



CARBOHYDRATES

Grains

Breads

Pasta, Noodles

Cereals

BREADS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
whole wheat	100.00	g	252	12.5	42.7	455.00	254.00	212.00	3.50
	50.00	g	126	6.2	21.4	227.50	127.00	106.00	1.75
	2.00	slices							
white	100.00	g	266	8.9	49.4	490.00	126.00	98.00	490.00
	50.00	g	133	4.4	24.7	245.00	63.00	49.00	245.00
	2.00	slices							
french, small (2'x2.5'x1.75')	100.00	g	272	10.8	51.9	602.00	117.00	105.00	2.42
	32.00	g	87	3.4	16.6	192.64	37.44	33.60	0.77
	1.00	slice							
pita, 6.5"	100.00	g	275	9.1	55.7	536.00	120.00	97.00	1.20
	60.00	g	165	5.5	33.4	321.60	72.00	58.20	0.72
	1.00	pc							
sourdough	100.00	g	272	10.8	51.9	602.00	117.00	105.00	2.42
	50.00	g	136	5.4	25.9	301.00	58.50	52.50	1.21
	2.00	slices							
rye	100.00	g	259	8.5	48.3	603.00	166.00	125.00	33.00
	32.00	g	83	2.7	15.5	192.96	53.12	40.00	1.06
	1.00	slice							
bagels, wheat	100.00	g	250	10.2	48.9	439.00	165.00	142.00	1.53
	105.00	g	262	10.7	51.3	461.00	173.00	149.00	1.61
	1.00	reg pc							
biscuits	100.00	g	362	7.5	43.9	930.00	184.00	501.00	18.19
	45.00	g	163	3.4	19.8	418.00	82.80	225.00	8.19
	1.00	pc							
sprouted, wheat	100.00	g	188	13.2	33.9	474.00	198.00	176.00	0.00
	26.00	g	49	3.4	8.8	123.00	51.50	45.80	0.00
	1.00	slice							
cracked, wheat	100.00	g	274	10.7	47.5	473.00	141.00	129.00	4.53
	28.00	g	77	3.0	13.3	132.00	39.50	36.10	1.27
	1.00	reg slice							
tortillas, corn ready-to-bake or fry	100.00	g	218	5.7	44.6	45.00	186.00	314.00	2.85
	24.00	g	52	1.4	10.7	10.80	44.60	75.40	0.68
	1.00	Pc							
tortillas, flour approx. 6" diameter ready-to-bake or fry, refrigerated	100.00	g	306	8.2	49.4	736.00	125.00	206.00	7.99
	30.00	g	92	2.5	14.8	221.00	37.50	61.80	2.40
	1.00	pc							

BREADS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
tortilla, whole wheat	100.00	g	310	9.8	45.9	617.00	262.00	346.00	9.76
ready-to-bake or fry	41.00	g	127	4.0	18.8	253.00	107.00	142.00	4.00
	1.00	pc							
ciabatta (yeast bread) italian, grecian, aarmenian thick sllice	100.00	g	259	9.5	48.1	618.00	124.00	95.00	2.73
	43.00	g	111	4.1	20.7	266.00	53.30	40.80	1.17
	1.00	pc							
focaccia, plain (Italian flatbread)	100.00	g	249	8.8	35.8	561.00	114.00	128.00	7.89
	57.00	g	142	5.0	20.4	320.00	65.00	73.00	4.50
	1.00	pc							
Pita, medium	100.00	g	275	9.1	55.7	536.00	120.00	97.00	1.20
	57.00	g	157	5.2	31.7	306.00	68.40	55.30	0.68
	1.00	pc							
Naan, plain	100.00	g	291	9.6	50.4	465.00	125.00	100.00	5.65
	90.00	g	262	8.7	45.4	418.00	112.00	90.00	5.08
	1.00	pc							
Paratha, whole wheat, frozen	100.00	g	326	6.4	45.4	467.00	185.00	188.00	6.70
	79.00	g	258	5.0	35.9	495.00	196.00	199.00	7.10
	1.00	pc							
brioche	100.00	g	418	8.8	35.8	452.00	139.00	120.00	13.20
	77.00	g	322	6.7	27.6	357.00	110.00	94.80	10.40
	1.00	pc							
croissants, plain medium	100.00	g	406	8.2	45.8	440.00	120.00	125.00	26.80
	57.00	g	231	4.7	26.1	339.00	92.40	96.20	20.60
	1.00	pc							
croissants, chocolate	100.00	g	421	7.4	49.4	384.00	118.00	105.00	21.00
	57.00	g	240	4.2	28.2	219.00	67.30	59.80	12.00
	1.00	pc							
croissants, cheese	100.00	g	414	9.2	47.0	361.00	132.00	130.00	20.90
	57.00	g	236	5.2	26.8	206.00	75.22	74.10	11.90
	1.00	pc							
muffins, english, whole grain white	100.00	g	245	7.0	50.2	386.00	130.00	127.00	1.75
	57.00	g	140	4.0	28.6	220.00	74.10	72.40	1.00
	1.00	pc							
muffins, english, whole wheat	100.00	g	203	8.8	40.4	364.00	210.00	282.00	2.10
	66.00	g	134	5.8	26.7	240.00	139.00	186.00	1.39
	1.00	pc							

	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
BREADS									
muffins, english, mixed-grain includes granola	100.00	g	235	9.1	46.3	298.00	156.00	81.00	1.80
	66.00	g	155	6.0	30.6	197.00	103.00	53.40	1.19
	1.00	pc							
pumpernickle, med or regular slice	100.00	g	250	8.7	47.5	596.00	208.00	178.00	3.10
	32.00	g	80	2.8	15.2	191.00	66.60	57.00	0.99
	1.00	pc							
cinammon, medium or regular slice	100.00	g	253	7.1	44.4	388.00	74.00	57.00	5.29
	28.00	g	71	2.0	12.4	109.00	20.70	16.00	1.48
	1.00	pc							
raisin, med or regular slice	100.00	g	273	8.8	52.2	432.00	180.00	112.00	3.26
	28.00	g	76	2.5	14.6	121.00	50.40	31.40	0.91
	1.00	pc							
roll, multigrain med, reg, sandwich size	100.00	g	263	9.6	44.6	458.00	160.00	122.00	6.00
	43.00	g	113	4.1	19.2	197.00	68.80	52.50	2.58
	1.00	pc							
bread stuffing, homemade dry mix, prepared	100.00	g	177	3.1	21.7	471.00	72.00	41.00	8.51
	228.00	g	404	7.2	49.5	1,070.00	164.00	93.50	19.40
	1.00	pc							
GRITS									
corn, yellow, quick, unenriched cooked with water, no salt	100.00	g	59	1.4	12.9	2.00	21.00	11.00	0.19
	242.00	g	143	3.4	31.2	4.84	50.82	26.62	0.46
	1.00	c							
corn, white, quick, unenriched cooked with water	100.00	g	59	1.4	12.9	2.00	21.00	11.00	0.19
	242.00	g	143	3.4	31.2	4.84	50.82	26.62	0.46
	1.00	c							
POLENTA (cornmeal)	100.00	g							
	240.00	g	139	2.7	30.0	170.00	50.40	36.00	0.67
	1	c							

PASTA	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
spaghetti, unenriched, cooked	100.00	g	158	5.8	30.9	1.00	44.00	58.00	0.93
	70.00	g	111	4.1	21.6	0.70	30.80	40.60	0.65
	0.50	c							
spaghetti, enriched, cooked	100.00	g	158	5.8	30.9	1.00	44.00	58.00	0.93
	140.00	g	221	8.1	43.2	1.40	61.60	81.20	1.30
	1.00	c							
spaghetti, whole wheat, cooked	100.00	g	149	6.0	30.1	4.00	96.00	127.00	1.71
	140.00	g	209	8.4	42.1	5.60	134.40	177.80	2.39
	1.00	c							
bowtie/farfalle, enriched, cooked	100.00	g	136	4.8	27.4	1.10	24.51	-na-	0.55
	154.79	g	210	7.4	42.3	0.16	37.93	-na-	0.86
	1.00	c							
fusilli, enriched, cooked	100.00	g	161	5.7	32.5	1.30	29.09	-na-	0.66
	130.41	g	210	7.4	42.3	1.70	37.93	-na-	0.86
	1.00	c							
penne, enriched, cooked	100.00	g	169	6.0	34.1	1.37	30.55	-na-	0.69
	124.17	g	210	7.4	42.3	1.70	37.93	-na-	0.86
	1.00	c							
macaroni, enriched, cooked	100.00	g	133	4.7	26.8	1.08	24.04	-na-	0.54
	157.79	g	210	7.4	42.3	1.70	37.93	-na-	0.86
	1.00	c							
lasagna, enriched, boiled/drain ed	100.00	g	150	5.3	30.1	1.21	26.98	-na-	0.61
	140.62	g	210	7.4	42.3	1.70	37.93	-na-	0.86
	1.00	c							
whole grain, 51%whole wheat rest enriched semolina, cooked spaghetti, unenriched, cooked	100.00	g	156	5.7	30.9	4.00	71.00	97.00	1.48

CRACKERS	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
melba toast, rye	100.00	g	389	11.6	77.3	899.00	193.00	183.00	3.40
3 3/4" x 1 3/4" x 1/8"	15.00	g	58	1.7	11.6	134.85	28.95	27.45	0.51
	3.00	pcs							
melba toast, wheat	100.00	g	374	12.9	76.4	837.00	148.00	165.00	2.30
	15.00	g	56	1.9	11.5	125.55	22.20	24.75	0.35
	3.00	pcs							
saltine, low salt (square)	100.00	g	421	9.5	74.3	198.00	724.00	111.00	8.85
	15.00	g	63	1.4	11.2	29.70	108.60	16.65	1.33
	5.00	pcs							
saltine, fat-free, low sodium	100.00	g	393	10.5	82.3	849.00	115.00	113.00	1.60
	15.00	g	59	1.6	12.4	127.35	17.25	16.95	0.24
	3.00	pcs							
saltines, whole wheat/multi-grain	100.00	g	398	7.1	68.3	1,214.00	221.00	196.00	10.71
	14.00	g	56	1.0	9.6	169.96	30.94	27.44	1.50
	1.00	svg							
whole wheat, low salt	100.00	g	443	8.8	68.6	186.00	297.00	295.00	17.20
	28.00	g	124	2.5	19.2	52.08	83.16	82.60	4.82
	7.00	pcs							
whole wheat, reduced fat	100.00	g	416	11.3	75.5	745.00	373.00	364.00	7.59
1 svg= 29g	4.20	g	17	0.5	3.2	31.29	15.67	15.29	0.32
	1.00	pcs							
graham, plain or honey, low fat	100.00	g	386	5.7	78.0	629.00	171.00	163.00	5.71
	35.00	g	135	2.0	27.3	220.15	59.85	57.05	2.00
	1.00	svg							
goldfish (fish-shaped), flavored	100.00	g	463	10.2	65.7	970.00	224.00	167.00	17.71
	5.20	g	24	0.5	3.4	50.44	11.65	8.68	0.92
	10.00	pcs							
toast thins, low sodium	100.00	g	442	6.5	67.7	177.00	306.00	266.00	16.13
	31.00	g	137	2.0	21.0	54.87	94.86	82.46	5.00
	1.00	svg							

RICE

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
white, unenriched	100.00	g	359	6.9	79.8	5.00	75.00	94.00	1.30
white, cooked, glutinous	100.00	g	96	2.0	21.0	5.00	20.00	33.00	0.27
	174.00	g	167	3.5	36.5	6.60	26.40	43.60	0.36
	1.00	c							
white, long-grain, parboiled enriched, cooked	100.00	g	123	2.9	26.1	0.00	29.00	37.00	0.21
	158.00	g	194	4.6	41.2	0.00	53.90	68.80	0.39
	1.00	c							
flour, white, unenriched	100.00	g	359	6.9	79.8	0.00	26.00	33.00	0.19
						0.00	53.30	67.60	0.39
white, steamed, Chinese restaurant cup, loosely packed	100.00	g	151	3.2	33.9				
	132.00	g	199	4.2	44.7	1.00	265.00	319.00	3.85
	1.00	c							
white, medium-grain, cooked unenriched	100.00	g	130	2.4	28.6	201.00	86.00	102.00	0.96
	186.00	g	242	4.4	53.2	394.00	169.00	200.00	1.88
	1.00	c							
white, short-grain, cooked unenriched	100.00	g	130	2.4	28.7	3.00	101.00	82.00	0.34
	205.00	g	266	4.8	58.8	4.92	166.00	134.00	0.56
	1.00	c							
flour, brown,	100.00	g	365	7.2	75.5	7.00	427.00	433.00	1.08
						11.20	683.00	693.00	1.73
brown, cooked, no salt, no fat	100.00	g	122	2.7	25.5				
	196.00	g	239	5.4	49.9	5.00	75.00	94.00	1.30
	1.00	c							
wild, cooked	100.00	g	101	4.0	21.3	5.00	20.00	33.00	0.27
	164.00	g	166	6.5	35.0	6.60	26.40	43.60	0.36
	1.00	c							
wild, raw	100.00	g	357	14.7	74.9	0.00	29.00	37.00	0.21
	160.00	g	571	23.6	120.0	0.00	53.90	68.80	0.39
	1.00	c							

OATS	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
raw	100.00	g	379	12.2	67.7	6.00	362.00	410.00	6.52
	81.00	g	307	10.7	54.8	4.86	293.00	332.00	5.28
	1.00	c							
cereal, oat,	100.00	g	372	12.4	73.2	497.00	633.00	357.00	6.60
	33.00	g	123	4.1	24.2	164.00	209.00	118.00	2.18
	1.00	c							
steel cut Brand: ARROWHEAD MILLS	100.00	g	378	13.3	66.7	0.00	356.00	na	6.67
	45.00	g	170	6.0	30.0	0.00	160.00	na	3.00
	1.00	sv g							
rolled Brand: MILLVILLE by Aldi	100.00	g	350	12.5	67.5	0.00	350.00	na	6.25
	40.00	g	140	5.0	27.0	0.00	140.00	na	2.50
	1.00	sv g							
bran, cooked	100.00	g	40	3.2	11.4	1.00	92.00	119.00	0.86
	219.00	g	88	7.0	25.1	2.19	201.00	261.00	1.88
	1.00	c							
bran, uncooked (raw)	100.00	g	246	17.3	66.2	4.00	566.00	734.00	7.03
	94.00	g	231	16.3	62.2	3.76	532.00	690.00	6.61
	1.00	c							
flour, partially debranned	100.00	g	404	14.7	65.7	19.00	371.00	452.00	9.12
	104.00	g	420	15.2	68.3	19.80	386.00	470.00	9.48
	1.00	c							
regular, rolled, not fortified, dry	100.00	g	379	13.2	67.7	6.00	362.00	410.00	6.52
	81.00	g	307	10.7	54.8	4.86	293.00	332.00	5.28
	1.00	c							

WHEAT

	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
durum	100.00	g	399	13.7	71.1	2.00	431.00	508.00	2.47
	192.00	g	651	26.3	137.0	3.84	828.00	975.00	4.74
	1.00	c							
sprouted	100.00	g	198	7.5	42.5	16.00	169.00	200.00	1.27
	108.00	g	214	8.1	45.9	17.30	183.00	216.00	1.37
	1.00	c							
germ	100.00	g	360	23.2	51.8	12.00	892.00	842.00	9.72
	115.00	g	414	26.7	59.6	13.80	1,030.00	968.00	11.20
	1.00	c							
bran	100.00	g	216	15.6	64.5	2.00	1,180.00	1,010.00	4.25
	58.00	g	125	9.1	37.4	1.16	684.00	586.00	2.46
	1.00	c							
cream of wheat, instant, dry	100.00	g	366	10.6	75.5	571.00	115.00	103.00	1.40
	11.50	g	42	1.2	8.7	65.70	13.20	11.80	0.16
	1.00	tb sp							
flour, whole wheat, unenriched	100.00	g	370	15.1	71.2	3.00	376.00	352.00	2.73
whole grain, soft wheat	100.00	g	332	9.6	74.5	3.00	394.00	323.00	1.95
bread flour, unenriched unsifted	100.00	g	361	12.0	72.5	2.00	100.00	97.00	1.66
	137.00	g	495	16.4	99.4	2.74	137.00	133.00	2.27
	1.00	c							
flour, bread, white, enriched	100.00	g	361	12.0	72.5	2.00	100.00	97.00	1.66
	137.00	g	495	16.4	99.4	2.74	137.00	133.00	2.27
	1.00	c							
flour, cake, enriched unsifted	100.00	g	362	8.2	78.0	2.00	105.00	85.00	0.86
	137.00	g	496	11.2	107.0	2.74	144.00	116.00	1.18
	1.00	c							

CUOSCUOS	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
dry	100.00	g	376	12.8	77.4	10.00	166.00	170.00	0.64
	173.00	g	680	22.1	134.0	17.30	287.00	294.00	1.11
	1.00	c							
cooked	100.00	g	112	3.8	23.2	5.00	58.00	22.00	0.16
	157.00	g	176	6.0	36.4	7.85	91.10	34.50	0.25
	1.00	c							

BARLEY	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
pearled, cooked	100.00	g	123	2.3	28.2	3.00	93.00	54.00	0.44
	157.00	g	193	3.6	44.3	4.71	146.00	84.80	0.69
	1.00	c							
flour or meal	100.00	g	345	10.5	74.5	4.00	309.00	296.00	1.60
	148.00	g	511	15.5	110.0	5.92	457.00	438.00	2.37
	1.00	c							

QUINOA	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
cooked	100.00	g	120	4.4	21.3	7.00	172.00	152.00	1.92
	185.00	g	222	8.1	39.4	13.00	318.00	281.00	3.55
	1.00	c							
uncooked	100.00	g	368	14.1	64.2	5.00	563.00	457.00	6.07
	170.00	g	626	24.0	109.0	8.50	957.00	777.00	10.30
	1.00	c							
pasta from quinoa flour (gluten-free) not packed	100.00	g	152	3.2	31.1	4.00	63.00	91.00	2.07
	132.00	g	201	4.3	41.1	5.28	83.20	120.00	2.73
	1.00	c							

AMARANTH	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Grain cooked	100.00	g	102	3.8	18.7	6.00	135.00	148.00	1.58
	246.00	g	251	9.4	46.0	14.80	332.00	364.00	3.89
	1.00	c							

CEREALS	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
corn flakes, plain (store brands)	100.00	g	357	7.5	84.1	729.00	168.00	102.00	0.40
	25.00	g	89	1.9	21.0	182.00	42.00	25.50	0.10
	1.00	c							
corn flakes, frosted (store brands)	100.00	g	389	4.3	90.2	451.00	82.00	46.00	0.87
	40.00	g	156	1.7	36.1	180.00	32.80	18.40	0.35
	1.00	c							
crsipy rice	100.00	g	383	6.7	86.2	545.00	106.00	98.00	1.26
	26.00	g	100	1.7	22.4	142.00	27.60	25.50	0.33
	1.00	c							
cocoa puffs (General Mills)	100.00	g	383	5.6	83.7	564.00	272.00	222.00	5.20
	36.00	g	138	2.0	30.1	203.00	97.90	79.90	1.87
	1.00	c							
muesli, with fruits & nuts	100.00	g	335	8.6	74.9	239.00	324.00	225.00	5.40
	85.00	g	302	7.3	63.7	203.00	275.00	191.00	4.59
	1.00	c							
muesli Brand: Safeway	100.00	g	386	8.8	73.7	228.00	474.00	175.00	5.26
	57.00	g	220	5.0	42.0	130.00	270.00	99.80	3.00
	1.00	svg							
granola, homemade, ready-to-eat	100.00	g	489	13.7	53.9	26.00	539.00	431.00	24.30
	122.00	g	597	16.7	65.8	31.70	658.00	526.00	29.60
	1.00	c							
granola bars, plain	100.00	g	471	10.1	64.4	294.00	336.00	277.00	19.80
	28.00	g	132	2.8	18.0	82.30	94.10	77.60	5.54
	1.00	bar/ oz							
granola bars, almond	100.00	g	495	7.7	62.0	256.00	273.00	228.00	25.50
	28.35	g	140	2.2	17.6	72.60	77.40	64.60	7.23
	1.00	oz							

PANCAKE	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
buttermilk (from recipe)	100.00	1	227	6.8	28.7	522.00	145.00	139.00	9.30
	38.00	1	86	2.6	10.9	198.00	55.10	52.80	3.53
	1- 4" diameter	pc							
plain, (prepared from recipe)	100.00	1	227	6.4	28.3	439.00	132.00	159.00	9.70
	38.00	1	86	2.4	10.8	167.00	50.20	60.40	3.69
	1- 4" diameter	pc							
plain, reduced fat	100.00	g	269	5.7	57.3	429.00	97.00	190.00	1.90
	105.00	g	282	6.0	60.2	450.00	102.00	200.00	2.00
	3.00	pcs							
plain, frozen, ready to heat	100.00	g	233	5.2	37.8	461.00	90.00	215.00	6.83
includes buttermilk	40.00	g	93	2.1	15.1	184.00	36.00	86.00	2.73
	1 (4")	pc							
gluten-free, frozen, ready to heat	100.00	g	215	3.3	40.3	331.00	127.00	306.00	4.55
	48.00	g	103	1.6	19.3	159.00	61.00	147.00	2.18
	1.00	pc							
WAFFLE									
plain, prepared from recipe	100.00	g	291	7.9	32.9	511.00	159.00	190.00	14.10
	75.00	g	218	5.9	24.7	383.00	119.00	142.00	10.60
	1 (7")	pc							