

FATS, OILS, AND SWEETS

Food and Description	Approx. Measure	Food Energy (Calories)	Carbohydrate (grams)	Protein (grams)	Fat (grams)
Bar, Milk Chocolate	1.5 ounces	240	26	3	14
Butter	1 teaspoon	36	0	0	4
Catsup	1 tablespoon	15	4	0	0
Chocolate Syrup	2 tablespoons	80	22	1	0
Cream Cheese	2 tablespoons	100	1	2	10
Dressing, French	1 tablespoon	65	4	0	6
Dressing, French, low calorie	1 tablespoon	20	4	0	1
Dressing, Italian	1 tablespoon	70	2	0	7
Dressing, Italian, low calorie	1 tablespoon	15	1	0	2
Gelatin dessert	1/2 cup	80	19	2	0
Hard Candy	1 piece	25	6	0	0
Jelly	1 tablespoon	50	14	0	0
Jelly Beans	10 large	105	26	0	0
Maple Syrup	1 tablespoon	50	13	0	0
Margarine, Corn Oil	1 teaspoon	35	0	0	4
Mayonnaise	1 tablespoon	100	0	0	11
Mustard, Yellow	1 teaspoon	4	1	0	0
Oil, Vegetable	1 tablespoon	120	0	0	14
Pickle, Dill	1 large	12	3	0	0
Sherbet, fruit flavored	1/2 cup	125	27	1	2
Soft Drink, regular	12 fluid ounces	250	39	0	0
Soft Drink, diet	12 fluid ounces	3	0	0	0
Sour Cream	1 tablespoon	25	0	0	3
Sugar, white	1 teaspoon	15	4	0	0
Whipping Cream, light	1 tablespoon	45	0	0	5

Sources: Composition of Foods, Agriculture Handbook 8 Nos. 1, 2, 4-17, 20. USDA 1976-1992. Bowes & Church's Food Values of Portions Commonly Used, Sixteenth Edition. J.B. Lippincott Company, 1994. Calorie figures over 5 are rounded to the nearest five. Other nutrient values are rounded to the nearest whole number. Values less than 0.5 are listed as zero.

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