



PROTEINS

Meats

Poultry

Seafoods

SALMON	SERVING QUANTITY		CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
		UNIT							
pink, raw	100.00	g	127	20.5	0.0	74.99	365.96	260.98	4.40
	113.40	g	144	23.2	0.0	85.04	415.00	295.95	4.99
	4.00	oz							
atlantic, wild, raw	100.00	g	142	19.8	0.0	44.00	489.95	199.98	0.98
	113.40	g	161	22.5	0.0	49.89	555.61	226.78	1.11
	4.00	oz							
atlantic, farmed, raw	100.00	g	208	20.4	0.0	58.99	362.97	239.98	13.42
	113.39	g	236	23.2	0.0	66.90	411.60	272.13	15.22
	4.00	oz							
pink, canned, drained solids, w/ bone	100.00	g	138	23.1	0.0	380.78	332.80	378.78	5.02
	85.05	g	117	19.6	0.0	323.85	283.05	322.15	4.27
	3.00	oz							
pink, canned, with bone and liquid no salt	100.00	g	139	19.8	0.0	75.00	325.99	328.99	6.05
	56.70	g	79	11.2	0.0	42.52	184.84	186.54	3.43
	2.00	oz							
pink, canned, drained solids without skin and bones	100.00	g	136	24.6	0.0	378.00	326.00	253.00	4.21
	85.05	g	116	20.9	0.0	321.49	277.26	215.18	3.58
	3.00	oz							
chum, canned, drained, with bone no salt	100.00	g	141	21.4	0.0	75.00	300.00	353.99	5.50
	56.70	g	80	12.2	0.0	42.52	170.10	200.71	3.12
	2.00	oz							
nuggets, breaded, frozen, heated	100.00	g	212	12.7	14.0	173.00	165.00	176.00	11.72
TUNA									
bluefin, raw	100.00	g	144	23.3	0.0	39.00	251.98	253.98	4.90
	113.40	g	163	26.5	0.0	44.22	285.74	288.01	5.56
	4.00	oz							
yellowfin or Ahi, raw	100.00	g	109	24.4	0.0	45.00	440.96	277.97	0.49
	113.40	g	124	27.7	0.0	51.03	500.05	315.22	0.56
	4.00	oz							
canned in oil, drained, light no salt	100.00	g	198	29.1	0.0	50.00	207.00	311.00	8.21
	56.70	g	112	16.5	0.0	28.35	117.37	176.33	4.65
	2.00	oz							
white, canned in water, drained no salt	100.00	g	128	23.6	0.0	50.00	237.00	217.00	2.97
	56.70	g	73	13.4	0.0	28.35	134.38	123.04	1.68
	2.00	oz							
canned in water, drained, light no salt	100.00	g	116	25.5	0.0	50.00	237.00	163.00	0.82
	56.70	g	66	14.5	0.0	28.35	134.38	92.42	0.46
	2.00	oz							
white, canned in oil, drained, no salt	100.00	g	186	26.5	0.0	50.00	332.99	267.00	8.08
	56.70	g	105	15.0	0.0	28.35	188.81	151.39	4.58
	2.00	oz							

SARDINES	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
spanish	100.00	g	212	6.2	14.2	310.00	0.00	na	14.16
	113.00	g	240	7.0	16.0	350.00	0.00	na	16.00
	4.00	oz							
atlantic, canned in oil, with bones	100.00	g	208	24.6	0.0	307.00	397.00	490.00	11.45
	24.00	g	50	5.9	0.0	73.68	95.28	117.60	2.75
	2.00	oz							
portuguese	100.00	g	236	25.5	0.0	500.00	na	na	12.73
	55.00	g	130	14.0	0.0	275.00	na	na	7.00
	0.50	c							
fillets, canned	100.00	g	338	18.2	7.3	364.00	na	na	26.36
	55.00	g	186	10.0	4.0	200.00	na	na	14.50
	0.25	c							
TILAPIA									
raw	100.00	g	96	20.1	0.0	52.00	302.00	170.00	1.70
	113.40	g	107	22.8	0.0	58.97	342.47	192.78	1.93
	4.00	oz							
cooked, dry heat	100.00	g	128	26.2	0.0	55.97	379.78	203.88	2.65
	85.05	g	109	22.2	0.0	47.60	323.00	173.40	2.25
	3.00	oz							
POLLOCK									
atlantic, raw	100.00	g	92	19.4	0.0	85.99	355.97	220.98	0.98
	113.40	g	104	22.0	0.0	97.51	403.66	250.59	1.11
	4.00	oz							
atlantic, cooked, dry heat	100.00	g	118	24.9	0.0	110.00	456.00	283.00	1.26
	85.05	g	100	21.2	0.0	93.55	387.82	240.69	1.07
	3.00	oz							
alaska, untreated, cooked	100.00	g	87	19.4	0.0	166.00	364.00	206.00	1.00
	85.05	g	74	16.5	0.0	141.18	309.58	175.20	0.85
	3.00	oz							
PANGASIUS (CREAM DORY/SWAI)									
fillets, boneless	100.00	g	71	14.2	0.0	186.00	na	na	1.77
	113.00	g	80	16.0	0.0	210.00	na	na	2.00
	4.00	oz							
fillets, skinless, boneless	100.00	g	177	20.4	0.0	52.00	na	na	1.77
	113.00	g	200	23.0	0.0	58.80	na	na	2.00
	4.00	oz							

COD	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
atlantic, raw	100.00	g	82	17.8	0.0	54.00	412.96	202.98	0.67
	113.40	g	93	20.2	0.0	61.23	468.30	230.18	0.76
	4.00	oz							
atlantic, canned	100.00	g	105	22.8	0.0	218.00	527.99	260.00	0.86
	56.70	g	60	12.9	0.0	123.60	299.37	147.42	0.49
	2.00	oz							
atlantic, cooked, dry heat	100.00	g	105	22.8	0.0	78.00	244.00	138.00	0.86
	85.05	g	89	19.4	0.0	66.34	207.52	117.37	0.73
	3.00	oz							
pacific, raw	100.00	g	69	15.3	0.0	302.97	234.98	280.97	0.41
	113.40	g	78	17.3	0.0	343.57	266.46	318.62	0.46
	4.00	oz							
pacific, cooked, dry heat	100.00	g	85	18.7	0.0	372.00	289.00	345.00	0.50
	85.05	g	72	15.9	0.0	316.38	245.79	293.42	0.43
	3.00	oz							
ANCHOVIES									
Raw	100.00	g	131	20.4	0.0	103.99	382.96	173.98	4.84
	113.40	g	149	23.1	0.0	117.92	434.28	197.30	5.49
	4.00	oz							
canned, in oil, drained	100.00	g	210	28.9	0.0	3,668.00	544.00	252.00	9.71
	16.00	g	34	4.6	0.0	586.88	87.04	40.32	1.55
	4.00	pc s							
SHRIMP									
mixed species, raw	100.00	g	71	13.6	0.9	566.00	113.00	244.00	1.01
	113.40	g	81	15.4	1.0	641.84	128.14	276.40	1.15
	4.00	oz							
mixed species, breaded, fried	100.00	g	242	21.4	11.5	343.80	224.87	217.87	12.27
	85.05	g	206	18.2	9.8	292.40	191.25	185.30	10.44
	3.00	oz							
mixed species, cooked, moist heat	100.00	g	119	22.8	1.5	946.99	170.00	306.00	1.70
	85.05	g	101	19.4	1.3	805.41	144.58	260.25	1.45
	3.00	oz							
cracker	100.00	G	426	7.1	59.1	571.00	193.00	191.00	17.86

CLAMS	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
mixed species, raw	100.00	g	86	14.7	3.6	601.00	46.00	198.00	0.96
	85.05	g	73	12.5	3.0	511.15	39.12	168.40	0.82
	3.00	oz							
mixed species, breaded, fried	100.00	g	202	14.2	10.3	364.00	326.00	188.00	11.15
	85.05	g	172	12.1	8.8	309.58	277.26	159.89	9.48
	3.00	oz							
mixed species, canned, with liquid	100.00	g	2	0.4	0.1	215.00	149.00	114.00	0.02
	28.35	g	1	0.1	0.0	60.95	42.24	32.32	0.01
	1.00	oz							
mixed species, canned, drained	100.00	g	142	24.3	5.9	112.00	627.99	326.99	1.59
	56.70	g	81	13.8	3.4	63.50	356.07	185.41	0.90
	2.00	oz							
OYSTERS									
ostrich, raw	100.00	g	125	21.6	0.0	83.00	297.00	204.00	3.67
	85.05	g	106	18.3	0.0	70.59	252.60	173.50	3.12
	3.00	oz							
ostrich, cooked	100.00	g	159	28.8	0.0	81.00	409.00	281.00	3.97
	85.05	g	135	24.5	0.0	68.89	347.85	238.99	3.38
	3.00	oz							
pacific, raw	100.00	g	81	9.5	5.0	106.00	168.00	162.00	2.30
	113.40	g	92	10.7	5.6	120.20	190.51	183.71	2.61
	4.00	oz							
pacific, cooked, moist heat	100.00	g	163	18.9	9.9	212.00	302.00	243.00	4.60
	85.05	g	139	16.1	8.4	180.30	256.85	206.67	3.91
	3.00	oz							
eastern, canned	100.00	g	68	7.1	3.9	112.00	229.00	139.00	2.47
	56.70	g	39	4.0	2.2	63.50	129.84	78.81	1.40
	2.00	oz							
eastern, farmed, raw	100.00	g	59	5.2	5.5	178.00	124.00	93.00	1.55
	85.05	g	50	4.4	4.7	151.39	105.46	79.10	1.32
	3.00	oz							
eastern, wild, raw	100.00	g	51	5.7	2.7	85.00	156.00	97.00	1.71
	113.40	g	58	6.5	3.1	96.39	176.90	110.00	1.94
	4.00	oz							
eastern, wild, breaded, fried	100.00	g	199	8.8	11.6	417.00	244.00	159.00	12.58
	85.05	g	169	7.5	9.9	354.65	207.52	135.23	10.70
	3.00	oz							
battered, breaded, fried, fast food	100.00	g	265	9.0	28.7	486.99	131.00	141.00	12.90
	85.05	g	225	7.7	24.4	414.19	111.41	119.92	10.97
	3.00	oz							

CRAB	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
blue, raw	100.00	g	87	18.1	0.0	293.00	329.00	229.00	1.08
	113.40	g	99	20.5	0.5	332.26	373.09	259.69	1.22
	4.00	oz							
blue, canned	100.00	g	83	17.9	0.0	562.99	259.00	234.00	0.74
	56.70	g	47	10.1	0.0	319.22	146.85	132.68	0.42
	2.00	oz							
dungeness, raw	100.00	g	86	17.4	0.7	295.00	354.00	182.00	0.97
	113.40	g	98	19.7	0.8	334.53	401.44	206.39	1.10
	4.00	oz							
dungeness, cooked, moist heat	100.00	g	110	22.3	1.0	378.00	408.00	175.00	1.24
	85.05	g	94	19.0	0.8	321.49	347.00	148.84	1.05
	3.00	oz							
alaska king, raw	100.00	g	84	18.3	0.0	836.00	204.00	219.00	0.60
	113.40	g	95	20.7	0.0	948.02	231.34	248.35	0.68
	4.00	oz							
alaska king, cooked, moist heat	100.00	g	97	19.4	0.0	1,071.99	262.00	280.00	1.54
	85.05	g	83	16.5	0.0	911.73	222.83	238.14	1.31
	3.00	oz							
imitation, crabmeat (Kani)	100.00	g	95	7.6	15.0	528.99	90.00	282.00	0.46
	85.05	g	81	6.5	12.8	449.91	76.54	239.84	0.39
	3.00	oz							
cakes	100.00	g	266	18.8	8.5	819.00	270.00	378.00	17.25
	60.00	g	160	11.3	5.1	491.00	162.00	226.80	10.35
	1.00	pc							
CATFISH									
channel, wild, raw	100.00	g	95	16.4	0.0	43.00	405.93	208.98	2.82
	113.40	g	108	18.6	0.0	48.76	357.97	236.98	3.20
	4.00	oz							
channel, farmed, raw	100.00	g	119	15.2	0.0	97.94	301.82	203.88	5.94
	85.05	g	101	13.0	0.0	83.30	256.70	173.40	5.05
	3.00	oz							
breaded, fried	100.00	g	229	18.1	8.0	280.00	340.00	216.00	13.33
	85.05	g	195	15.4	6.8	238.14	289.17	183.71	11.34
	3.00	oz							
wild, cooked, dry heat	100.00	g	105	18.5	0.0	50.00	419.00	304.00	2.85
	85.05	g	89	15.7	0.0	42.52	356.36	258.55	2.42
	3.00	oz							
farmed, cooked, dry heat	100.00	g	144	18.4	0.0	119.00	366.00	247.00	7.19
	85.05	g	122	15.7	0.0	101.21	311.28	210.07	6.12
	3.00	oz							

MUSSELS	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
blue, raw	100.00	g	86	11.9	3.7	286.00	320.00	197.00	2.24
	113.40	g	98	13.5	4.2	324.32	362.88	223.40	2.54
	4.00	oz							
blue, cooked, moist heat	100.00	g	172	23.8	7.4	369.00	268.00	285.00	4.48
	85.05	g	146	20.2	6.3	313.83	227.93	242.39	3.81
	3.00	oz							
atlantic or pacific, meat only	100.00	g	197	8.8	11.6	415.25	243.87	159.06	12.56
	85.05	g	167	7.5	9.9	353.17	207.41	1,315.28	10.69
	3.00	oz							
MACKEREL									
Atlantic or Boston, raw fillet	100.00	g	205	18.6	0.0	89.99	313.97	216.98	13.89
	113.40	g	232	21.1	0.0	102.05	356.04	246.05	15.75
	4.00	oz							
pacific and Jack, raw fillet	100.00	g	158	20.1	0.0	85.99	405.96	124.99	7.89
	113.40	g	179	22.8	0.0	97.51	460.36	141.71	8.95
	4.00	oz							
Atlantic Spanish, raw fillet	100.00	g	139	19.3	0.0	58.99	445.96	204.98	6.30
	113.40	g	158	21.9	0.0	66.90	505.71	232.45	7.14
	4.00	oz							
Jack, canned, solids, drained	100.00	g	156	23.2	0.0	378.99	194.00	301.00	6.30
	56.70	g	88	13.2	0.0	214.89	110.00	170.66	3.57
	2.00	oz							
Atlantic or Boston, cooked, dry heat	100.00	g	262	23.9	0.0	83.00	401.00	278.00	17.81
	85.05	g	223	20.3	0.0	70.59	341.05	236.44	15.15
	3.00	oz							
Atlantic, Spanish, cooked, dry heat	100.00	g	158	23.6	0.0	66.00	553.99	271.00	6.32
	85.05	g	134	20.1	0.0	56.13	471.17	230.48	5.38
	3.00	oz							
Pacific and Jack, mixed species, cooked	100.00	g	201	25.7	0.0	110.00	520.99	160.00	10.12
	85.05	g	171	21.9	0.0	93.55	443.11	136.08	8.61
	3.00	oz							

TROUT	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
rainbow, wild, raw, fillet	100.00	g	119	20.5	0.0	31.00	481.00	271.00	3.46
	113.40	g	135	23.2	0.0	35.15	545.45	307.31	3.92
	4.00	oz							
rainbow, farmed, raw, fillet	100.00	g	141	19.9	0.0	51.00	376.96	225.98	6.18
	113.40	g	160	22.6	0.0	57.83	427.48	256.26	7.01
	4.00	oz							
mixed species, raw fillet	100.00	g	148	20.8	0.0	52.00	360.97	244.98	6.61
	113.40	g	168	23.6	0.0	58.96	409.33	277.80	7.50
	4.00	oz							
sea trout, mixed species, raw	100.00	g	104	16.7	0.0	57.99	340.97	249.98	3.61
	113.40	g	118	19.0	0.0	65.77	386.66	283.47	4.09
	4.00	oz							
rainbow, wild, cooked, dry heat	100.00	g	150	22.9	0.0	56.00	448.00	269.00	5.82
	85.05	g	128	19.5	0.0	47.63	381.02	228.78	4.95
	3.00	oz							
rainbow, farmed, cooked, dry heat	100.00	g	168	23.8	0.0	61.00	450.00	270.00	7.38
	85.05	g	143	20.2	0.0	51.88	382.72	229.63	6.28
	3.00	oz							
mixed species, cooked, dry heat	100.00	g	190	26.6	0.0	67.00	463.00	314.00	8.47
	85.05	g	162	22.7	0.0	56.98	393.78	267.05	7.20
	3.00	oz							
sea trout, mixed species, cooked, dry heat	100.00	g	133	21.5	0.0	74.00	437.00	321.00	4.63
	85.05	g	113	18.3	0.0	62.94	371.66	273.01	3.94
	3.00	oz							
CARP									
raw	100.00	g	127	17.8	0.0	49.00	332.97	414.96	5.60
	113.40	g	144	20.2	0.0	55.56	377.59	470.56	6.35
	4.00	oz							
cooked, dry heat	100.00	g	162	22.9	0.0	63.00	427.00	530.99	7.17
	85.05	g	138	19.4	0.0	53.58	363.16	451.61	6.10
	3.00	oz							
MAHI-MAHI									
Dorado or Dolphinfish, raw	100.00	g	85	18.5	0.0	87.99	415.96	142.99	0.70
	113.40	g	96	21.0	0.0	99.78	471.70	162.15	0.79
	4.00	oz							
Dorado or Dolphinfish, cooked, dry heat	100.00	g	109	23.7	0.0	113.00	532.99	183.00	0.90
	85.05	g	93	20.2	0.0	96.11	452.31	155.64	0.77
	3.00	oz							

FLATFISH	SERVING QUANTITY	SERVING	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
raw	100.00	g	70	12.4	0.0	295.97	159.98	251.98	1.93
	113.40	g	79	14.1	0.0	335.63	181.42	285.74	2.19
	4.00	oz							
cooked, dry heat	100.00	g	86	15.2	0.0	363.00	197.00	309.00	2.37
	85.05	g	73	13.0	0.0	308.73	167.55	262.80	2.02
	3.00	oz							
HALIBUT									
greenland, raw	100.00	g	186	14.4	0.0	79.99	267.97	163.98	13.84
	113.40	g	211	16.3	0.0	90.71	303.88	185.96	15.69
	4.00	oz							
atlantic and pacific, raw	100.00	g	91	18.6	0.0	67.99	434.96	235.98	1.33
	113.40	g	103	21.0	0.0	77.10	493.24	267.60	1.51
	4.00	oz							
greenland, cooked, dry heat	100.00	g	239	18.4	0.0	103.00	344.00	210.00	17.71
	85.05	g	203	15.7	0.0	87.60	292.57	178.60	15.09
	3.00	oz							
atlantic and pacific, cooked, dry heat	100.00	g	111	22.5	0.0	82.00	527.99	287.00	1.61
	85.05	g	94	19.2	0.0	69.74	449.06	244.09	1.37
	3.00	oz							
LOBSTER									
Northern, raw (Langoustine)	100.00	g	77	16.5	0.0	423.00	200.00	161.00	0.75
	113.40	g	87	18.7	0.0	479.68	226.80	182.57	0.85
	4.00	oz							
Spiny, mixed species, raw	100.00	g	112	20.6	2.4	177.00	180.00	238.00	1.51
	113.40	g	127	23.4	2.8	200.72	104.12	269.89	1.71
	4.00	oz							
Northern, cooked, moist heat (Langoustine)	100.00	g	89	19.0	0.0	485.99	230.00	185.00	0.86
	85.05	g	76	16.2	0.0	413.34	195.61	157.34	0.73
	3.00	oz							
Spiny, mixed species, cooked, moist heat	100.00	g	143	26.4	3.1	227.00	208.00	229.00	1.94
	85.05	g	122	22.5	2.7	193.06	176.90	194.76	1.65
	3.00	oz							

SCALLOPS	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Mixed species, raw	100.00	g	69	12.1	3.2	392.00	205.00	12.80	0.49
	113.40	g	78	13.7	3.6	444.53	232.47	14.52	0.56
	4.00	oz							
Bay and Sea, steamed	100.00	g	111	20.5	5.4	667.00	314.00	426.00	0.84
	85.05	g	94	17.5	4.6	567.28	267.06	362.31	0.71
	3.00	oz							
mixed species, breaded and fried	100.00	g	216	18.1	10.1	464.00	333.00	236.00	10.94
	46.50	g	100	8.4	4.7	215.76	15.85	109.74	5.09
	3.00	pc s							
breaded, fried, fast food	100.00	g	268	10.9	26.7	637.99	204.00	203.00	13.47
	85.05	g	228	9.3	22.7	542.61	173.50	172.65	11.46
	3.00	oz							
HERRING									
Pacific, raw	100.00	g	195	16.4	0.0	73.99	422.96	227.98	13.88
	113.40	g	221	18.6	0.0	83.91	479.64	258.53	15.74
	4.00	oz							
Atlantic, raw	100.00	g	158	18.0	0.0	89.99	326.97	235.98	9.04
	113.40	g	179	20.4	0.0	102.05	370.78	267.60	10.25
	4.00	oz							
Pacific, cooked, dry heat	100.00	g	250	21.0	0.0	95.00	541.99	292.00	17.79
	85.05	g	213	17.9	0.0	80.80	460.97	248.34	15.13
	3.00	oz							
Atlantic, cooked, dry heat	100.00	g	203	23.0	0.0	115.00	419.00	303.00	11.49
	85.05	g	173	19.6	0.0	97.81	356.36	257.70	9.86
	3.00	oz							
Roe or eggs, Pacific (Alaska Native)	100.00	g	74	9.6	4.5	61.00	na	na	1.93
	85.05	g	63	8.2	3.8	51.88	na	na	1.64
	3.00	oz							

CRAYFISH/ CRAWFISH	SERVING QUANTITY	S E R V I N G	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Mixed species, farmed, raw	100.00	g	72	14.9	0.0	62.00	261.00	218.00	0.97
	113.40	g	82	16.8	0.0	70.31	295.97	247.21	1.10
	4.00	oz							
Mixed species, wild, raw	100.00	g	77	16.0	0.0	58.00	302.00	256.00	0.95
	113.40	g	87	18.1	0.0	65.77	342.47	290.30	1.08
	4.00	oz							
Mixed species, farmed, cooked, moist heat	100.00	g	87	17.5	0.0	97.00	238.00	241.00	0.22
	85.05	g	74	14.9	0.0	82.50	202.42	204.97	0.18
	3.00	oz							
mixed species, wild, cooked, moist heat	100.00	g	82	16.8	0.0	94.00	296.00	270.00	1.20
	85.05	g	70	14.3	0.0	79.95	251.75	229.63	1.02
	3.00	oz							
SQUID (CALAMARI)									
mixed species, fried	100.00	g	175	17.9	7.8	306.00	279.00	251.00	7.48
	85.05	g	149	15.3	6.6	260.25	237.29	213.47	6.36
	3.00	oz							
mixed species, raw	100.00	g	92	15.6	3.1	44.00	246.00	221.00	1.38
boneless	113.40	g	104	17.7	3.5	49.90	278.96	250.61	1.56
	4.00	oz							

EGG	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
chicken, raw, large	100.00	g	143	12.6	0.7	142.00	138.00	198.00	9.51
	50.00	g	72	6.3	0.4	71.00	69.00	99.00	4.76
	1.00	pc							
chicken, fried, large	100.00	g	196	13.6	0.8	207.00	152.00	215.00	14.84
	46.00	g	90	6.3	0.4	95.22	69.92	98.90	6.83
	1.00	pc							
chicken, poached, large	100.00	g	143	12.5	0.7	297.00	138.00	197.00	9.47
	50.00	g	72	6.3	0.4	148.50	69.00	98.50	4.74
	1.00	pc							
chicken, hard boiled, large	100.00	g	155	12.6	1.1	124.00	126.00	172.00	10.61
	50.00	g	78	6.3	0.6	62.00	63.00	86.00	5.31
	1.00	pc							
scrambled, fast food	100.00	g	212	13.8	2.1	187.00	147.00	242.00	16.18
	94.00	g	199	13.0	2.0	175.78	138.18	227.48	15.21
	2.00	pc							
substitute, liquid	100.00	g	84	12.0	0.6	177.00	330.00	121.00	3.31
	251.00	g	211	30.1	1.6	444.27	828.30	303.71	8.31
	1.00	c							
substitute, powder	100.00	g	443	55.8	21.8	798.19	742.31	476.92	12.97
	9.92	g	44	5.5	2.2	79.20	73.66	47.32	1.29
	0.35	oz							
substitute, frozen	100.00	g	160	11.3	3.2	199.00	213.00	72.00	11.11
	60.00	g	96	6.8	1.9	119.40	127.80	43.20	6.67
	0.25	c							
chicken, egg whites only, raw large egg	100.00	g	52	10.9	0.7	166.00	163.00	15.00	0.17
	33.00	g	17	3.6	0.2	54.78	53.79	4.95	0.06
	1.00	pc							
chicken, yolk only, raw large egg	100.00	g	322	15.9	3.6	48.00	109.00	390.00	26.54
	17.00	g	55	2.7	0.6	8.16	18.53	66.30	4.51
	1.00	pc							
chicken, whole, raw, frozen	100.00	g	147	12.3	1.0	128.00	135.00	193.00	9.95
	56.70	g	83	7.0	0.6	72.57	76.54	109.43	5.64
	2.00	oz							
yolk only, frozen, raw	100.00	g	296	15.5	0.8	67.00	121.00	419.99	25.60
	56.70	g	168	8.8	0.5	37.99	68.61	238.14	14.51
	2.00	oz							
whites, frozen, raw	100.00	g	48	10.2	1.0	169.00	169.00	13.00	0.00
	56.70	g	27	5.8	0.6	95.82	95.82	7.37	0.00
	2.00	oz							
duck, raw	100.00	g	185	12.8	1.5	146.00	222.00	220.00	13.77
	70.00	g	130	9.0	1.0	102.20	155.40	154.00	9.64
	1.00	pc							
quail, raw	100.00	g	158	13.1	0.4	141.00	132.00	226.00	11.09
	9.00	g	14	1.2	0.0	12.69	11.88	20.34	1.00
	1.00	pc							

CHICKEN	SERVING QUANTITY	SERVING	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
ground, raw	100.00	g	143	17.4	0.0	60.00	522.00	178.00	8.10
meat and skin, raw	100.00	g	215	18.6	0.0	70.00	189.00	147.00	15.06
	113.40	g	244	21.1	0.0	79.38	214.33	166.70	17.08
	4.00	oz							
meat and skin, roasted	100.00	g	239	27.3	0.0	82.00	223.00	182.00	13.60
	85.05	g	203	23.2	0.0	69.74	189.66	154.79	11.57
	3.00	oz							
thigh meat only, fried	100.00	g	218	28.2	1.2	95.00	259.00	199.00	10.30
	85.05	g	185	24.0	1.0	80.80	220.28	169.25	8.76
	3.00	oz							
thigh meat only, roasted	100.00	g	179	24.8	0.0	106.00	269.00	230.00	8.15
	85.05	g	152	21.1	0.0	90.15	228.78	195.61	6.93
	3.00	oz							
wing meat only, fried	100.00	g	211	30.2	0.0	91.00	208.00	164.00	9.15
	85.05	g	179	25.6	0.0	77.39	176.90	139.48	7.78
	3.00	oz							
wing meat only, roasted	100.00	g	203	30.5	0.0	92.00	210.00	166.00	8.13
	85.05	g	173	26.0	0.0	78.25	178.60	141.18	6.91
	3.00	oz							
wing meat only, stewed	100.00	g	181	27.2	0.0	73.00	153.00	134.00	7.18
	85.05	g	154	23.1	0.0	62.09	130.12	113.97	6.11
	3.00	oz							
back meat only, fried	100.00	g	288	30.0	5.7	99.00	251.00	176.00	4.12
	85.05	g	245	25.5	4.8	84.20	213.47	149.69	3.50
	3.00	oz							
back meat only, roasted	100.00	g	239	28.2	0.0	96.00	237.00	165.00	13.16
	85.05	g	203	24.0	0.0	81.65	201.57	140.33	11.19
	3.00	oz							
back meat only, stewed	100.00	g	209	25.3	0.0	67.00	158.00	130.00	11.19
	85.05	g	178	21.5	0.0	56.98	134.38	110.56	9.52
	3.00	oz							
drumstick meat only, fried	100.00	g	195	28.6	0.0	96.00	249.00	186.00	8.08
	85.05	g	166	24.3	0.0	81.65	211.77	158.19	6.87
	3.00	oz							
drumstick meat only, roasted	100.00	g	155	24.2	0.0	128.00	256.00	200.00	5.70
	85.05	g	132	20.6	0.0	108.86	217.73	170.10	4.85
	3	oz							

CHICKEN	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
drumstick meat only, stewed	100.00	g	169	27.5	0.0	80.00	199.00	150.00	5.71
	85.05	g	144	23.4	0.0	68.04	169.25	127.57	4.86
	3.00	oz							
leg meat only, fried	100.00	g	208	28.4	0.7	96.00	254.00	193.00	9.32
	85.05	g	177	24.1	0.6	81.65	216.02	164.14	7.93
	3.00	oz							
leg meat only, roasted	100.00	g	174	24.2	0.0	99.00	269.00	205.00	7.80
	85.05	g	148	20.6	0.0	84.20	228.78	174.35	6.63
	3.00	oz							
leg meat only, stewed	100.00	g	185	26.3	0.0	78.00	190.00	149.00	8.06
	85.05	g	157	22.3	0.0	66.34	161.59	126.72	6.85
	3.00	oz							
pate, chicken liver, canned	100.00	g	201	13.5	6.6	386.00	95.00	175.00	13.10
	52.00	g	105	7.0	3.4	200.72	49.40	91.00	6.81
	4.00	tb sp							
chicken tenders, fast food	100.00	g	271	19.2	17.3	769.00	373.00	282.00	13.95
	62.00	g	168	11.9	10.7	476.78	231.26	174.84	8.65
	4.00	pc s							
chicken patty, frozen, cooked	100.00	g	287	14.9	12.8	532.00	261.00	208.00	19.58
bratwurst, chicken, cooked	100.00	g	176	19.4	0.0	72.00	211.00	160.00	10.30
	83.92	g	148	16.3	0.0	60.42	177.06	134.27	8.69
	2.96	oz							
sausage, chicken/beef, smoked	100.00	g	295	18.5	0.0	1,020.00	139.00	111.00	244.00
	138.00	g	251	15.7	0.0	867.51	118.22	94.41	20.41
	1.00	c							

TURKEY	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
breast, meat & skin, raw	100.00	g	144	21.6	0.1	112.00	224.00	183.00	5.64
	113.40	g	163	24.5	0.2	127.01	254.02	207.52	6.40
	4.00	oz							
breast, meat & skin, roasted	100.00	g	189	28.6	0.1	103.00	239.00	223.00	7.39
	85.05	g	161	24.3	0.1	87.60	203.27	189.66	6.29
	3.00	oz							
breast, meat only, raw	100.00	g	114	23.3	0.0	74.00	267.00	185.00	2.33
	85.05	g	97	19.9	0.0	62.94	227.08	157.34	1.98
	3.00	oz							
breast, meat only, roasted	100.00	g	136	29.5	0.0	114.00	297.00	253.00	1.97
	85.05	g	116	25.1	0.0	96.96	252.60	215.17	1.68
	3.00	oz							
ground, raw	100.00	g	148	20.0	0.0	58.00	237.00	200.00	7.66
	113.40	g	168	22.3	0.0	65.77	268.76	226.80	8.69
	4.00	oz							
ground, cooked	100.00	g	203	27.4	0.0	78.00	294.00	254.00	10.40
	85.05	g	173	23.3	0.0	66.34	250.04	216.02	8.85
	3.00	oz							
white rotisserie, deli cut	100.00	g	112	13.5	7.7	1,200.00	349.00	158.00	3.00
	56.70	g	64	7.7	4.4	680.40	197.88	89.59	1.70
	2.00	oz							
ham, extra lean, sliced	100.00	g	134	19.6	0.9	1,038.00	299.00	304.00	5.80
	20.00	g	27	3.9	0.2	207.60	59.80	60.80	1.16
	1.00	pc							
pastrami, sliced	100.00	g	139	16.3	3.3	1,123.00	345.00	200.00	6.21
	56.70	g	79	9.2	1.9	636.74	195.62	113.40	3.52
	2.00	slices							
bologna	100.00	g	209	11.4	4.7	1,071.00	135.00	114.00	16.05
	56.70	g	119	6.5	2.7	607.26	76.55	64.64	9.10
	2.00	slices							
salami	100.00	g	172	19.2	1.6	1,107.00	216.00	266.00	9.21
	56.70	g	98	10.9	0.9	627.67	122.47	150.82	5.22
	2.00	slices							
bacon, turkey, cooked	100.00	g	382	29.6	3.1	2,285.00	395.00	460.00	27.90
	28.35	g	108	8.4	0.9	647.80	111.98	130.41	7.91
	1.00	oz							
bacon, turkey, low sodium	100.00	g	253	13.3	4.8	900.00	156.00	145.00	20.00
	15.00	g	38	2.0	0.7	135.00	23.40	21.75	3.00
	1.00	sv							
sausage, turkey, cooked	100.00	g	196	23.9	0.0	665.00	298.00	202.00	10.44
	56.70	g	111	13.6	0.0	377.06	168.97	114.53	5.92
	2.00	oz							

PORK	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
ground, cooked	100.00	g	297	25.7	0.0	73.00	362.00	226.00	20.77
	85.05	g	253	21.9	0.0	62.09	307.88	192.21	17.66
	3.00	oz							
ground, raw	100.00	g	263	16.9	0.0	56.00	287.00	175.00	21.19
	113.40	g	298	19.1	0.0	63.50	325.46	198.45	24.03
	4.00	oz							
loin, sirloin, roasts, separable lean roasted	100.00	g	204	27.8	0.0	59.00	352.00	235.00	9.44
	85.05	g	174	23.6	0.0	50.18	299.37	199.87	8.03
	3.00	oz							
loin, center rib, separable lean, roasted	100.00	g	206	28.8	0.0	95.00	287.00	244.00	9.21
	85.05	g	175	24.5	0.0	80.80	244.09	207.52	7.83
	3.00	oz							
loin, sirloin, boneless, separable lean roasted	100.00	g	178	30.4	0.0	66.00	408.00	311.00	5.31
	85.05	g	151	25.9	0.0	56.13	347.00	264.50	4.52
	3.00	oz							
loin, center rib, boneless roasted	100.00	g	214	28.8	0.0	50.00	363.00	222.00	10.13
	85.05	g	182	24.5	0.0	42.52	308.73	188.81	8.62
	3.00	oz							
shoulder blade, boston roasts roasted turkey, salt.	100.00	g	232	24.2	0.0	88.00	427.00	235.00	14.30
	85.05	g	197	20.6	0.0	74.84	363.16	199.87	12.16
	3.00	oz							
shoulder, whole, roasted	100.00	g	230	25.3	0.0	74.96	345.80	220.87	13.53
	85.05	g	196	21.5	0.0	63.75	294.10	187.85	11.51
	3.00	oz							
loin, whole, roasted	100.00	g	209	28.6	0.0	58.00	425.00	249.00	9.63
	85.05	g	178	24.3	0.0	49.33	361.46	211.77	8.19
	3.00	oz							
leg or ham, whole, roasted	100.00	g	211	29.4	0.0	64.00	373.00	281.00	9.44
	85.05	g	179	25.0	0.0	54.43	317.23	238.99	8.03
	3.00	oz							
loin, tenderloin, separable lean & fat roasted	100.00	g	147	26.0	0.0	57.00	419.00	265.00	3.96
	85.05	g	125	22.2	0.0	48.48	356.36	225.38	3.37
	3.00	oz							
ground, cooked	100.00	g	297	25.7	0.0	73.00	362.00	226.00	20.77
	85.05	g	253	21.9	0.0	62.09	307.88	192.21	17.66
	3.00	oz							

PORK	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
bacon, cured, broiled, panfried or roasted	100.00	g	541	37.0	1.4	1,717.00	565.00	533.00	41.78
	8.00	g	43	3.0	0.1	137.36	45.20	42.64	3.34
	1.00	slice							
bacon, reduced sodium, cured broiled, panfried or roasted	100.00	g	541	37.0	1.4	1,030.00	565.00	533.00	41.78
	56.70	g	307	21.0	0.8	584.01	320.36	302.21	23.69
	2.00	oz							
country style ribs, separable lean & fat roasted	100.00	g	359	21.8	0.0	52.00	322.00	214.00	29.46
	85.05	g	305	18.5	0.0	44.23	273.86	182.00	25.06
	3.00	oz							
sirloin, chops or roasts, boneless, raw	100.00	g	121	22.8	0.0	63.00	354.00	251.00	2.59
	113.40	g	137	25.9	0.0	71.44	401.44	284.63	2.94
	4.00	oz							
kidney, braised	100.00	g	151	25.4	0.0	80.00	143.00	240.00	4.70
	85.05	g	128	21.6	0.0	68.04	121.62	204.12	4.00
	3.00	oz							
liver, braised	100.00	g	165	26.0	3.8	49.00	150.00	241.00	4.40
	85.05	g	140	22.1	3.2	41.67	127.57	204.97	3.74
	3.00	oz							
ham, minced, sliced	100.00	g	263	16.3	1.8	1,245.00	311.00	157.00	20.68
	21.00	g	55	3.4	0.4	261.45	65.31	32.97	4.34
	1.00	slice							
ham, extra lean, 5% fat	100.00	g	107	16.9	0.7	944.99	463.00	252.00	4.04
	85.05	g	91	14.3	0.6	803.71	393.78	214.32	3.44
	3.00	oz							
ham, low sodium, cured, cooked	100.00	g	165	22.0	0.5	969.00	362.00	248.00	7.70
	85.05	g	140	18.7	0.4	824.13	307.88	210.92	6.55
	3.00	oz							
sausages, Kielbasa, grilled	100.00	g	337	12.5	5.0	1,061.99	306.00	204.00	29.68
	85.05	g	287	10.6	4.3	903.22	260.25	173.50	25.24
	3.00	oz							
Kielbasa, panfried	100.00	g	333	12.4	4.8	1,045.99	304.00	199.00	29.43
	85.05	g	283	10.5	4.1	889.61	258.55	169.25	25.03
	3.00	oz							
Beerwurst, pork/beef	100.00	g	276	14.0	4.3	732.00	244.00	135.00	22.53
	56.70	g	156	7.9	2.4	415.04	138.35	76.55	12.77
	2.00	oz							

PORK	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Italian Sweet, links	100.00	g	149	16.1	2.1	570.00	194.00	103.00	8.42
	85.05	g	127	13.7	1.8	484.79	165.00	87.60	7.16
	3.00	oz							
Polish, pork, cooked	100.00	g	326	14.1	1.6	875.99	237.00	136.00	28.72
	56.70	g	185	8.0	0.9	496.68	134.38	77.11	16.28
	2.00	oz							
Bratwurst, pork, cooked	100.00	g	333	13.7	2.9	845.99	347.99	208.00	29.18
	56.70	g	189	7.8	1.6	479.67	197.31	117.93	16.54
	2.00	oz							
meatloaf/ luncheon meat pork/beef	100.00	g	260	15.4	1.6	1,182.00	245.00	122.00	20.90
	23.00	g	60	3.5	0.4	271.86	56.35	28.06	4.81
	1.00	slice							
peperoni, beef/pork	100.00	g	504	19.3	1.2	1,581.97	274.00	158.00	46.28
	56.70	g	286	11.0	0.7	896.98	155.36	89.58	26.24
	2.00	oz							
salami, italian, pork	100.00	g	425	21.7	1.2	1,890.00	340.00	229.00	37.00
	28.35	g	120	6.2	0.3	535.82	96.39	64.92	10.49
	1.00	oz							

LAMB	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
tenderloin, New Zealand, separable lean only, raw	100.00	g	116	20.5	0.0	49.00	381.00	222.00	3.81
	85.05	g	99	17.5	0.0	41.67	324.04	188.81	3.24
	3.00	oz							
loin, NZ, separable lean, frozen, broiled	100.00	g	199	29.3	0.0	55.00	189.00	240.00	8.24
	85.05	g	169	24.9	0.0	46.78	160.74	204.12	7.01
	3.00	oz							
australian, separable lean, 1/8" fat, cooked	100.00	g	201	26.7	0.0	80.00	318.00	207.00	9.63
	85.05	g	171	22.7	0.0	68.04	270.46	176.05	8.19
	3.00	oz							
Australian, separable lean, 1/8" fat, raw	100.00	g	142	20.3	0.0	83.00	320.00	188.00	6.18
	113.40	g	161	23.0	0.0	94.12	362.88	213.19	7.01
	4.00	oz							
Australian, ground, 85%Lean/15%fat, raw	100.00	g	255	17.1	0.0	65.49	na	na	20.17
	85.05	g	217	14.6	0.0	77.00	na	na	17.61
	3.00	oz							
NZ, rib, separable lean, frozen, raw	100.00	g	160	20.7	0.0	67.00	309.00	185.00	8.61
	113.40	g	181	23.4	0.0	75.98	350.41	209.79	9.76
	4.00	oz							
NZ, rib, separable lean, frozen, roasted	100.00	g	193	24.4	0.0	72.00	323.00	209.00	10.63
	85.05	g	164	20.8	0.0	61.24	274.71	177.75	9.04
	3.00	oz							
VEAL									
separable lean, cooked	100.00	g	196	32.0	0.0	89.00	338.00	250.00	6.58
	85.05	g	167	27.1	0.0	75.69	287.47	212.62	5.60
	3.00	oz							
liver, pan fried	100.00	g	193	27.4	4.5	85.00	353.00	482.99	6.51
	85.05	g	164	23.3	3.8	72.29	300.22	410.79	5.54
	3.00	oz							
sausage, bratwurst, veal, cooked	100.00	g	341	14.0	0.0	60.00	231.00	150.00	31.70
	83.92	g	286	11.7	0.0	50.35	193.85	125.87	26.60
	2.96	oz							
ground, pan fried	100.00	g	503	8.9	0.9	89.00	107.00	133.00	51.60
	85.05	g	428	7.5	0.8	75.69	91.00	113.12	43.89
	3.00	oz							

VEAL	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
sirloin, separable, lean, braised	100.00	g	204	34.0	0.0	81.00	339.00	259.00	6.51
	85.05	g	174	28.9	0.0	68.89	288.32	220.28	5.54
	3.00	oz							
sirloin separable lean, roasted	100.00	g	168	26.3	0.0	85.00	365.00	231.00	6.22
	85.05	g	143	22.4	0.0	72.29	310.43	196.46	5.29
	3.00	oz							
sirloin, lean, raw	100.00	g	110	20.2	0.0	80.00	348.00	220.00	2.59
	113.40	g	125	22.9	0.0	90.72	394.63	249.48	2.94
	4.00	oz							
loin, lean and fat, braised	100.00	g	284	30.2	0.0	80.00	280.00	220.00	17.21
	85.05	g	242	25.7	0.0	68.04	238.14	187.11	14.64
	3.00	oz							
loin, lean and fat, roasted	100.00	g	217	25.0	0.0	93.00	325.00	212.00	12.32
	85.05	g	185	21.1	0.0	79.10	276.41	180.30	10.48
	3.00	oz							
loin, lean, braised	100.00	g	226	33.6	0.0	84.00	297.00	237.00	9.15
	85.05	g	192	28.6	0.0	71.44	252.60	201.57	7.78
	3.00	oz							
loin, lean, roasted	100.00	g	175	26.3	0.0	96.00	340.00	222.00	6.94
	85.05	g	149	22.4	0.0	81.65	289.17	188.81	5.90
	3.00	oz							
loin, lean, raw	100.00	g	114	21.9	0.0	99.00	260.00	237.00	2.90
	113.40	g	129	24.8	0.0	112.27	294.84	268.76	3.29
	4.00	oz							
loin, chop, lean and fat, grilled	100.00	g	198	28.0	0.2	86.00	229.00	208.00	9.48
	85.05	g	168	23.9	0.1	73.14	194.76	176.90	8.06
	3.00	oz							
bratwurst, veal, cooked	100.00	g	341	14.0	0.0	60.00	231.00	150.00	31.70
	83.92	g	286	11.7	0.0	50.35	193.85	125.87	26.60
	2.96	oz							