

10

Potato, baked (vegetable)

Serving Size	1 med.
Calories (kcal)	168
Total Fat (g)	0.2
Sodium (mg)	24
Total Carb (g)	37
Dietary Fiber (g)	4
Protein (g)	5
Vitamin C (mg)	14
Vitamin A (IU)	17
Calcium (mg)	31

Image credit: Wikimedia commons

40

Spinach, raw (vegetable)

Serving Size	2 cups
Calories (kcal)	55
Total Fat (g)	0.24
Sodium (mg)	48
Total Carb (g)	2
Dietary Fiber (g)	1
Protein (g)	2
Vitamin C (mg)	16
Vitamin A (IU)	5626
Calcium (mg)	60

Image credit: 19melissa68, Flickr

35

Broccoli (vegetable)

Serving Size	1 cup
Calories (kcal)	31
Total Fat (g)	0.3
Sodium (mg)	30
Total Carb (g)	6
Dietary Fiber (g)	3
Protein (g)	3
Vitamin C (mg)	81
Vitamin A (IU)	567
Calcium (mg)	43

Image credit: Wikimedia commons

30

Sweet Potato (vegetable)

Serving Size	1 cup
Calories (kcal)	258
Total Fat (g)	0.5
Sodium (mg)	191
Total Carb (g)	59
Dietary Fiber (g)	4
Protein (g)	5
Vitamin C (mg)	13
Vitamin A (IU)	22182
Calcium (mg)	76

Image credit: Wikimedia commons

25

Baby Carrots (vegetable)

Serving Size	1 cup
Calories (kcal)	30
Total Fat (g)	0.1
Sodium (mg)	66
Total Carb (g)	7
Dietary Fiber (g)	3
Protein (g)	1
Vitamin C (mg)	2
Vitamin A (IU)	11722
Calcium (mg)	27

Image credit: Jules, Flickr

20

Romaine Lettuce (vegetable)

Serving Size	2 cups
Calories (kcal)	14
Total Fat (g)	0.3
Sodium (mg)	7
Total Carb (g)	3
Dietary Fiber (g)	2
Protein (g)	1
Vitamin C (mg)	3
Vitamin A (IU)	7404
Calcium (mg)	28

Image credit: Wikimedia commons

15

Tomato (vegetable)

Serving Size	1 cup
Calories (kcal)	32
Total Fat (g)	0.4
Sodium (mg)	9
Total Carb (g)	7
Dietary Fiber (g)	2
Protein (g)	2
Vitamin C (mg)	25
Vitamin A (IU)	1499
Calcium (mg)	18

Image credit: tooony, Wikimedia commons

30

Strawberry (fruit)

Serving Size	1 cup
Calories (kcal)	46
Total Fat (g)	0.4
Sodium (mg)	1
Total Carb (g)	11
Dietary Fiber (g)	3
Protein (g)	1
Vitamin C (mg)	85
Vitamin A (IU)	17
Calcium (mg)	23

Image credit: FoeNyx, Wikimedia commons

25

Orange (fruit)

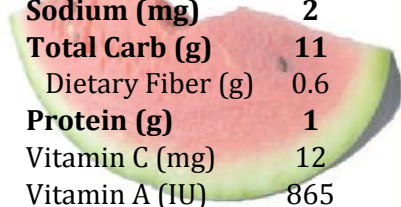
Serving Size	1 med.
Calories (kcal)	75
Total Fat (g)	0.2
Sodium (mg)	2
Total Carb (g)	19
Dietary Fiber (g)	3
Protein (g)	1
Vitamin C (mg)	91
Vitamin A (IU)	380
Calcium (mg)	66

Image credit: Evan-Amos, Wikimedia commons

20

Watermelon (fruit)

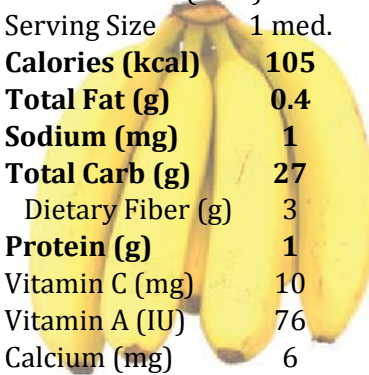
Serving Size	1 cup
Calories (kcal)	46
Total Fat (g)	0.2
Sodium (mg)	2
Total Carb (g)	11
Dietary Fiber (g)	0.6
Protein (g)	1
Vitamin C (mg)	12
Vitamin A (IU)	865
Calcium (mg)	11



15

Banana (fruit)

Serving Size	1 med.
Calories (kcal)	105
Total Fat (g)	0.4
Sodium (mg)	1
Total Carb (g)	27
Dietary Fiber (g)	3
Protein (g)	1
Vitamin C (mg)	10
Vitamin A (IU)	76
Calcium (mg)	6



10

Apple juice (fruit)

Serving Size	1 cup
Calories (kcal)	112
Total Fat (g)	0.2
Sodium (mg)	17
Total Carb (g)	28
Dietary Fiber (g)	0.2
Protein (g)	0.3
Vitamin C (mg)	1.4
Vitamin A (IU)	0
Calcium (mg)	14

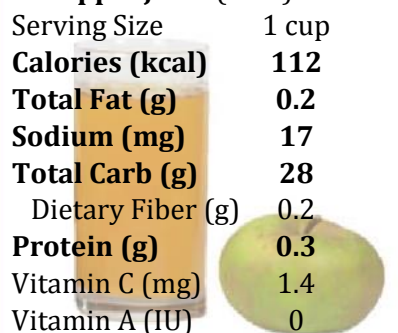


Image credit: metoc, Wikimedia commons

30

2% Milk (Dairy)

Serving Size	1 cup
Calories (kcal)	122
Total Fat (g)	5
Sodium (mg)	115
Total Carb (g)	12
Dietary Fiber (g)	0
Protein (g)	8
Vitamin C (mg)	0.5
Vitamin A (IU)	464
Calcium (mg)	293



Image credit: Stefan Kühn, Wikimedia commons

25

Soymilk (Dairy)

Serving Size	1 cup
Calories (kcal)	100
Total Fat (g)	4
Sodium (mg)	95
Total Carb (g)	10
Dietary Fiber (g)	1
Protein (g)	6
Vitamin C (mg)	0
Vitamin A (IU)	501
Calcium (mg)	299

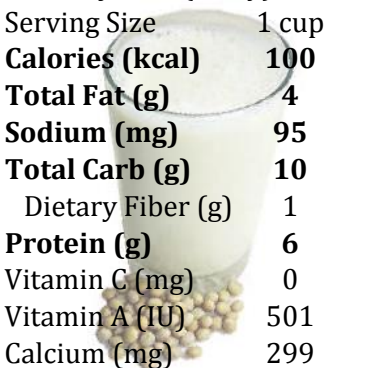


Image credit: LinasD, Wikimedia commons

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Lowfat yogurt (Dairy)

Serving Size	8 oz.
Calories (kcal)	154
Total Fat (g)	4
Sodium (mg)	172
Total Carb (g)	17
Dietary Fiber (g)	0
Protein (g)	13
Vitamin C (mg)	2
Vitamin A (IU)	125
Calcium (mg)	448

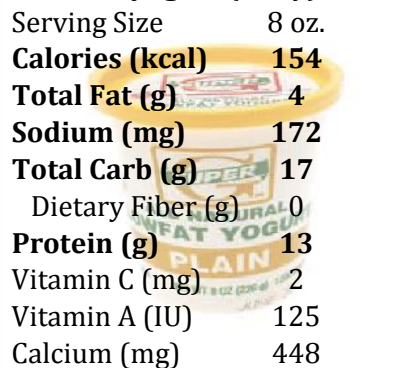


Image credit: NIH, Wikimedia commons

15

Cheddar cheese (Dairy)

Serving Size	1/3 cup
Calories (kcal)	173
Total Fat (g)	14
Sodium (mg)	274
Total Carb (g)	1
Dietary Fiber (g)	0
Protein (g)	10
Vitamin C (mg)	0
Vitamin A (IU)	423
Calcium (mg)	287

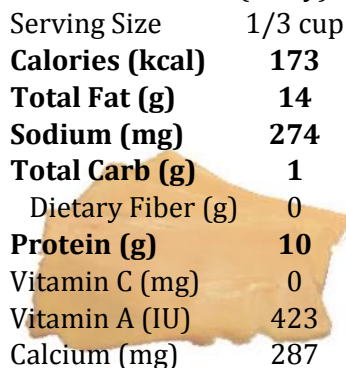


Image credit: Jeff the quiet, Wikimedia commons

10

Cottage cheese (Dairy)

Serving Size	1 cup
Calories (kcal)	163
Total Fat (g)	2
Sodium (mg)	918
Total Carb (g)	6
Dietary Fiber (g)	0
Protein (g)	28
Vitamin C (mg)	0
Vitamin A (IU)	93
Calcium (mg)	138

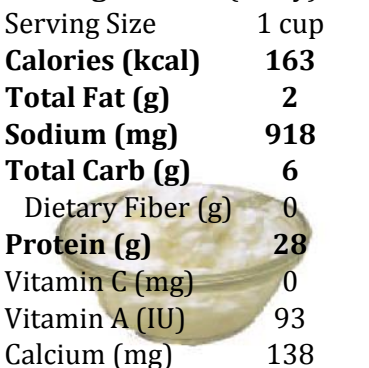


Image credit: Fastily, Wikimedia commons

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Ice cream (Dairy)

Serving Size	1.5 cup
Calories (kcal)	411
Total Fat (g)	21
Sodium (mg)	159
Total Carb (g)	48
Dietary Fiber (g)	3
Protein (g)	6
Vitamin C (mg)	12
Vitamin A (IU)	834
Calcium (mg)	252

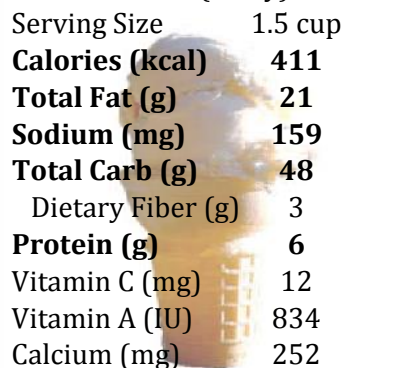


Image credit: Steven Depolo, Wikimedia commons

35

Chicken, skinless (protein)

Serving Size	2 oz
Calories (kcal)	134
Total Fat (g)	5
Sodium (mg)	60
Total Carb (g)	0
Dietary Fiber (g)	0
Protein (g)	20
Vitamin C (mg)	0
Vitamin A (IU)	38
Calcium (mg)	11

Image credit: H padleckas, Wikimedia commons

30

Steak, beef (protein)

Serving Size	2 oz
Calories (kcal)	116
Total Fat (g)	5
Sodium (mg)	23
Total Carb (g)	0
Dietary Fiber (g)	0
Protein (g)	17
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	4

Image credit: Jun Seita, Flickr

25

Salmon, canned (protein)

Serving Size	2 oz
Calories (kcal)	74
Total Fat (g)	3
Sodium (mg)	230
Total Carb (g)	0
Dietary Fiber (g)	0
Protein (g)	11
Vitamin C (mg)	0
Vitamin A (IU)	32
Calcium (mg)	123

Image credit: James Bowe, Flickr

20

Firm tofu (Protein)

Serving Size	1/2 cup-2 oz.
Calories (kcal)	88
Total Fat (g)	6
Sodium (mg)	16
Total Carb (g)	2
Dietary Fiber (g)	2
Protein (g)	10
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	254

Image credit: Julia Frost, Flickr

15

Peanut butter (protein)

Serving Size	2 Tbsp
Calories (kcal)	188
Total Fat (g)	16
Sodium (mg)	152
Total Carb (g)	8
Dietary Fiber (g)	2
Protein (g)	7
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	17

Image credit: LinasD, Wikimedia commons

10

Refried beans (Protein)

Serving Size	1/2 cup-2 oz.
Calories (kcal)	100
Total Fat (g)	1
Sodium (mg)	520
Total Carb (g)	16
Dietary Fiber (g)	6
Protein (g)	6
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	42

Image credit: christman26, Flickr

5

Almonds (Protein)

Serving Size	1 oz.
Calories (kcal)	164
Total Fat (g)	47
Sodium (mg)	0
Total Carb (g)	6
Dietary Fiber (g)	4
Protein (g)	6
Vitamin C (mg)	0
Vitamin A (IU)	1
Calcium (mg)	76

35

Whole wheat bread (Grain)

Serving Size	2 slices
Calories (kcal)	162
Total Fat (g)	2
Sodium (mg)	292
Total Carb (g)	28
Dietary Fiber (g)	4
Protein (g)	8
Vitamin C (mg)	0
Vitamin A (IU)	2
Calcium (mg)	104

Image credit: Amber Karnes, Flickr

30

Corn tortilla (Grain)

Serving Size	2 tortillas
Calories (kcal)	124
Total Fat (g)	2
Sodium (mg)	26
Total Carb (g)	26
Dietary Fiber (g)	4
Protein (g)	3
Vitamin C (mg)	0
Vitamin A (IU)	1
Calcium (mg)	46

Image credit: Jemaleddin Cole, Flickr

25

Brown rice (grain)

Serving Size	1 cup
Calories (kcal)	216
Total Fat (g)	2
Sodium (mg)	10
Total Carb (g)	46
Dietary Fiber (g)	4
Protein (g)	6
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	20

Image credit: Jules, Flickr

20

Couscous (grain)

Serving Size	1 cup
Calories (kcal)	176
Total Fat (g)	0
Sodium (mg)	8
Total Carb (g)	36
Dietary Fiber (g)	2
Protein (g)	6
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	12

Image credit: Yahti.com, Flickr

15

White rice (grain)

Serving Size	1 cup
Calories (kcal)	194
Total Fat (g)	1
Sodium (mg)	4
Total Carb (g)	42
Dietary Fiber (g)	2
Protein (g)	4
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	30

10

Pasta noodles, cooked (grain)

Serving Size	1 cup
Calories (kcal)	211
Total Fat (g)	1
Sodium (mg)	3
Total Carb (g)	43
Dietary Fiber (g)	2
Protein (g)	7
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	12

Image credit: Julia Frost, Flickr

5

White bread (grain)

Serving Size	2 slices
Calories (kcal)	154
Total Fat (g)	2
Sodium (mg)	284
Total Carb (g)	28
Dietary Fiber (g)	2
Protein (g)	6
Vitamin C (mg)	0
Vitamin A (IU)	0
Calcium (mg)	84

Image credit: LinasD, Wikimedia commons

-50



-40



-30



-10



Image credit: camknows, Flickr