

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