

|   |     |   |    |     |    |    |     |    |
|---|-----|---|----|-----|----|----|-----|----|
| Cabbage, boiled, 125 mL                         | 17  | 1 | 4  | 1.3 | tr | 25 | 0.1 | 16 |
| <b>Cakes</b>                                    |     |   |    |     |    |    |     |    |
| Angel food, from mix, $\frac{1}{12}$ cake       | 128 | 3 | 29 | n/a | tr | 42 | 0.1 | 2  |
| Carrot, cream cheese icing, $\frac{1}{12}$ cake | 484 | 5 | 52 | n/a | 29 | 28 | 1.4 | 13 |
| Cheesecake, commercial, $\frac{1}{6}$ cake      | 257 | 4 | 20 | 1.7 | 18 | 41 | 0.5 | 12 |
| Chocolate, from mix, $\frac{1}{12}$ cake        | 198 | 4 | 32 | n/a | 8  | 70 | 2.1 | 7  |
| Gingerbread, from mix, $\frac{1}{9}$ cake       | 207 | 3 | 34 | 2.1 | 7  | 46 | 2.2 | 7  |
| Cantaloupe, $\frac{1}{2}$                       | 93  | 2 | 22 | 1.9 | 1  | 29 | 0.6 | 45 |
| Caramels, 4                                     | 122 | 1 | 25 | 0.4 | 3  | 44 | tr  | 2  |

## Carrots

|                                 |     |     |      |     |     |      |     |     |
|---------------------------------|-----|-----|------|-----|-----|------|-----|-----|
| Raw, 1 medium-size              | 35  | 1   | 8    | 1.9 | tr  | 22   | 0.4 | 11  |
| Boiled, 125 mL                  | 37  | 1   | 9    | 2.2 | tr  | 26   | 0.5 | 11  |
| Cauliflower, boiled, 125 mL     | 15  | 1   | 3    | 0.7 | tr  | 10   | 0.2 | 29  |
| Celery, raw, 1 stalk            | 6   | tr  | 1    | 0.6 | tr  | 16   | 0.2 | 11  |
| <b>Cereals, cold</b>            |     |     |      |     |     |      |     |     |
| All Bran, Kellogg's, 36 g**     | 90  | 4   | 27   | 12  | 1   | 31   | 4.8 | 22  |
| Bran Flakes, Post, 34 g**       | 110 | 4   | 27   | 5   | 0.5 | 2%   | 30% | 10% |
| Cheerios, General Mills, 30 g** | 120 | 4   | 22   | 3   | 2   | 4%   | 30% | 8%  |
| Corn Flakes, Kellogg's, 30 g**  | 110 | 2   | 26   | 1   | tr  | 1    | 4   | 18  |
| Grape-Nuts, Post, 58 g**        | 208 | 6   | 47   | 5   | 1   | 0.2% | 90% | 100 |
| Harvest Crunch, Quaker, 45 g**  | 220 | 4   | 31   | 3   | 9   | 2%   | 6%  | 11  |
| Puffed Wheat, Quaker, 15 g**    | 55  | 2.4 | 11.5 | 1.4 | tr  | 0    | 4%  | 8   |

**Whole grains** Feel hungry a lot? Bran cereal or whole-wheat bread will keep you feeling full longer. The high fibre aids digestion, too.



|                                  | energy/kcal | protein/g | carbohydrates/g | total dietary fibre/g | total fat/g | calcium/mg | iron/mg | folate/mcg |
|----------------------------------|-------------|-----------|-----------------|-----------------------|-------------|------------|---------|------------|
| Rice Krispies, Kellogg's, 28 g** | 100         | 2         | 24              | 0                     | tr          | 4          | 3.7     | 17         |
| Special K, Kellogg's, 29 g**     | 110         | 5         | 22              | 0                     | tr          | 6          | 3.9     | 17         |
| Vector, Kellogg's, 55 g**        | 215         | 5.8       | 44              | 2.7                   | 2.8         | 22         | 3.9     | 81         |
| <b>Cereals, cooked</b>           |             |           |                 |                       |             |            |         |            |
| Cream of wheat, 175 mL           | 54          | 2         | 11              | 0.7                   | tr          | 2          | 1.9     | n/a        |
| Oat bran, 175 mL                 | 65          | 5         | 19              | 3.4                   | 1           | 16         | 1.4     | 10         |
| Oatmeal, apple-cinnamon, 1 pouch | 136         | 3         | 26              | 2.5                   | 2           | 23         | 4.8     | 10         |
| Oatmeal, large flakes, 175 mL    | 99          | 4         | 18              | 2.7                   | 2           | 13         | 1       | 12         |
| <b>Cheeseburgers</b>             |             |           |                 |                       |             |            |         |            |
| Single patty, plain, 102 g       | 319         | 15        | 32              | n/a                   | 15          | 141        | 2.4     | 27         |

|  |     |    |     |     |     |     |     |    |
|--|-----|----|-----|-----|-----|-----|-----|----|
| Double patty with the works, 166 g     | 417 | 21 | 35  | n/a | 21  | 171 | 3.4 | 23 |
| <b>Cheese</b>                          |     |    |     |     |     |     |     |    |
| Blue, 53 g                             | 186 | 11 | 1   | 0   | 15  | 279 | 0.2 | 19 |
| Camembert, 16 g                        | 47  | 3  | tr  | 0   | 4   | 61  | 0.1 | 10 |
| Cheddar, 52 g                          | 211 | 13 | 1   | 0   | 17  | 378 | 0.4 | 10 |
| Cheddar, processed, light, 42 g        | 117 | 9  | 5   | 0   | 7   | 256 | 0.2 | 8  |
| Cottage, 2% MF, 125 mL                 | 107 | 16 | 4   | 0   | 2   | 82  | 0.2 | 16 |
| Cream, 50 mL                           | 171 | 4  | 1   | 0   | 17  | 39  | 0.6 | 6  |
| Cream, fat-free, 100 g*                | 96  | 14 | 5.8 | 0   | 1.4 | 185 | 0.2 | 37 |
| Feta, 125 mL                           | 216 | 12 | 3   | 0   | 17  | 403 | 0.5 | 26 |
| Goat, 21% MF, 50 mL                    | 139 | 10 | tr  | 0   | 11  | 73  | 1   | 6  |
| Mozzarella, 16.5% MF, shredded, 125 mL | 157 | 15 | 2   | 0   | 10  | 404 | 0.1 | 5  |
| Parmesan, grated, 125 mL               | 241 | 22 | 2   | 0   | 16  | 727 | 0.5 | 4  |

**Calcium** Women need calcium for strong bones.  
 Good sources include yogourt, cheese, skim milk  
 and calcium-fortified soy drinks.



|   | energy/kcal | protein/g | carbohydrates/g | total dietary fibre/g | total fat/g | calcium/mg | iron/mg | folate/mcg |
|---|-------------|-----------|-----------------|-----------------------|-------------|------------|---------|------------|
| Swiss, processed, thin slices, 42 g         | 134         | 9         | 2               | n/a                   | 10          | 301        | 0.2     | 2          |
| Cheese fondue, 125 mL                       | 260         | 16        | 4               | 0                     | 15          | 541        | 0.4     | 5          |
| Cheese sauce, 15 mL                         | 18          | 1         | 1               | 0                     | 1           | 37         | tr      | 1          |
| Cherries, fresh, 10                         | 49          | 1         | 11              | 0.7                   | 1           | 10         | 0.3     | 3          |
| <b>Chicken</b>                              |             |           |                 |                       |             |            |         |            |
| Breast, meat and skin, roasted, ½ breast    | 218         | 30        | 0               | 0                     | 10          | 5          | 0.6     | 5          |
| Dark meat, no skin, roasted, 1 leg and back | 282         | 41        | 0               | 0                     | 12          | 19         | 2.3     | 12         |
| Ground, cooked, 82 g                        | 168         | 18        | 0               | 0                     | 10          | 20         | 1.3     | n/a        |
| Light meat, no skin, roasted, ½ chicken     | 271         | 48        | 0               | 0                     | 7           | 23         | 1.9     | 5          |
| Wing, meat and skin, roasted, 1             | 99          | 9         | 0               | 0                     | 7           | 5          | 0.4     | 1          |
| Chicken broth, condensed, diluted, 250 mL   | 41          | 5         | 1               | 0                     | 1           | 10         | 0.5     | 5          |
| Chicken fillet sandwich, plain              | 515         | 24        | 39              | n/a                   | 29          | 60         | 4.7     | 29         |

|                                       |     |    |    |     |    |     |      |     |
|---------------------------------------|-----|----|----|-----|----|-----|------|-----|
| Chicken pot pie, commercial, 200 g    | 498 | 16 | 49 | 1.8 | 26 | 40  | 2    | 18  |
| Chickpeas, canned, 250 mL             | 302 | 13 | 57 | n/a | 3  | 81  | 3.4  | 169 |
| Chili con carne, 125 mL               | 135 | 13 | 12 | n/a | 4  | 36  | 2.7  | 16  |
| Chili peppers, 60 mL                  | 9   | tr | 2  | n/a | tr | 2   | 0.2  | 3   |
| Chocolate mousse, 125 mL              | 472 | 9  | 35 | n/a | 35 | 213 | 1.4  | 34  |
| Chocolate syrup, 15 mL                | 75  | 1  | 13 | n/a | 3  | 22  | 0.3  | 1   |
| Clam-and-tomato juice, canned, 250 mL | 117 | 2  | 28 | n/a | tr | 31  | 1.5  | 41  |
| Clams, canned, 125 mL                 | 125 | 22 | 4  | 0   | 2  | 78  | 23.6 | 24  |
| Club soda, 250 mL                     | 0   | 0  | 0  | n/a | 0  | 13  | tr   | 0   |
| <b>Cocoa</b>                          |     |    |    |     |    |     |      |     |
| Homemade with 2% milk, 250 mL         | 203 | 10 | 31 | 2.6 | 6  | 333 | 1.2  | 16  |
| Made with powder and water, 250 mL    | 147 | 4  | 32 | n/a | 2  | 138 | 0.5  | 0   |
| Coconut, shredded, 125 mL             | 240 | 1  | 23 | 2.5 | 17 | 7   | 0.9  | 4   |



|                                  | energy/kcal | protein/g | carbohydrates/g | total dietary fibre/g | total fat/g | calcium/mg | iron/mg | folate/mcg |
|----------------------------------|-------------|-----------|-----------------|-----------------------|-------------|------------|---------|------------|
| Cod, baked or broiled, 90 g      | 94          | 21        | 0               | 0                     | 1           | 13         | 0.4     | 10         |
| Coffee, brewed, 250 mL           | 5           | tr        | 1               | n/a                   | 0           | 5          | 0.1     | tr         |
| Coffee whitener, powdered, 15 mL | 33          | tr        | 3               | 0                     | 2           | 1          | 0.1     | 0          |
| <b>Cola</b>                      |             |           |                 |                       |             |            |         |            |
| Aspartame-sweetened, 250 mL      | 3           | tr        | tr              | n/a                   | 0           | 10         | 0.1     | 0          |
| Regular, 250 mL                  | 107         | 0         | 27              | n/a                   | 0           | 8          | 0.1     | 0          |
| Coleslaw with dressing, 125 mL   | 44          | 1         | 8               | n/a                   | 2           | 29         | 0.4     | 17         |
| <b>Cookies</b>                   |             |           |                 |                       |             |            |         |            |
| Chocolate chip, commercial, 10 g | 48          | 1         | 7               | 0.2                   | 2           | 2          | 0.3     | 1          |
| Chocolate chip, from mix, 16 g   | 79          | 1         | 10              | n/a                   | 4           | 8          | 0.3     | 1          |
| Chocolate sandwich, 10 g         | 47          | tr        | 7               | 0.3                   | 2           | 3          | 0.4     | 0          |
| Fig bars, 16 g                   | 56          | 1         | 11              | 0.7                   | 1           | 10         | 0.5     | 2          |

|   |     |    |    |     |    |    |     |    |
|---|-----|----|----|-----|----|----|-----|----|
| Gingersnaps, 7 g                            | 29  | tr | 5  | 0.2 | 1  | 5  | 0.4 | tr |
| Shortbread, from recipe, with butter, 11 g  | 60  | 1  | 6  | n/a | 4  | 2  | 0.3 | 1  |
| <b>Corn</b>                                 |     |    |    |     |    |    |     |    |
| Canned, cream style, 125 mL                 | 97  | 2  | 25 | 1.8 | 1  | 4  | 0.5 | 61 |
| Canned, niblets, 125 mL                     | 88  | 3  | 22 | 2.3 | 1  | 6  | 0.5 | 55 |
| On or off cob, boiled, 1 ear                | 131 | 4  | 30 | 4.5 | 2  | 2  | 0.7 | 56 |
| Corn chips, 10                              | 97  | 1  | 10 | 0.8 | 6  | 23 | 0.2 | 4  |
| Corned beef, brisket, 71 g                  | 127 | 13 | 1  | 0   | 8  | 6  | 1.3 | 4  |
| Cornish game hen, meat and skin, roasted, ½ | 298 | 25 | 0  | 0   | 21 | 15 | 1   | 2  |
| Couscous, cooked, 125 mL                    | 82  | 3  | 17 | 0.6 | tr | 6  | 0.3 | 11 |
| Crab, canned, 125 mL                        | 71  | 15 | 0  | 0   | 1  | 72 | 0.6 | 30 |
| Crab, imitation, made from pollock, 125 mL  | 73  | 9  | 7  | 0   | 1  | 9  | 0.3 | 1  |
| Crabcakes, 60 g                             | 93  | 12 | tr | 0   | 5  | 63 | 0.6 | 25 |





|   | energy/kcal | protein/g | carbohydrates/g | total dietary fibre/g | total fat/g | calcium/mg | iron/mg | folate/mcg |
|---|-------------|-----------|-----------------|-----------------------|-------------|------------|---------|------------|
| <b>Crackers</b>                           |             |           |                 |                       |             |            |         |            |
| Cheese, 4                                 | 60          | 1         | 7               | 0.3                   | 3           | 18         | 0.6     | 3          |
| Saltines, 4                               | 52          | 1         | 9               | 0.3                   | 1           | 14         | 0.6     | 4          |
| Whole wheat, 4                            | 71          | 1         | 11              | 1.7                   | 3           | 8          | 0.5     | 4          |
| Cranberry juice cocktail, bottled, 250 mL | 155         | tr        | 40              | 0                     | tr          | 8          | 0.4     | 1          |
| Cranberry sauce, 15 mL                    | 27          | tr        | 7               | 0.2                   | tr          | 1          | tr      | n/a        |
| <b>Cream</b>                              |             |           |                 |                       |             |            |         |            |
| Half and half, 10% MF, 15 mL              | 18          | tr        | 1               | 0                     | 2           | 16         | tr      | tr         |
| Whipping, 35% MF, not whipped, 250 mL     | 582         | 4         | 5               | 0                     | 62          | 118        | 0.1     | 7          |
| Whipping, 35% MF, whipped, 125 mL         | 206         | 1         | 2               | 0                     | 22          | 42         | tr      | 3          |
| Croissants, 57 g                          | 231         | 5         | 26              | 1.6                   | 12          | 21         | 1.2     | 16         |
| Cucumbers, peeled and sliced, 250 mL      | 14          | 1         | 3               | 0.8                   | tr          | 15         | 0.3     | 14         |