

Excerpt from USDA PRAL List (this is not the complete list)

Product	Food Group	PRAL Value
Parsley, freeze-dried	Vegetables and Vegetable	-108.647
spices, coriander leaf, dried	spices and Herbs	-99.4853
spices, chervil, dried	spices and Herbs	-92.4
spices, basil, dried	spices and Herbs	-85.3627
Celery flakes, dried	Vegetables and Vegetable	-84.464
spices, parsley, dried	spices and Herbs	-81.4902
Radishes, oriental, dried	Vegetables and Vegetable	-74.552
spices, dill weed, dried	spices and Herbs	-74.5146
spices, tarragon, dried	spices and Herbs	-64.5107
Chives, freeze-dried	Vegetables and Vegetable	-59.815
Tomatoes,un-dried	Vegetables and Vegetable	-58.3551
Spearmint, dried	spices and Herbs	-55.4223
Peppers,sweet, green, freeze-dried	Vegetables and Vegetable	-52.33
Peppers,sweet, red, freeze-dried	Vegetables and Vegetable	-52.33
spices, oregano, dried	spices and Herbs	-49.767
spices, marjoram, dried	spices and Herbs	-49.3026
seaweed, agar, dried	Vegetables and Vegetable	-46.8031
spices, turmeric, ground	spices and Herbs	-46.6693
spices,age, ground	spices and Herbs	-46.4983
Leeks, (bulb and lower-leaf portion), freeze-dried	Vegetables and Vegetable	-39.016
Molasses	sweets	-38.554
spices, rosemary, dried	spices and Herbs	-37.4338
spices, paprika	spices and Herbs	-36.3376
spices, thyme, dried	spices and Herbs	-35.4831
Peppers, pasilla, dried	Vegetables and Vegetable	-35.3725
spices, fennel seed	spices and Herbs	-35.371
spices, celery seed	spices and Herbs	-34.7177
spices, dill seed	spices and Herbs	-33.1908
Apricots, dehydrated (low-moisture),sulphured, uncooked	Fruits and Fruit Juices	-33.071
spices, cumin seed	spices and Herbs	-31.9771
spices, cloves, ground	spices and Herbs	-31.5888
Bananas, dehydrated, or banana	Fruits and Fruit Juices	-29.7609
spices, pepper, black	spices and Herbs	-25.3975
spices, ginger, ground	spices and Herbs	-24.5502
spices, cinnamon, ground	spices and Herbs	-23.7569
spices, coriander seed	spices and Herbs	-23.2097
Shallots, freeze-dried	Vegetables and Vegetable	-22.754
spices, cardamom	spices and Herbs	-22.5736
Mushrooms, shiitake, dried	Vegetables and Vegetable	-20.2168
Beet greens, cooked, boiled, drained, without salt	Vegetables and Vegetable	-19.5627
Lima beans, large, mature seeds, raw	Legumes and Legume	-18.3206
spices, aniseed	spices and Herbs	-18.175
Carob flour	Legumes and Legume	-18.1082
Tomato, canned, paste, with salt added	Vegetables and Vegetable	-17.6662
Tomato, canned, paste, without salt added	Vegetables and Vegetable	-17.6662
spices, bay leaf	spices and Herbs	-17.1611
Beet greens, raw	Vegetables and Vegetable	-16.748
Epazote, raw	Vegetables and Vegetable	-16.6703
Rosemary, fresh	spices and Herbs	-16.4511
Litchis, dried	Fruits and Fruit Juices	-16.272
Peaches, dried,sulfured, uncooked	Fruits and Fruit Juices	-16.2001
Nuts, chestnuts, European, dried, peeled	Nut	-16.0431
Thyme, fresh	spices and Herbs	-15.5676
Dill weed, fresh	spices and Herbs	-15.4946
Yam, raw	Vegetables and Vegetable	-15.1183
Beans, French, mature seeds, raw	Legumes and Legume	-14.4771
Raisins, seeded	Fruits and Fruit Juices	-14.4592
seeds, pumpkin and squash seeds, whole, roasted, with salt added	Nut	-14.3325
seeds, pumpkin and squash seeds, whole, roasted, without salt	Nut	-14.3325
Persimmons, Japanese, dried	Fruits and Fruit Juices	-14.2998
Currants, santé, dried	Fruits and Fruit Juices	-14.2918
Figs, dried, uncooked	Fruits and Fruit Juices	-14.058
Amaranth leaves, raw	Vegetables and Vegetable	-14.0006
Nuts, chestnuts, European, dried, unpeeled	Nut	-13.8949
Dates, medjool	Fruits and Fruit Juices	-13.6711
Beans, black, mature seeds, raw	Legumes and Legume	-13.58
Lemon grass (citronella), raw	Vegetables and Vegetable	-12.9592
Peppermint, fresh	spices and Herbs	-12.6495
Taro, tahitian, raw	Vegetables and Vegetable	-12.5929
Beans, small white, mature seeds, raw	Legumes and Legume	-12.5801

Nuts, pine nuts, pinyon, dried	Nut	-12.4117
Chard, swiss, cooked, boiled, drained, without salt	Vegetables and Vegetable	-12.3768
Nuts, chestnuts, european, boiled and teamed	Nut	-12.374
Tofu, salted and fermented (fuyu), prepared with calciumulfate	Legumes and Legume	-12.3655
Dates, deglet noor	Fruits and Fruit Juices	-11.9065
spinach, raw	Vegetables and Vegetable	-11.8446
Apples, dehydrated (low moisture),sulfured, uncooked	Fruits and Fruit Juices	-11.5772
Beans, pink, mature seeds, raw	Legumes and Legume	-11.5406
Parsley, raw	Vegetables and Vegetable	-11.1267
Beans, kidney, California red, mature seeds, raw	Legumes and Legume	-11.0587
Beans, black turtle soup, mature seeds, raw	Legumes and Legume	-11.0475
Cowpeas, catjang, mature seeds, raw	Legumes and Legume	-10.7455
Kale,cotch, raw	Vegetables and Vegetable	-10.737
Purslane, raw	Vegetables and Vegetable	-10.722
Mustard spinach, (tendergreen), raw	Vegetables and Vegetable	-10.331
spinach, cooked, boiled, drained, without salt	Vegetables and Vegetable	-10.2887
snacks, banana chips	snacks	-10.267
Nuts, chestnuts, chinese, dried	Nut	-10.1082
Wasabi, root, raw	Vegetables and Vegetable	-10.074
Borage, cooked, boiled, drained, without salt	Vegetables and Vegetable	-10.0599
Basil, fresh	spices and Herbs	-10.0124
Spearmint, fresh	spices and Herbs	-10.0109
Taro, raw	Vegetables and Vegetable	-9.985
Water chestnuts, Chinese, (matai), raw	Vegetables and Vegetable	-9.962
Nuts, acorns, dried	Nut	-9.943
Bamboo shoots, cooked, boiled, drained, without salt	Vegetables and Vegetable	-9.9373
Coriander (cilantro) leaves, raw	Vegetables and Vegetable	-9.6683
Beans, pinto, mature seeds, raw	Legumes and Legume	-9.5952
Borage, raw	Vegetables and Vegetable	-9.588
Plantains, raw	Fruits and Fruit Juices	-9.585
Hyalcinth beans, mature seeds, raw	Legumes and Legume	-9.508
Pears, dried,sulfured, uncooked	Fruits and Fruit Juices	-9.3937
Plantains, cooked	Fruits and Fruit Juices	-9.1999
Cowpeas, leafy tips, raw	Vegetables and Vegetable	-9.15
Beans, great northern, mature seeds, raw	Legumes and Legume	-9.0656
Beans, pinto, immature seeds, frozen, unprepared	Vegetables and Vegetable	-9.059
Peaches, dehydrated (low-moisture),sulfured,sulfured	Fruits and Fruit Juices	-9.0131
Taro leaves, cooked, steamed, without salt	Vegetables and Vegetable	-8.9662
Grapefruit juice, white, frozen concentrate, un-sweetened, undiluted	Fruits and Fruit Juices	-8.7247
squash, winter, all varieties, cooked, baked, without salt	Vegetables and Vegetable	-8.6619
Potatoes, Russet, flesh and skin, baked	Vegetables and Vegetable	-8.6483
Beans, cranberry (roman), mature seeds, raw	Legumes and Legume	-8.6303
Avocados, raw, California	Fruits and Fruit Juices	-8.6116
Cowpeas (black eyes), immature seeds, raw	Vegetables and Vegetable	-8.6085
sweet potato leaves, cooked, steamed, without salt	Vegetables and Vegetable	-8.5582
Beans, kidney, all types, mature seeds, raw	Legumes and Legume	-8.4118
Horseradish-tree, pods, raw	Vegetables and Vegetable	-8.362
Kale, raw	Vegetables and Vegetable	-8.337
Chicory greens, raw	Vegetables and Vegetable	-8.328
sweet potato, cooked, baked in skin, without salt	Vegetables and Vegetable	-8.1881
Apples, dried,sulfured, uncooked	Fruits and Fruit Juices	-8.1863
Chard, swiss, raw	Vegetables and Vegetable	-8.144
Dock, raw	Vegetables and Vegetable	-8.129
Bamboo shoots, raw	Vegetables and Vegetable	-7.983
Dandelion greens, raw	Vegetables and Vegetable	-7.939
Ginger root, raw	Vegetables and Vegetable	-7.8912
Lotus root, raw	Vegetables and Vegetable	-7.885
Arugula, raw	Vegetables and Vegetable	-7.8628
sweet potato leaves, raw	Vegetables and Vegetable	-7.507
Cabbage, Chinese (pak-choi), cooked, boiled, drained, without salt	Vegetables and Vegetable	-7.4486
Fennel, bulb, raw	Vegetables and Vegetable	-7.3154
Turnip greens, raw	Vegetables and Vegetable	-7.203
Bananas, raw	Fruits and Fruit Juices	-6.9369
Guavas, common, raw	Fruits and Fruit Juices	-6.8335
seaweed, agar, raw	Vegetables and Vegetable	-6.7404
Mustard greens, raw	Vegetables and Vegetable	-6.691
Beans, adzuki, mature seeds, raw	Legumes and Legume	-6.6607
Kale,cotch, cooked, boiled, drained, without salt	Vegetables and Vegetable	-6.615
Rhubarb, raw	Fruits and Fruit Juices	-6.519
Collards, frozen, chopped, unprepared	Vegetables and Vegetable	-6.3629
Collards, frozen, chopped, cooked, boiled, drained, without salt	Vegetables and Vegetable	-6.3267
Prickly pears, raw	Fruits and Fruit Juices	-6.3123
Kiwifruit, (Chinese gooseberries), held in storage, raw	Fruits and Fruit Juices	-6.1249

Figs, dried,sulfured	Fruits and Fruit Juices	-6.0692
Endive, raw	Vegetables and Vegetable	-6.0115
squash, zucchini, baby, raw	Vegetables and Vegetable	-6.0011
Parsnips, raw	Vegetables and Vegetable	-5.882
Jerusalem-artichokes, raw	Vegetables and Vegetable	-5.767
soybeans, mature seeds, roasted, salted	Legumes and Legume	-5.7452
Parsnips, cooked, boiled, drained, without salt	Vegetables and Vegetable	-5.7422
Carrots, raw	Vegetables and Vegetable	-5.7103
Watercress, raw	Vegetables and Vegetable	-5.689
Passion-fruit juice, purple, raw	Fruits and Fruit Juices	-5.6599
Beans, white, mature seeds, cooked, boiled, without salt	Legumes and Legume	-5.6403
Kiwi fruit, (Chinese gooseberries), fresh, raw	Fruits and Fruit Juices	-5.6194
Pumpkin, raw	Vegetables and Vegetable	-5.607
Orange peel, raw	Fruits and Fruit Juices	-5.605
Okra, raw	Vegetables and Vegetable	-5.587
Guavas, strawberry, raw	Fruits and Fruit Juices	-5.5638
Papayas, raw	Fruits and Fruit Juices	-5.4851
Beets, raw	Vegetables and Vegetable	-5.3621
Burdock root, raw	Vegetables and Vegetable	-5.3523
Peppers, hot chili, green, raw	Vegetables and Vegetable	-5.342
Currants, European black, raw	Fruits and Fruit Juices	-5.232
Radishes, oriental, cooked, boiled, drained, without salt	Vegetables and Vegetable	-5.2237
Broccoli, Chinese, cooked	Vegetables and Vegetable	-5.1734
Beans, snap, yellow, cooked, boiled, drained, without salt	Vegetables and Vegetable	-5.1579
Tomatoes, crushed, canned	Vegetables and Vegetable	-5.1274
Nuts, coconut water (liquid from coconuts)	Nut	-5.1192
Brussel sprouts, raw	Vegetables and Vegetable	-5.1038
Prune juice, canned	Fruits and Fruit Juices	-5.0921
Passion-fruit juice, yellow, raw	Fruits and Fruit Juices	-5.0787
Melons, cantaloupe, raw	Fruits and Fruit Juices	-5.0694
Cabbage, Chinese (pak-choi), raw	Vegetables and Vegetable	-5.047
Celery, raw	Vegetables and Vegetable	-5.0399
Peppers, hot chili, red, raw	Vegetables and Vegetable	-5.0347
Onions, spring or scallions (includes tops and bulb), raw	Vegetables and Vegetable	-4.9863
Turnip greens, cooked, boiled, drained, without salt	Vegetables and Vegetable	-4.9844
Beets, cooked, boiled, drained	Vegetables and Vegetable	-4.9818
Artichokes, (globe or French), raw	Vegetables and Vegetable	-4.9697
Radishes, white icicle, raw	Vegetables and Vegetable	-4.89
Cabbage, mustard, salted	Vegetables and Vegetable	-4.889
Beans, white, mature seeds, canned	Legumes and Legume	-4.8846
Figs, raw	Fruits and Fruit Juices	-4.8835
Horseradish, prepared	spices and Herbs	-4.8708
seaweed, kelp, raw	Vegetables and Vegetable	-4.8218
Nuts, chestnuts, Japanese, raw	Nut	-4.8195
Pomegranates, raw	Fruits and Fruit Juices	-4.7945
Carrot juice, canned	Vegetables and Vegetable	-4.7885
Chives, raw	Vegetables and Vegetable	-4.7557
Radicchio, raw	Vegetables and Vegetable	-4.7463
Elderberries, raw	Fruits and Fruit Juices	-4.7376
Cabbage, common (Danish, domestic, and pointed types), freshly harvest, raw	Vegetables and Vegetable	-4.7231
Cabbage, Chinese (pe-tsai), raw	Vegetables and Vegetable	-4.676
Onions, young green, tops only	Vegetables and Vegetable	-4.67
Tomatoes, red, ripe, canned, wedges in tomato juice	Vegetables and Vegetable	-4.6569
Passion-fruit, (granadilla), purple, raw	Fruits and Fruit Juices	-4.624
Cabbage, raw	Vegetables and Vegetable	-4.6104
Shallots, raw	Vegetables and Vegetable	-4.596
Broccoli raab, cooked	Vegetables and Vegetable	-4.5283
Mushrooms, portabella, raw	Vegetables and Vegetable	-4.519
Melons, honeydew, raw	Fruits and Fruit Juices	-4.4544
Cauliflower, raw	Vegetables and Vegetable	-4.4408
Longans, raw	Fruits and Fruit Juices	-4.4401
Apricots, raw	Fruits and Fruit Juices	-4.331
Tomatillos, raw	Vegetables and Vegetable	-4.3256
Lemon peel, raw	Fruits and Fruit Juices	-4.313
Carrots, baby, raw	Vegetables and Vegetable	-4.3034
Cabbage, red, raw	Vegetables and Vegetable	-4.2933
Mushrooms, brown, Italian, or Crimini, raw	Vegetables and Vegetable	-4.211
Broccoli, flower clusters, raw	Vegetables and Vegetable	-4.1968
Broccoli, leaves, raw	Vegetables and Vegetable	-4.1968
Broccoli, stalks, raw	Vegetables and Vegetable	-4.1968
Collards, raw	Vegetables and Vegetable	-4.0975
Tomatoes, yellow, raw	Vegetables and Vegetable	-4.0608
Nuts, coconut meat, dried (desiccated), toasted	Nut	-3.973

Broccoli, raw	Vegetables and Vegetable	-3.9692
Oranges, raw, with peel	Fruits and Fruit Juices	-3.939
Cherries,sweet, raw	Fruits and Fruit Juices	-3.8206
spices, nutmeg, ground	spices and Herbs	-3.7574
Quinces, raw	Fruits and Fruit Juices	-3.663
Orange juice, raw	Fruits and Fruit Juices	-3.657
Kumquats, raw	Fruits and Fruit Juices	-3.6078
Oranges, raw, Florida	Fruits and Fruit Juices	-3.581
Cauliflower, green, raw	Vegetables and Vegetable	-3.5095
Tangerines, (mandarin oranges), raw	Fruits and Fruit Juices	-3.1421
Lettuce, green leaf, raw	Vegetables and Vegetable	-3.1406
Peaches, raw	Fruits and Fruit Juices	-3.1161
Acerola, (west Indian cherry), raw	Fruits and Fruit Juices	-3.087
Nectarines, raw	Fruits and Fruit Juices	-3.0516
Cherries, sour, red, raw	Fruits and Fruit Juices	-3.03
Mangos, raw	Fruits and Fruit Juices	-2.9831
Lettuce, red leaf, raw	Vegetables and Vegetable	-2.9803
strawberries, frozen, un-sweetened	Fruits and Fruit Juices	-2.9103
Blackberries, raw	Fruits and Fruit Juices	-2.8039
Nuts, coconut meat, raw	Nut s	-2.6773
Garlic, raw	Vegetables and Vegetable	-2.6466
Plums, raw	Fruits and Fruit Juices	-2.622
strawberries, raw	Fruits and Fruit Juices	-2.5427
Cucumber, with peel, raw	Vegetables and Vegetable	-2.4265
Raspberries, raw	Fruits and Fruit Juices	-2.407
Celeriac, raw	Vegetables and Vegetable	-2.389
Feijoa, raw	Fruits and Fruit Juices	-2.3624
Litchis, raw	Fruits and Fruit Juices	-2.3623
Pineapple, raw, all varieties	Fruits and Fruit Juices	-2.3354
Beans, pinto, mature seeds, sprouted, raw	Vegetables and Vegetable	-2.3335
Pears, raw	Fruits and Fruit Juices	-2.2048
Asparagus, cooked, boiled, drained, with salt	Vegetables and Vegetable	-2.193
Lime juice, raw	Fruits and Fruit Juices	-2.1232
Apples, raw, with skin	Fruits and Fruit Juices	-1.9206
Cranberries, raw	Fruits and Fruit Juices	-1.3729
seaweed, wakame, raw	Vegetables and Vegetable	-1.3373
Blueberries, raw	Fruits and Fruit Juices	-1.0444
Milk, goat, fluid	Dairy and Egg	-0.5386
Nuts, macadamia nuts, dry roasted, without salt added	Nut	-0.4579
Tofu yogurt	Legumes and Legume	-0.44
Tea, herb, chamomile, brewed	Beverages	-0.241
Quinoa	Cereal Grains and Pasta	-0.191
Tapioca, pearl, dry	Cereal Grains and Pasta	-0.1649
Fish oil, cod liver	Fats and Oils	0
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	Dairy and Egg	0.1727
Cream, whipped, cream topping, pressurized	Dairy and Egg	0.175
Milk, low-fat, fluid, 1% milk fat, with added vitamin A	Dairy and Egg	0.1833
Milk, whole, 3.25% milk fat	Dairy and Egg	0.2128
Cereals, Instant Oatmeal, apples and cinnamon, prepared with boiling water	Breakfast Cereals	0.2338
Beef gravy	soups, Sauces, and Gravies	0.2861
Butter, whipped, with salt	Dairy and Egg	0.3575
sweeteners, table top, saccharin	sweets	0.3766
Candies, fudge, chocolate, with nuts, prepared-from-recipe	sweets	0.3782
sour cream, fat free	Dairy and Egg	0.44
Ice creams, vanilla, rich	sweets	0.496
Mayonnaise dressing, no cholesterol	Fats and Oils	0.514
English muffins, mixed-grain (includes granola)	Baked	0.566
Soy milk, fluid, calcium fortified	Legumes and Legume	0.576
Bulgur, cooked	Cereal Grains and Pasta	0.5992
snacks, tortilla chips, plain, white corn	snacks	0.6441
Baby food, cereal, rice, with honey, prepared with whole milk	Baby Foods	0.694
Candies, chocolate Wafer Bar	sweets	0.7469
Bread, banana, prepared from recipe, made with margarine	Baked	0.802
Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	Sausages and Luncheon Meats	0.8397
Rice, white, glutinous, cooked	Cereal Grains and Pasta	0.9198
Rice noodles, cooked	Cereal Grains and Pasta	0.9719
Buckwheat groats, roasted, cooked	Cereal Grains and Pasta	0.9812
Lasagne, cheese, frozen entree	Meals, Entrees, and side dishes	1.6573
Bread, raisin, toasted, enriched	Baked	1.75
Bread, whole-wheat, prepared from recipe	Baked	1.906
Mollusks, oyster, eastern, farmed, raw	Finfish and shellfish	1.9648
Oat bran, cooked	Cereal Grains and Pasta	2.8739
Pancakes, buttermilk, prepared from recipe	Baked	2.999

Peanut butter, chunk style, with salt	Legumes and Legume	3.2024
Tofu, extra firm, prepared with nigari	Legumes and Legume	3.4531
Cheese, cream	Dairy and Egg	3.8525
Pork, fresh, variety meats and by-s, mechanically separated, raw	Pork	3.9957
Turkey and gravy, frozen	Poultry	4.2072
Lamb, Australian, imported, fresh, separable fat, cooked	Lamb, Veal, and Game	4.4118
Pork and turkey sausage, pre-cooked	Sausages and Luncheon Meats	4.4945
Croissants, butter	Baked	4.528
Gravy, brown, dry	soups, Sauces, and Gravies	4.6716
Pork, cured, ham, patties, grilled	Pork	4.753
Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	snacks	4.799
Beef, cured, corned beef, brisket, raw	Beef	4.8302
Nuts, mixed nuts, oil roasted, without peanuts, without salt added	Nut	4.8998
Veal, composite of trimmed retail cuts, separable fat, cooked	Lamb, Veal, and Game	4.9628
Fish, mackerel, salted	Finfish and shellfish	5.125
Fish, anchovy, European, raw	Finfish and shellfish	5.3895
Pizza, cheese topping, regular crust, frozen, cooked	Fast Foods	5.5824
Fish, herring, Pacific, raw	Finfish and shellfish	5.6731
Crackers, wheat, low salt	Baked	5.842
Cheese, ricotta, whole milk	Dairy and Egg	6.1814
Fish, halibut, Atlantic and Pacific, raw	Finfish and shellfish	6.1919
Nuts, cashew nuts, dry roasted, with salt added	Nut	6.4219
Fish, cod, Atlantic, raw	Finfish and shellfish	6.5249
Ham, chopped, not canned	sausages and Luncheon Meats	6.614
Macaroni, dry, unenriched	Cereal Grains and Pasta	6.9256
Rice, white, long-grain, precooked or instant, enriched, dry	Cereal Grains and Pasta	6.9808
Turkey breast meat	sausages and Luncheon Meats	7.3663
Crustaceans, lobster, northern, raw	Finfish and shellfish	7.439
Couscous, dry	Cereal Grains and Pasta	7.6004
Nuts, brazil nuts, dried, unblanched	Nut	8.1468
Crustaceans, crab, blue, raw	Finfish and shellfish	8.3724
Fish, mackerel, Atlantic, raw	Finfish and shellfish	8.417
Nuts, pine nuts, dried	Nut	8.7121
Chicken breast, oven-roasted, fat-free, sliced	sausages and Luncheon Meats	8.7281
Fish, tuna, fresh, skipjack, raw	Finfish and shellfish	9.186
Wild rice, raw	Cereal Grains and Pasta	9.3967
Egg, whole, raw, fresh	Dairy and Egg	9.4162
Pastrami, beef, 98% fat-free	sausages and Luncheon Meats	9.781
Beef, rib, whole (ribs 6-12),separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	Beef	9.8355
Turkey, all classes, skin only, cooked, roasted	Poultry	10.491
Cheese, brie	Dairy and Egg	11.0195
Fish, salmon, Atlantic, farmed, cooked, dry heat	Finfish and shellfish	11.114
Rye	Cereal Grains and Pasta	11.9514
Wheat, durum	Cereal Grains and Pasta	12.2622
Pork, fresh, ground, cooked	Pork	12.4381
Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	Beef	12.5339
Veal, shoulder, arm, separable lean only, cooked, roasted	Lamb, Veal, and Game	12.6367
Fish, tuna, light, canned in water, without salt, drained Solids	Finfish and shellfish	12.7089
Cheese, camembert	Dairy and Egg	13.05
Chicken, roasting, meat only, cooked, roasted	Poultry	13.8479
Cheese, mozzarella, part skim milk	Dairy and Egg	16.4904
Lemonade, low calorie, with aspartame	Beverages	18.393
Cheese, Swiss	Dairy and Egg	21.2867
Gelatine deserts, dry mix, reduced calorie, with aspartame, no added sodium	sweets	74.592
Puddings, all flavours except chocolate, low calorie, instant, dry mix	sweets	85.3939
Leavening agents, baking , double-acting, straight phosphate	Baked	270.164