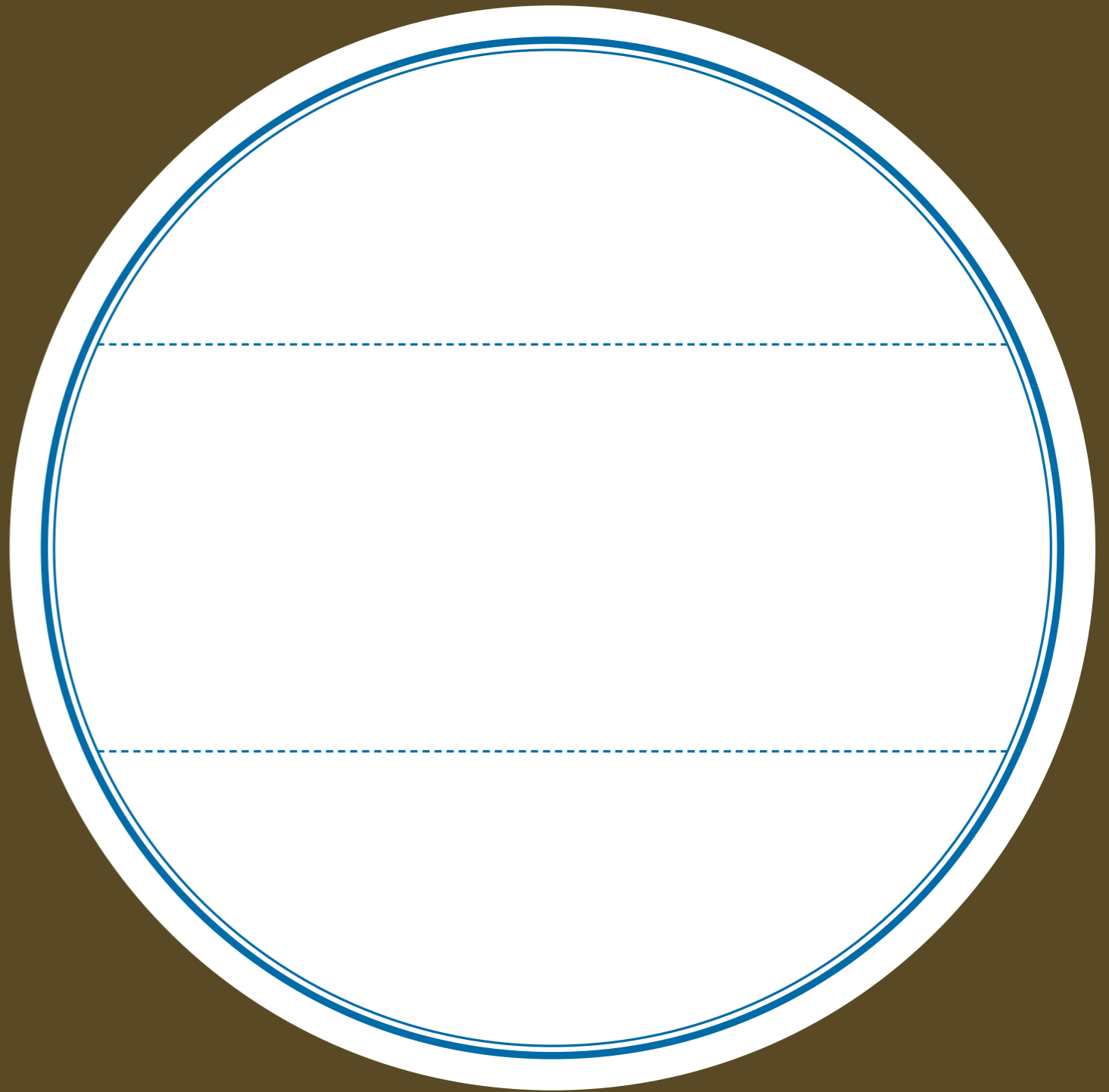
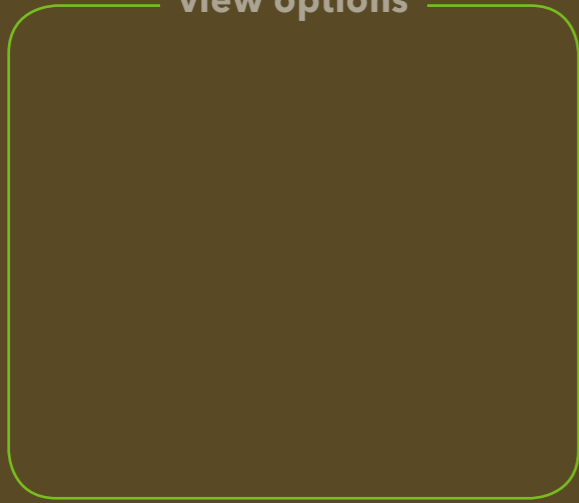


view options



FAVORITES

	protein	vegetable	starch/grain	total calories
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

SOURCES:

Gebhardt, Susan E., and Robin G. Thomas. *Nutritive Value of Foods*. U.S. Department of Agriculture, 2002.
 United States Department of Agriculture (USDA) Center for Nutrition Policy and Promotion website cnpp.usda.gov accessed on July 18, 2014.

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