

Radicchio, chopped, 250 mL	10	1	2	n/a	tr	8	0.2	25
Radishes, raw, 10	8	tr	2	1	tr	9	0.1	12
Raisins, 125 mL	230	2	61	2.8	tr	38	1.6	3
Raspberries, 125 mL	32	1	8	3.2	tr	14	0.4	17
Red snapper, baked or broiled, 170 g	218	45	0	0	3	68	0.4	10
Rhubarb, cooked, with sugar, 125 mL	147	tr	40	2.5	tr	184	0.3	7

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
<b>Rice, cooked</b>								
Brown, long-grain, 250 mL	232	5	48	3.1	2	21	0.9	8
White, long-grain, 250 mL	282	6	61	0.9	1	22	0.4	6
White, long-grain, instant, 250 mL	171	4	37	1.4	tr	14	0.4	7
<b>Rice cakes</b>								
Brown, plain, 1	35	1	7	0.4	tr	1	0.1	2
White, plain, 1	35	0.8	7.3	0.3	0.3	n/a	n/a	n/a
<b>Roast beef sandwich, plain, 1</b>								
	346	22	33	n/a	14	54	4.2	40
<b>Rolls</b>								
Crusty, 57 g	167	6	30	n/a	2	54	1.9	9
Dinner, 28 g	85	2	14	0.9	2	34	0.9	9
<b>Salad dressings</b>								
Blue cheese, 15 mL	75	tr	1	0	8	13	tr	1
Creamy caesar, low-cal, 15 mL	28	tr	1	0	3	11	0	tr

Italian, low-cal, 15 mL	8	tr	1	tr	tr	tr	tr	0
Ranch, low-cal, 15 mL	26	tr	1	0	2	6	0	1
Salami, 42 g	108	6	2	0	8	16	1.1	1
<b>Salmon</b>								
Baked or broiled, 154 g	280	39	0	0	13	23	1.6	45
Smoked, 20 g	23	4	0	0	1	2	0.2	tr
Sockeye, canned, 125 mL	129	13	0	0	8	181	0.7	11
Salsa, 15 mL	4	tr	1	0.3	tr	8	0.1	2
Salt, 5 mL	0	0	0	0	0	1	tr	0
Sardines, canned and drained, 4	100	12	0	0	5	183	1.4	4
Sauerkraut, 125 mL	24	1	5	3.1	tr	37	1.8	30
<b>Sausage</b>								
Italian, 68 g	220	14	1	0	17	16	1	3

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Pork and beef, 68 g	269	9	2	0	25	7	0.8	1
Scallops, steamed, 3 large	72	11	2	0	2	17	0.2	5
<b>Seeds</b>								
Pumpkin and squash, roasted, 125 mL	626	40	16	16.6	51	52	17.9	69
Sesame, dried, 15 mL	52	2	2	0.9	5	89	1.3	9
Sunflower, dry-roasted, 75 mL	236	8	10	3.7	20	28	1.5	96
Sherbet, orange, 125 mL	140	1	31	n/a	2	55	0.1	4
<b>Shrimp</b>								
Breaded and fried, 12 medium-size	145	13	7	0	7	40	0.8	5
Boiled, 10 large	54	12	0	0	1	21	1.7	5
Snow peas, boiled, 125 mL	36	3	6	2.4	tr	36	1.7	25
Sole, baked or broiled, 127 g	149	31	0	0	2	23	0.4	12

**Soups**

Chicken noodle, chunky, 284 mL	210	15	20	n/a	7	29	1.7	6
Chicken noodle, with water, 250 mL	79	4	10	1	3	18	0.8	2
Clam chowder, with milk, 250 mL	157	10	18	0	5	201	1.6	10
Cream of chicken, with milk, 250 mL	188	8	16	0.3	10	193	0.7	8
Cream of mushroom, with milk, 250 mL	201	6	16	0.4	13	192	0.6	11
Minestrone, with water, 250 mL	87	5	12	1	3	36	1	17
Split pea with ham, chunky, 284 mL	222	13	32	4.6	5	40	2.6	5
Tomato, with water, 250 mL	90	2	18	1.2	2	13	1.9	15
Vegetable beef, with water, 250 mL	83	6	11	0.7	2	18	1.2	11
<b>Sour cream</b>								
Light, 15 mL	20	0.4	0.6	0	1.8	16	tr	1.7
Regular, 14% MF, 15 mL	22	tr	1	0	2	16	tr	2

**Soy-based beverage**

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
So Good Original, 250 mL**	140	9	14	0	5	308	1.1	13.2
Fat-free, 250 mL	100	9	16	0	0.25	308	1.1	13.2
Soy sauce, 15 mL	12	2	2	0	0	3	0.5	2
Spaghetti, cooked, 250 mL	209	7	42	2.4	1	10	2.1	10
Spaghetti sauce, tomato, canned, 125 mL	143	2	21	1.9	6	37	0.9	28
Spinach, steamed, 125 mL	22	3	4	2.6	tr	129	3.4	139
Squash, winter, cubed, baked, 125 mL	42	1	9	1.9	1	15	0.4	30
Steak sauce, 15 mL	9	tr	2	0.2	tr	4	0.2	1
Strawberries, 5 medium-size	18	tr	4	1.3	tr	8	0.2	11
Submarine sandwich with cold cuts, 228 g	456	22	51	n/a	19	189	2.5	55

**Sugar**

Brown, 15 mL	35	0	9	0	0	8	0.2	tr
White, granulated, 15 mL	49	0	13	0	0	tr	tr	0
Sweet potato, baked, skin removed, 1	117	2	28	3.4	tr	32	0.5	26