

Danish pastry, fruit, 11-cm diameter	263	4	34	1.3	13	33	1.3	11
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Dates, dried, 10	228	2	61	7.1	tr	27	1	10
Dessert topping, frozen, 125 mL	108	tr	8	0	9	2	tr	0
Doughnuts								
Cake-type, plain, 8-cm diameter	198	2	23	0.8	11	21	0.9	4
Yeast-leavened, jelly-filled, 85 g	289	5	33	n/a	16	21	1.5	14
Duck, no skin, roasted, $\frac{1}{4}$	222	26	0	0	12	13	3	11
Eggnog, 7% MF, 250 mL	361	10	36	0	20	349	0.5	2
Eggplant, pieces, boiled, 250 mL	28	1	7	2.5	tr	6	0.4	15
Eggs								
Hard-cooked, 1 large	78	6	1	0	5	25	0.6	22
Poached, 1 large	74	6	1	0	5	24	0.7	18
Scrambled, with milk and margarine, 125 mL	225	16	3	0	16	95	1.7	42
Falafel, 17 g	29	1	3	n/a	1	8	0.3	10

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Figs, dried, 10	477	6	122	17.4	2	269	4.2	14
Fish sticks, 83 g	227	13	20	0	10	17	0.6	15
French toast, with 2% milk, margarine, 65 g	149	5	16	n/a	7	65	1.1	15
Fruit cocktail, canned, juice pack, 125 mL	60	1	16	1.4	tr	10	0.3	3
Fruit leather, 1	81	tr	18	n/a	1	7	0.2	n/a
Fruit punch drink, powdered, 250 mL	102	0	26	n/a	0	44	0.1	tr
Fruit punch juice drink, frozen, 250 mL	131	tr	32	n/a	1	18	0.6	0
Fudge, chocolate, 17 g	65	tr	14	n/a	1	7	0.1	tr
Gelatin dessert, from mix, 125 mL	71	1	17	n/a	0	2	tr	0
Grape juice, canned or bottled, 250 mL	163	1	40	0.3	tr	24	0.6	7
Grapefruit, white, ½	39	1	10	2.1	tr	14	0.1	12
Grapefruit juice, unsweetened, 250 mL	99	1	23	1.4	tr	18	0.5	27

Grapes, 10	36	tr	9	0.6	tr	6	0.1	2
Gumdrops, 10	135	0	35	n/a	0	1	0.1	0
Ham, roasted, 70 g	125	16	0	0	6	6	0.9	2
Hamburgers								
Single patty, plain, 90 g	274	12	31	n/a	12	63	2.4	25
Double patty with the works, 226 g	540	34	40	n/a	27	102	5.9	47
Halibut, baked or broiled, 159 g	223	42	0	0	5	95	1.7	22
Health bars								
Granola, hard, plain, 1	118	3	16	1.3	5	15	0.7	6
Granola, hard, chocolate chip, 1	10	2	18	1.1	4	19	0.8	3
Granola, soft, nuts and raisins, 1	127	2	18	1.6	6	24	0.6	8
Granola, soft, plain, 1	125	2	19	1.3	5	30	0.7	7

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Honey, 15 mL	65	tr	18	0	0	1	0.1	tr
Honeydew melon, $\frac{1}{10}$	45	1	12	1	tr	8	0.1	39
Hotdog, plain, 98 g	242	10	18	n/a	15	24	2.3	29
Hummus, 125 mL	433	17	41	n/a	23	70	4.4	101
Ice cream								
Chocolate, 125 mL	151	3	20	n/a	8	76	0.6	11
Strawberry, 125 mL	134	2	19	n/a	6	84	0.1	8
Vanilla, 125 mL	140	2	16	n/a	8	89	0.1	3
Icing, chocolate, creamy, from mix, 1 pkg	1,911	5	358	n/a	65	60	4.6	0
Jams and preserves, 15 mL	49	tr	13	0.2	tr	4	0.1	7
Jellybeans, 10	104	0	26	n/a	tr	1	0.3	0
Kale, steamed, 125 mL	22	1	4	1.4	tr	49	0.6	9

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Ketchup, 15 mL	16	tr	4	0.3	tr	3	0.1	2
Kielbasa, 61 g	135	10	2	0	9	27	0.9	3
Kiwi, medium-size	46	1	11	2.6	tr	20	0.3	n/a