

Oils								
Canola, 15 mL	122	0	0	0	14	0	0	0
Corn, 15 mL	123	0	0	0	14	0	0	0
Olive, 15 mL	121	0	0	0	14	tr	0.1	0
Peanut, 15 mL	121	0	0	0	14	tr	tr	0
Sesame, 15 mL	122	0	0	0	14	0	0	0
Soybean, 15 mL	122	0	0	0	14	tr	tr	0

Sunflower, 15 mL	122	0	0	0	14	0	0	0
Olives, canned, 4 large	20	tr	1	0.5	2	15	0.6	0
Onion rings, 5	204	3	19	1.1	13	16	0.8	6
Onions								
Raw, chopped, 125 mL	32	1	7	1.4	tr	17	0.2	16
Boiled, chopped, 125 mL	49	2	11	1.9	tr	24	0.3	17
Orange juice, bottled, 250 mL	116	2	26	n/a	1	26	0.4	48
Orange, medium-size	62	1	15	2.4	tr	52	0.1	40
Oysters, boiled or steamed, 5 medium-size	82	8	5	0	3	54	7.2	8
Pancake syrup, bottled, 15 mL	57	0	15	n/a	0	tr	tr	0
Pancake, from mix, with milk, egg and oil, 1	83	3	11	n/a	3	82	0.5	4
Papaya, medium-size	121	2	31	5.3	tr	75	0.3	n/a
Parsnips, boiled, sliced, 125 mL	67	1	16	2.7	tr	30	0.5	48

Oils Make your oil, spread and dressing choices heart-healthy. Good sources: olive oil and non-hydrogenated canola margarine.

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	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Pasta, with egg, fresh, 250 mL	221	9	42	1.8	2	10	1.9	12
Pastrami, 57 g	78	10	1	0	4	6	1.1	4
Peach, medium-size	37	1	10	1.7	tr	4	0.1	3
Peanut butter								
Natural, 30 mL	185	9	6	2.1	17	30	0.9	81
Smooth, fat, sugar and salt added, 30 mL	194	8	6	1.8	17	12	0.6	24
Peanuts, dry-roasted, 125 mL	456	18	17	6.9	39	42	1.8	113
Pear, with skin, medium-size	100	1	26	5.1	1	19	0.4	12
Peas								
Green, canned, 125 mL	62	4	11	4	tr	18	0.9	40
Green, frozen, boiled, 125 mL	66	4	12	3.7	tr	20	1.3	50
Pepper, black, 5 mL	5	tr	1	0.3	tr	9	0.6	n/a

Pepper sauce, 5 mL	1	tr	tr	tr	tr	1	0.1	tr
Pepperoni, 55 g	273	12	2	0	24	6	0.8	2
Peppers								
Green, sweet, raw, 1	44	1	11	2.3	tr	15	0.8	36
Green, sweet, chopped, boiled, 125 mL	20	1	5	1.1	tr	6	0.3	11
Red, sweet, raw, 1	44	1	11	2.3	tr	15	0.8	36
Red, sweet, chopped, boiled, 125 mL	20	1	5	1.1	tr	6	0.3	11
Perch, ocean, baked or broiled, 100 g	121	24	0	0	2	137	1.2	10
Phyllo dough, 1 sheet	57	1	10	n/a	1	2	0.6	3
Pickles								
Cucumber, dill, 1	12	tr	3	0.7	tr	6	0.3	1
Cucumber, sweet, 1	41	tr	11	0.4	tr	1	0.2	tr

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Pies								
Apple, from recipe, 2 crusts, $\frac{1}{8}$ pie	411	4	58	n/a	19	11	1.7	6
Lemon meringue, commercial, $\frac{1}{6}$ pie	303	2	53	1.4	10	63	0.7	9
Mince, from recipe, 2 crusts, $\frac{1}{8}$ pie	477	4	79	n/a	18	36	2.5	8
Pecan, commercial, $\frac{1}{6}$ pie	452	5	65	4	21	19	1.2	7
Pumpkin, commercial, $\frac{1}{6}$ pie	229	4	30	2.9	10	65	1.5	16
Pineapple juice, canned, 250 mL	148	1	36	0.3	tr	45	0.7	61
Pineapple, fresh, 90 g	44	tr	11	1.1	tr	6	0.3	10
Pita, white, 16.5-cm diameter	165	5	33	1	1	52	1.6	14
Pita, whole wheat, 16.5-cm diameter	170	6	35	4.8	2	10	2	22
Pizza								
Cheese, $\frac{1}{8}$ medium-size	140	8	21	1.3	3	117	0.6	59
Cheese, meat, vegetables, $\frac{1}{8}$ medium-size	184	13	21	n/a	5	101	1.5	27

Pepperoni, $\frac{1}{8}$ medium-size	181	10	20	1.4	7	65	0.9	53
Plum, fresh, 1	36	1	9	1.1	tr	3	0.1	1
Popcorn								
Air-popped, 250 mL	32	1	7	1.3	tr	1	0.2	2
Oil-popped, 250 mL	74	1	8	1.5	4	1	0.4	3
Caramel-coated, 250 mL	160	1	29	1.9	5	13	0.3	1
Popover, from mix, 33 g	67	3	10	n/a	1	9	0.6	6
Popsicles, 1	54	0	14	n/a	0	0	0	0
Pork								
Back ribs, roasted, 70 g	259	20	0	0	21	32	1	2
Chop, lean, pan-fried, 69 g	160	22	0	0	7	16	0.7	4
Loin, rib end, roasted, 88 g	199	25	0	0	10	26	1.1	4
Spareribs, 75 g	238	21	0	0	16	35	1.4	3

Potato chips

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Barbecue-flavoured, 10	64	1	7	0.6	4	6	0.3	11
Plain, 10	108	1	10	0.8	7	4	0.3	9
Potato salad, 125 mL	189	4	15	2	11	25	0.9	9
Potatoes								
Baked, flesh and skin, 202 g	220	5	51	4.6	tr	20	2.7	22
Boiled, flesh and skin, 150 g	129	3	30	2.5	tr	13	1.3	15
French fries, commercial, 10 strips	131	2	20	n/a	5	5	0.7	14
Hash browns, from frozen, 125 mL	180	3	23	1.8	9	12	1.2	5
Mashed, with 2% milk, butter, 125 mL	124	2	19	n/a	5	30	0.3	9
Scalloped, from mix, 125 mL	120	3	17	1.6	6	47	0.5	12
Pretzels, hard, plain, 10 sticks	19	tr	4	0.1	tr	2	0.2	4
Prune juice, canned, 250 mL	192	2	47	2.7	tr	32	3.2	1

Prunes, dried, 10	201	2	53	6.1	tr	43	2.1	3
Puddings								
Chocolate, instant, with 2% milk, 125 mL	158	5	29	n/a	3	162	0.5	6
Chocolate, ready to eat, 125 mL	184	4	31	n/a	6	124	0.7	4
Vanilla, instant, with 2% milk, 125 mL	156	4	30	n/a	3	155	0.1	6
Vanilla, ready to eat, 125 mL	155	3	26	n/a	4	105	0.2	0
Puff pastry, from frozen, 1 shell	223	3	18	n/a	15	4	1	4