

NUTRITION FACTS MASTER LIST												
(Note: Sodium added is per serving)												
	AMT		NO					NET	SOD	POT	SOD	
FOOD	SERV	UM	SERV	CAL	SOD	POT	PROT	CARB	CAL	CAL	ADD	+ -
Apple	1.00	ct	1.00	116	2	239	0.6	25.4	0.02	2.06		
Banana	1.00	ct	1.00	105	1	422	1.3	24.0	0.01	4.02		
Beans, Pinto Dried (1/4 cup serving)	0.25	cup	1.00	167	6	672	10.3	23.0	0.04	4.02		
Beef Pot Roast (1 lb)	4.00	oz	1.00	379	68	279	31.1	0.0	0.18	0.74		
Blueberries	0.50	cup	1.00	42	1	56	0.6	8.7	0.02	1.33		
Butter, Salted	1.00	tbsp	1.00	100	90	0	0.0	0.0	0.90	0.00		
Butter, Unsalted	1.00	tbsp	1.00	119	0	0	0.0	0.0	0.00	0.00		
Cabbage, Boiled (1 head)	1.00	ct	1.00	290	101	2474	16.0	46.0	0.35	8.53		
Cantelope (10 slice per cantelope)	1.00	slice	1.00	5	2	37	0.1	1.0	0.40	7.40		
Cheese, cheddar	1.00	oz	1.00	114	176	28	7.1	0.4	1.54	0.25		
Chicken Breast	3.50	oz	1.00	165	74	255	31.0	0.0	0.45	1.55		
Cookie, Sgr Free Oatmeal (Bakers Batch)	1.00	ct	1.00	50	45	14	1.0	9.0	0.90	0.28		
Curry Cream Sauce	0.25	cup	1.00	127	108	102	1.9	3.0	0.85	0.80		
Dirty Rice (Recipe makes 4 servings)	4.00	ser	0.67	207	69	307	14.7	28.2	0.33	1.48		
Egg	1.00	ct	1.00	63	137	59	5.5	0.3	2.17	0.94	75	
Eggplant, Fried (w/oil,eggs,crumbs)	1.00	ser	1.00	188	96	308	7.3	12.5	0.51	1.64		
Grapes, Red or Green (1 cup per serving)	1.00	cup	1.00	2	0	5	0.0	0.6	0.00	2.50		
Hershey SF Syrup (1 Tbsp, 15gm, per serving)	1.00	tbsp	1.00	5	15	88	0.0	3.0	3.00	17.60		
Ice Cream, Blue Bell NSA Vanilla (99gm = 2/3 Cup)	0.67	cup	1.00	110	115	280	5.0	18.0	1.05	2.55		
Ice Cream, Blue Bunny NSA, Strawberry	0.67	cup	1.00	120	55	160	3.0	20.0	0.46	1.33		
Mayonnaise (1 tbsp, 13gm, per serving)	1.00	tbsp	1.00	90	70	1	0.0	0.0	0.78	0.01		
Milk, Whole, 8 oz glsss	8.00	oz	1.00	136	91	324	7.3	10.3	0.67	2.38		
Nuts, Mixed Unsalted	23.00	pcs	1.00	170	0	178	5.0	5.0	0.00	1.05		
Oats, Quaker	0.50	cup	1.00	150	0	150	5.0	23.0	0.00	1.00		
Oil, Olive	1.00	tbsp	1.00	119	0	0	0.0	0.0	0.00	0.00		
Okra, Frozen	5.00	Pods	1.00	35	20	189	1.0	5.0	0.57	5.40		
Orange	1.00	ct	1.00	86	0	333	1.7	17.2	0.00	3.87		
Peach	1.00	ct	1.00	59	0	285	1.4	11.7	0.00	4.83		
Peanut Butter (2 Tablespoons)	2.00	tbsp	1.00	190	148	210	8.0	4.5	0.78	1.11		

	AMT		NO					NET	SOD	POT	SOD	
FOOD	SERV	UM	SERV	CAL	SOD	POT	PROT	CARB	CAL	CAL	ADD	+ -
Peanut Butter Low Sod (2 tbsp serving)	2.00	tbsp	1.00	200	65	198	7.0	4.0	0.33	0.99		
Peanuts, Roasted w/sea salt(1 oz = 39 peanuts)	39.00	ct	1.00	160	160	176	7.0	3.0	1.00	1.10		
Pear	1.00	ct	1.00	80	2	161	0.5	17.0	0.03	2.01		
Peas, Purple Hull Dry (serving size 81 gm-1 cup)	1.00	cup	1.00	120	590	309	8.0	17.0	4.92	2.58	590	
Pecan, Pieces/chop(Serving 1/4 cup - 1 oz)	1.00	oz	1.00	200	0	120	8.0	1.0	0.00	0.60		
Pineapple Chicken Salad Meal (1 serving)	1.00	ser	1.00	318	209	200	15.2	9.1	0.66	0.63		
Pineapple Slices (Dole) (Serving = 2 slices)	1.00	ct	1.00	60	0	140	0.5	14.0	0.00	2.33		
Plum, Black	1.00	ct	1.00	30	0	104	0.5	7.1	0.00	3.47		
Port Chops, Lemon Honey Recipe	1.00	ser	1.00	368	100	669	44.3	1.5	0.27	1.82		
Potato, Red, W/Skin, Baked (1 Potato)	1.00	ct	1.00	123	17	752	3.2	24.5	0.14	6.11		
Potato, Sweet	1.00	ct	1.00	103	41	542	2.3	20.0	0.40	5.26		
Potato, White	1.00	ct	1.00	281	21	1627	6.3	63.0	0.07	5.79		
Pringles Chips	16.00	ct	1.00	150	70	120	1.0	16.0	0.47	0.80		
Raisins, Sun-Maid	28.00	gm	1.00	90	10	210	5.0	20.0	0.11	2.33		
Ranch Dressing	2.00	tbsp	1.00	130	260	8	8.0	2.0	2.00	0.06		
Salmon (4 oz serving)	4.00	oz	1.00	150	50	22	22.0	0.0	0.33	0.15		
Salt	0.25	tsp	1.00	0	590	0	0.0	0.0	#####	#####		
Sausage, Low Sodium	1.00	oz	1.00	74	18	0	5.1	0.3	0.24	0.00		
Sausage, Owens	1.00	oz	1.00	115	145	0	5.0	0.0	1.26	0.00		
Sour Cream (2 tbsp, 30gm, per serving)	1.00	tbsp	1.00	60	15	40	1.0	1.0	0.25	0.67		
Strawberries (1 cup)	1.00	cup	1.00	46	1	220	1.0	8.2	0.02	4.78		
Tomato, Grape	1.00	ct	1.00	1	0	0	0.1	0.3	0.00	0.00		
Turnips	1.00	ct	1.00	17	13	138	0.6	2.4	0.76	8.12		
					0				#####	#####		
					0				#####	#####		
					0				#####	#####		
					0				#####	#####		
					0				#####	#####		
					0				#####	#####		
					0				#####	#####		
					0				#####	#####		
					0				#####	#####		

	AMT		NO					NET	SOD	POT	SOD	
FOOD	SERV	UM	SERV	CAL	SOD	POT	PROT	CARB	CAL	CAL	ADD	+ -
					0				#####	#####		
					0				#####	#####		