

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	1.20	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	3.00	3.10	12.10	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	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	1.20	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	3.01	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	10.00	0.40	0.00	0.00	0.00
Baby Food, Juice, Orange	127.00	4.00	Fl Oz	30.00	0.70	0.00	12.00	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	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	60.00	4.00	2.00	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	20.10	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	0.30	0.00	2.40	23.00	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	0.04	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	12.70	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	10.00	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	0.04	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	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	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	01.10	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	10.00	0.10	20.00	0.00	0.00
Bagels, One Bran	100.00	1.00	Each	200.00	11.20	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 = Beverages; C = Cereals, Grains and Pasta; F = Fresh Fruit, Poultry, Cheese; G = Grains and Starches; H = Herbs and Spices; I = Infants and Kids; J = Juices, Dressings and Condensed Foods; K = Fats and Oils; L = Eggs and Beans; M = Meats and Seafood; N = Nuts and Seeds; O = Beverages, Cheeses and Dairy; P = Poultry and Fish; Q = Soups and Sauces; R = Soups; S = Snacks and Sweets; T = Snacks and Sweets

Table Of Food Composition

H Kauffman



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

Food Composition Peter L. Pellett, Sossy Shadarevian, 1970 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 Data* William M. Rand, 1987 Report of a conference held in Logan Utah USA 26 29 March 1985

Guide Lines for the Preparation of Tables of Food Composition D. A. T. Southgate, Johann Carl Somogyi, Elsie May Widdowson, 1974 *Composition Des Aliments, Tableaux Des Valeurs Nutritives* Siegfried Walter Souci, Heimo Scherz, W. Fachmann, Friedrich Senser, 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 Tables of Food Composition in Terms of Eleven Nutrients, 1945

Food Composition Table for Use in Latin America Woot-tsun 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

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

International Directory of Food Composition Tables Denise Heintze, William M. Rand, 1988

Lao Food Composition Tables Sengchanh Kounnavong, 2014

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

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