

** Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;

sugars

Fruit spread, Smuckers simply fruit Quantity: 1 Tbsp

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
40	0	10	0	8	0	0	0	0	0	0	0	0	0	0	0	0	0

Honey, raw Quantity: 1 tsp

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
21	0	6	0	6	0	0	0	0	0	0	0	0	0	4	0	0	0

Honey, raw Quantity: 1 Tbsp 21g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
64	0	17	0	17	0	1	0	0	1	0	0	0	0	11	0	0	0

Jelly, concord grape, Welch's reduced sugar Quantity: 1 Tbsp 17g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	5	0	5	0	15	0	0	0	0	0	0	0	0	0	0	0

Molasses, unsulphered natural Quantity: 1 Tbsp 20g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
60	0	15	0	11	0	25	0	3	100	0	0	0	0	290	80	0	0

Sugar, brown Quantity: 100g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
190	0	49	0	49	0	14	0	0	42	0	0	0	0	67	5	0	0

Sugar, brown Quantity: 200g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
380	0	98	0	97	0	28	0	1	83	0	0	0	0	133	9	0	0

Sugar, brown, packed Quantity: 1 tsp 4g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
17	0	4	0	4	0	1	0	0	4	0	0	0	0	6	0	0	0

Sugar, brown, packed Quantity: 1 Tbsp 12g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
51	0	12	0	12	0	3	0	0	11	0	0	0	0	18	1	0	0

Sugar, brown, packed Quantity: 1 cup 220g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
836	0	216	0	213	0	62	0	2	183	0	0	0	0	293	20	0	0

Sugar, brown, unpacked Quantity: 1 cup 145g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
551	0	142	0	141	0	41	0	1	120	0	0	0	0	193	13	0	0

Sugar, white granulated Quantity: 1 tsp 4g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
15	0	4	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0

Sugar, white granulated Quantity: 1 Tbsp 12g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
45	0	12	0	13	0	0	0	0	0	0	0	0	0	0	0	0	0

Sugar, white granulated Quantity: 1 cup 200g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
774	0	200	0	200	0	0	0	0	2	0	0	0	0	4	0	0	0

Syrup, Pure Maple Quantity: 1 Tbsp 20g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
52	0	13	0	12	0	2	0	0	13	0	0	0	0	41	3	1	0

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sweets, candy

Hershey's Kit Kat Bar-snack size Quantity: .5 oz

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
73	4	9	1	8	1	9	2	0	18	11	0	0	0	32	5	0	11

sweets, chocolate

Dark Chocolate 70% Organic Green & Black Bittersweet Quantity: 1 square 13g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
73	6	6	1	4	2	2	0	1	7	4	0	0	0	67	21	0	0

Dark Chocolate 70% Organic Green & Black Bittersweet Quantity: 1 bar 35g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
190	14	17	3	10	4	5	0	3	20	11	0	0	0	200	64	1	0

Dark Chocolate 72% Cacao Ghirardelli Intense Dark Quantity: 1 square 10.8g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
55	5	5	1	3	1	0	0	1	5	0	0	0	0	50	16	0	3

Dark Chocolate 72% Cacao Ghirardelli Intense Dark Quantity: 1 bar 100g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
599	43	46	8	24	11	20	0	12	73	39	0	0	0	715	228	3	34

Dark Chocolate 86% Cacao Ghirardelli Intense Dark Quantity: 4 squares 45g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
250	24	15	3	5	5	0	0	5	20	0	0	0	72	226	72	1	15

Dark Chocolate 86% Cacao Ghirardelli Intense Dark Quantity: 1 bar 90g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
500	49	30	6	10	10	0	0	9	40	0	0	0	144	453	144	2	31

sweets, cookie/bars

Kashi Oatmeal Dark Chocolate Cookies Quantity: 1 cookie 30g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
130	5	20	2	8	4	65	0	0	0	0	0	0	0				

Kashi Oatmeal Raisin Flax Cookies Quantity: 1 cookie 30g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
130	4	20	2	7	4	70	0	1	28	190	0	0	0	67	12	0	600

Larabar Cherry Pie Food Bar Quantity: 1.7oz bar

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
190	9	28	4	21	4	0	0	1	60	100	0	0	5	350	60	1	0

Larabar Jocolat Chocolate Food Bar Quantity: 1.7oz bar

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
190	10	24	5	18	5	0	0	2	40	0	0	0	2	270	40	1	0

Newman-O's wheat free creme filled chocolate cookies Quantity: 2 cookies 28g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
130	5	21	1	11	2	95	0	1	20	0	0	0	0	0	0	0	0

sweets, frozen

Ice Cream, Breyers 98% Fat Free Vanilla Quantity: 1/2 cup 68g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
93	1	21	2	14	4	50	5	0	83	182	1	0	0	0	0	0	0

Ice Cream, Breyers All Natural Homemade Vanilla Quantity: 1/2 cup 68g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	7	15	3	15	0	55	20	0	85	278	0	0	0	131	9	1	0

Ice Cream, Breyers All Natural Light Vanilla Quantity: 1/2 cup 68g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	3	17	3	15	0	48	10	0	115	297	1	0	0	0	0	0	0

Ice Cream, Breyers All Natural Vanilla 1/2 fat Quantity: 1/2 cup 68g

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	3	16	3	16	0	50	10	0	100	200	1	0	0	0	0	0	0

Ice Cream, Haagen-Dazs vanilla & almonds dark chocolate bar Quantity: 1 snack size

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
190	14	14	3	12	0	25	35	1	60	200	0	0	0	119	15	0	0