled	75g	75	129	539	18	0	6	2.3	2.1	0.4	77	0.7	62	253	18	163	0	0.8	0.95	8	0.1
Leg, lean + fat, breaded, pan-fried	75g	75	171	715	20	7	7	2.3	2.5	1.1	84	1.2	341	278	23	188	8	0.9	0.93	24	0.4
Leg, lean + fat, roasted	75g	75	120	502	21	0	3	1.4	1.3	0.3	77	0.7	51	292	21	176	0	0.5	0.88	12	0.4
Loin, lean + fat, roasted	75g	75	163	680	19	0	9	3.9	3.6	0.6	77	0.7	70	244	19	159	0	1.3	0.93	11	0.3
Shoulder, whole, lean + fat, roasted	75g	75	142	593	23	0	5	2.2	1.8	0.3	65	0.7	56	266	17	140	0	0.7	2.50	N/A	0.4
Stewing meat, lean, braised	75g	75	141	590	26	0	3	1.0	1.0	0.3	109	1.1	70	257	21	179	0	0.7	1.25	12	0.3
Pork																					
Back ribs, lean + fat, roasted	75g	75	274	1145	21	0	20	7.9	8.9	2.6	85	0.9	100	251	18	147	2	0.8	0.83	2	N/A
Centre cut, loin, chop, lean + fat, broiled	75g	75	180	753	22	0	10	3.6	4.4	0.7	62	0.6	44	269	19	174	2	0.4	0.55	5	0.1
Centre cut, loin, chop, lean + fat, pan-fried	75g	75	208	869	22	0	12	4.5	5.3	1.4	69	0.7	60	319	22	194	2	0.5	0.55	5	0.2
Ground, lean, pan-fried	75g	75	175	731	19	0	11	4.1	5.0	1.3	60	0.9	60	278	20	166	2	0.5	0.80	5	0.2
Ground, medium, pan-fried	75g	75	224	938	18	0	16	6.0	7.3	2.2	66	0.8	68	275	19	164	2	0.5	0.86	5	0.2
Leg, butt end, lean + fat, roasted	75g	75	189	791	22	0	11	3.9	4.8	1.0	72	0.8	47	281	20	204	2	0.4	0.54	2	0.2
Loin, rib end, lean + fat, broiled	75g	75	197	825	22	0	12	4.3	5.2	0.9	62	0.6	47	301	20	178	2	0.4	0.55	2	0.3
Loin, rib end, lean + fat, pan-fried	75g	75	199	831	20	0	13	4.8	5.6	1.4	55	0.5	38	323	19	177	2	0.5	0.53	2	0.2
Shoulder, butt, lean + fat, roasted	75g	75	198	828	19	0	13	5.0	5.9	1.9	67	1.1	50	245	18	153	2	0.6	0.92	4	0.2
Shoulder, whole, lean + fat, roasted	75g	75	219	916	17	0	16	5.9	7.1	1.5	68	1.0	51	247	14	159	2	0.5	0.60	4	0.1
Spareribs, lean + fat, braised	75g	75	251	1048	20	0	18	7.0	7.8	2.5	74	1.1	49	118	14	107	2	0.6	0.68	3	N/A
Tenderloin, lean, roasted	75g	75	108	452	21	0	2	0.8	0.9	0.4	52	1.0	44	302	23	184	2	0.1	0.41	5	0.2

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Vitamin B12	Folate	Vitamin E
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE
Meat and Poultry																					
Lamb																					
American, fresh, foreshank, lean + fat, cooked	75g	75	182	762	21	0	10	4.2	4.3	0.7	80	1.6	54	193	17	125	0	0.2	1.71	13	0.1
American, fresh, ground, cooked	75g	75	212	888	19	0	15	6.1	6.2	1.1	73	1.3	61	254	18	151	0	0.6	1.96	14	0.1
American, fresh, leg, whole, lean + fat, cooked	75g	75	194	809	19	0	12	5.2	5.2	0.9	70	1.5	50	235	18	143	0	0.5	1.94	15	0.1
American, fresh, loin, lean + fat, cooked	75g	75	232	969	17	0	18	7.7	7.3	1.4	71	1.6	48	185	17	135	0	0.5	1.66	14	0.1
American, fresh, rib, lean + fat, cooked	75g	75	269	1126	16	0	22	9.6	9.4	1.6	73	1.2	55	203	15	125	0	0.5	1.67	11	0.1
American, fresh, shoulder, whole, lean+ fat, cooked	75g	75	207	866	17	0	15	6.3	6.1	1.2	69	1.5	50	188	17	138	0	0.5	1.98	16	0.1
New Zealand, frozen, composite, lean + fat, cooked	75g	75	203	847	19	0	13	6.6	5.2	0.7	80	1.6	35	121	14	158	0	0.5	2.03	1	0.1
New Zealand, frozen, foreshank, lean + fat, braised	75g	75	194	809	20	0	12	5.9	4.6	0.5	77	1.6	35	89	11	131	0	0.3	1.83	1	0.1
New Zealand, frozen, leg, whole, lean + fat, roasted	75g	75	176	734	19	0	10	5.1	4.1	0.5	76	1.6	33	128	15	166	0	0.5	1.96	1	0.1
New Zealand, frozen, loin, lean + fat, broiled	75g	75	222	929	18	0	16	7.9	6.2	0.7	85	1.6	38	123	15	160	0	0.5	1.91	1	0.1
New Zealand, frozen, rib, lean + fat, roasted	75g	75	238	995	15	0	19	9.6	7.4	0.9	74	1.3	33	96	11	130	0	0.4	1.74	1	0.1
New Zealand, frozen, shoulder, whole, lean + fat, braised	75g	75	257	1073	22	0	18	8.6	7.0	0.9	92	1.6	39	113	14	150	0	0.4	2.60	1	0.2
Poultry and Game Birds																					
Chicken, broiler, breast, meat and skin, roasted	75g	75	142	593	19	0	7	1.8	2.6	1.4	63	0.4	45	241	20	N/A	20	0.2	0.24	3	0.2
Chicken, broiler, breast, meat, roasted	75g	75	119	499	25	0	2	0.4	0.5	0.3	64	0.4	56	301	22	N/A	5	0.2	0.26	3	0.2
Chicken, broiler, drumstick, meat and skin, roasted	75g	75	161	671	16	0	10	2.8	3.8	2.3	68	1.0	68	172	17	131	23	0.2	0.24	6	0.2
Chicken, broiler, drumstick, meat, roasted	75g	75	127	530	19	0	5	1.4	1.7	1.3	70	1.0	71	185	18	N/A	14	0.2	0.26	7	0.2
Chicken, broiler, flesh and skin, roasted	75g	75	179	749	20	0	10	2.8	4.0	2.2	66	0.9	62	167	17	137	35	0.2	0.23	4	0.2
Chicken, broiler, flesh, roasted	75g	75	143	596	22	0	6	1.5	2.0	1.3	67	0.9	65	182	19	146	12	0.2	0.25	5	0.2
Chicken, broiler, thigh, meat and skin, roasted	75g	75	187	781	15	0	14	3.8	5.4	3.0	70	1.0	63	167	17	131	36	0.2	0.22	5	0.2
Chicken, broiler, thigh, meat, roasted	75g	75	127	530	19	0	5	1.5	2.0	1.2	71	1.0	66	179	18	N/A	15	0.1	0.23	6	0.2
Chicken, broiler, wing, meat and skin, roasted	75g	75	218	910	20	0	15	4.1	5.7	3.1	63	1.0	62	138	14	113	35	0.5	0.22	2	0.2
Chicken, cornish game hens, flesh and skin, roasted	75g	75	195	815	17	0	14	3.8	6.0	2.7	98	0.7	48	184	14	110	24	0.3	0.21	2	0.3
Chicken, ground, lean, cooked	75g	75	153	640	16	0	9	N/A	N/A	N/A	59	1.2	51	212	N/A	N/A	9	0.2	N/A	N/A	N/A
Duck, domesticated, roasted	75g	75	253	1057	14	0	21	7.3	9.7	2.7	63	2.0	44	153	12	117	47	4.1	0.23	5	0.5
Duck, wild, cooked	75g	75	128	533	23	0	3	1.0	1.4	0.4	N/A	7.4	40	197	23	187	12	N/A	N/A	N/A	N/A
Goose, domesticated, flesh, roasted	75g	75	179	746	22	0	10	3.4	3.3	1.2	72	2.2	57	291	19	232	9	0.1	0.37	9	N/A
Goose, wild (Canada goose), flesh, roasted	75g	75	150	627	23	0	6	0.7	1.9	1.1	72	7.4	57	291	19	232	9	0.1	0.37	9	N/A

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Vitamin B12	Folate	Vitamin E
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE
Meat and Poultry																					
Ptarmigan, flesh, cooked	75g	75	116	483	23	0	2	N/A	N/A	N/A	N/A	6.5	37	247	27	190	N/A	N/A	N/A	N/A	N/A
Spruce grouse, flesh, cooked	75g	75	99	414	20	0	2	N/A	N/A	N/A	N/A	3.3	38	204	25	152	N/A	N/A	N/A	N/A	N/A
Turkey, dark meat and skin, roasted	75g	75	162	677	17	0	9	2.0	2.6	1.4	82	1.7	60	207	17	148	0	0.5	0.28	7	N/A
Turkey, dark meat, roasted	75g	75	139	581	19	0	6	1.6	2.0	1.0	82	1.7	62	220	17	154	0	0.2	0.29	8	N/A
Turkey, ground, cooked	75g	75	176	737	21	0	10	2.5	3.7	2.4	77	1.4	80	203	18	147	0	0.8	0.25	5	0.3
Turkey, light meat and skin, roasted	75g	75	143	599	21	0	4	0.9	1.2	0.6	58	1.1	50	215	20	157	0	0.2	0.27	5	N/A
Turkey, light meat, roasted	75g	75	116	483	21	0	2	0.7	0.9	0.5	55	1.0	51	231	21	165	0	0.2	0.29	5	N/A
Game Meats and Other Meats																					
Bear, simmered	75g	75	194	812	24	0	10	2.7	4.2	1.8	74	8.0	53	197	17	128	14	N/A	1.85	5	0.4
Beaver, roasted	75g	75	95	398	20	0	1	1.6	1.4	1.0	88	3.6	68	255	17	135	N/A	N/A	6.23	8	0.3
Bison, roasted	75g	75	107	449	21	0	2	0.7	0.7	0.2	62	2.6	43	271	20	157	0	N/A	2.15	6	0.3
Caribou (reindeer), roasted	75g	75	122	512	24	0	2	1.9	1.4	0.9	82	4.2	35	268	23	168	4	0.2	4.98	4	0.3
Deer (venison), roasted	75g	75	119	496	23	0	2	0.9	0.7	0.5	84	3.4	41	251	18	170	0	N/A	N/A	N/A	N/A
Emu, inside drum, broiled	75g	75	117	489	24	0	2	0.5	0.6	0.3	68	5.5	89	234	25	230	2	N/A	1.80	8	0.2
Goat, roasted	75g	75	107	449	20	0	2	0.7	1.0	0.2	56	2.8	65	304	0	151	0	N/A	0.89	4	0.3
Horsemeat, roasted	75g	75	131	549	21	0	5	1.4	1.6	0.6	51	3.8	41	284	19	185	0	N/A	2.37	N/A	N/A
Moose, roasted	75g	75	121	505	26	0	1	0.2	0.2	0.2	59	3.8	38	375	23	188	0	N/A	4.73	3	0.2
Narwhal skin (muktuk), raw	90g	90	119	497	20	0	4	0.6	2.7	0.3	N/A	0.3	91	332	14	146	126	N/A	N/A	N/A	N/A
Ostrich, inside strip, cooked	75g	75	123	515	22	0	3	1.3	1.3	0.6	73	3.6	55	275	20	190	0	N/A	4.83	12	0.2
Rabbit, composite cuts, roasted	75g	75	148	618	22	0	6	1.8	1.6	1.2	62	1.7	35	287	16	197	0	0.1	6.23	8	N/A
Seal meat, boiled	75g	75	129	539	26	0	2	0.8	1.6	0.3	133	17.6	33	212	20	139	11	N/A	N/A	N/A	N/A
Liver and Organ Meats																					
Heart, beef, simmered	75g	75	124	518	21	tr	4	1.1	0.8	0.7	159	4.8	44	164	16	191	0	1.3	8.10	4	0.2
Kidney, beef, simmered	75g	75	119	496	20	0	3	0.8	0.5	0.6	537	4.4	71	101	9	228	0	1.3	N/A	62	0.1
Liver, beef, pan-fried	75g	75	131	549	20	4	4	1.1	0.5	0.4	286	4.6	58	263	17	364	5808	0.5	N/A	195	0.4
Liver, chicken, pan-fried	75g	75	129	539	19	1	5	1.5	1.0	1.0	423	9.7	69	236	20	332	3972	N/A	N/A	420	0.6
Liver, veal, pan-fried	75g	75	145	605	21	3	5	1.6	0.9	0.8	364	4.5	64	265	17	362	N/A	0.2	N/A	263	0.5
Thymus, veal, braised	75g	75	94	392	17	0	2	0.7	0.7	0.2	263	0.9	44	326	18	470	0	N/A	2.14	15	0.1
Tongue, beef, canned or pickled	75g	75	200	838	14	tr	15	7.5	6.8	0	71	1.6	55	148	11	137	0	N/A	N/A	4	0.3

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Vitamin B12	Folate	Vitamin E
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE
Meat and Poultry																					
Processed Meat Products																					
Back bacon, pork, grilled	2 slices	47	87	364	11	1	4	1.3	1.9	0.4	27	0.4	727	183	10	139	0	0.1	0.37	2	0.2
Bacon, pork, broiled, pan-fried or roasted	3 slices	24	130	543	9	tr	10	3.3	4.4	1.1	26	0.3	554	136	8	128	3	0.4	0.30	tr	tr
Bacon, pork, broiled, pan-fried or roasted, reduced sodium	3 slices	24	130	543	9	tr	10	3.3	4.4	1.1	26	0.3	247	136	8	128	3	0.1	0.30	tr	0.1
Bologna (baloney), beef and pork	2 slices	56	153	640	7	3	13	4.7	5.9	1.1	31	0.8	549	132	6	51	14	0.6	0.74	3	0.2
Bologna (baloney), beef and pork, light	2 slices	56	129	539	6	1	11	4.1	5.1	0.9	22	0.4	620	87	7	101	0	0.4	0.73	3	0.1
Bologna (baloney), chicken	2 slices	56	127	531	7	4	9	3.0	2.8	2.5	55	0.9	492	111	8	73	0	0.3	0.15	4	N/A
Chicken, canned, flaked	60mL	52	89	372	9	tr	5	1.5	2.1	1.2	32	0.8	374	135	6	58	18	0.2	0.15	2	N/A
Corned beef, brisket, cooked	2 slices	56	101	422	11	1	6	2.0	2.9	0.2	55	1.0	653	112	7	70	0	0.2	0.91	3	0.1
Cottage roll, pork, lean and fat, roasted	2 slices	56	69	291	9	1	3	1.0	1.3	0.3	38	0.5	642	152	7	87	0	0.1	0.59	2	0.2
Creton	30mL	34	193	808	5	tr	19	8.3	7.7	1.6	36	0.3	129	96	6	56	1	0.3	0.19	1	0.1
Deli meat, beef, thin sliced	4 slices	56	83	349	11	tr	4	1.6	1.7	0.2	39	1.2	791	240	11	94	0	0	1.44	6	0.1
Deli meat, chicken breast roll	2 slices	56	75	314	8	1	4	1.4	1.6	0.8	22	0.2	494	181	10	68	0	0.3	0.13	2	tr
Deli meat, chicken breast, low fat	2 slices	56	48	199	10	1	tr	0.1	0.1	tr	25	0.7	696	177	20	143	0	0	N/A	N/A	tr
Deli meat, ham, extra lean (5% fat)	2 slices	56	62	258	10	1	2	0.5	0.7	0.2	27	0.4	619	196	10	122	0	0.1	0.42	2	0.2
Deli meat, ham, regular (11% fat)	2 slices	56	91	382	9	2	5	1.6	2.4	0.4	32	0.6	730	161	12	86	0	0.1	0.24	4	tr
Deli meat, mock chicken, loaved	2 slices	56	147	616	7	2	12	7.4	N/A	1.7	33	N/A	536	129	N/A	N/A	0	0.4	N/A	N/A	0.1
Deli meat, turkey breast	2 slices	56	63	262	8	4	2	0.1	0.3	0.2	31	1.2	672	195	11	88	0	0	0.12	2	0.1
Ham, extra lean, canned	2 slices	56	62	260	9	tr	2	0.8	1.2	0.2	21	0.5	638	151	10	125	0	0.1	0.46	3	0.1
Ham, lean, canned	2 slices	56	81	337	10	0	4	1.4	2.0	0.4	21	0.5	715	187	9	116	0	0.2	0.45	3	0.1
Ham, flaked, canned	60mL	35	48	199	6	tr	3	0.9	1.3	0.3	16	0.3	367	87	5	49	0	0.1	0.24	tr	0.1
Ham, lean and regular, roasted	75g	75	124	518	16	tr	6	2.0	2.8	0.8	43	1.1	1039	272	14	186	0	0.2	0.51	2	0.2
Ham, lean, roasted	75g	75	118	493	19	1	4	1.4	1.9	0.5	41	0.7	995	237	17	170	0	0.2	0.53	3	0.2
Kielbasa (Kolbassa), pork and beef	1 piece	56	124	517	9	2	9	3.1	4.1	1.0	38	0.8	520	155	9	83	0	0	0.90	3	0.1
Liver sausage (liverwurst), pork	30mL	27	93	388	4	1	8	3.0	3.8	0.7	43	1.7	191	41	3	62	2248	0.2	3.64	8	0.1
Pastrami, beef	2 slices	56	74	309	10	1	3	1.3	1.8	0.1	52	1.1	694	121	10	84	0	0.2	0.99	4	N/A
Pate, liver, canned	30mL	26	84	352	4	tr	7	2.5	3.3	0.8	67	1.4	184	36	3	53	261	0.2	0.84	16	N/A
Pepperoni, pork, beef	10 slices	55	252	1053	11	2	22	8.7	10.3	1.4	64	0.8	966	170	10	95	0	0	0.85	3	tr
Salami, beef and pork	2 slices	46	118	495	6	2	9	3.7	4.2	0.9	30	1.2	490	105	7	53	0	0.2	1.68	1	0.1

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Vitamin B12	Folate	Vitamin E
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	RAE	mcg	mcg	DFE
Meat and Poultry																					
Salami, pork and beef, dry or hard	5 slices	50	185	774	12	1	15	5.1	7.2	1.4	40	0.8	900	194	9	71	0	0.4	0.95	1	0.1
Salami, pork and beef, reduced salt	2 slices	46	182	762	7	7	14	4.9	6.1	1.4	41	0.7	287	631	14	125	tr	0.4	0.81	4	0.1
Sausage, Bratwurst, pork, cooked	1	75	184	769	11	2	14	5.2	6.8	1.5	45	1.0	418	159	11	112	0	0.8	0.71	2	0
Sausage, Italian, pork, cooked	1	75	258	1079	14	3	20	7.2	9.0	2.5	43	1.1	905	228	14	128	8	0.8	0.98	4	0.2
Sausage, breakfast, pork and beef, cooked	1	13	51	215	2	tr	5	1.7	2.2	0.5	9	0.1	105	25	2	14	0	0.1	0.06	tr	tr
Sausage, breakfast, pork, cooked	1	13	35	145	2	tr	3	0.9	1.2	0.3	11	0.2	102	28	2	24	2	0.1	0.22	tr	0.1
Sausage, turkey, cooked	1	75	147	588	18	0	8	1.7	2.2	2.0	69	1.1	499	224	16	152	9	0.1	0.92	1	tr
Summer sausage, beef	2 slices	56	188	785	9	tr	17	6.7	7.3	0.7	42	1.4	696	152	8	62	0	0.5	3.08	1	N/A
Turkey, canned, flaked	60mL	34	50	207	6	tr	3	0.8	0.9	0.7	23	0.6	229	92	7	55	0	0.2	0.10	2	N/A
Vienna sausage (cocktail), beef and pork, canned	3	48	110	462	5	1	9	3.4	4.6	0.6	42	0.4	465	48	3	24	0	0.4	0.49	2	0.1
Wiener (frankfurter), beef	1	38	104	436	5	2	8	3.3	4.0	0.5	23	0.6	343	54	5	60	0	0.3	0.65	2	0.1
Wiener (frankfurter), beef and pork	1	38	107	449	5	2	9	3.4	4.3	0.9	19	0.4	374	69	4	32	0	0.3	0.49	2	0.1
Wiener (frankfurter), beef and pork, light	1	38	58	242	4	2	4	1.4	1.8	0.4	17	0.5	471	56	4	53	0	0.1	0.49	2	tr
Wiener (frankfurter), chicken	1	38	93	390	4	2	7	2.1	3.2	1.5	38	0.8	514	32	4	40	14	0.2	0.09	2	0.1

Deli meats, wieners and sausages are often high in salt and saturated fats

Legumes, Nuts and Seeds

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Folate	Vitamin B12	Vitamin E
	g	kcal	kJ	g	g	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	DFE	mcg	mg
Legumes, Nuts and Seeds																					
Meatless Products																					
Meatless breaded chicken nuggets	2	72	168	705	15	6	0	3.1	9	0.8	2.3	3.3	30	2.8	288	216	9	176	40	3.68	1.4
Meatless ground beef	75g	75	148	618	16	6	1	3.5	7	1.1	1.6	3.5	22	1.6	413	135	14	258	59	1.80	1.3
Soy patty	1	70	136	568	15	5	1	3.2	6	0.8	1.2	2.5	20	1.5	385	126	13	241	55	1.68	1.2
Tofu, regular, firm and extra firm	150g	150	189	791	21	3	1	0	11	1.3	1.8	2.7	234	2.4	26	222	56	182	29	0	tr
Tofu, silken, soft	150g	150	83	345	7	4	2	0.2	4	0.5	0.8	2.3	47	1.2	8	270	44	93	N/A	0	tr
Vegetable patty	1	90	138	576	18	7	N/A	5.7	4	1.0	2.1	0.3	102	3.9	411	432	70	225	22	0	N/A
Vegetarian luncheon meat	4 slices	56	106	442	10	2	1	0	6	0.7	1.2	2.5	23	1.0	398	112	13	248	56	2.24	1.7
Wiener, meatless	1	46	107	448	9	4	0	1.8	6	0.9	1.8	3.6	15	0.6	217	45	8	158	36	1.08	0.9
Beans, Peas and Lentils																					
Beans, baked, homemade	175mL	187	283	1181	10	40	N/A	10.3	10	3.6	4.0	1.4	114	3.7	790	670	80	204	90	0	N/A
Beans, baked, plain or vegetarian, canned	175mL	188	177	738	9	40	17	7.7	1	0.2	0.2	0.2	64	2.2	633	408	49	135	23	0	0.3
Beans, baked, with pork, canned	175mL	187	198	829	10	37	N/A	10.4	3	1.1	1.3	0.4	99	3.2	775	578	64	202	67	0	N/A
Beans, black, canned, not drained	175mL	178	162	676	11	29	N/A	12.2	1	0.1	tr	0.2	62	3.4	682	547	62	192	108	0	1.3
Beans, kidney, dark red, canned, not drained	175mL	189	161	672	10	30	tr	12.1	1	0.1	0.1	0.4	45	2.4	646	487	53	178	97	0	1.1
Beans, navy, canned, not drained	175mL	194	219	917	15	40	1	9.9	1	0.2	0.1	0.4	91	3.6	868	558	91	260	120	0	1.5
Beans, pinto, canned, not drained	175mL	178	153	639	9	27	tr	8.2	1	0.3	0.3	0.5	76	2.6	522	431	48	163	107	0	1.1
Beans, refried, canned	175mL	186	175	733	10	29	tr	9.9	2	0.9	1.0	0.3	65	3.1	557	498	62	160	21	0	N/A
Beans, white, canned, not drained	175mL	194	227	948	14	43	N/A	9.3	1	0.1	tr	0.2	141	5.8	315	880	99	176	126	0	1.6
Black-eyed peas, canned, not drained	175mL	178	137	572	8	24	N/A	5.9	1	0.3	0.1	0.4	36	1.7	531	305	50	124	91	0	0.5
Chickpeas (garbanzo beans), canned, not drained	175mL	178	211	884	9	40	N/A	7.8	2	0.2	0.5	0.9	57	2.4	531	305	51	160	119	0	0.3
Falafel, homemade	1 ball	17	57	237	2	5	N/A	1.3	3	0.4	1.7	0.7	9	0.6	50	99	14	33	18	0	N/A
Hummus, commercial	60mL	57	94	394	4	8	N/A	3.4	5	0.8	2.3	2.1	22	1.4	215	129	40	100	47	0	N/A
Lentils, boiled, salted	175mL	146	170	710	13	29	3	6.2	1	0.1	0.1	0.3	28	4.9	349	540	53	264	265	0	N/A

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Folate	Vitamin B12	Vitamin E
		g	kcal	kJ	g	g	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	DFE	mcg
Legumes, Nuts and Seeds																					
Lentils, pink, boiled	175mL	179	190	793	14	32	N/A	5.9	1	0.2	0.3	0.6	22	4.1	4	317	39	161	112	0	N/A
Peas, split, boiled	175mL	145	171	715	12	31	4	4.2	1	0.1	0.1	0.2	20	1.9	3	525	52	144	94	0	N/A
Soybeans, boiled	175mL	127	220	920	21	13	4	8.0	11	1.7	2.5	6.4	130	6.5	1	655	109	312	69	0	N/A
Peanuts																					
Peanut butter, chunk type, fat, sugar and salt added	30mL	32	191	799	8	7	3	2.6	16	2.6	8.0	4.8	15	0.6	158	242	52	103	30	0	2.0
Peanut butter, natural	30mL	31	184	770	7	7	1	2.5	16	2.2	7.8	4.9	17	0.7	2	207	55	113	46	0	2.2
Peanut butter, smooth type, fat, sugar and salt added	30mL	32	191	798	8	6	3	1.8	16	3.3	7.7	4.5	14	0.6	149	210	50	116	24	0	2.9
Peanut butter, smooth type, light	30mL	36	190	794	9	13	3	1.9	12	2.7	5.9	3.7	13	0.7	197	244	62	135	22	0	2.4
Peanuts, all types, shelled, oil-roasted, salted	60mL	37	219	915	10	6	2	2.7	19	3.2	9.5	5.6	22	0.6	117	265	64	145	44	0	2.5
Peanuts, all types, shelled, roasted	60mL	37	217	906	9	8	2	3.0	18	2.6	9.1	5.8	20	0.8	2	244	65	133	54	0	2.6
Nuts																					
Almonds, dried	60mL	36	208	870	8	7	2	4.2	18	1.4	11.6	4.4	89	1.5	tr	262	99	171	10	0	9.3
Almonds, oil roasted	60mL	40	242	1010	8	7	2	4.2	22	1.7	13.9	5.4	116	1.5	tr	278	109	186	11	0	10.3
Almonds, roasted, salted	60mL	35	209	874	8	7	2	4.1	18	1.4	11.8	4.4	93	1.6	119	261	100	171	12	0	9.1
Brazil nuts, dried	60mL	36	233	974	5	4	1	2.7	24	5.4	8.7	7.3	57	0.9	1	234	133	257	8	0	2.0
Cashews, roasted, salted	60mL	35	199	834	5	11	2	1.0	16	3.2	9.5	2.7	16	2.1	222	196	90	170	24	0	0.3
Hazelnuts or filberts, dried	60mL	34	215	899	5	6	1	3.3	21	1.5	15.6	2.7	39	1.6	0	233	56	99	39	0	5.2
Macadamia nuts, roasted, salted	60mL	34	243	1017	3	4	1	2.7	26	4.1	20.1	0.5	24	0.9	90	123	40	67	3	0	0.2
Mixed nuts, oil roasted, salted	60mL	36	222	929	6	8	2	3.2	20	3.1	11.4	4.8	39	1.2	151	209	85	167	30	0	2.6
Mixed nuts, roasted	60mL	35	206	863	6	9	N/A	3.1	18	2.4	10.9	3.7	24	1.3	4	207	78	151	17	0	N/A
Mixed nuts, roasted, salted	60mL	35	206	863	6	9	2	3.1	18	2.4	10.9	3.7	24	1.3	232	207	78	151	17	0	3.8
Pecans, dried	60mL	25	173	726	2	3	1	2.4	18	1.6	10.2	5.4	18	0.6	0	103	30	70	6	0	0.4
Pine nuts, pignolia, dried	60mL	34	230	963	5	4	1	1.3	23	1.7	6.4	11.7	5	1.9	1	204	86	197	12	0	3.2
Pistachios, shelled, roasted, salted	60mL	31	177	741	7	8	2	3.2	14	1.7	7.6	4.3	34	1.3	126	325	37	151	16	0	0.6
Walnuts, dried	60mL	25	166	694	4	3	1	1.7	17	1.6	2.3	12.0	25	0.7	1	112	40	88	25	0	0.2
Nut Butters																					
Almond butter	30mL	32	205	858	5	7	N/A	1.2	19	1.8	12.4	4.0	88	1.2	4	246	98	170	21	0	N/A
Cashew butter	30mL	32	190	796	6	9	N/A	0.6	16	3.2	9.4	2.7	14	1.6	5	177	84	148	22	0	0.5
Sesame butter, tahini	30mL	30	181	757	5	6	tr	2.8	16	2.3	6.2	7.2	130	2.7	35	126	29	223	30	0	0.1

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Folate	Vitamin B12	Vitamin E
		g	kcal	kJ	g	g	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	DFE	mcg
Legumes, Nuts and Seeds																					
Seeds																					
Flaxseeds, whole and ground	15mL	11	56	235	2	3	tr	3.0	4	0.4	0.8	3.2	36	0.5	3	89	39	53	30	0	tr
Pumpkin and squash seeds, kernels, dried	60mL	35	189	792	9	6	tr	1.4	16	3.0	5.0	7.3	15	5.2	6	282	187	411	20	0	N/A
Sunflower seed kernels, roasted, salted	60mL	32	189	790	6	8	1	2.9	16	1.7	3.1	10.7	23	1.2	133	276	42	375	77	0	8.5

You would need approximately 170mL of peanuts in the shell to give you a 60mL serving.

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	DFE	mg
Fast Foods																					
Beverages																					
Milk shake, chocolate	250mL	175	223	931	6	36	33	3.3	6	4.1	23	198	0.5	170	351	30	179	46	9	1	0.60
Milk shake, vanilla	250mL	175	195	814	6	31	31	0.2	5	3.3	19	214	0.2	144	305	21	179	65	9	1	0.63
Side Dishes																					
French fries	20-25 fries	76	236	989	3	29	N/A	2.5	12	5.0	11	12	1.0	124	541	25	101	2	25	4	0.09
Garlic bread	2 slices	52	192	801	5	26	tr	1.5	8	1.3	0	40	1.3	384	65	14	56	74	97	tr	0.01
Onion rings, breaded and fried	8-9	83	276	1152	4	31	N/A	1.7	16	7.0	14	73	0.8	430	129	16	86	1	85	1	0.12
Zucchini, breaded and fried, sticks	4	36	60	250	1	3	1	0.3	5	0.5	5	18	0.2	44	81	6	36	8	9	3	0.05
Sandwiches																					
Breakfast bagel, with ham, egg and cheese	1	191	483	2019	27	52	7	0.4	18	7.8	243	185	4.1	1259	262	40	397	181	172	0	1.39
Breakfast biscuit with egg, cheese and bacon	1	144	477	1993	16	33	3	1.1	31	11.4	261	164	2.5	1260	230	20	459	N/A	64	2	1.05
Breakfast English muffin with egg, cheese and bacon	1	137	289	1208	17	27	3	1.5	13	4.7	234	151	2.4	729	199	23	270	177	86	2	0.67
Cheeseburger, double patty + condiments + vegetables	1	228	650	2718	30	53	N/A	1.8	35	12.8	93	169	4.7	921	390	36	349	N/A	131	3	2.07
Cheeseburger, single patty, plain	1	102	319	1335	15	32	6	1.3	15	6.5	50	141	2.4	500	164	21	196	N/A	N/A	0	0.97
Chicken sandwich, breaded chicken + condiments + vegetables	1	228	632	2640	29	42	N/A	2.2	39	12.4	78	258	3.6	1238	333	43	406	164	154	3	0.46
Chicken sandwich, grilled chicken + condiments + vegetables	1	169	335	1402	33	23	3	1.2	12	2.2	78	70	2.1	330	449	37	36	23	83	2	0.41
Donair / Gyro	1	195	310	1295	22	37	3	2.0	7	2.8	49	98	3.1	361	404	40	223	22	115	6	1.82
Fish sandwich with breaded fish	1	183	523	2189	21	48	N/A	2.4	29	8.1	68	185	3.5	939	353	37	311	N/A	134	3	1.08
Hamburger, double patty + condiments	1	215	576	2410	32	39	N/A	1.9	32	12.0	103	92	5.5	742	527	45	284	N/A	111	1	3.33
Hamburger, single patty, plain	1	90	275	1148	12	31	5	1.3	12	4.1	35	63	2.4	387	145	19	103	0	N/A	0	0.89
Submarine sandwich (6 inches), vegetarian	1	167	216	904	7	38	3	3.4	4	0.8	0	77	2.7	529	236	27	88	25	213	20	0
Submarine sandwich (6 inches), with cold cuts	1	228	456	1906	22	51	N/A	3.0	19	6.8	36	189	2.5	1651	394	68	287	71	109	12	1.09
Submarine sandwich (6 inches), with grilled/roasted chicken	1	229	417	1742	24	44	3	3.3	16	2.8	47	81	3.0	722	437	44	104	37	255	12	0.20
Submarine sandwich (6 inches), with tuna	1	256	584	2440	30	55	N/A	2.9	28	5.3	49	74	2.6	1293	335	79	220	46	135	4	1.61

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	DFE	mg
Fast Foods																					
Veggie burger, single patty + condiments + vegetables	1	157	359	1504	19	28	4	4.5	19	2.9	5	86	3.1	671	233	25	278	22	135	3	1.80
Wrap sandwich, chicken ranch	1	249	532	2227	32	44	3	3.5	25	6.7	77	134	3.3	847	544	50	235	50	146	12	0.47
Chinese																					
Beef and broccoli stir fry	250mL	229	266	1111	24	9	1	2.2	15	3.5	58	48	2.8	433	473	35	189	90	104	59	2.00
Chicken almond guy ding	250mL	256	295	1232	22	18	3	2.6	15	1.6	42	58	1.7	510	591	61	123	14	27	7	0.29
Chicken chow mein	250mL	232	200	837	21	10	7	2.2	9	1.6	51	38	1.7	982	423	35	191	17	50	8	0.26
Chicken fried rice	250mL	209	343	1436	12	44	1	1.3	13	1.8	99	36	1.3	797	169	28	139	59	30	4	0.42
Egg roll	1	64	113	472	5	9	1	0.7	6	1.2	35	14	0.8	249	121	9	53	17	27	2	0.19
General Tao/Tso chicken	250mL	258	806	3371	50	8	3	0.6	62	11.0	163	39	2.2	1285	476	47	340	38	13	11	0.56
Hot and sour soup	250mL	258	167	697	17	5	1	0.5	8	2.8	36	45	1.8	1596	383	20	192	2	12	1	0.45
Sweet and sour chicken balls	3	75	199	831	9	17	7	0.5	10	2.7	46	24	1.0	390	90	13	23	18	19	1	0.17
Won ton soup	250mL	255	191	798	15	15	1	1.0	7	2.4	53	37	1.8	810	339	23	159	74	55	2	0.49
Pizza																					
Pizza with cheese (medium - 12 inches)	1/6	84	210	880	9	25	2	1.5	8	3.4	14	171	2.0	515	180	19	161	32	70	4	0.13
Pizza with cheese and pepperoni (medium - 12 inches)	1/6	85	219	916	11	23	1	1.4	9	4.2	21	187	1.7	340	157	18	182	37	74	2	0.20
Pizza with cheese and vegetables (medium - 12 inches)	1/6	93	193	809	8	24	3	1.8	7	3.0	12	154	1.9	482	201	19	147	31	63	11	0.11
Pizza with cheese, meat and vegetables (medium - 12 inches)	1/6	105	250	1044	11	24	3	1.9	12	4.8	24	159	2.1	629	237	21	168	31	65	11	0.24
Other																					
Chicken, breaded and fried (pieces)	2 pieces	98	283	1184	22	9	0	0.3	17	4.6	85	20	1.3	286	181	20	151	0	N/A	0	0.27
Chicken, breaded and fried, boneless (nuggets)	6	96	285	1192	15	16	1	0.9	18	3.9	53	13	0.8	551	251	24	277	5	14	1	0.32
Chili con carne	250mL	267	270	1128	26	23	N/A	4.9	9	3.6	142	72	5.5	1064	730	48	209	88	59	2	1.20
Corndog (Pogo™)	1	75	197	825	7	24	N/A	1.1	8	2.2	34	44	2.6	417	113	8	71	16	57	0	0.19
Hot-dog, plain	1	98	242	1012	10	18	N/A	0.9	15	5.1	44	24	2.3	670	143	13	97	0	61	tr	0.51

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	DFE	mg
Mixed Dishes																					
Mexican																					
Burrito with beans and cheese	1	93	189	790	8	27	N/A	3.8	6	3.4	14	107	1.1	583	248	40	90	49	52	1	0.45
Burrito with beef, cheese and chilli	1	152	316	1322	20	32	N/A	2.2	12	5.2	85	111	3.9	1046	333	35	158	99	99	2	1.03
Nachos with cheese	15-20 nachos	113	346	1446	9	36	N/A	4.1	19	7.8	18	272	1.3	816	172	55	276	N/A	N/A	1	0.82
Quesadilla with meat	1	184	627	2622	31	40	tr	2.5	38	17.3	95	442	3.9	1265	319	44	457	167	104	6	1.03
Taco salad	250mL	129	193	807	12	13	2	2.0	11	4.1	35	92	1.3	452	275	29	138	40	18	4	0.58
Taco with beef, cheese, salsa + vegetables	1	78	168	704	9	12	N/A	N/A	9	5.2	26	101	1.1	366	216	32	93	N/A	45	1	0.48
Sandwiches																					
Club sandwich	1	246	558	2335	32	47	5	2.8	26	5.8	76	152	4.5	1152	480	47	347	43	163	6	0.48
Egg salad	1	157	479	2003	14	27	3	1.2	35	6.6	335	119	2.9	693	155	19	187	153	121	0	0.92
Hot chicken sandwich	1	284	388	1621	40	31	2	1.7	10	3.0	89	109	4.7	1344	519	43	327	0	96	0	0.54
Ham	1	121	260	1089	13	28	2	2.1	10	2.6	32	92	2.5	1132	229	25	139	49	93	3	0.24
Roast beef	1	139	346	1447	22	33	N/A	2.5	14	3.6	51	54	4.2	792	316	31	239	11	69	2	1.22
Salmon salad	1	162	340	1422	16	33	5	1.7	16	2.9	27	222	2.5	818	271	31	257	27	105	1	2.45
Tuna salad	1	162	371	1552	20	33	5	1.7	18	2.9	15	93	2.9	745	220	32	233	30	97	1	1.25
Salads																					
Caesar	250mL	114	179	751	5	7	1	1.7	15	2.0	39	92	1.3	268	233	17	81	234	118	20	0.30
Caesar salad with chicken	500mL	327	491	2055	41	12	3	3.7	31	4.3	137	147	2.9	718	890	61	146	504	249	42	0.76
Garden	250mL	77	47	198	1	4	3	0.9	4	0.6	0	13	0.3	216	135	6	16	48	15	4	0
Greek	250mL	111	139	580	4	4	2	1.1	13	3.9	19	121	0.6	315	130	12	85	43	20	11	0.36
Pasta salad with vegetables	250mL	187	245	1001	5	33	5	2.2	10	1.6	0	27	1.8	1273	173	25	69	98	129	10	0
Pasta																					
Lasagna with meat (7.5cm x 9cm)	1 piece	232	364	1523	22	37	6	2.4	14	7.4	50	251	3.2	623	428	46	280	83	99	11	0.65
Lasagna, vegetarian (7.5cm x 9cm)	1 piece	256	355	1485	19	46	7	2.9	11	6.6	38	304	3.2	737	423	49	290	102	119	13	0.21
Macaroni and cheese (Kraft Dinner™)	250mL	202	395	1653	11	49	6	2.0	17	4.1	9	158	2.2	784	162	36	194	165	191	tr	0.22

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	DFE	mg
Mixed Dishes																					
Macaroni casserole with beef and tomato soup	250mL	263	319	1334	23	32	6	1.9	10	4.0	52	31	3.5	376	399	40	186	14	112	2	1.30
Spaghetti with cream sauce	250mL	211	250	1047	9	47	4	1.9	2	0.9	5	81	2.2	111	140	34	140	33	192	tr	0.22
Spaghetti with meat sauce	250mL	262	401	1678	19	50	9	4.9	14	4.5	56	101	4.7	1008	761	60	216	68	162	13	0.89
Other																					
Beef pot pie, commercial, individual	1 serving	227	638	2667	18	57	N/A	2.0	38	11.4	41	45	2.3	1203	293	N/A	109	279	88	0	N/A
Beef stew	250mL	259	168	701	18	14	3	1.8	4	1.6	39	29	2.2	604	496	33	183	132	26	9	1.52
Butter chicken	250mL	258	368	1538	28	13	4	1.5	23	9.9	116	125	2.4	740	669	54	307	147	15	11	0.44
Chicken fajita	1 fajita	223	350	1462	19	50	3	4.1	8	2.1	33	52	3.4	540	405	41	183	28	153	26	0.09
Chicken pot pie, commercial, individual	1 serving	227	494	2065	21	37	3	3.1	29	9.5	62	59	3.0	347	349	34	195	222	102	9	0.20
Pad Thai	250mL	171	220	920	15	26	4	1.5	6	0.9	68	26	0.9	344	258	30	56	36	24	5	0.23
Poutine	250mL	165	380	1587	13	25	1	1.9	26	9.9	40	282	1.4	755	387	26	261	97	16	7	0.38
Samosa, vegetarian	2	100	306	1280	5	32	1	2.1	18	5.6	8	33	1.8	795	178	17	70	36	68	3	0.06
Shepherd's pie	250mL	257	389	1628	17	40	5	3.1	17	5.0	41	52	1.9	584	766	54	213	94	42	14	1.23
Stir fry with beef	250mL	229	290	1213	22	20	11	2.2	14	2.3	46	45	2.7	888	534	37	211	30	43	69	1.77
Stir fry with chicken	250mL	171	255	1067	18	8	2	1.5	17	4.0	63	27	1.3	552	387	25	165	109	16	22	0.19
Stir fry with tofu	250mL	171	183	767	14	10	3	1.4	10	1.1	tr	142	1.8	493	326	36	141	72	22	20	0.02
Sushi with fish	4	104	164	684	5	35	7	0.8	tr	0.1	3	20	0.5	666	142	21	66	52	15	2	0.11
Sushi with vegetables, no fish	4	104	122	510	2	27	5	0.5	tr	0.1	0	13	0.2	100	60	13	38	16	7	2	tr
Sweet and sour meatballs	6	258	472	2322	26	33	19	0.7	26	10.6	95	76	3.3	931	409	37	243	33	34	1	2.60
Tourtiere, homemade (20cm diam)	1/6	113	307	1283	15	23	1	1.2	17	6.4	47	28	1.9	352	273	22	157	1	59	1	0.30

New frozen dinners are being introduced on the market regularly.

Please refer to the Nutrition Facts table on the package for nutritional information.

For help understanding the Nutrition Facts table, visit the Health Canada website at

www.healthcanada.gc.ca/nutritionlabelling

Soups

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	DFE	mg	mcg
Soups																					
Ready-to-serve																					
Beef or chicken, broth/bouillon	250mL	254	18	74	3	tr	0	0	1	0.3	0	15	0.4	827	137	5	33	0	5	0	0.18
Beef, chunky	250mL	254	180	753	12	21	2	1.5	5	2.7	15	33	2.5	915	355	5	127	137	15	7	0.66
Chicken noodle, chunky	250mL	254	185	773	13	18	2	4.1	6	1.5	20	25	1.5	898	114	10	76	71	65	0	0.33
Chicken noodle, low fat, reduced salt	250mL	257	105	444	9	13	1	2.1	2	1.0	13	21	0	501	N/A	N/A	N/A	N/A	N/A	0	N/A
Chicken vegetable, chunky	250mL	254	175	733	13	20	N/A	0.9	5	1.5	18	28	1.5	1128	388	10	112	317	13	6	0.25
Clam chowder, Manhattan	250mL	254	142	593	8	20	4	3.0	4	2.2	15	71	2.8	1057	406	20	89	178	10	13	8.37
Minestrone, chunky	250mL	254	134	563	5	22	6	6.1	3	1.6	5	63	1.9	913	647	15	117	226	72	5	0
Split pea with ham, chunky	250mL	254	195	817	12	28	5	4.1	4	1.7	8	36	2.3	1019	322	41	188	259	5	7	0.25
Vegetable, chunky	250mL	254	129	540	4	20	4	1.3	4	0.6	0	58	1.7	1068	418	8	76	307	18	6	0
Condensed, prepared with water																					
Beef noodle	250mL	258	88	366	5	9	2	0.8	3	1.2	5	15	1.2	1005	106	5	49	8	31	tr	0.21
Chicken broth	250mL	254	41	170	5	1	1	0	1	0.4	0	10	0.5	806	218	3	76	0	5	0	0.25
Chicken noodle	250mL	255	79	331	4	10	N/A	0.8	3	0.7	8	18	0.8	1169	59	5	38	38	37	tr	0.15
Cream of mushroom	250mL	258	137	572	2	10	2	0.5	9	2.6	3	49	0.5	931	106	5	52	15	5	1	0.05
Tomato	250mL	258	90	376	2	18	9	1.2	2	0.4	0	13	1.9	735	278	8	36	26	15	3	0
Tomato, reduced salt	250mL	258	90	376	2	19	8	0.5	2	0.4	0	13	1.9	52	278	8	36	44	18	70	0
Vegetables with beef	250mL	258	83	345	6	11	1	0.7	2	0.9	5	18	1.2	835	183	5	44	101	10	1	0.34
Vegetarian vegetable	250mL	255	76	318	2	13	4	0.5	2	0.3	0	23	1.1	868	222	8	36	122	10	2	0
Condensed, prepared with 2% milk																					
Clam chowder, New England	250mL	262	157	658	10	18	N/A	1.6	5	1.9	16	202	1.6	1051	320	26	168	71	10	4	10.85
Cream of chicken	250mL	262	189	789	8	16	7	0.3	10	3.7	21	194	0.7	1108	293	21	162	86	N/A	1	0.58
Cream of mushroom	250mL	262	202	844	6	16	N/A	0.5	13	4.2	10	191	0.6	983	288	24	168	86	10	2	0.52
Cream of mushroom, reduced salt	250mL	262	134	558	6	17	9	0.8	5	2.4	14	168	0.7	562	691	21	189	74	21	tr	0.50
Cream of tomato	250mL	262	155	647	6	24	16	1.3	5	1.9	10	173	1.9	802	480	26	160	69	22	4	0.47

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	DFE	mg
Soups																					
Dehydrated, prepared with water																					
Chicken noodle	250mL	254	58	243	2	9	1	0.3	1	0.3	10	5	0.5	581	33	8	30	3	28	0	0.05
Minestrone	250mL	268	83	349	5	13	N/A	0.8	2	0.9	3	40	1.1	1084	360	8	64	16	51	1	0
Onion	250mL	260	29	120	1	5	2	0.8	1	0.1	0	13	0.2	897	68	5	31	0	3	tr	0
Ramen noodles, chicken flavour, cooked	250mL	258	162	678	3	20	N/A	6.2	8	3.5	0	N/A	1.2	792	N/A	N/A	N/A	72	N/A	0	N/A
Tomato vegetable	250mL	255	56	234	2	10	2	0.5	1	0.4	0	8	0.6	1154	104	20	31	10	10	6	0
Homemade																					
Chicken noodle	250mL	255	135	564	19	7	2	0.9	3	0.7	64	26	1.1	336	302	30	168	136	28	3	0.22
Cream of vegetable	250mL	251	62	262	5	7	3	0.8	2	0.7	2	53	0.6	586	287	11	95	99	11	3	0.31
French onion	250mL	255	204	852	10	28	3	1.9	6	2.9	13	159	1.5	904	204	25	157	30	69	2	0.58
Lentil	250mL	262	193	805	12	27	3	5.1	5	0.4	0	41	3.3	654	365	41	171	45	69	6	0
Split pea with ham	250mL	267	190	797	13	31	5	3.8	2	0.6	7	39	1.9	312	437	50	176	56	70	2	0.04
Vegetable	250mL	252	49	204	3	8	2	1.4	1	0.2	0	34	0.7	692	336	16	58	93	20	11	0.14

Many broths and canned soups now have a reduced salt version.

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Trans Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Vitamin E	
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	mcg	mg
Fats and Oils																						
Butter and Margarine																						
Becel™, tub, calorie-reduced, canola and safflower oils (non-hydrogenated)	5mL	5	17	70	tr	tr	2	0.3	0.8	0.6	tr	0	1	0	46	1	tr	1	48	0.6	0.2	
Becel™, tub, canola and safflower oils (non-hydrogenated)	5mL	5	34	144	tr	tr	4	0.5	1.7	1.2	tr	0	1	0	52	2	tr	1	48	0.6	0.2	
Butter	5mL	5	34	144	tr	tr	4	2.5	1.0	0.1	0.2	10	1	tr	28	1	tr	1	33	tr	0.1	
Chefmaster™, tub, unspecified vegetable oils (hydrogenated)	5mL	5	34	144	tr	tr	4	0.5	1.6	0.9	0.5	0	1	0	52	2	tr	1	48	0.6	0.2	
Imperial™, stick, soy and canola oils (hydrogenated)	5mL	5	34	141	tr	tr	4	0.5	2.5	0.4	1.5	0	tr	tr	31	1	tr	tr	48	0.6	0.3	
Imperial™, tub, soya oil (non-hydrogenated)	5mL	5	34	144	tr	tr	4	0.9	0.7	1.8	tr	0	1	0	52	2	tr	1	48	0.6	0.2	
Lactantia™, tub, soya oil (hydrogenated)	5mL	5	34	144	tr	tr	4	0.7	1.3	1.4	0.6	0	1	0	52	2	tr	1	48	0.6	0.2	
Margarine, tub, composite	5mL	5	34	144	tr	tr	4	0.6	1.7	1.3		0	1	0	52	2	tr	1	48	0.6	0.2	
Spread (20% butter / 80% margarine)	5mL	5	34	141	tr	tr	4	1.0	2.2	0.4	1.0	2	1	tr	43	2	tr	1	47	N/A	0.4	
Spread (50% butter / 50% margarine)	5mL	5	33	137	tr	tr	4	1.5	1.8	0.2	0.7	5	1	tr	40	2	tr	1	16	0	0.2	
Oils																						
Canola	15mL	14	125	525	0	0	14	1.0	8.4	4.2	0.3	0	0	0	0	0	0	0	0	0	0	2.4
Corn	15mL	14	122	510	0	0	14	1.8	3.8	7.5	0.1	0	0	0	0	0	0	0	0	0	0	2.0
Flaxseed	15mL	14	122	511	0	0	14	1.4	2.5	9.9	tr	0	0	0	0	0	0	0	0	0	0	2.4
Grapeseed	15mL	14	122	510	0	0	14	1.3	2.2	9.6	N/A	0	0	0	0	0	0	0	0	0	0	4.0
Olive	15mL	14	121	506	0	0	14	1.8	10.1	1.4	tr	0	tr	0.1	tr	0	0	0	0	0	0	2.0
Peanut	15mL	14	121	506	0	0	14	2.3	6.3	4.4	N/A	0	0	tr	0	0	0	0	0	0	0	2.2
Sesame	15mL	14	122	510	0	0	14	2.0	5.5	5.7	N/A	0	0	0	0	0	0	0	0	0	0	0.2
Soybean	15mL	14	122	510	0	0	14	2.0	3.2	8.0	0.2	0	0	tr	0	0	0	0	0	0	0	1.3
Sunflower	15mL	14	122	510	0	0	14	1.4	2.7	9.1	0.1	0	0	0	0	0	0	0	0	0	0	5.7
Other																						
Bacon grease	15mL	12	110	459	0	0	12	4.8	5.5	1.4	N/A	12	0	0	18	0	0	0	0	0	0	0.1
Lard	15mL	13	117	489	0	0	13	5.2	5.9	1.5	0.2	12	0	0	0	0	0	0	0	0	0	0.1

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Trans Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin D	Vitamin E	
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	mcg	mg
Fats and Oils																						
Shortening	15mL	13	115	481	0	0	13	3.2	5.4	3.7	N/A	0	tr	tr	1	0	0	0	0	0	0	0.1
Salad Dressings																						
Blue cheese	15mL	16	78	327	1	1	8	1.5	1.9	4.3	N/A	3	13	tr	170	6	0	11	10	N/A	0.9	
Blue cheese, low Calorie	15mL	16	15	64	1	tr	1	0.4	0.3	0.4	N/A	tr	14	0.1	186	1	1	13	N/A	N/A	tr	
Creamy Caesar	15mL	15	79	329	tr	tr	9	1.3	2.0	4.9	N/A	tr	4	tr	161	4	tr	3	tr	tr	0.8	
Creamy Caesar, low Calorie	15mL	15	17	70	tr	3	1	0.1	0.2	0.4	N/A	tr	4	tr	164	4	tr	3	tr	0	0.1	
Creamy dressing, fat-free	15mL	16	21	90	tr	5	tr	tr	tr	tr	N/A	0	1	0.1	130	14	tr	0	tr	0	tr	
French	15mL	16	72	303	tr	2	7	0.9	1.3	3.3	N/A	0	4	0.1	133	11	1	3	4	0	0.8	
French, low fat	15mL	16	33	138	tr	4	2	0.3	0.5	1.2	N/A	0	2	0.1	165	13	0	2	2	0	0.5	
Italian	15mL	15	43	181	tr	2	4	0.7	0.9	1.9	N/A	0	1	0.1	246	7	tr	1	2	0	0.7	
Italian, low Calorie	15mL	15	11	48	tr	1	1	0.1	0.3	0.3	N/A	1	1	0.1	208	13	1	2	tr	0	tr	
Mayonnaise	15mL	14	100	419	tr	1	11	1.7	2.7	6.0	tr	5	3	0.1	79	5	tr	4	11	tr	0.7	
Mayonnaise, light	15mL	16	51	215	tr	1	5	0.8	1.3	2.8	tr	6	1	0.1	107	6	tr	6	3	N/A	0.5	
Non creamy dressing, fat-free	15mL	15	7	29	tr	1	tr	tr	tr	tr	N/A	tr	4	0.1	165	15	1	16	tr	0	0.1	
Oil and vinegar	15mL	16	73	305	0	tr	8	1.5	2.4	3.9	N/A	0	0	0	tr	1	0	0	0	0	0.8	
Ranch	15mL	15	71	297	tr	1	8	1.2	1.7	4.2	0	5	5	0.1	120	9	1	24	1	tr	0.7	
Ranch, low fat	15mL	16	36	149	tr	3	3	0.2	0.9	0.7	0	3	20	0.1	151	21	1	31	3	tr	0.3	
Salad dressing, mayonnaise type	15mL	15	58	243	tr	4	5	0.7	1.3	2.7	0.4	4	2	tr	106	1	tr	4	3	tr	0.3	
Salad dressing, mayonnaise type, fat-free	15mL	16	14	57	tr	3	tr	0.1	0.3	tr	N/A	1	1	tr	128	8	tr	1	0	N/A	tr	
Salad dressing, mayonnaise type, light	15mL	15	44	184	0	2	4	0.2	2.2	1.1	N/A	0	tr	0	117	0	0	N/A	3	N/A	tr	
Thousand Island	15mL	16	59	245	tr	2	6	0.8	1.2	2.9	N/A	4	3	0.2	137	17	1	4	2	N/A	0.6	
Thousand Island, low Calorie	15mL	16	32	132	tr	3	2	0.1	1.0	0.4	N/A	tr	2	0.1	129	31	1	2	2	N/A	0.2	

When cooking with oil, remember that 5mL (1 teaspoon) of oil contains 40 calories and approximately 5 grams of fat

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin C	Vitamin B12	Caffeine
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	mg	mcg
Sweets and Sugars																					
Sugar, Honey and Substitutes																					
Brown sugar	5mL	5	18	73	0	5	4	0	0	0	0	4	0.1	2	16	1	1	0	0	0	0
Honey	5mL	7	22	91	tr	6	6	tr	0	0	0	tr	tr	tr	4	tr	tr	0	tr	0	0
Icing sugar (powdered)	5mL	3	10	41	0	2	2	0	tr	0	0	tr	tr	tr	0	0	0	0	0	0	0
Sugar substitute, aspartame (Equal™)	1 packet	1	4	15	tr	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sugar substitute, sucralose (Splenda™)	5mL	1	2	7	0	tr	tr	0	0	0	0	0	0	0	0	0	0	0	0	0	0
White sugar (granulated)	5mL	4	16	68	0	4	4	0	0	0	0	tr	0	0	0	0	0	0	0	0	0
Syrup and Molasses																					
Chocolate syrup, thin type	15mL	20	110	461	1	26	20	1.0	tr	0.2	0	6	0.8	28	89	26	51	tr	tr	0	6
Corn syrup	15mL	21	59	249	0	16	6	0	0	0	0	4	0.1	32	9	2	2	0	0	0	0
Maple syrup	15mL	20	55	230	0	14	12	0	tr	tr	0	22	0.2	2	46	4	tr	0	0	0	0
Molasses	15mL	21	62	257	0	16	12	0	tr	tr	0	44	1.0	8	311	51	7	0	0	0	0
Pancake syrup	15mL	20	47	195	0	12	7	0.1	0	0	0	1	tr	16	3	tr	2	0	0	0	0
Preserves																					
Double fruit jam type spread	15mL	19	42	177	tr	10	9	0.5	tr	0	0	2	0.1	6	N/A	N/A	N/A	N/A	tr	N/A	N/A
Double fruit jam type spread, reduced sugar	15mL	17	23	95	tr	5	5	0.4	tr	0	0	3	0.1	3	N/A	N/A	N/A	N/A	tr	N/A	N/A
Jams and preserves	15mL	20	56	234	tr	14	10	0.2	tr	tr	0	4	0.1	6	16	1	4	tr	2	0	0
Jelly	15mL	21	56	235	tr	15	11	0.2	tr	tr	0	1	tr	6	11	1	1	0	tr	0	0
Marmalade	15mL	20	50	207	tr	13	12	0.1	0	0	0	8	tr	11	7	tr	1	1	1	0	0
Toppings and Spreads																					
Chocolate topping, fudge-type	30mL	39	135	564	2	24	13	1.1	3	1.5	1	39	0.6	133	174	25	65	2	tr	0.11	3
Pie filling, cherry, canned	30mL	25	29	121	tr	7	N/A	0.2	tr	tr	0	3	0.1	5	26	2	4	3	1	0	0
Spread, chocolate hazelnut (Nutella™)	30mL	38	203	848	2	23	21	2.0	11	2.0	0	41	1.6	15	153	24	57	tr	0	0.11	3
Topping or spread, butterscotch	30mL	42	105	438	1	27	N/A	0.4	tr	tr	tr	22	0.1	145	35	3	20	11	tr	0.04	0
Topping, strawberry	30mL	43	110	458	tr	29	12	0.3	tr	tr	0	3	0.1	9	22	2	2	tr	6	0	0

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin C	Vitamin B12	Caffeine
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	mg	mcg
Sweets and Sugars																					
Candies																					
Butterscotch	1 piece	5	21	87	tr	5	4	0	tr	0.1	tr	tr	tr	21	0	tr	tr	1	0	0	0
Candy, chocolate covered, sweetened with sorbitol	1 piece	5	29	120	1	2	1	0.2	2	1.1	1	15	0.1	5	30	5	17	3	tr	0.04	tr
Caramel	4	40	154	646	2	31	26	0.5	3	2.7	3	56	0.1	99	86	7	46	tr	tr	0	0
Chewing gum	1 stick	3	7	31	0	2	2	0.1	tr	tr	0	0	0	tr	0	0	0	0	0	0	0
Chewing gum, sugarless	1 stick	2	5	22	0	2	0	tr	tr	tr	0	tr	0	tr	0	0	0	0	0	0	0
Fruit leather	1 roll	14	52	217	tr	12	7	0.5	tr	0.1	0	4	0.1	44	41	3	4	1	17	0	0
Fudge, chocolate, homemade	1 piece	17	70	292	tr	13	13	0.3	2	1.0	2	8	0.3	8	22	6	12	7	0	0.02	1
Fudge, vanilla, homemade	1 piece	22	84	353	tr	18	18	0	1	0.6	3	7	tr	11	10	1	6	10	0	0.02	0
Gumdrops	10 pieces	36	143	596	0	36	21	tr	0	0	0	1	0.1	16	2	tr	tr	0	0	0	0
Hard candy	1	6	24	99	0	6	4	0	tr	0	0	tr	tr	2	0	tr	tr	0	0	0	0
Hard candy, reduced sugar	1	3	11	47	0	3	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Jellybeans	10 beans	28	105	439	0	26	20	0.1	tr	0	0	1	tr	14	10	1	1	0	0	0	0
Licorice, strawberry (Twizzlers™)	3 strips	38	132	553	1	30	15	0	1	0	0	0	0.2	108	N/A	N/A	N/A	0	0	0	0
Marshmallows	1	7	23	96	tr	6	4	tr	tr	tr	0	tr	tr	6	0	tr	1	0	0	0	0
Sesame crunch (sesame snap)	4 pieces	35	181	757	4	18	11	2.8	12	1.6	0	229	1.5	58	113	88	148	0	tr	0	0
Skittles™	10 candies	11	43	181	tr	10	8	0	tr	0.1	0	0	tr	2	1	tr	tr	0	7	0	0
Toffee	1 piece	12	67	281	tr	8	8	0	4	2.5	12	4	tr	16	6	tr	4	38	tr	0.01	0
Chocolate Bars																					
Almonds, chocolate covered	10	32	180	752	4	15	12	1.4	12	4.8	4	64	0.8	16	N/A	N/A	N/A	0	0	N/A	N/A
Caramel coated cookies, chocolate covered (Twix™)	1 package	58	289	1210	3	38	28	0.6	14	5.2	3	52	0.5	112	110	19	63	13	tr	0.17	2
Caramel with nuts, chocolate covered (Turtles™)	2	28	132	550	3	17	12	1.2	6	1.3	0	22	0.5	7	125	23	46	12	tr	0	5
Caramel, chocolate covered (Rolo™, Caramilk™)	1 bar	52	246	1031	3	35	33	0.5	11	7.5	6	75	0.2	98	98	0	37	18	tr	0.14	2
Chocolate covered wafer (Kit Kat™, Coffee Crisp™)	1 bar	42	218	910	3	27	20	0.4	11	7.5	5	53	0.4	23	97	16	57	10	0	0.24	6
Chocolate malt-nougat and caramel, chocolate covered (Mars™)	1 bar	58	245	1026	3	42	35	1.0	9	4.5	8	75	0.4	139	140	20	84	10	1	0.19	5
Chocolate, candy coated (M&M'S™, Smarties™)	1 package	40	201	841	2	27	25	1.1	9	5.8	6	46	0.5	27	117	18	66	16	tr	0.12	N/A
Chocolate, semisweet, bars or chips	60mL	43	204	853	2	27	23	2.5	13	7.6	0	14	1.3	5	156	49	56	0	0	0	26
Coconut candy, chocolate covered (Bounty™, Almond Joy™)	1 bar	49	235	981	2	29	24	2.5	13	8.6	2	31	0.6	70	124	N/A	55	N/A	tr	N/A	N/A

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin C	Vitamin B12	Caffeine
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	mg	mcg
Sweets and Sugars																					
Fondant, chocolate covered (After Eight™)	2 pieces	16	59	246	tr	13	11	0.3	2	1.3	0	4	0.3	2	N/A	N/A	N/A	tr	0	N/A	N/A
Fudge, caramel and nuts, chocolate covered (Oh Henry!™)	1 bar	63	289	1208	5	41	31	1.3	14	4.2	6	51	0.4	144	203	32	88	6	tr	0.13	3
Milk chocolate and crisped rice (Nestle Crunch™)	1 bar	40	209	873	2	26	22	1.0	11	6.1	5	68	0.2	53	138	23	81	8	tr	0.15	10
Milk chocolate, bars or chips	1 bar	50	268	1119	4	30	26	1.7	15	7.1	12	95	1.2	40	186	32	104	25	0	0.31	10
Peanut butter cups (Reese's™)	3 cups	51	263	1099	5	28	24	1.8	16	5.5	3	40	0.6	160	175	32	82	9	tr	0.29	9
Peanuts, chocolate covered	10	40	208	868	5	20	15	1.9	13	5.8	4	42	0.5	16	201	38	85	14	0	0.18	9
Raisins, chocolate covered (Glosette™)	10 pieces	10	39	163	tr	7	6	0.4	1	0.9	tr	9	0.2	4	51	5	14	2	tr	0.02	3
Toffee, chocolate covered (Skor™)	1 bar	39	209	872	1	24	23	0.5	13	7.3	21	51	0.2	124	60	4	24	60	tr	N/A	N/A
Frozen Desserts																					
Chocolate ice milk bar (Fudgesicle™)	1	51	65	271	3	14	10	0.9	tr	0.2	2	81	0.5	48	N/A	N/A	N/A	N/A	1	N/A	N/A
Frozen yogourt, chocolate	125mL	91	116	484	3	20	20	1.2	3	2.1	12	91	0.4	57	213	23	81	36	6	0.06	3
Frozen yogourt, vanilla	125mL	76	124	519	3	18	18	0	4	2.6	2	109	0.2	66	161	11	98	45	1	0.22	0
Fruit and juice bar	1	77	63	264	1	16	13	0.8	tr	0	0	4	0.1	3	41	3	5	1	7	0	0
Ice cream cone, vanilla, chocolate covered, with nuts	1	78	222	928	5	23	16	1.9	14	5.4	25	105	0.8	54	208	42	117	68	tr	0.23	4
Ice cream cone, vanilla, soft serve	1	150	266	1110	7	43	32	0.6	7	4.3	39	232	0.5	116	305	22	154	90	2	0.67	0
Ice cream sandwich	1	59	143	598	3	22	14	0.9	6	3.2	20	60	0.6	36	122	13	63	53	tr	0.18	1
Ice cream, chocolate	125mL	70	151	630	3	20	18	0.8	8	4.7	24	76	0.6	53	174	20	75	82	tr	0.20	2
Ice cream, dairy free	125mL	87	237	990	4	21	N/A	0.8	16	2.0	0	36	1.2	216	64	19	59	tr	tr	0	0
Ice cream, strawberry	125mL	70	134	560	2	19	N/A	0.6	6	3.6	20	84	0.1	42	131	10	70	67	5	0.21	0
Ice cream, vanilla, low fat	125mL	93	117	490	5	20	10	0	2	1.5	11	146	0.1	65	205	13	113	27	1	0.46	0
Ice cream, vanilla, low fat, aspartame sweetened	125mL	69	106	445	3	15	4	0.5	5	2.8	19	93	0.1	66	135	6	52	1	1	0.36	0
Ice cream, vanilla, premium	125mL	113	282	1177	4	25	23	0	18	11.7	104	132	0.4	69	178	12	119	206	0	0.44	0
Ice cream, vanilla, regular	125mL	76	153	640	3	18	16	0.5	8	5.2	33	97	0.1	61	151	11	80	90	tr	0.30	0
Popsicles	1	75	54	226	0	14	10	0	0	0	0	0	0	9	3	1	0	0	0	0	0
Sherbet, orange	125mL	78	113	471	1	24	19	2.6	2	0.9	0	42	0.1	36	75	6	31	8	5	0.09	0
Soft serve ice cream with Oreo™ cookies (Blizzard™, McFlurry™)	1 small	275	575	2404	13	89	68	1.9	20	10.5	63	386	4.7	368	564	52	279	148	3	1.12	5

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin C	Vitamin B12	Caffeine
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	mg	mcg
Sweets and Sugars																					
Other Desserts																					
Chocolate mousse, homemade	125mL	90	203	847	4	14	13	0.5	14	8.2	126	86	0.5	34	129	18	105	126	tr	0.42	6
Gelatin dessert, calorie-reduced, prepared (Jello™)	125mL	124	25	104	1	5	0	0	0	0	0	4	tr	59	1	1	84	0	0	0	0
Gelatin dessert, prepared (Jello™)	125mL	143	88	369	2	20	19	0	0	0	0	4	tr	107	1	1	31	0	0	0	0

Brown sugar is white sugar combined with molasses

Snacks

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Folate	Vitamin C	Vitamin B12
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	DFE	mg
Snacks																					
Popcorn																					
Air-popped	250mL	8	32	135	1	7	tr	1.3	tr	tr	0	1	0.2	tr	25	11	25	1	2	0	0
Caramel-coated	250mL	37	160	670	1	29	20	1.9	5	1.3	2	16	0.6	77	41	13	31	1	2	0	tr
Microwave, low fat and reduced salt	250mL	8	34	144	1	6	tr	1.1	1	0.1	0	1	0.2	39	19	12	21	tr	1	0	0
Oil-popped, regular and microwaved	250mL	12	58	243	1	7	tr	1.2	3	0.6	0	1	0.3	103	26	13	29	1	2	tr	0
Chips																					
Corn-based puffs or twists, cheese (Cheesies™)	250mL	37	205	857	3	20	1	0.4	13	2.4	1	21	0.9	388	61	7	40	2	67	tr	0.05
Potato chips made from dried potatoes, plain (Pringles™)	17 chips	28	156	654	2	14	1	1.0	11	2.6	0	7	0.4	184	282	16	44	0	2	2	0
Potato chips, baked, plain	1 small bag	43	202	843	2	31	2	2.1	8	1.1	0	54	0.3	394	310	18	118	0	0	0	0
Potato chips, flavoured	1 small bag	43	211	883	3	23	N/A	1.9	14	3.5	0	22	0.8	323	542	32	80	5	36	15	0
Potato chips, plain	1 small bag	43	230	964	3	21	tr	1.6	15	1.8	0	9	0.7	229	571	30	65	0	20	25	0
Tortilla chips, nacho flavoured (Doritos™)	1 small bag	50	249	1042	4	31	2	2.7	13	2.5	2	74	0.7	354	108	41	122	12	7	1	0
Tortilla chips, plain	26 small	47	234	980	3	29	tr	3.0	12	2.3	0	72	0.7	247	92	41	96	2	5	0	0
Other Snacks																					
Banana chips	10 chips	14	73	304	tr	8	5	1.1	5	4.1	0	3	0.2	1	75	11	8	1	2	1	0
Beef jerky (22cm long)	1 stick	20	81	340	7	2	2	0.4	5	2.1	10	4	1.1	438	118	10	81	0	27	0	0.20
Beer nuts	10 nuts	34	186	779	8	10	5	2.2	14	2.0	0	26	0.6	2	203	54	152	0	37	tr	0
Bits and bites snack bites (Bits & Bites™)	125mL	31	132	554	4	21	3	1.9	4	1.0	1	18	2.6	263	92	24	71	2	37	tr	0.03
Fruit leather bar (Fruit to Go™)	1 bar	14	49	206	tr	11	N/A	0.5	1	0.6	0	4	0.1	11	19	3	8	1	1	1	0
Pretzels, hard, plain, salted	10 sticks	5	19	80	tr	4	tr	0.2	tr	tr	0	2	0.2	86	7	2	6	0	12	0	0
Pretzels, hard, plain, unsalted	10 sticks	5	19	80	tr	4	tr	0.2	tr	tr	0	2	0.2	15	7	2	6	0	12	0	0
Rice cakes, plain	1	9	35	146	1	7	tr	0.4	tr	0.1	0	1	0.1	29	26	12	32	0	2	0	0
Sesame sticks, salted	60mL	14	75	316	2	6	tr	0.4	5	0.9	0	24	0.1	208	25	6	19	0	3	0	0
Soybeans, roasted, salted	60mL	44	205	859	15	15	2	7.7	11	1.6	0	60	1.7	71	641	63	158	4	92	1	0
Trail mix, regular	60mL	38	176	735	5	17	N/A	2.5	11	2.1	0	30	1.2	87	261	60	131	tr	27	1	0
Trail mix, tropical	60mL	36	144	604	2	23	N/A	2.4	6	3.0	0	20	0.9	4	252	34	66	1	15	3	0

Beverages

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin C	Alcohol	Caffeine
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	mg	g	mg
Beverages																					
Coffee, Tea and Substitutes																					
Chai, latte	250mL	242	149	624	5	26	26	0	3	2.0	13	186	0.1	67	263	19	150	88	tr	0	13
Coffee, brewed	250mL	250	3	10	tr	0	0	0	tr	tr	0	5	tr	5	123	8	8	0	0	0	100
Coffee, brewed, decaffeinated	250mL	251	3	10	tr	0	0	0	0	0	0	5	0.1	5	135	13	3	0	0	0	3
Coffee, instant, regular, powder + water	250mL	253	5	20	tr	1	0	0	tr	tr	0	10	0.1	5	76	8	8	0	0	0	66
Coffee, latte	250mL	256	101	420	5	7	9	0	6	3.5	16	188	0.2	79	340	89	156	46	tr	0	193
Coffee, substitute, powder + water	250mL	254	13	53	tr	3	tr	0.8	tr	tr	0	8	0.2	8	79	10	18	0	0	0	0
Iced cappuccino - original - with cream (Tim Hortons™)	250mL	N/A	211	886	2	28	28	0	9	5.0	38	80	0.3	42	N/A	N/A	N/A	N/A	0	N/A	N/A
Iced cappuccino - with 2% milk (Tim Hortons™)	250mL	N/A	127	533	3	27	27	0	1	1.0	4	70	0.3	30	N/A	N/A	N/A	N/A	0	N/A	N/A
Iced coffee, Frappuccino (Starbucks™)	250mL	N/A	127	533	3	26	22	0	2	1.0	7	110	0	120	N/A	N/A	N/A	N/A	0	N/A	60
Iced tea, lemon flavor, ready-to-drink	250mL	254	91	383	0	23	23	0	0	0	0	N/A	N/A	53	N/A	N/A	N/A	0	N/A	0	N/A
Iced tea, lemon flavour, powder + water	250mL	274	93	389	tr	23	23	0	tr	tr	0	5	0.1	8	52	5	3	0	tr	0	30
Tea, brewed	250mL	250	3	10	0	1	0	0	tr	tr	0	0	0.1	8	93	8	3	0	0	0	50
Tea, brewed, herbal	250mL	250	3	10	0	1	0	0	tr	tr	0	5	0.2	3	23	3	0	0	0	0	0
Carbonated Drinks																					
Club soda	250mL	250	0	0	0	0	0	0	0	0	0	13	tr	53	5	3	0	0	0	0	0
Cola	250mL	262	110	461	tr	28	24	0	0	0	0	8	0.1	10	3	3	34	0	0	0	26
Cola, aspartame sweetened	250mL	250	3	10	tr	tr	0	0	0	0	0	8	0.1	13	15	3	28	0	0	0	35
Cola, decaffeinated	250mL	262	107	448	0	28	28	0	0	0	0	5	0.1	10	8	0	29	0	0	0	0
Ginger ale	250mL	258	88	366	0	23	22	0	0	0	0	8	0.5	18	3	3	0	0	0	0	0
Lemon-lime soda	250mL	260	104	433	0	27	23	0	0	0	0	5	0.2	29	3	3	0	0	0	0	0
Non cola soda, aspartame sweetened	250mL	250	0	0	0	tr	0	0	0	0	0	10	0.1	40	5	3	0	0	0	0	0
Orange soda	250mL	262	126	527	0	32	N/A	0	0	0	0	13	0.2	31	5	3	3	0	0	0	0
Tonic water	250mL	258	124	520	0	32	32	0	0	0	0	4	tr	15	0	0	0	0	0	0	0

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin C	Alcohol	Caffeine
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	mg	g
Beverages																					
Fruit Flavoured Drinks																					
Citrus juice drink, frozen, diluted (Five Alive™)	250mL	262	131	548	tr	32	30	0.3	tr	0	0	13	1.8	5	128	10	10	N/A	38	0	0
Fruit flavour drink, low Calorie, powder + water (Crystal Light™)	250mL	254	3	14	0	1	0	0	tr	0	0	6	tr	6	0	3	2	tr	0	0	0
Fruit punch flavour drink, powder (Kool-Aid™) + water	250mL	276	102	427	0	26	N/A	0	tr	tr	0	44	0.1	39	3	3	55	0	0	0	0
Fruit punch flavour drink, vitamin C added, powder + water	250mL	277	102	429	0	26	N/A	0	tr	tr	0	44	0.1	39	3	3	55	0	100	0	0
Fruit punch juice drink, ready-to-drink (Sunny D™)	250mL	262	123	516	0	33	31	0	0	0	0	3	0.1	26	31	N/A	3	0	3	0	0
Lemonade, pink or white, frozen, diluted	250mL	262	105	440	tr	27	13	0.2	tr	tr	0	8	0.4	6	39	5	5	0	10	0	0
Mixed vegetable and fruit juice drink, ready-to-drink (V8 Splash™)	250mL	257	113	472	tr	29	5	0.3	tr	0	0	10	0.2	41	62	5	8	N/A	81	0	0
Orange drink, vitamin C added (Hi-C™), ready-to-drink	250mL	262	134	558	0	34	29	0	tr	tr	0	16	0.7	42	47	5	3	N/A	94	0	0
Orange drink, vitamin C added (Tang™, Quench™, Rise'n Shine™), powder + water	250mL	286	135	564	0	34	34	0	0	0	0	140	0.1	11	69	3	63	N/A	88	0	0
Other Beverages																					
Sports drink, fruit flavour, low Calorie, ready-to-drink (Gatorade™, Powerade™)	250mL	261	29	120	0	8	0	0	0	0	0	0	0.1	91	26	3	23	0	16	0	0
Sports drink, fruit flavour, ready-to-drink (Gatorade™, Powerade™)	250mL	258	67	281	0	16	14	0	tr	0	0	3	0.5	101	36	3	23	0	1	N/A	N/A
Water, mineral (Perrier™)	250mL	250	0	0	0	0	0	0	0	0	0	35	0	3	0	0	0	0	0	0	0
Water, municipal	250mL	250	0	0	0	0	0	0	0	0	0	5	0	5	0	3	0	0	0	0	0
Alcoholic																					
Beer, de-alcoholized, (Labbat .5™)	1 can	350	210	878	1	47	28	0	tr	0.1	0	24	0.2	45	28	24	56	0	2	1	0
Beer, high alcohol (7% alcohol by volume)	1 bottle	342	183	766	1	10	N/A	0.7	0	0	0	17	0.1	17	86	21	41	0	0	20	0
Beer, light (4% alcohol by volume)	1 bottle	340	99	412	1	5	tr	0	0	0	0	14	0.1	14	71	17	41	0	0	11	0
Beer, regular (5% alcohol by volume)	1 bottle	342	140	586	1	10	0	0	0	0	0	14	0.1	14	92	21	48	0	0	14	0
Cocktail, daiquiri	125mL	128	237	993	tr	9	7	0.1	tr	tr	0	4	0.1	6	27	3	6	0	2	29	0
Cocktail, margarita	125mL	131	246	1031	tr	6	4	0.1	tr	tr	0	4	0.1	527	23	2	7	tr	2	33	0
Liqueur, coffee and cream	45mL	53	172	719	1	11	10	0	8	5.1	31	8	0.1	48	17	1	26	91	tr	7	4
Sangria	125mL	123	87	365	tr	12	10	0.1	tr	tr	0	9	0.2	13	80	8	10	1	6	6	0
Spirits (gin, rum, vodka, whisky)	50mL	47	109	456	0	0	0	0	0	0	0	0	tr	1	1	0	2	0	0	16	0
Vodka cooler	1 bottle	390	220	799	tr	33	12	0.3	1	tr	0	20	0.9	12	211	23	19	tr	11	13	0

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Dietary Fibre	Total Fat	Saturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Vitamin C	Alcohol	Caffeine
		g	kcal	kJ	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	mg	g
Beverages																					
Wine, dessert, sweet	125mL	127	203	848	tr	17	10	0	0	0	0	10	0.3	11	117	11	11	0	0	19	0
Wine, table, red	125mL	125	90	375	tr	2	1	0	0	0	0	10	0.5	6	140	16	17	0	0	12	0
Wine, table, white	125mL	125	85	354	tr	1	1	0	0	0	0	11	0.4	6	100	12	17	0	0	12	0

Miscellaneous

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Lycopene	Folate
		g	kcal	kJ	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	RAE	mcg
Miscellaneous																					
Condiments																					
Bacon bits, simulated meat	15mL	7	34	141	2	2	0	2	0.3	0.4	1.0	0	7	0.1	126	10	7	15	0	0	9
Ketchup	15mL	15	15	64	tr	4	3	tr	tr	tr	tr	0	3	0.1	169	57	3	5	7	2586	2
Mustard	15mL	16	11	44	1	1	tr	1	tr	0.4	0.2	0	9	0.2	180	22	8	17	1	0	1
Olives, pickled, canned or bottled	4	16	23	97	tr	1	tr	2	0.3	1.8	0.2	0	8	0.1	249	7	2	1	3	0	tr
Olives, ripe, canned, jumbo	2	16	13	54	tr	1	0	1	0.1	0.8	0.1	0	15	0.5	144	1	1	tr	3	0	0
Pickle relish, sweet	15mL	15	20	83	tr	5	2	tr	tr	tr	tr	0	tr	0.1	123	4	1	2	1	0	tr
Pickles, cucumber, dill	1 medium pickle	65	12	49	tr	3	1	tr	tr	tr	0.1	0	6	0.3	833	75	7	14	6	0	1
Pickles, cucumber, sweet, slices	4	28	33	137	tr	9	5	tr	tr	tr	tr	0	1	0.2	263	9	1	3	3	0	tr
Salsa	15mL	17	5	19	tr	1	1	tr	tr	tr	tr	0	5	0.1	100	50	3	5	3	1758	1
Dips																					
Cream cheese dip	30mL	30	108	451	2	1	tr	11	5.8	3.0	1.6	28	23	0.3	176	39	2	28	92	0	4
Onion dip	30mL	31	50	211	1	3	tr	4	2.5	1.2	0.2	11	34	0.1	206	60	4	31	33	0	3
Spinach dip	30mL	30	74	309	1	2	tr	7	1.6	1.9	3.3	6	26	0.3	84	57	8	17	75	tr	15
Gravies and Sauces																					
Gravy, beef, canned	60mL	59	31	131	2	3	tr	1	0.7	0.6	tr	2	4	0.4	331	48	1	18	1	0	1
Gravy, beef, dehydrated, prepared with water	60mL	65	20	85	1	3	0	1	0.2	0.2	tr	tr	9	0.1	271	15	2	11	tr	0	2
Gravy, chicken, canned	60mL	60	48	199	1	3	tr	3	0.9	1.5	0.9	1	12	0.3	348	66	1	18	1	0	1
Gravy, chicken, dehydrated, prepared with water	60mL	66	22	93	1	4	0	1	0.2	0.3	0.1	1	10	0.1	244	24	3	15	2	0	8
Gravy, turkey, canned	60mL	61	31	130	2	3	tr	1	0.4	0.6	0.3	1	2	0.4	353	67	1	18	0	0	1
Gravy, unspecified, dehydrated, prepared with water	60mL	66	22	91	1	4	0	1	0.2	0.2	0.1	tr	11	0.1	362	16	3	13	0	0	3
Sauce, barbecue	15mL	16	12	50	tr	2	4	tr	tr	0.1	0.1	0	3	0.1	129	28	3	3	tr	68	1
Sauce, cheese, dehydrated, prepared with 2% milk	60mL	71	81	337	5	7	6	4	2.1	1.3	0.4	11	163	0.1	445	158	12	127	45	0	4
Sauce, cranberry, canned, sweetened	60mL	70	106	443	tr	27	27	tr	tr	tr	tr	0	3	0.2	20	18	2	4	1	0	1
Sauce, nacho cheese, ready-to-serve	60mL	64	121	505	5	3	0	10	4.3	3.1	2.1	20	120	0.2	499	20	6	107	66	N/A	3

Food Name	Measure	Weight	Energy	Energy	Protein	Carbohydrate	Total Sugar	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol	Calcium	Iron	Sodium	Potassium	Magnesium	Phosphorus	Vitamin A	Lycopene	Folate
		g	kcal	kJ	g	g	g	g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	RAE	mcg
Miscellaneous																					
Sauce, soy	15mL	18	7	30	tr	1	tr	tr	tr	tr	tr	0	1	0.3	1038	28	1	17	0	0	2
Sauce, steak (HP™, A1™)	15mL	15	9	39	tr	2	N/A	tr	tr	tr	tr	0	4	0.2	218	60	2	6	7	N/A	1
Sauce, sweet and sour	15mL	17	20	85	tr	4	3	tr	0.1	0.1	0.2	0	3	0.1	59	11	1	2	1	N/A	tr
Sauce, teriyaki	15mL	18	15	64	1	3	2	0	0	0	0	0	5	0.3	700	41	11	28	0	0	4
Sauce, white, medium, homemade with 2% milk	60mL	61	89	374	2	6	3	6	1.7	2.7	1.7	4	72	0.2	215	95	9	60	55	0	6

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