

Food Composition Table

| Food Item | Weight | Cal | Type of Measure | Protein | Fat | Carb | Fiber | Sugar | Sodium | Calcium | Iron | Vitamin A | Vitamin C |
|--|--------|------|-----------------|---------|-------|-------|-------|-------|--------|---------|-------|-----------|-----------|
| Baby Food | | | | | | | | | | | | | |
| Baby Food, Applesauce | 113.00 | 4.00 | Ounce | 40.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Baby Food, Bananas w/ Tapioca | 113.00 | 4.00 | Ounce | 64.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Baby Food, Barley, Food w/ Whole Milk | 28.25 | 1.00 | Ounce | 31.47 | 1.30 | 0.04 | 4.42 | 0.00 | 40.21 | 0.00 | 0.01 | 0.00 | 0.01 |
| Baby Food, Beef | 71.00 | 2.50 | Ounce | 70.26 | 10.00 | 3.44 | 0.00 | 0.00 | 5.44 | 1.17 | 4.00 | 0.00 | 0.00 |
| Baby Food, Beef and Rice | 170.00 | 6.00 | Ounce | 139.40 | 6.50 | 4.00 | 14.00 | 0.00 | 18.70 | 1.17 | 13.00 | 0.00 | 0.00 |
| Baby Food, Beef Lasagna | 170.00 | 6.00 | Ounce | 130.00 | 7.14 | 3.07 | 17.00 | 0.00 | 00.00 | 1.40 | 10.70 | 0.00 | 0.00 |
| Baby Food, Beef Macaroni | 170.00 | 6.00 | Ounce | 90.00 | 4.25 | 3.20 | 10.00 | 1.07 | 10.00 | 0.70 | 11.00 | 0.00 | 0.00 |
| Baby Food, Beef Stew | 170.00 | 6.00 | Ounce | 90.70 | 6.07 | 2.04 | 9.00 | 1.07 | 10.00 | 1.00 | 10.70 | 0.00 | 0.00 |
| Baby Food, Beans | 113.00 | 4.00 | Ounce | 34.00 | 1.50 | 0.00 | 0.70 | 2.10 | 14.00 | 0.50 | 10.00 | 0.00 | 0.00 |
| Baby Food, Carrots | 113.00 | 4.00 | Ounce | 31.00 | 0.00 | 0.00 | 0.00 | 1.00 | 20.00 | 0.40 | 10.00 | 0.00 | 0.00 |
| Baby Food, Cornal & Egg Yolk | 170.00 | 6.00 | Ounce | 60.00 | 3.00 | 3.10 | 10.10 | 1.00 | 41.00 | 0.07 | 1.00 | 0.00 | 0.00 |
| Baby Food, Cornal, Egg Yolk, & Bacon | 170.00 | 6.00 | Ounce | 104.00 | 4.20 | 0.00 | 10.00 | 1.00 | 47.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Baby Food, Chicken | 71.00 | 2.00 | Ounce | 100.70 | 10.44 | 0.00 | 0.00 | 0.00 | 00.00 | 0.70 | 7.00 | 0.00 | 0.00 |
| Baby Food, Chicken Noodle | 170.00 | 6.00 | Ounce | 60.00 | 4.00 | 2.00 | 14.00 | 1.00 | 20.70 | 0.00 | 11.00 | 0.00 | 0.00 |
| Baby Food, Chicken Soup | 113.00 | 4.00 | Ounce | 37.00 | 1.00 | 1.00 | 4.10 | 1.00 | 42.00 | 0.01 | 0.00 | 0.00 | 0.00 |
| Baby Food, Chicken Strips | 71.00 | 2.00 | Ounce | 100.00 | 10.07 | 10.00 | 0.00 | 0.00 | 01.00 | 1.10 | 0.00 | 0.00 | 0.00 |
| Baby Food, Chicken, Applesauce | 0.00 | 1.00 | Each | 0.00 | 0.70 | 0.00 | 0.00 | 0.00 | 0.00 | 0.10 | 1.00 | 0.00 | 0.00 |
| Baby Food, Corn, Creamed | 113.00 | 4.00 | Ounce | 100.00 | 1.00 | 0.00 | 10.00 | 2.00 | 00.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Baby Food, Fruit Dressing | 170.00 | 6.00 | Ounce | 107.10 | 0.01 | 0.00 | 20.00 | 1.00 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Baby Food, Green Beans | 113.00 | 4.00 | Ounce | 20.00 | 1.00 | 0.04 | 0.70 | 2.10 | 44.00 | 0.00 | 27.00 | 0.00 | 0.00 |
| Baby Food, Ham | 71.00 | 2.50 | Ounce | 60.70 | 10.70 | 4.70 | 0.00 | 0.00 | 0.70 | 0.70 | 7.00 | 0.00 | 0.00 |
| Baby Food, Juice, Apple | 127.00 | 4.00 | Fl Oz | 61.07 | 0.00 | 0.10 | 10.00 | 0.10 | 0.04 | 0.70 | 0.00 | 0.00 | 0.00 |
| Baby Food, Juice, Mixed Fruit | 127.00 | 4.00 | Fl Oz | 30.00 | 0.10 | 0.10 | 14.70 | 0.10 | 10.10 | 0.40 | 0.00 | 0.00 | 0.00 |
| Baby Food, Juice, Orange | 127.00 | 4.00 | Fl Oz | 30.00 | 0.70 | 0.00 | 10.00 | 0.10 | 10.04 | 0.00 | 11.00 | 0.00 | 0.00 |
| Baby Food, Macaroni and Cheese | 170.00 | 6.00 | Ounce | 100.70 | 4.40 | 3.40 | 10.00 | 0.01 | 00.70 | 0.01 | 11.00 | 0.00 | 0.00 |
| Baby Food, Macaroni and Tomato and Beef | 170.00 | 6.00 | Ounce | 100.00 | 4.20 | 1.07 | 10.00 | 1.07 | 20.00 | 0.01 | 11.00 | 0.00 | 0.00 |
| Baby Food, Meat Strips | 71.00 | 2.00 | Ounce | 100.00 | 0.01 | 10.07 | 0.70 | 0.10 | 04.10 | 0.00 | 7.00 | 0.00 | 0.00 |
| Baby Food, Mixed Vegetable | 170.00 | 6.00 | Ounce | 70.00 | 3.40 | 0.70 | 10.00 | 2.00 | 10.00 | 0.70 | 10.00 | 0.00 | 0.00 |
| Baby Food, Chicken Noodle | 170.00 | 6.00 | Ounce | 64.00 | 4.00 | 2.00 | 14.00 | 1.00 | 20.00 | 0.00 | 10.00 | 0.00 | 0.00 |
| Baby Food, Peach Dobbler | 113.00 | 4.00 | Ounce | 70.00 | 0.00 | 0.00 | 20.10 | 0.00 | 0.00 | 0.10 | 0.00 | 0.00 | 0.00 |
| Baby Food, Peaches | 113.00 | 4.00 | Ounce | 60.00 | 0.00 | 0.00 | 21.40 | 1.70 | 7.00 | 0.07 | 7.00 | 0.00 | 0.00 |
| Baby Food, Pears | 113.00 | 4.00 | Ounce | 60.00 | 0.00 | 0.00 | 10.00 | 4.10 | 0.00 | 0.07 | 0.00 | 0.00 | 0.00 |
| Baby Food, Peas | 113.00 | 4.00 | Ounce | 40.00 | 0.00 | 0.00 | 0.00 | 2.40 | 20.00 | 1.00 | 17.00 | 0.00 | 0.00 |
| Baby Food, Puffs w/ Tapioca | 170.00 | 6.00 | Ounce | 100.00 | 0.17 | 0.00 | 04.00 | 0.04 | 10.00 | 0.07 | 0.00 | 0.00 | 0.00 |
| Baby Food, Rice, Food w/ Whole Milk | 28.25 | 1.00 | Ounce | 30.00 | 1.11 | 1.00 | 4.70 | 0.00 | 07.70 | 0.40 | 10.70 | 0.00 | 0.00 |
| Baby Food, Rice, w/ Mixed Fruit | 170.00 | 6.00 | Ounce | 104.00 | 1.00 | 0.04 | 01.10 | 1.00 | 27.00 | 0.40 | 0.00 | 0.00 | 0.00 |
| Baby Food, Spaghetti and Tomato and Meat | 170.00 | 6.00 | Ounce | 110.00 | 4.07 | 2.00 | 10.00 | 1.07 | 20.00 | 0.00 | 10.70 | 0.00 | 0.00 |
| Baby Food, Spinach, Creamed | 113.00 | 4.00 | Ounce | 40.00 | 2.00 | 1.00 | 0.40 | 2.00 | 10.10 | 0.70 | 00.00 | 0.00 | 0.00 |
| Baby Food, Squash | 113.00 | 4.00 | Ounce | 27.00 | 0.00 | 0.00 | 0.00 | 0.40 | 27.00 | 0.04 | 10.00 | 0.00 | 0.00 |
| Baby Food, Sweet Potatoes | 113.00 | 4.00 | Ounce | 64.00 | 1.00 | 0.10 | 10.00 | 1.70 | 10.00 | 0.40 | 10.00 | 0.00 | 0.00 |
| Baby Food, Teaching Biscuits | 71.00 | 1.00 | Each | 40.00 | 1.00 | 0.00 | 0.40 | 0.00 | 20.00 | 0.00 | 4.00 | 0.00 | 0.00 |
| Baby Food, Tropical Fruit | 113.00 | 4.00 | Ounce | 64.00 | 0.70 | 0.00 | 10.00 | 1.00 | 0.00 | 0.00 | 20.00 | 0.00 | 0.00 |
| Baby Food, Turkey | 71.00 | 2.50 | Ounce | 61.00 | 10.00 | 0.04 | 0.00 | 0.00 | 10.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Baby Food, Turkey and Rice | 170.00 | 6.00 | Ounce | 90.00 | 4.00 | 1.00 | 10.07 | 1.70 | 40.00 | 0.70 | 10.00 | 0.00 | 0.00 |
| Baby Food, Turkey Strips | 71.00 | 2.00 | Ounce | 100.00 | 0.70 | 10.00 | 0.00 | 0.00 | 01.10 | 0.00 | 11.00 | 0.00 | 0.00 |
| Baked Goods | | | | | | | | | | | | | |
| Bagels, Branched | 100.00 | 1.00 | Each | 204.00 | 10.70 | 1.00 | 00.40 | 1.70 | 07.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Bagels, Cream Cheese Raisin | 100.00 | 1.00 | Each | 200.00 | 10.00 | 1.00 | 00.00 | 2.40 | 20.00 | 0.00 | 20.00 | 0.00 | 0.00 |
| Bagels, Egg | 100.00 | 1.00 | Each | 200.00 | 11.10 | 1.00 | 00.70 | 2.40 | 14.00 | 0.10 | 20.00 | 0.00 | 0.00 |
| Bagels, One Bran | 100.00 | 1.00 | Each | 200.00 | 11.00 | 1.00 | 00.00 | 2.40 | 10.00 | 0.00 | 20.00 | 0.00 | 0.00 |
| Bagels, Plain | 100.00 | 1.00 | Each | 200.00 | 11.00 | 1.00 | 00.10 | 2.40 | 10.00 | 0.00 | 20.00 | 0.00 | 0.00 |

PLACE KEY: B = Baby Food; B = Baked Goods; B = Breakfast; C = Cereals, Grains and Pasta; F = Fruit and Vegetables; G = Grains and Beans; M = Meats and Seafood; N = Nuts and Seeds; O = Oils and Dressings; P = Puddings, Creams and Soups; R = Raisins, Dried Fruit and Nuts; S = Spreads and Sauces; T = Soups; U = Snacks; V = Spreads and Sauces; W = Spreads and Sauces

Table Of Food Composition

Woot-tsuen Wu Leung, Marina Flores

Table Of Food Composition:

Food Composition Tables for the Near East Food and Agriculture Organization of the United Nations. Food Policy and Nutrition Division, Consumer Nutrition Center (U.S.), 1982-01-01 Abstract Data are presented in 3 major food composition tables for the nutrient content of foods consumed in the Near East including the amount of the various nutrients in 100 g of the edible portion of the food and the amount in the edible portion of 100 g of the food as purchased The 3 major tables provide food composition data for the proximate composition mineral and vitamin content of the foods the amino acid content and the fatty acid content The foods are organized under each of these tables into 14 food classes e g cereals and grain products sturdy roots and tubers nuts and seeds vegetables fruits meat and poultry eggs etc Five appendices e g factors used to calculate food nutrient contents common names of foods scientific names of plants and fish and 3 bibliographies data sources for food composition tables scientific nomenclature of plants and fish descriptions of selected processed foods are included wz Tables of Food Composition Giving Proximate Mineral and Vitamin Components of Foods (on a 100 Gram Basis) National Research Council (U.S.). Committee on Food Composition, 1944 *Food Composition Tables*, 1969 **Food Composition** Peter L. Pellett, Sossy Shadarevian, 1970 Composition Des Aliments, Tableaux Des Valeurs Nutritives Siegfried Walter Souci, Heimo Scherz, W. Fachmann, Friedrich Sener, 2000 This comprehensive book presents information for nutritional guidance and in all matters regarding the production marketing and control of food products The food composition and nutrition tables in this book which are presented in English German and French are the only published tables containing data on food allergens and pseudo allergens In addition the data allows for the fact that the nutritional assessment of food constituents is constantly changing **Food Composition Data** William M. Rand, 1987 Report of a conference held in Logan Utah USA 26 29 March 1985 Lao Food Composition Tables Sengchanh Kounnavong, 2014 Tables of Food Composition in Terms of Eleven Nutrients, 1945 **Food Composition Table for Use in Latin America** Woot-tsuen Wu Leung, Marina Flores, 1961 Abstract Data on 719 commonly used local and imported foods in Latin America were collected and standardized for use by nutrition workers in evaluating dietary habits promoting consumption of indigenous foods and facilitating agricultural planning Printed in English the tables provide access by scientific and popular Spanish and English names Food composition is provided for energy moisture protein fat carbohydrate fiber ash 3 minerals and 5 vitamins Conversion lists provide local weight units of 19 countries and metric and avoirdupois equivalents cj European Food Composition Tables in Translation Leonore Arab, Marion Wittler, Gotthard Schettler, 2012-12-06 The limited resources available for chemical analyses of components of interest in food has forced scientists to borrow data from published food composition works of other countries Due to language barriers this is often undertaken without due knowledge of the background and the instructions for use This collection of introductions translated in to English of frequently cited published food tables has been compiled with the assistance and cooperation of many collaborators

throughout the world We hope that the result will facilitate a more appropriate and extensive use of foreign food tables for scientific purposes Lenore Arab Marion Wittler Gotthard Schettler Introduction The following is a compilation of the introductory material included in the most recent edition of 19 of the published food composition tables of 14 European countries In most cases these translations were graciously provided by the producers of the tables or native speaking people working closely with the information concerned Recognition of the authors is given on each of the title pages The title page also includes full publication details of the various tables and summary information on the number of foods contained in the latest edition as well as the number of food components within the tables It should be noted that a complete list of components is not always given for each food either because the component is not present or data is not available

International Directory of Food Composition Tables Denise Heintze, William M. Rand, 1988 *Guide Lines for the Preparation of Tables of Food Composition* D. A. T. Southgate, Johann Carl Somogyi, Elsie May Widdowson, 1974

Principles of Nutritional Assessment Rosalind S. Gibson, 2005 With over 200 newly drafted figures many new tables drawn from the wealth of data published over the last 15 years this new edition has been thoroughly revised Tables of Food Composition in Terms of Eleven Nutrients United States. Bureau of Human Nutrition and Home Economics, 1945

Food Composition Tables for International Use Charlotte Chatfield, 1949 **Catalog. Supplement - Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.), 1976 Food and Nutrition Information and Educational Materials Center catalog Food and Nutrition Information Center (U.S.), 1976 **Food Composition Tables**, 1953 Encyclopedia of Human Nutrition Lindsay Allen, Andrew Prentice, 2005-07-20 Encyclopedia of Human Nutrition Second Edition is a thorough revision and 20% expansion of the 1998 release reflecting the continuing scientific advances in the field of human nutrition Now a four volume set nearly 300 articles with concise up to date information are complemented by an award winning indexing system Included is expanded coverage of epidemiology of diet related diseases functional foods food safety clinical nutrition and gastrointestinal disorders Virtually everyone will find the Encyclopedia of Human Nutrition an easy to use resource making it an ideal reference choice for both the professional and the non professional alike Also available online via ScienceDirect featuring extensive browsing searching and internal cross referencing between articles in the work plus dynamic linking to journal articles and abstract databases making navigation flexible and easy For more information pricing options and availability visit www.info.sciencedirect.com FEATURES OF SECOND PRINT EDITION Now a four volume set with over 250 articles Expanded coverage of epidemiology of diet related diseases functional foods food safety and gastrointestinal disorders among other topics ONLINE FEATURES AND FUNCTIONALITIES Browse the whole work by volume authors or article titles Full and extensive subject index can be searched or browsed online and takes you directly to the indexed paragraph section figure or table Basic and advanced search functionality across the entire work or by specific volume Users

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Culinary Nutrition Jacqueline B. Marcus, 2025-05-15 *Culinary Nutrition The Science and Practice of Healthy Cooking* Second Edition is one of the first textbooks specifically written to bridge the relationship between food science nutrition and culinology as well as consumer choices for diet health and enjoyment The book uses a comprehensive format with real life applications recipes and color photographs of finished dishes to emphasize the necessity of sustainably deliverable health beneficial and taste desirable products The book includes pedagogical elements to enhance and reinforce learning opportunities explores which foods and beverages involve the optimum nutritional values for dietary and health needs includes specific dietary requirements throughout the lifecycle and examines how foods and beverages are produced The fully revised second edition includes updated dietary and health guidelines and recommendations more vegan vegetarian and plant based meals updated protein carbohydrate fat vitamin and mineral recommendations environmental and sustainability considerations and much more Explores the connections among the technical sciences of nutrition food science and the culinary arts as well as consumer choices for diet health and enjoyment Presents laboratory type in class activities using limited materials with real life applications of complex scientific concepts Includes photographs and recipes that are integrated to enhance learning experiences Offers online support for qualified instructors and students including an exam test bank case studies hands on applications and recipes that are suitable for a variety of settings

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Table of Contents Table Of Food Composition

1. Understanding the eBook Table Of Food Composition
 - The Rise of Digital Reading Table Of Food Composition
 - Advantages of eBooks Over Traditional Books
2. Identifying Table Of Food Composition
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Table Of Food Composition
 - User-Friendly Interface
4. Exploring eBook Recommendations from Table Of Food Composition
 - Personalized Recommendations
 - Table Of Food Composition User Reviews and Ratings
 - Table Of Food Composition and Bestseller Lists
5. Accessing Table Of Food Composition Free and Paid eBooks
 - Table Of Food Composition Public Domain eBooks
 - Table Of Food Composition eBook Subscription Services
 - Table Of Food Composition Budget-Friendly Options

6. Navigating Table Of Food Composition eBook Formats
 - ePub, PDF, MOBI, and More
 - Table Of Food Composition Compatibility with Devices
 - Table Of Food Composition Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Table Of Food Composition
 - Highlighting and Note-Taking Table Of Food Composition
 - Interactive Elements Table Of Food Composition
8. Staying Engaged with Table Of Food Composition
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Table Of Food Composition
9. Balancing eBooks and Physical Books Table Of Food Composition
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Table Of Food Composition
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Table Of Food Composition
 - Setting Reading Goals Table Of Food Composition
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Table Of Food Composition
 - Fact-Checking eBook Content of Table Of Food Composition
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

Table Of Food Composition Introduction

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