

Taco shell, 13-cm diameter	61	1	8	1.1	3	21	0.3	1
Taco, prepared, fast food, 1 small	369	21	27	n/a	21	221	2.4	24
Tahini sesame butter, 15 mL	31	1	1	0.5	3	22	0.5	5
Tangerine, medium-size	37	1	9	0.8	tr	12	0.1	17
Tea, brewed, 250 mL	3	0	1	n/a	0	0	0.1	13
Tofu, calcium-fortified.								
Firm, 100 g	77	8	3	0.4	4.5	162	1.5	33
Regular, 100 g	76	8.1	1.9	0.3	4.8	350	5.4	15
Soft, 100 g	61	6.6	1.8	0.2	3.7	111	1.1	44

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Tomato juice, canned, 250 mL	44	2	11	1.8	tr	23	1.5	51
Tomato sauce, canned, 125 mL	39	2	9	1.8	tr	18	1	12
Tomatoes								
Raw, 1	26	1	6	1.5	tr	6	0.6	18
Stewed, canned, 125 mL	35	1	9	1.4	tr	44	1	7
Sun-dried, 125 mL	74	4	16	n/a	1	31	2.6	19
Tortilla, corn, 18-cm diameter	56	1	12	1.3	1	44	0.3	4
Tortilla, wheat, 18-cm diameter	114	3	19	1.1	2	14	1.2	4
Tortilla chips, plain, 10	90	1	11	1.2	5	28	0.3	2
Trail mix, 250 mL	732	22	71	n/a	47	124	4.8	113
Trout, baked or broiled, 62 g	118	17	0	0	5	34	1.2	6
Tuna, light, canned in water, 125 mL	92	20	0	0	1	9	1.2	3
Tuna, white, canned in oil, 125 mL	143	20	0	0	6	3	0.5	4

Tuna salad, 125 mL	203	17	10	n/a	10	18	1.1	8
Turkey								
Dark meat, roasted, 84 g	155	24	0	0	6	29	2	8
Light meat, roasted, 84 g	129	25	0	0	2	15	1.1	5
Turkey pot pie, commercial, 200 g	376	12	39	n/a	19	24	1.8	19
Turnips, mashed, 125 mL	15	1	4	1.6	tr	18	0.2	8
Veal								
Cutlets, pan-fried, 84 g	127	26	0	0	2	4	1.7	14
Loin, roasted, 88 g	154	23	0	0	6	19	0.7	14
Vegetable juice cocktail, canned, 250 mL	49	2	12	1.4	tr	28	1.1	54
Waffle, frozen, 10-cm diameter	98	2	15	0.9	3	86	1.7	19
Watermelon, 1-in (2.5-cm) slice	74	1	16	0.9	1	18	0.4	5
White sauce, 250 mL	388	10	24	0.5	28	312	0.9	13

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Wieners								
Beef and pork, 1	109	5	2	0	9	4	0.4	2
Chicken, 1	93	4	2	0	7	36	0.8	2
Wine								
Table, red, 125 mL	90	tr	2	0	0	10	0.5	2
Table, white, 125 mL	85	tr	1	0	0	11	0.4	tr
Yogourt								
Fruit bottom, 1–2% MF, 175 g	177	7	31	0	3	214	0.1	20
Plain, 1–2% MF, 175 g	110	9	12	0	3	320	0.1	21
Frozen, low-fat, 125 mL	116	3.2	21	n/a	2.2	n/a	n/a	n/a
Frozen, vanilla, 125 mL	121	3	18	n/a	4	109	0.2	5
Yogourt beverage (kefir), 200 mL	144	5	28	0	2	220	0.2	25
Zucchini, raw, sliced, 125 mL	10	1	2	1.2	tr	10	0.3	15