

# Food Composition Table

Food Item	Weight	Cal	Type of Measure	Protein	Fat	Carb	Fiber	Sugar	Sodium	Calcium	Iron	Vitamin A	Vitamin C
<b>Baby Food</b>													
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	0.44	0.00	0.00	0.44	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	0.07	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	0.20	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	0.04	0.00	1.07	10.00	1.00	10.70	0.00	0.00
Baby Food, Beans	113.00	4.00	Ounce	30.00	1.50	0.00	0.70	2.10	10.00	0.50	10.00	0.00	0.00
Baby Food, Carrots	113.00	4.00	Ounce	31.00	0.50	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	0.00	0.10	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	4.25	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	0.01	10.00	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	0.10	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	0.00	0.01	0.00	0.00	0.00
Baby Food, Chicken, Applesauce	6.00	1.00	Each	0.00	0.70	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Baby Food, Corn, Creamed	113.00	4.00	Ounce	100.00	1.00	0.00	10.00	0.00	00.00	0.00	0.00	0.00	0.00
Baby Food, Fruit Dressing	170.00	6.00	Ounce	107.00	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	40.00	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	0.00	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	10.00	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	10.00	0.00	11.00	0.00	0.00
Baby Food, Macaroni and Cheese	170.00	6.00	Ounce	100.70	4.40	0.40	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	0.00	0.00	0.00	0.00	0.00	0.00
Baby Food, Mixed Vegetable	170.00	6.00	Ounce	70.00	0.40	0.70	10.00	0.00	10.00	0.70	10.00	0.00	0.00
Baby Food, Chicken Noodle	170.00	6.00	Ounce	60.00	4.00	0.00	10.00	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	20.00	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	21.00	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	4.00	0.30	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	00.00	0.00	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	0.00	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	0.00	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	0.00	1.00	0.40	0.00	10.00	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	0.00	10.00	0.00	0.00
Baby Food, Sweet Potatoes	113.00	4.00	Ounce	60.00	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	0.00	0.00	0.00
Baby Food, Tropical Fruit	113.00	4.00	Ounce	60.00	0.70	0.00	10.00	1.00	0.00	0.00	0.00	0.00	0.00
Baby Food, Turkey	71.00	2.50	Ounce	61.00	10.00	0.00	0.00	0.00	10.00	0.00	0.00	0.00	0.00
Baby Food, Turkey and Rice	170.00	6.00	Ounce	60.00	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	01.00	0.00	11.00	0.00	0.00
<b>Baked Goods</b>													
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	10.00	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:** ■ = Baby Food; ■ = Baked Goods; ■ = Beverages; ■ = Bread/Cracks and Pastry; ■ = Breakfast Foods/Cereals; ■ = Dairy and Eggs; ■ = Deli and Sides; ■ = Desserts and Pastries; ■ = Fats and Oils; ■ = Fruit and Vegetables; ■ = Grains and Beans; ■ = Nuts and Seeds; ■ = Restaurant Chain Fast Foods; ■ = Restaurant/Deli/Concessions; ■ = Soft and Hard Soft Drinks; ■ = Soups; ■ = Spreads and Sauces

# Table Of Food Composition

**Léo Pomar**



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