

Most listings: *Nutrient Value of Some Common Foods*, Health Canada

* Source: USDA Nutrient Database

** Source: Manufacturer

Nutrient values may vary slightly

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Alfalfa sprouts, 125 mL	5	1	1	0.5	tr	6	0.2	6
Anchovies, canned in oil, drained, 10	84	12	0	0	4	93	1.9	5
Apple crisp, 125 mL	243	3	48	n/a	5	42	1.1	7
Apple juice, canned or bottled, 250 mL	123	tr	31	0.3	tr	18	1	tr
Apple, raw, with skin, medium-size	82	tr	21	2.6	tr	10	0.2	4
Applesauce, unsweetened, 125 mL	55	tr	16	1.9	tr	4	0.2	1
Apricots, dried, 60 mL	78	1	20	2.6	tr	15	1.5	3
Artichoke, steamed, medium-size	62	4	14	4.8	tr	56	1.6	64
Asparagus, steamed, 5 spears	18	2	3	1.1	tr	15	0.5	110
Avocado, medium-size	306	4	12	n/a	30	19	2	113

Bacon

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Back, grilled, 47 g	86	11	1	0	4	5	0.4	2
Breakfast, broiled or pan-fried, 32 g	182	10	tr	0	16	4	0.5	2
Bacon bits, simulated, 5 mL	15	1	tr	0.1	1	1	0.1	1
Bagel, plain, 10-cm diameter	245	9	48	1.9	1	16	3.2	20
Banana bread, made with margarine, 60 g	196	3	33	n/a	6	13	0.8	7
Banana, medium-size	105	1	27	1.9	1	7	0.4	22
Barbecue sauce, 15 mL	12	tr	2	0.9	tr	3	0.1	1
Bean sprouts, stir-fried, 250 mL	66	6	14	n/a	tr	17	2.5	91
Beans								
Baked, canned with pork, 250 mL	297	14	56	14.7	4	163	4.4	100
Kidney, boiled, 250 mL	238	16	43	12.3	1	52	5.5	242
Lima, boiled, 125 mL	94	6	17	3.8	tr	25	1.8	14

Snap, steamed, 125 mL	23	1	5	1.6	tr	30	0.8	22
Beef								
Eye-of-round roast, roasted, 88 g	155	24	0	0	6	4	1.6	6
Flank steak, broiled, 86 g	197	27	0	0	9	5	1.8	7
Ground, lean, broiled, 70 g	174	20	0	0	10	6	2	8
Ground, regular, broiled, 76 g	220	18	0	0	16	8	1.9	7
Rib-eye steak, broiled, 86 g	174	25	0	0	7	6	1.9	7
Short ribs, 88 g	364	20	0	0	31	16	1.6	4
Standing rib roast, 88 g	194	25	0	0	10	8	2	7
Stewing beef, 98 g	194	32	0	0	6	9	3.7	11
Tenderloin, broiled, 86 g	172	24	0	0	8	6	3.1	6
Top sirloin steak, broiled, 86 g	160	25	0	0	6	15	2.7	9
Beef broth, ready to serve, 284 mL	20	3	tr	0	1	17	0.5	6

Iron Feeling tired? Your iron levels may be low.

Get more energy by eating red meat, whole grains, legumes and dried fruit.



	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Beef pot pie, commercial, 200 g	480	16	50	1.8	33	40	2	17
Beer								
De-alcoholized (0.5% alcohol), 250 mL	43	tr	9	n/a	0	18	tr	15
Light (4% alcohol), 1 bottle	95	1	4	0	0	17	0.1	14
Regular (5% alcohol), 1 bottle	151	1	13	0	0	17	0.1	21
Beets, sliced, boiled, 125 mL	40	2	9	1.8	tr	14	0.7	72
Biscuits								
From mix, plain or buttermilk, 57 g	191	0	28	1	7	105	1.2	3
From refrigerated dough, 21 g	63	2	12	n/a	1	4	0.6	1
Blueberries, fresh, 125 mL	43	1	11	2	tr	5	0.1	5
Bok choy, steamed, 125 mL	11	1	2	1.4	tr	84	0.9	36
Bologna, 42 g	114	5	2	0	9	5	0.6	2

Bread

Mixed grain, 1 slice, 26 g	65	3	12	1.8	1	24	0.9	12
Rye, 1 slice, 32 g	83	3	15	2	1	23	0.9	16
White, 1 slice, 25 g	67	2	12	0.6	1	27	0.8	8
White, calorie-reduced, 1 slice, 23 g	48	2	10	2.1	1	22	0.7	8
Whole wheat, 1 slice, 28 g	70	3	13	2	1	20	0.9	14
Bread pudding, 125 mL	224	7	33	n/a	8	152	1.5	17
Bread sticks, 2	82	2	14	n/a	2	4	0.9	6
Bread stuffing, from mix, 125 mL	188	3	23	3.1	9	34	1.2	18
Broccoli, boiled, 3 stalks	31	3	6	2.7	tr	51	0.9	56
Brownies, homemade, 36 g	168	2	18	n/a	10	21	0.7	5
Brussels sprouts, boiled, 4	33	2	7	3	tr	30	1	50
Bun, hamburger or hotdog	123	4	22	n/a	2	60	1.4	12

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Butter, 15 mL	103	tr	tr	0	12	3	tr	tr
Buttermilk, 250 mL	105	9	12	0	2	301	0.1	13
Cabbage, boiled, 125 mL	17	1	4	1.3	tr	25	0.1	16
Cakes								
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
Cereals, cold								
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
Cereals, cooked								
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
Cheeseburgers								
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
Cheese								
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
Chicken								
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
Cocoa								
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
Cola								
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
Cookies								
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
Corn								
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
Crackers								
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
Cream								
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
Danish pastry, fruit, 11-cm diameter	263	4	34	1.3	13	33	1.3	11

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

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
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
Lamb								
Chops, domestic rib, broiled, 92 g	332	20	0	0	27	17	1.7	13
New Zealand leg, roasted, 88 g	160	24	0	0	6	6	2	0
Leeks, sliced, boiled, 125 mL	17	tr	4	1.3	tr	16	0.6	13
Lemon juice, fresh-squeezed, 250 mL	64	1	22	0.8	0	18	0.1	33
Lemonade, from concentrate, 250 mL	105	tr	28	n/a	0	8	0.4	6
Lemon, medium-size	17	1	5	1.2	tr	15	0.3	6
Lentils, cooked, 250 mL	243	19	42	8.9	1	40	7	378

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Lettuce								
Boston, 250 mL	8	1	1	0.6	tr	19	0.2	43
Iceberg, 250 mL	8	1	1	n/a	tr	11	0.3	33
Loose-leaf, 250 mL	11	1	2	0.9	tr	40	0.8	29
Romaine, 250 mL	9	1	1	1	tr	21	0.7	80
Licorice, strawberry, 75 g pkg	278	2	70	n/a	1	26	0.4	0
Lime juice, fresh-squeezed, 15 mL	4	tr	1	tr	tr	1	tr	1
Lime, medium-size	20	tr	7	1.4	tr	22	0.4	5
Liquor (gin, rum, vodka, whisky), 50 mL	115	0	0	0	0	0	tr	0
Liver								
Beef, pan-fried, 85 g	184	23	7	0	7	9	5.3	187
Chicken, simmered, diced, 125 mL	116	18	1	0	4	10	6.3	570
Liverwurst, 50 mL	166	6	2	n/a	15	29	3.1	14

Lobster, boiled or steamed, diced, 125 mL	75	16	1	0	tr	47	0.3	7
Macaroni, cooked, 250 mL	209	7	42	1.8	1	10	2.1	10
Macaroni and cheese, packaged, 250 mL	406	12	49	2.4	18	167	2.7	14
Mango, medium-size	135	1	35	4.1	1	21	0.3	2
Maple syrup, 15 mL	52	0	13	n/a	tr	13	0.2	0
Margarine								
Becel, tub, canola and linola oil, 10 g**	70	0	0	0	8	0	0	0
Becel, tub, light, canola and linola oil, 10 g**	35	0	0	0	4	0	0	0
Imperial, tub, canola and soya oil, 10 g**	70	0	0	0	8	0	0	0
Lactantia, tub, soya oil, 10 g**	70	0	tr	0	8	0	0	0
Parkay, hard, soya and canola oil, 10 g**	60	0	0	0	7	0	0	tr
Marmalade, 15 mL	50	tr	13	n/a	0	8	tr	7
Marshmallow, 1	23	tr	6	n/a	tr	tr	tr	tr

Folate Women need folate for healthy pregnancies. Good sources include romaine lettuce, lentils, broccoli and asparagus.



	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Matzo, plain, 1	112	3	24	0.9	tr	4	0.9	4
Mayonnaise, reduced fat, 15 mL	46	0	1	0	5	n/a	n/a	n/a
Melba toast, 2 small	39	1	8	0.6	tr	9	0.4	3
Milk								
Chocolate, 2% MF, 250 mL	189	8	27	1.6	5	300	0.6	13
Partly skimmed, 1% MF, 250 mL	108	8	12	0	3	317	0.1	13
Partly skimmed, 2% MF, 250 mL	128	9	12	0	5	314	0.1	13
Skim, 250 mL	90	9	13	0	tr	319	0.1	13
Whole, 3.3% MF, 250 mL	158	8	12	0	9	308	0.1	13
Milkshake, chocolate, 250 mL	251	6	45	0.6	6	279	0.7	10
Muffins								
Blueberry, from mix, 50 g	150	3	24	n/a	4	12	0.6	6

Bran, from mix, 50 g	138	3	23	n/a	5	16	1.3	8
English, 52 g	133	4	26	n/a	1	98	1.4	15
Mushrooms								
Raw, 6 medium-size	27	2	5	1.4	tr	5	1.3	23
Boiled, 125 mL	22	2	4	1.8	tr	5	1.4	15
Mussels, steamed, 15 small	90	12	4	0	2	17	3.5	40
Mustard, prepared, 15 mL	12	1	1	0.4	1	13	0.3	1
Nachos with cheese, 6–8	346	9	36	n/a	19	272	1.3	10
Nectarine, medium-size	67	1	16	2.2	1	7	0.2	5
Noodles, egg, cooked, 250 mL	225	8	42	3.7	2	20	2.7	12
Nuts								
Almonds, dry-roasted, 125 mL	428	12	18	8.2	38	206	2.8	47
Cashews, dry-roasted, 125 mL	415	11	24	n/a	34	33	4.3	50

	energy/kcal	protein/g	carbohydrates/g	total dietary fibre/g	total fat/g	calcium/mg	iron/mg	folate/mcg
Mixed, dry-roasted, 125 mL	430	13	18	4	37	51	2.7	36
Mixed, oil-roasted, 125 mL	463	13	16	6.8	42	81	2.4	62
Pine nuts, 125 mL	435	20	12	12.1	43	22	7.8	48
Pistachios, dry-roasted, 75 mL	246	6	11	2.3	21	28	1.3	24
Walnuts, 125 mL	339	8	10	2.5	33	50	1.3	35
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
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
Rice, cooked								
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
Rice cakes								
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
Roast beef sandwich, plain, 1								
	346	22	33	n/a	14	54	4.2	40
Rolls								
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
Salad dressings								
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
Salmon								
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
Sausage								
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
Seeds								
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
Shrimp								
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
Sour cream								
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
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