

Database item	Gram weight	Glycemic Index	ESHA Code
apple, dried, rings, sulfured	100.0	29.0	3005
apple, fresh, chopped	100.0	38.0	14920
apple, fresh, chopped	100.0	38.0	71079
apple, fresh, extra small, 2 1/2"	100.0	38.0	14918
apple, fresh, extra small, 2 1/2"	100.0	38.0	71077
apple, fresh, large, 3 1/4"	100.0	38.0	14905
apple, fresh, large, 3 1/4"	100.0	38.0	14917
apple, fresh, medium, 3"	100.0	38.0	14914
apple, fresh, medium, 3"	100.0	38.0	3001
apple, fresh, quartered	100.0	38.0	14919
apple, fresh, quartered	100.0	38.0	71078
apple, fresh, sliced	100.0	38.0	14916
apple, fresh, sliced	100.0	38.0	3002
apple, fresh, small, 2 3/4"	100.0	38.0	14913
apple, fresh, small, 2 3/4"	100.0	38.0	3000
apricot, canned, with skin, in light syrup	100.0	64.0	3153
apricot, dried, halves, sulfured	100.0	31.0	3013
apricot, fresh	100.0	57.0	14909
apricot, fresh	100.0	57.0	3157
apricot, fresh, halves	100.0	57.0	14908
apricot, fresh, halves	100.0	57.0	3156
apricot, fresh, sliced	100.0	57.0	14911
apricot, fresh, sliced	100.0	57.0	3657
bagel, onion, 3 1/2", enriched	100.0	72.0	71375
bagel, onion, 3 1/2", unenriched	100.0	72.0	71009
bagel, onion, 3", enriched	100.0	72.0	71374
bagel, onion, 3", unenriched	100.0	72.0	71409
bagel, onion, 4 1/2", enriched	100.0	72.0	71378
bagel, onion, 4 1/2", unenriched	100.0	72.0	71412
bagel, onion, 4", enriched	100.0	72.0	71376
bagel, onion, 4", unenriched	100.0	72.0	71410
bagel, onion, mini, enriched	100.0	72.0	71377

bagel, onion, mini, unenriched	100.0	72.0	71411
bagel, onion, with calcium propionate, 3 1/2", enriched	100.0	72.0	71015
bagel, onion, with calcium propionate, 3 1/2", unenriched	100.0	72.0	71012
bagel, onion, with calcium propionate, 3", enriched	100.0	72.0	71142
bagel, onion, with calcium propionate, 3", unenriched	100.0	72.0	71393
bagel, onion, with calcium propionate, 4 1/2", enriched	100.0	72.0	42615
bagel, onion, with calcium propionate, 4 1/2", unenriched	100.0	72.0	71396
bagel, onion, with calcium propionate, 4", enriched	100.0	72.0	71146
bagel, onion, with calcium propionate, 4", unenriched	100.0	72.0	71394
bagel, onion, with calcium propionate, mini, enriched	100.0	72.0	71150
bagel, onion, with calcium propionate, mini, unenriched	100.0	72.0	71395
bagel, plain, 3 1/2", enriched	100.0	72.0	42279
bagel, plain, 3 1/2", unenriched	100.0	72.0	42281
bagel, plain, 3", enriched	100.0	72.0	71370
bagel, plain, 3", unenriched	100.0	72.0	71405
bagel, plain, 4 1/2", enriched	100.0	72.0	71373
bagel, plain, 4 1/2", unenriched	100.0	72.0	71408
bagel, plain, 4", enriched	100.0	72.0	71371
bagel, plain, 4", unenriched	100.0	72.0	71406
bagel, plain, mini, enriched	100.0	72.0	71372
bagel, plain, mini, unenriched	100.0	72.0	71407
bagel, plain, with calcium propionate, 3 1/2", enriched	100.0	72.0	42000
bagel, plain, with calcium propionate, 3 1/2", unenriched	100.0	72.0	42280
bagel, plain, with calcium propionate, 3", enriched	100.0	72.0	71141
bagel, plain, with calcium propionate, 3", unenriched	100.0	72.0	71389
bagel, plain, with calcium propionate, 4 1/2", enriched	100.0	72.0	42590
bagel, plain, with calcium propionate, 4 1/2", unenriched	100.0	72.0	71392
bagel, plain, with calcium propionate, 4", enriched	100.0	72.0	71145
bagel, plain, with calcium propionate, 4", unenriched	100.0	72.0	71390
bagel, plain, with calcium propionate, mini, enriched	100.0	72.0	71149
bagel, plain, with calcium propionate, mini, unenriched	100.0	72.0	71391
bagel, poppy seed, 3 1/2", enriched	100.0	72.0	71380
bagel, poppy seed, 3 1/2", unenriched	100.0	72.0	71010
bagel, poppy seed, 3", enriched	100.0	72.0	71379

bagel, poppy seed, 3", unenriched	100.0	72.0	71413
bagel, poppy seed, 4 1/2", enriched	100.0	72.0	71383
bagel, poppy seed, 4 1/2", unenriched	100.0	72.0	71416
bagel, poppy seed, 4", enriched	100.0	72.0	71381
bagel, poppy seed, 4", unenriched	100.0	72.0	71414
bagel, poppy seed, mini, enriched	100.0	72.0	71382
bagel, poppy seed, mini, unenriched	100.0	72.0	71415
bagel, poppy seed, with calcium propionate, 3 1/2", enriched	100.0	72.0	71017
bagel, poppy seed, with calcium propionate, 3 1/2", unenriched	100.0	72.0	71013
bagel, poppy seed, with calcium propionate, 3", enriched	100.0	72.0	71143
bagel, poppy seed, with calcium propionate, 3", unenriched	100.0	72.0	71397
bagel, poppy seed, with calcium propionate, 4 1/2", enriched	100.0	72.0	42616
bagel, poppy seed, with calcium propionate, 4 1/2", unenriched	100.0	72.0	71400
bagel, poppy seed, with calcium propionate, 4", enriched	100.0	72.0	71147
bagel, poppy seed, with calcium propionate, 4", unenriched	100.0	72.0	71398
bagel, poppy seed, with calcium propionate, mini, enriched	100.0	72.0	71151
bagel, poppy seed, with calcium propionate, mini, unenriched	100.0	72.0	71399
bagel, sesame seed, with calcium propionate, 3 1/2", enriched	100.0	72.0	71016
bagel, sesame, 3 1/2", enriched	100.0	72.0	71385
bagel, sesame, 3 1/2", unenriched	100.0	72.0	71011
bagel, sesame, 3", enriched	100.0	72.0	71384
bagel, sesame, 3", unenriched	100.0	72.0	71417
bagel, sesame, 4 1/2", enriched	100.0	72.0	71388
bagel, sesame, 4 1/2", unenriched	100.0	72.0	71420
bagel, sesame, 4", enriched	100.0	72.0	71386
bagel, sesame, 4", unenriched	100.0	72.0	71418
bagel, sesame, mini, enriched	100.0	72.0	71387
bagel, sesame, mini, unenriched	100.0	72.0	71419
bagel, sesame, with calcium propionate, 3 1/2", unenriched	100.0	72.0	71014
bagel, sesame, with calcium propionate, 3", enriched	100.0	72.0	71144
bagel, sesame, with calcium propionate, 3", unenriched	100.0	72.0	71401
bagel, sesame, with calcium propionate, 4 1/2", enriched	100.0	72.0	42614
bagel, sesame, with calcium propionate, 4 1/2", unenriched	100.0	72.0	71404
bagel, sesame, with calcium propionate, 4", enriched	100.0	72.0	71148

bagel, sesame, with calcium propionate, 4", unenriched	100.0	72.0	71402
bagel, sesame, with calcium propionate, mini, enriched	100.0	72.0	71152
bagel, sesame, with calcium propionate, mini, unenriched	100.0	72.0	71403
banana, fresh, extra large, 9"	100.0	51.0	71081
banana, fresh, extra small, 6"	100.0	51.0	71082
banana, fresh, large, 8" to 8 7/8"	100.0	51.0	3659
banana, fresh, mashed	100.0	51.0	3022
banana, fresh, medium, 7" to 7 7/8"	100.0	51.0	3020
banana, fresh, sliced	100.0	51.0	3021
banana, fresh, small, 6" to 6 7/8"	100.0	51.0	3660
bar, apple cinnamon delight, Extendbar, low carb	40.0	33.0	63642
bar, chocolate delight, Extendbar, low carb	40.0	41.0	63640
bar, peanut butter crunch, Extendbar	40.0	51.0	63639
bar, peanut delight, Extendbar, low carb	40.0	32.0	63641
barley, pearled, cooked	100.0	25.0	38003
bengal gram, boiled	100.0	28.0	7354
bengal gram, boiled, with salt	100.0	28.0	7356
black beans, boiled	100.0	20.0	7012
black beans, boiled, with salt	100.0	20.0	90001
black eyed peas, boiled	100.0	42.0	4450
black eyed peas, boiled, with salt	100.0	42.0	9579
bread crumbs, soft white	100.0	70.0	71024
bread, pita, white, 4", enriched	100.0	57.0	71227
bread, pita, white, 6 1/2", enriched	100.0	57.0	42007
bread, pita, white, 6 1/2", unenriched	100.0	57.0	42286
bread, soft white	100.0	70.0	71242
bread, soft white, cubes	100.0	70.0	71245
bread, soft white, very thin slice	100.0	70.0	15454
bread, soft white, without crust	100.0	70.0	71246
bread, white, prepared from recipe with 2% milk	100.0	70.0	42138
breadfruit, fresh	100.0	68.0	3663
bun, hamburger	100.0	61.0	42020
bun, hot dog	100.0	61.0	42021
cake, angel food, 1/12 of 9"	100.0	67.0	46004

cake, angel food, prepared from dry, tube, 1/12 of 10"	100.0	67.0	46423
cake, chocolate, with chocolate icing, in-store bakery	100.0	38.0	16392
cake, pound, part butter, 10.6 oz, enriched	100.0	54.0	46072
cake, pound, part butter, 10.6 oz, unenriched	100.0	54.0	46207
cake, pound, part butter, 12 oz, enriched	100.0	54.0	71262
cake, pound, part butter, 12 oz, unenriched	100.0	54.0	71428
cake, sponge, prepared from recipe, 1/12 of 10"	100.0	46.0	46078
candy bar, almond, Mars, 1.76 oz	100.0	68.0	23037
candy bar, caramel cookie, Twix, 2.06 oz	100.0	44.0	23149
candy bar, caramel cookie, Twix, king size	100.0	44.0	15410
candy bar, Snickers, 2 oz	100.0	68.0	23040
candy bar, Snickers, 4 oz	100.0	68.0	90699
candy bar, Snickers, fun size	100.0	68.0	23041
candy bar, Snickers, king size	100.0	68.0	15413
candy, milk chocolate peanut, M&M's	100.0	33.0	23047
candy, milk chocolate peanut, M&M's, fun size	100.0	33.0	90689
candy, milk chocolate peanut, M&M's, singles	100.0	33.0	15418
candy, original, Skittles, 2.17 oz	100.0	70.0	23485
candy, original, Skittles, bite size	100.0	70.0	23431
candy, original, Skittles, fun size	100.0	70.0	93319
carrots, fresh, chopped	100.0	47.0	15299
carrots, fresh, chopped	100.0	47.0	6772
carrots, fresh, grated	100.0	47.0	15297
carrots, fresh, grated	100.0	47.0	5046
carrots, fresh, large, 3" strips	100.0	47.0	15303
carrots, fresh, large, 3" strips	100.0	47.0	90426
carrots, fresh, large, 7 1/4" to 8 1/2"	100.0	47.0	15300
carrots, fresh, large, 7 1/4" to 8 1/2"	100.0	47.0	90423
carrots, fresh, medium strips	100.0	47.0	15304
carrots, fresh, medium strips	100.0	47.0	90427
carrots, fresh, medium	100.0	47.0	15302
carrots, fresh, medium	100.0	47.0	90425
carrots, fresh, sliced	100.0	47.0	15305
carrots, fresh, sliced	100.0	47.0	90429

carrots, fresh, small, 5 1/2"	100.0	47.0	15301
carrots, fresh, small, 5 1/2"	100.0	47.0	90424
cashews, raw	100.0	22.0	63195
cereal, buds, All-Bran	100.0	58.0	40029
cereal, Cheerios	100.0	74.0	40297
cereal, corn flakes	100.0	81.0	40195
cereal, corn flakes, Kellogg's	100.0	81.0	14894
cereal, Corn Pops	100.0	80.0	40206
cereal, corn, Chex	100.0	83.0	40325
cereal, Crispix	100.0	87.0	14895
cereal, Crispix	100.0	87.0	40104
cereal, Froot Loops	100.0	69.0	40218
cereal, Golden Grahams	100.0	71.0	40299
cereal, Life	100.0	66.0	40011
cereal, puffed wheat	100.0	74.0	40023
cereal, Raisin Bran	100.0	61.0	40209
cereal, Rice Krispies	100.0	82.0	14898
cereal, Rice Krispies	100.0	82.0	40210
cereal, rice, Chex	100.0	89.0	40333
cereal, Special K	100.0	69.0	40211
cherries, sour red, fresh	100.0	22.0	3334
chickpeas, boiled	100.0	28.0	4441
chickpeas, boiled, with salt	100.0	28.0	9581
chips, corn, plain, extruded	100.0	63.0	44003
cookie, oatmeal, big, 3 1/2" to 4"	100.0	54.0	90640
cookie, oatmeal, large	100.0	54.0	47047
cookie, shortbread, plain, 1 5/8" square	100.0	64.0	47007
cookie, wafer, vanilla, higher fat	100.0	77.0	47072
cookie, wafer, vanilla, mini, higher fat	100.0	77.0	94058
corn cob, sweet, baby yellow, boiled, drained	100.0	60.0	6802
corn cob, sweet, white, boiled, from frozen, drained	100.0	47.0	5567
corn cob, sweet, white, boiled, from frozen, kernels, with salt, drained	100.0	47.0	6021
corn cob, sweet, white, boiled, from frozen, with salt, drained	100.0	47.0	6917
corn cob, sweet, white, boiled, kernels, from frozen, drained	100.0	47.0	6916

corn cob, sweet, white, boiled, with salt, drained	100.0	60.0	72046
corn cob, sweet, yellow, boiled, from frozen, drained	100.0	47.0	5364
corn cob, sweet, yellow, boiled, from frozen, with salt, drained	100.0	47.0	5902
corn cob, sweet, yellow, boiled, kernels, from frozen, drained	100.0	47.0	5365
corn cob, sweet, yellow, boiled, kernels, from frozen, with salt,	100.0	47.0	6964
corn, sweet, baby yellow, boiled, with salt, drained	100.0	60.0	15866
corn, sweet, white, boiled, drained	100.0	60.0	7203
corn, sweet, white, boiled, drained, large ear, 7 3/4" to 9"	100.0	60.0	27522
corn, sweet, white, boiled, drained, medium ear, 6 3/4" to 7 1/2"	100.0	60.0	27523
corn, sweet, white, boiled, drained, small ear, 5 1/2" to 6 1/2"	100.0	60.0	27524
corn, sweet, white, boiled, kernels from one ear, drained	100.0	60.0	5560
corn, sweet, white, boiled, with salt, drained, large ear, 7 3/4" to 9"	100.0	60.0	27525
corn, sweet, white, boiled, with salt, drained, medium ear	100.0	60.0	27526
corn, sweet, white, boiled, with salt, drained, small ear	100.0	60.0	27527
corn, sweet, white, boiled, with salt, kernels, drained	100.0	60.0	6016
corn, sweet, yellow, boiled, drained, large ear, 7 3/4" to 9"	100.0	60.0	27516
corn, sweet, yellow, boiled, drained, medium ear, 6 3/4" to 7 1/2"	100.0	60.0	27517
corn, sweet, yellow, boiled, drained, small ear, 5 1/2" to 6 1/2"	100.0	60.0	27518
corn, sweet, yellow, boiled, kernels from one ear, with salt, drained	100.0	60.0	5899
corn, sweet, yellow, boiled, kernels, drained	100.0	60.0	5379
corn, sweet, yellow, boiled, with salt, drained, large ear, 7 3/4" to 9"	100.0	60.0	27519
corn, sweet, yellow, boiled, with salt, drained, medium ear	100.0	60.0	27520
corn, sweet, yellow, boiled, with salt, drained, small ear	100.0	60.0	27521
corn, sweet, yellow, boiled, with salt, kernels, drained	100.0	60.0	5900
couscous, cooked	100.0	65.0	38076
cowpeas, boiled	100.0	42.0	7018
cowpeas, boiled, with salt	100.0	42.0	90018
crackers, oyster	100.0	74.0	43507
crackers, oyster, crushed	100.0	74.0	43505
crackers, oyster, low sodium	100.0	74.0	43659
crackers, saltine	100.0	74.0	43506
crackers, saltine, crushed	100.0	74.0	71286
crackers, saltine, low sodium	100.0	74.0	43553
crackers, saltine, rectangle	100.0	74.0	71291

crackers, saltine, rectangle, low sodium	100.0	74.0	71433
crackers, saltine, round, large	100.0	74.0	71289
crackers, saltine, round, large, low sodium	100.0	74.0	71432
crackers, saltine, unsalted tops	100.0	74.0	43567
crackers, soda	100.0	74.0	71288
crackers, soda, crushed	100.0	74.0	71287
crackers, soda, low sodium	100.0	74.0	15477
crackers, soda, rectangle	100.0	74.0	71292
crackers, soda, rectangle, low sodium	100.0	74.0	26898
crackers, soda, round, large	100.0	74.0	71290
crackers, soda, round, low sodium	100.0	74.0	15478
croissant, butter	100.0	67.0	42015
danish, apple cinnamon, 15 oz ring, enriched	100.0	59.0	71315
danish, apple cinnamon, large 7", enriched	100.0	59.0	71312
danish, apple cinnamon, medium, 4 1/4", enriched	100.0	59.0	71048
danish, apple cinnamon, small, 3", enriched	100.0	59.0	71313
danish, lemon, 15 oz ring, enriched	100.0	59.0	71310
danish, lemon, large, 7", enriched	100.0	59.0	71307
danish, lemon, medium, 4 1/4", enriched	100.0	59.0	45569
danish, lemon, small, 3", enriched	100.0	59.0	71308
danish, raisin, 15 oz ring, enriched	100.0	59.0	71327
danish, raisin, large, 7", enriched	100.0	59.0	71324
danish, raisin, medium, 4 1/4", enriched	100.0	59.0	71047
danish, raisin, small, 3", enriched	100.0	59.0	71325
danish, raspberry, 15 oz ring, enriched	100.0	59.0	71319
danish, raspberry, large, 7", enriched	100.0	59.0	71316
danish, raspberry, medium, 4 1/4", enriched	100.0	59.0	45570
danish, raspberry, small, 3", enriched	100.0	59.0	71317
danish, strawberry, 15 oz ring, enriched	100.0	59.0	71323
danish, strawberry, large, 7", enriched	100.0	59.0	71320
danish, strawberry, medium, 4 1/4", enriched	100.0	59.0	71046
danish, strawberry, small, 3", enriched	100.0	59.0	71321
danish, toaster, apple cinnamon, enriched	100.0	59.0	71314
danish, toaster, lemon, enriched	100.0	59.0	71309

danish, toaster, raisin, enriched	100.0	59.0	71326
danish, toaster, raspberry, enriched	100.0	59.0	71318
danish, toaster, strawberry, enriched	100.0	59.0	71322
dates, deglet noor	100.0	103.0	3044
dates, deglet noor, pitted, chopped	100.0	103.0	3043
dextrin, Nutriose, FB	100.0	25.0	38782
dextrin, Nutriose, FM	100.0	25.0	105506
dextrose, BW-0050	100.0	99.0	25097
doughnut hole, cake	100.0	76.0	71335
doughnut, cake, large, 4"	100.0	76.0	71331
doughnut, cake, long twist	100.0	76.0	71333
doughnut, cake, medium, 3 1/4"	100.0	76.0	45505
doughnut, cake, mini, 1 1/2"	100.0	76.0	71332
doughnut, cake, stick	100.0	76.0	71334
erythritol, Zero	100.0	1.0	80828
fish portions, cooked, from frozen	100.0	38.0	26829
fish sticks, cooked, from frozen	100.0	38.0	17002
french fries, frozen, with salt	100.0	75.0	5790
french fries, frozen, with salt, 9 oz	100.0	75.0	90497
fruit leather, roll	100.0	99.0	23086
garbanzo beans, boiled	100.0	28.0	9993
garbanzo beans, boiled, with salt	100.0	28.0	9989
golden gram, boiled, with salt	100.0	31.0	12524
granola bar, soft, chocolate chip, chocolate coated	100.0	62.0	23096
granola bar, soft, peanut butter, chocolate coated	100.0	37.0	23095
grapefruit, white, California, fresh	100.0	25.0	3687
grapefruit, white, California, fresh, 3 3/4"	100.0	25.0	3338
grapes, european, green, fresh	100.0	46.0	71090
grapes, european, red, fresh	100.0	46.0	3056
grapes, seedless, fresh, thompson	100.0	46.0	3055
green gram, boiled, with salt	100.0	31.0	12523
hard candy	100.0	70.0	23031
honey, extracted	100.0	55.0	25001
honey, strained	100.0	55.0	41387

hot cereal, oat bran, dry	100.0	55.0	40431
hot cereal, oat bran, dry	100.0	55.0	57769
ice cream, soft serve, vanilla, light	100.0	47.0	2010
ice cream, vanilla	100.0	61.0	2004
Item Name	Weight (g)	GlyIndx	ESHA Code
jam	100.0	51.0	23054
jellybeans	100.0	78.0	23033
juice box, apple, unsweetened	100.0	40.0	71080
juice box, orange, unsweetened	100.0	50.0	71108
juice drink, cranberry cocktail	100.0	68.0	3042
juice drink, cranberry cocktail, prepared from frozen concentrate	100.0	68.0	20115
juice, apple, prepared from concentrate with water, unsweetened	100.0	40.0	3010
juice, apple, unsweetened	100.0	40.0	3008
juice, apple, with vitamin C, prepared from concentrate with water, unsweetened	100.0	40.0	3327
juice, apple, with vitamin C, unsweetened	100.0	40.0	3328
juice, carrot, canned	100.0	43.0	5226
juice, grapefruit, canned, unsweetened	100.0	48.0	3052
juice, grapefruit, prepared from concentrate with water, unsweetened	100.0	48.0	3053
juice, orange, canned, unsweetened	100.0	50.0	3093
juice, orange, chilled	100.0	50.0	3092
juice, orange, fresh	100.0	50.0	3090
juice, orange, fresh, yield per fruit	100.0	50.0	71107
juice, orange, prepared from concentrate, unsweetened	100.0	50.0	3091
juice, pineapple, canned, without vitamin C, unsweetened	100.0	46.0	3120
juice, pineapple, prepared from concentrate with water	100.0	46.0	3119
juice, pineapple, with vitamin C, unsweetened	100.0	46.0	3360
juice, tomato, canned, unsalted	100.0	38.0	5397
juice, tomato, with salt	100.0	38.0	5188
kidney beans, canned	100.0	52.0	7087
kidney beans, canned, all types	100.0	52.0	15348
kidney beans, red, boiled	100.0	23.0	7047
kidney beans, red, boiled, with salt	100.0	23.0	90008

lactitol monohydrate, Lacty-M	100.0	2.0	31106
lactose	100.0	46.0	104
lentils, boiled	100.0	29.0	7006
lentils, boiled, with salt	100.0	29.0	90019
lima beans, baby, frozen	100.0	32.0	15785
lima beans, baby, frozen, 10 oz	100.0	32.0	5727
mango, fresh	100.0	51.0	3221
mango, fresh, pieces	100.0	51.0	322
milk, 2%, chocolate, with vitamins A & D	100.0	34.0	18
milk, nonfat, with added nonfat milk solids & vitamins A & D	100.0	32.0	149
milk, skim, with added nonfat milk solids & vitamins A & D	100.0	32.0	55173
milk, whole, 3.25%, with vitamin D	100.0	27.0	1
millet, cooked	100.0	71.0	38052
muffin, blueberry, extra large	100.0	59.0	15481
muffin, blueberry, large, 2 3/4" x 3 1/4"	100.0	59.0	62915
muffin, blueberry, medium	100.0	59.0	15480
muffin, blueberry, mini	100.0	59.0	62916
muffin, blueberry, small, 2" x 2 3/4"	100.0	59.0	44516
mung beans, boiled, with salt	100.0	31.0	90024
navy beans, boiled	100.0	38.0	7022
navy beans, boiled, with salt	100.0	38.0	90010
noodles, rice, cooked	100.0	61.0	38551
oatmeal, instant, apple cinnamon, dry	100.0	37.0	90076
orange, navel, fresh, 2 7/8"	100.0	48.0	3228
orange, navel, fresh, without membranes	100.0	48.0	3715
parsnips, boiled, drained	100.0	97.0	5212
parsnips, boiled, drained, 9"	100.0	97.0	6835
parsnips, boiled, with salt, drained, 9"	100.0	97.0	5935
parsnips, boiled, with salt, drained, sliced	100.0	97.0	5936
pasta, corn, cooked	100.0	78.0	38152
pasta, egg, cooked with salt, unenriched	100.0	40.0	38273
pasta, egg, cooked, enriched	100.0	40.0	38047
pasta, egg, cooked, unenriched	100.0	40.0	38260
pasta, egg, cooked, with salt, enriched	100.0	40.0	38251

pasta, elbow, cooked, not packed, enriched	100.0	42.0	94065
pasta, elbow, cooked, packed, enriched	100.0	42.0	94066
pasta, elbow, cooked, with salt, not packed, enriched	100.0	42.0	94087
pasta, elbow, cooked, with salt, packed, enriched	100.0	42.0	94086
pasta, elbow, whole wheat, cooked	100.0	32.0	94079
pasta, farfalle, cooked, enriched	100.0	42.0	94067
pasta, farfalle, cooked, with salt, enriched	100.0	42.0	94088
pasta, farfalle, whole wheat, cooked	100.0	32.0	94084
pasta, lasagna, cooked, enriched	100.0	42.0	94070
pasta, lasagna, cooked, with salt, enriched	100.0	42.0	94089
pasta, lasagna, whole wheat, cooked	100.0	32.0	94082
pasta, penne, cooked, with salt, enriched	100.0	42.0	94090
pasta, penne, whole wheat, cooked	100.0	32.0	94080
pasta, rotini, cooked, enriched	100.0	42.0	94068
pasta, rotini, cooked, with salt, enriched	100.0	42.0	94091
pasta, rotini, whole wheat, cooked	100.0	32.0	94083
pasta, shell, cooked, enriched	100.0	42.0	94069
pasta, shell, cooked, with salt, enriched	100.0	42.0	94092
pasta, shells, whole wheat, cooked	100.0	32.0	94081
pasta, spaghetti, cooked, not packed, enriched	100.0	42.0	38118
pasta, spaghetti, cooked, packed, enriched	100.0	42.0	94064
pasta, spaghetti, cooked, with salt, not packed, enriched	100.0	42.0	94085
pasta, spaghetti, cooked, with salt, packed, enriched	100.0	42.0	38121
pasta, spaghetti, whole wheat, cooked, not packed	100.0	32.0	94078
pasta, spaghetti, whole wheat, cooked, packed	100.0	32.0	38060
peaches, canned, halves, in juice	100.0	38.0	3176
peaches, canned, halves, in light syrup	100.0	52.0	3174
peaches, canned, sliced, in juice	100.0	38.0	71051
peaches, canned, sliced, in light syrup	100.0	52.0	71110
peaches, canned, whole, in juice	100.0	38.0	3175
peaches, fresh, extra large, 3"	100.0	42.0	15447
peaches, fresh, large, 2 3/4"	100.0	42.0	3725
peaches, fresh, medium, 2 2/3"	100.0	42.0	3096
peaches, fresh, sliced	100.0	42.0	3097

peaches, fresh, small, 2 1/2"	100.0	42.0	3726
pears, canned, halves, in juice	100.0	43.0	3179
pears, fresh	100.0	38.0	15289
pears, fresh	100.0	38.0	3103
pears, fresh, cubed	100.0	38.0	15293
pears, fresh, cubes	100.0	38.0	15294
pears, fresh, sliced	100.0	38.0	15290
pears, fresh, sliced	100.0	38.0	3104
peas, cajan, boiled, with salt	100.0	22.0	90197
peas, green, boiled, from frozen, drained	100.0	48.0	5118
peas, green, boiled, from frozen, drained, 10 oz	100.0	48.0	15860
peas, green, boiled, from frozen, with salt, drained	100.0	48.0	5939
peas, green, boiled, from frozen, with salt, drained, 10 oz	100.0	48.0	90561
peas, pigeon, boiled, with salt	100.0	22.0	90027
pineapple, fresh	100.0	59.0	3112
pineapple, fresh, 3 1/2" x 1/5" slice	100.0	59.0	71112
pineapple, fresh, 3 1/2" x 3/4" slice	100.0	59.0	3113
pineapple, fresh, chunks	100.0	59.0	3111
pinto beans, boiled	100.0	39.0	7013
pinto beans, boiled, with salt	100.0	39.0	90012
plums, fresh, 2 1/8"	100.0	39.0	3121
plums, fresh, sliced	100.0	39.0	3123
popcorn, air popped	100.0	72.0	44012
popcorn, air popped, unsalted	100.0	72.0	44072
potato, baked, large, 3" to 4 1/4"	100.0	85.0	5336
potato, baked, medium, 2 1/4" to 3 1/4"	100.0	85.0	5334
potato, baked, small, 1 3/4" to 2 1/2"	100.0	85.0	5338
potato, baked, with salt	100.0	85.0	6996
potato, baked, with salt, large, 3" x 4 1/4"	100.0	85.0	15883
potato, baked, with salt, medium, 2 1/4" x 3 1/4"	100.0	85.0	5947
potato, baked, with salt, small, 1 3/4" x 2 1/2"	100.0	85.0	15884
potato, boiled, in skin, peeled, 2 1/2"	100.0	50.0	5133
potato, boiled, in skin, peeled, diced	100.0	50.0	5134
potato, boiled, in skin, with salt, peeled	100.0	50.0	5951

potato, boiled, in skin, with salt, peeled, 2 1/2"	100.0	50.0	5952
potato, canned, drained	100.0	63.0	5352
potato, microwaved, in skin, peeled	100.0	82.0	5348
potato, microwaved, in skin, peeled, 2 1/3" x 4 3/4"	100.0	82.0	5345
potato, microwaved, in skin, with salt, peeled	100.0	82.0	5957
potato, microwaved, in skin, with salt, peeled, 2 1/3" x 4 3/4"	100.0	82.0	5958
preserves	100.0	51.0	92229
prunes, dried	100.0	29.0	3126
pudding, chocolate, prepared from dry with whole milk	100.0	44.0	2604
pudding, instant, vanilla, prepared with whole milk	100.0	44.0	16388
raisins, seedless	100.0	64.0	3766
raisins, seedless, mini box	100.0	64.0	3764
raisins, seedless, packed cup	100.0	64.0	3129
raisins, seedless, small box	100.0	64.0	3765
raisins, seedless, unpacked cup	100.0	64.0	3130
red gram, boiled, with salt	100.0	22.0	90196
rice cake, brown, plain	100.0	78.0	44021
rice cake, brown, plain, unsalted	100.0	78.0	44080
rice, brown, cooked, long grain	100.0	55.0	38010
rice, white, cooked, long grain, unenriched	100.0	56.0	38184
rice, white, cooked, long grain, with salt, unenriched	100.0	56.0	38276
rice, white, cooked, parboiled, long grain, enriched	100.0	72.0	38016
rice, white, cooked, parboiled, long grain, unenriched	100.0	72.0	38266
snack cake, pound, part butter, enriched	100.0	54.0	71263
snack cake, pound, part butter, unenriched	100.0	54.0	71429
soup, split pea, canned, reduced sodium	100.0	60.0	50407
soup, tomato, prepared with water	100.0	38.0	50028
soybeans, boiled, from dried	100.0	18.0	7015
soybeans, boiled, from dried, with salt	100.0	18.0	90028
stuffing mix, chicken, Stove Top	100.0	74.0	42570
sugar, coconut palm	4.0	35.0	55504
sugar, white, cubes	100.0	68.0	25146
sugar, white, granulated	100.0	68.0	25006
sweet potatoes, boiled, mashed, without skin	100.0	61.0	5161

sweet potatoes, boiled, without skin	100.0	61.0	5159
syrup, agave, blue, raw	100.0	17.1	63425
syrup, agave, light blue, premium	100.0	20.0	74363
syrup, coconut nectar	100.0	35.0	97924
taco shell, baked, 3"	100.0	68.0	90645
taco shell, baked, 5"	100.0	68.0	42168
taco shell, baked, 5", unsalted	100.0	68.0	42296
taco shell, baked, 6 1/2"	100.0	68.0	90644
taco shell, baked, mini, 3", unsalted	100.0	68.0	71453
teething biscuit	100.0	70.0	60634
waffles, buttermilk, frozen, 4"	100.0	76.0	45197
waffles, plain, frozen, 4"	100.0	76.0	45029
waffles, plain, toasted from frozen, 4"	100.0	76.0	45005
watermelon, fresh, 1/16 melon	100.0	72.0	3143
watermelon, fresh, 15" x 7 1/2"	100.0	72.0	71123
watermelon, fresh, balls	100.0	72.0	3793
watermelon, fresh, diced	100.0	72.0	3142
wheat, bulgur, cooked	100.0	48.0	38028
yam, boiled, without skin	100.0	61.0	9962
yam, boiled, without skin, mashed	100.0	61.0	5160
yam, tropical, baked, cubes	100.0	37.0	5168
yam, tropical, boiled, cubes	100.0	37.0	41475
yam, tropical, boiled, with salt, drained, cubes	100.0	37.0	6010
yogurt, plain, 8g protein, from whole milk	100.0	36.0	2013