

## Healthy Diet Planner

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Food Description	Quantity	Weight (Grams)	Food Energy (Calories)	Carbohydrate (Grams)	Protein (Grams)	Fat (Grams)	Cholesterol (Milligrams)	Saturated Fat (Grams)
100% NATURAL CEREAL	1 OZ	28.35	135	18	3	6	0	4.1
1000 ISLAND, SALAD DRSNG,LOCAL	1 TBSP	15	25	2	0	2	2	0.2
1000 ISLAND, SALAD DRSNG,REGLR	1 TBSP	16	60	2	0	6	4	1
40% BRAN FLAKES, KELLOGG'S	1 OZ	28.35	90	22	4	1	0	0.1
40% BRAN FLAKES, POST	1 OZ	28.35	90	22	3	0	0	0.1
ALFALFA SEEDS, SPROUTED, RAW	1 CUP	33	10	1	1	0	0	0
ALL-BRAN CEREAL	1 OZ	28.35	70	21	4	1	0	0.1
ALMONDS, SLIVERED	1 CUP	135	795	28	27	70	0	6.7
ALMONDS, WHOLE	1 OZ	28.35	165	6	6	15	0	1.4
ANGELFOOD CAKE, FROM MIX	1 CAKE	635	1510	342	38	2	0	0.4
ANGELFOOD CAKE, FROM MIX	1 PIECE	53	125	29	3	0	0	0
APPLE JUICE, CANNED	1 CUP	248	115	29	0	0	0	0
APPLE PIE	1 PIE	945	2420	360	21	105	0	27.4
APPLE PIE	1 PIECE	158	405	60	3	18	0	4.6
APPLES, DRIED, SULFURED	10 RINGS	64	155	42	1	0	0	0
APPLES, RAW, PEELED, SLICED	1 CUP	110	65	16	0	0	0	0.1
APPLES, RAW, UNPEELED,2 PER LB	1 APPLE	212	125	32	0	1	0	0.1
APPLES, RAW, UNPEELED,3 PER LB	1 APPLE	138	80	21	0	0	0	0.1
APPLESAUCE, CANNED, SWEETENED	1 CUP	255	195	51	0	0	0	0.1
APPLESAUCE, CANNED,UNSWEETENED	1 CUP	244	105	28	0	0	0	0
APRICOT NECTAR, NO ADDED VIT C	1 CUP	251	140	36	1	0	0	0
APRICOT, CANNED, HEAVY SYRUP	1 CUP	258	215	55	1	0	0	0
APRICOT, CANNED, HEAVY SYRUP	3 HALVES	85	70	18	0	0	0	0
APRICOTS, CANNED, JUICE PACK	3 HALVES	84	40	10	1	0	0	0
APRICOTS, CANNED, JUICE PACK	1 CUP	248	120	31	2	0	0	0
APRICOTS, DRIED, COOKED,UNSWTN	1 CUP	250	210	55	3	0	0	0
APRICOTS, DRIED, UNCOOKED	1 CUP	130	310	80	5	1	0	0
APRICOTS, RAW	3 APRCOT	106	50	12	1	0	0	0

ARTICHOKES, GLOBE, COOKED, DRN	1 ARTCHK	120	55	12	3	0	0	0
ASPARAGUS, CKD FRM FRZ,DR,SPER	4 SPEARS	60	15	3	2	0	0	0.1
ASPARAGUS, CKD FRM FRZ,DRN,CUT	1 CUP	180	50	9	5	1	0	0.2
ASPARAGUS, CKD FRM RAW, DR,CUT	1 CUP	180	45	8	5	1	0	0.1
ASPARAGUS, CKD FRM RAW,DR,SPER	4 SPEARS	60	15	3	2	0	0	0
ASPARAGUS,CANNED,SPEARS,NOSALT	4 SPEARS	80	10	2	1	0	0	0
ASPARAGUS,CANNED,SPEARS,W/SALT	4 SPEARS	80	10	2	1	0	0	0
AVOCADOS, CALIFORNIA	1 AVOCDO	173	305	12	4	30	0	4.5
AVOCADOS, FLORIDA	1 AVOCDO	304	340	27	5	27	0	5.3
BAGELS, EGG	1 BAGEL	68	200	38	7	2	44	0.3
BAGELS, PLAIN	1 BAGEL	68	200	38	7	2	0	0.3
BAKING POWDER, LOW SODIUM	1 TSP	4.3	5	1	0	0	0	0
BAKING POWDER, STRGHT PHOSPHAT	1 TSP	3.8	5	1	0	0	0	0
BAKING POWDER,SAS, CA PO4	1 TSP	3	5	1	0	0	0	0
BAKING POWDER,SAS,CAPO4+CASO4	1 TSP	2.9	5	1	0	0	0	0
BAKING PWDR BISCUITS,FROM MIX	1 BISCUIT	28	95	14	2	3	0	0.8
BAKING PWDR BISCUITS,HOMERECPE	1 BISCUIT	28	100	13	2	5	0	1.2
BAKING PWDR BISCUITS,REFRGDOGH	1 BISCUIT	20	65	10	1	2	1	0.6
BAMBOO SHOOTS, CANNED, DRAINED	1 CUP	131	25	4	2	1	0	0.1
BANANAS	1 BANANA	114	105	27	1	1	0	0.2
BANANAS, SLICED	1 CUP	150	140	35	2	1	0	0.3
BARBECUE SAUCE	1 TBSP	16	10	2	0	0	0	0
BARLEY, PEARLED,LIGHT, UNCOOKD	1 CUP	200	700	158	16	2	0	0.3
BEAN SPROUTS, MUNG, COOKD,DRAN	1 CUP	124	25	5	3	0	0	0
BEAN SPROUTS, MUNG, RAW	1 CUP	104	30	6	3	0	0	0
BEAN WITH BACON SOUP, CANNED	1 CUP	253	170	23	8	6	3	1.5
BEANS,DRY,CANNED,W/FRANKFURTER	1 CUP	255	365	32	19	18	30	7.4
BEANS,DRY,CANNED,W/PORK+SWTSCE	1 CUP	255	385	54	16	12	10	4.3
BEANS,DRY,CANNED,W/PORK+TOMSCE	1 CUP	255	310	48	16	7	10	2.4
BEEF AND VEGETABLE STEW,HM RCP	1 CUP	245	220	15	16	11	71	4.4
BEEF BROTH, BOULLN, CONSM,CNND	1 CUP	240	15	0	3	1	0	0.3
BEEF GRAVY, CANNED	1 CUP	233	125	11	9	5	7	2.7
BEEF HEART, BRAISED	3 OZ	85	150	0	24	5	164	1.2
BEEF LIVER, FRIED	3 OZ	85	185	7	23	7	410	2.5
BEEF NOODLE SOUP, CANNED	1 CUP	244	85	9	5	3	5	1.1
BEEF POTPIE, HOME RECIPE	1 PIECE	210	515	39	21	30	42	7.9
BEEF ROAST, EYE O RND, LEAN	2.6 OZ	75	135	0	22	5	52	1.9

BEEF ROAST, EYE O RND,LEAN+FAT	3 OZ	85	205	0	23	12	62	4.9
BEEF ROAST, RIB, LEAN + FAT	3 OZ	85	315	0	19	26	72	10.8
BEEF ROAST, RIB, LEAN ONLY	2.2 OZ	61	150	0	17	9	49	3.6
BEEF STEAK,SIRLOIN,BROIL,LEAN	2.5 OZ	72	150	0	22	6	64	2.6
BEEF STEAK,SIRLOIN,BROIL,LN+FT	3 OZ	85	240	0	23	15	77	6.4
BEEF, CANNED, CORNED	3 OZ	85	185	0	22	10	80	4.2
BEEF, CKD,BTTM ROUND,LEAN ONLY	2.8 OZ	78	175	0	25	8	75	2.7
BEEF, CKD,BTTM ROUND,LEAN+ FAT	3 OZ	85	220	0	25	13	81	4.8
BEEF, CKD,CHUCK BLADE,LEAN+FAT	3 OZ	85	325	0	22	26	87	10.8
BEEF, CKD,CHUCK BLADE,LEANONLY	2.2 OZ	62	170	0	19	9	66	3.9
BEEF, DRIED, CHIPPED	2.5 OZ	72	145	0	24	4	46	1.8
BEER, LIGHT	12 FL OZ	355	95	5	1	0	0	0
BEER, REGULAR	12 FL OZ	360	150	13	1	0	0	0
BEET GREENS, COOKED, DRAINED	1 CUP	144	40	8	4	0	0	0
BEETS, CANNED, DRAINED,NO SALT	1 CUP	170	55	12	2	0	0	0
BEETS, CANNED, DRAINED,W/ SALT	1 CUP	170	55	12	2	0	0	0
BEETS, COOKED, DRAINED, DICED	1 CUP	170	55	11	2	0	0	0
BEETS, COOKED, DRAINED, WHOLE	2 BEETS	100	30	7	1	0	0	0
BLACK BEANS, DRY, COOKED,DRAND	1 CUP	171	225	41	15	1	0	0.1
BLACKBERRIES, RAW	1 CUP	144	75	18	1	1	0	0.2
BLACKEYE PEAS, IMMATR,RAW,CKED	1 CUP	165	180	30	13	1	0	0.3
BLACKEYE PEAS,IMMTR,FRZN,CKED	1 CUP	170	225	40	14	1	0	0.3
BLACK-EYED PEAS, DRY, COOKED	1 CUP	250	190	35	13	1	0	0.2
BLUE CHEESE	1 OZ	28.35	100	1	6	8	21	5.3
BLUE CHEESE SALAD DRESSING	1 TBSP	15	75	1	1	8	3	1.5
BLUEBERRIES, FROZEN, SWEETENED	1 CUP	230	185	50	1	0	0	0
BLUEBERRIES, FROZEN, SWEETENED	10 OZ	284	230	62	1	0	0	0
BLUEBERRIES, RAW	1 CUP	145	80	20	1	1	0	0
BLUEBERRY MUFFINS, HOME RECIPE	1 MUFFIN	45	135	20	3	5	19	1.5
BLUEBERRY MUFFINS,FROM COM MIX	1 MUFFIN	45	140	22	3	5	45	1.4
BLUEBERRY PIE	1 PIECE	158	380	55	4	17	0	4.3
BLUEBERRY PIE	1 PIE	945	2285	330	23	102	0	25.5
BOLOGNA	2 SLICES	57	180	2	7	16	31	6.1
BOSTON BROWN BREAD,W/WHTECRNM	1 SLICE	45	95	21	2	1	3	0.3
BOSTON BROWN BREAD,W/YLLWCRNML	1 SLICE	45	95	21	2	1	3	0.3
BOUILLON, DEHYDRTD, UNPREPARED	1 PKT	6	15	1	1	1	1	0.3
BRAN MUFFINS, FROM COMMERL MIX	1 MUFFIN	45	140	24	3	4	28	1.3

BRAN MUFFINS, HOME RECIPE	1 MUFFIN	45	125	19	3	6	24	1.4
BRAUNSCHWEIGER	2 SLICES	57	205	2	8	18	89	6.2
BRAZIL NUTS	1 OZ	28.35	185	4	4	19	0	4.6
BREAD STUFFING, FROM MX, DRYTYPE	1 CUP	140	500	50	9	31	0	6.1
BREAD STUFFING, FROM MX, MOIST	1 CUP	203	420	40	9	26	67	5.3
BREADCRUMBS, DRY, GRATED	1 CUP	100	390	73	13	5	5	1.5
BROCCOLI, FRZN, COOKED, DRANED	1 PIECE	30	10	2	1	0	0	0
BROCCOLI, FRZN, COOKED, DRANED	1 CUP	185	50	10	6	0	0	0
BROCCOLI, RAW	1 SPEAR	151	40	8	4	1	0	0.1
BROCCOLI, RAW, COOKED, DRAINED	1 CUP	155	45	9	5	0	0	0.1
BROCCOLI, RAW, COOKED, DRAINED	1 SPEAR	180	50	10	5	1	0	0.1
BROWN AND SERVE SAUSAGE, BRWND	1 LINK	13	50	0	2	5	9	1.7
BROWN GRAVY FROM DRY MIX	1 CUP	261	80	14	3	2	2	0.9
BROWNIES W/ NUTS, FRM HOME RECP	1 BROWNE	20	95	11	1	6	18	1.4
BROWNIES W/ NUTS, FRSTNG, CMMRCL	1 BROWNE	25	100	16	1	4	14	1.6
BRUSSELS SPROUTS, FRZN, COOKED	1 CUP	155	65	13	6	1	0	0.1
BRUSSELS SPROUTS, RAW, COOKED	1 CUP	155	60	13	4	1	0	0.2
BUCKWHEAT FLOUR, LIGHT, SIFTED	1 CUP	98	340	78	6	1	0	0.2
BULGUR, UNCOOKED	1 CUP	170	600	129	19	3	0	1.2
BUTTER, SALTED	1 CUP	226	1620	0	2	184	494	114.2
BUTTER, SALTED	1 TBSP	14	100	0	0	11	31	7.1
BUTTER, SALTED	1 PAT	5	35	0	0	4	11	2.5
BUTTER, UNSALTED	1 CUP	226	1620	0	2	184	494	114.2
BUTTER, UNSALTED	1 TBSP	14	100	0	0	11	31	7.1
BUTTER, UNSALTED	1 PAT	5	35	0	0	4	11	2.5
BUTTERMILK, DRIED	1 CUP	120	465	59	41	7	83	4.3
BUTTERMILK, FLUID	1 CUP	245	100	12	8	2	9	1.3
CABBAGE, CHINESE, PAK-CHOI, CKD	1 CUP	170	20	3	3	0	0	0
CABBAGE, CHINESE, PE-TSAI, RAW	1 CUP	76	10	2	1	0	0	0
CABBAGE, COMMON, COOKED, DRNED	1 CUP	150	30	7	1	0	0	0
CABBAGE, COMMON, RAW	1 CUP	70	15	4	1	0	0	0
CABBAGE, RED, RAW	1 CUP	70	20	4	1	0	0	0
CABBAGE, SAVOY, RAW	1 CUP	70	20	4	1	0	0	0
CAKE OR PASTRY FLOUR, SIFTED	1 CUP	96	350	76	7	1	0	0.1
CAMEMBERT CHEESE	1 WEDGE	38	115	0	8	9	27	5.8
CANTALOUPE, RAW	1/2 MELN	267	95	22	2	1	0	0.1
CAP'N CRUNCH CEREAL	1 OZ	28.35	120	23	1	3	0	1.7

CARAMELS, PLAIN OR CHOCOLATE	1 OZ	28.35	115	22	1	3	1	2.2
CAROB FLOUR	1 CUP	140	255	126	6	0	0	0
CARROT CAKE,CREMCHESE FRST,REC	1 PIECE	96	385	48	4	21	74	4.1
CARROT CAKE,CREMCHESE FRST,REC	1 CAKE	1536	6175	775	63	328	1183	66
CARROTS, CANNED, DRN, W/ SALT	1 CUP	146	35	8	1	0	0	0.1
CARROTS, CANNED,DRND, W/O SALT	1 CUP	146	35	8	1	0	0	0.1
CARROTS, COOKED FROM FROZEN	1 CUP	146	55	12	2	0	0	0
CARROTS, COOKED FROM RAW	1 CUP	156	70	16	2	0	0	0.1
CARROTS, RAW, GRATED	1 CUP	110	45	11	1	0	0	0
CARROTS, RAW, WHOLE	1 CARROT	72	30	7	1	0	0	0
CASHEW NUTS, DRY ROASTD,SALTED	1 OZ	28.35	165	9	4	13	0	2.6
CASHEW NUTS, DRY ROASTD,UNSALT	1 CUP	137	785	45	21	63	0	12.5
CASHEW NUTS, DRY ROASTD,UNSALT	1 OZ	28.35	165	9	4	13	0	2.6
CASHEW NUTS, DRY ROASTED,SALTD	1 CUP	137	785	45	21	63	0	12.5
CASHEW NUTS, OIL ROASTD,SALTED	1 OZ	28.35	165	8	5	14	0	2.7
CASHEW NUTS, OIL ROASTD,SALTED	1 CUP	130	750	37	21	63	0	12.4
CASHEW NUTS, OIL ROASTD,UNSALT	1 OZ	28.35	165	8	5	14	0	2.7
CASHEW NUTS, OIL ROASTD,UNSALT	1 CUP	130	750	37	21	63	0	12.4
CATSUP	1 CUP	273	290	69	5	1	0	0.2
CATSUP	1 TBSP	15	15	4	0	0	0	0
CAULIFLOWER, COOKED FROM FROZN	1 CUP	180	35	7	3	0	0	0.1
CAULIFLOWER, COOKED FROM RAW	1 CUP	125	30	6	2	0	0	0
CAULIFLOWER, RAW	1 CUP	100	25	5	2	0	0	0
CELERY SEED	1 TSP	2	10	1	0	1	0	0
CELERY, PASCAL TYPE, RAW,PIECE	1 CUP	120	20	4	1	0	0	0
CELERY, PASCAL TYPE, RAW,STALK	1 STALK	40	5	1	0	0	0	0
CHEDDAR CHEESE	1 OZ	28.35	115	0	7	9	30	6
CHEDDAR CHEESE	1 CU IN	17	70	0	4	6	18	3.6
CHEDDDAR CHEESE, SHREDDED	1 CUP	113	455	1	28	37	119	23.8
CHEERIOS CEREAL	1 OZ	28.35	110	20	4	2	0	0.3
CHEESE CRACKERS, PLAIN	10 CRACK	10	50	6	1	3	6	0.9
CHEESE CRACKERS, SANDWCH,PEANT	1 SANDWH	8	40	5	1	2	1	0.4
CHEESE SAUCE W/ MILK, FRM MIX	1 CUP	279	305	23	16	17	53	9.3
CHEESEBURGER, 4OZ PATTY	1 SANDWH	194	525	40	30	31	104	15.1
CHEESEBURGER, REGULAR	1 SANDWH	112	300	28	15	15	44	7.3
CHEESECAKE	1 PIECE	92	280	26	5	18	170	9.9
CHEESECAKE	1 CAKE	1110	3350	317	60	213	2053	119.9

CHERRIES, SOUR,RED,CANND,WATER	1 CUP	244	90	22	2	0	0	0.1
CHERRIES, SWEET, RAW	10 CHERY	68	50	11	1	1	0	0.1
CHERRY PIE	1 PIE	945	2465	363	25	107	0	28.4
CHERRY PIE	1 PIECE	158	410	61	4	18	0	4.7
CHESTNUTS, EUROPEAN, ROASTED	1 CUP	143	350	76	5	3	0	0.6
CHICKEN A LA KING, HOME RECIPE	1 CUP	245	470	12	27	34	221	12.9
CHICKEN AND NOODLES, HOME RECP	1 CUP	240	365	26	22	18	103	5.1
CHICKEN CHOW MEIN, CANNED	1 CUP	250	95	18	7	0	8	0.1
CHICKEN CHOW MEIN, HOME RECIPE	1 CUP	250	255	10	31	10	75	4.1
CHICKEN FRANKFURTER	1 FRANK	45	115	3	6	9	45	2.5
CHICKEN GRAVY FROM DRY MIX	1 CUP	260	85	14	3	2	3	0.5
CHICKEN GRAVY, CANNED	1 CUP	238	190	13	5	14	5	3.4
CHICKEN LIVER, COOKED	1 LIVER	20	30	0	5	1	126	0.4
CHICKEN NOODLE SOUP, CANNED	1 CUP	241	75	9	4	2	7	0.7
CHICKEN NOODLE SOUP,DEHYD,PRPD	1 PKT	188	40	6	2	1	2	0.2
CHICKEN POTPIE, HOME RECIPE	1 PIECE	232	545	42	23	31	56	10.3
CHICKEN RICE SOUP, CANNED	1 CUP	241	60	7	4	2	7	0.5
CHICKEN ROLL, LIGHT	2 SLICES	57	90	1	11	4	28	1.1
CHICKEN, CANNED, BONELESS	5 OZ	142	235	0	31	11	88	3.1
CHICKEN, FRIED, BATTER, BREAST	4.9 OZ	140	365	13	35	18	119	4.9
CHICKEN, FRIED, BATTER,DRMSTCK	2.5 OZ	72	195	6	16	11	62	3
CHICKEN, FRIED, FLOUR, BREAST	3.5 OZ	98	220	2	31	9	87	2.4
CHICKEN, FRIED, FLOUR, DRMSTCK	1.7 OZ	49	120	1	13	7	44	1.8
CHICKEN, ROASTED, BREAST	3.0 OZ	86	140	0	27	3	73	0.9
CHICKEN, ROASTED, DRUMSTICK	1.6 OZ	44	75	0	12	2	41	0.7
CHICKEN, STEWED, LIGHT + DARK	1 CUP	140	250	0	38	9	116	2.6
CHICKPEAS, COOKED, DRAINED	1 CUP	163	270	45	15	4	0	0.4
CHILI CON CARNE W/ BEANS, CNND	1 CUP	255	340	31	19	16	28	5.8
CHILI POWDER	1 TSP	2.6	10	1	0	0	0	0.1
CHOCOLATE CHIP COOKIES,COMMRCL	4 COOKIE	42	180	28	2	9	5	2.9
CHOCOLATE CHIP COOKIES,HME RCP	4 COOKIE	40	185	26	2	11	18	3.9
CHOCOLATE CHIP COOKIES,REFRIG	4 COOKIE	48	225	32	2	11	22	4
CHOCOLATE MILK, LOWFAT 1%	1 CUP	250	160	26	8	3	7	1.5
CHOCOLATE MILK, LOWFAT 2%	1 CUP	250	180	26	8	5	17	3.1
CHOCOLATE MILK, REGULAR	1 CUP	250	210	26	8	8	31	5.3
CHOCOLATE, BITTER OT BAKING	1 OZ	28.35	145	8	3	15	0	9
CHOP SUEY W/ BEEF + PORK,HMRCP	1 CUP	250	300	13	26	17	68	4.3

CINNAMON	1 TSP	2.3	5	2	0	0	0	0
CLAM CHOWDER, MANHATTAN, CANND	1 CUP	244	80	12	4	2	2	0.4
CLAM CHOWDER, NEW ENG, W/ MILK	1 CUP	248	165	17	9	7	22	3
CLAMS, CANNED, DRAINED	3 OZ	85	85	2	13	2	54	0.5
CLAMS, RAW	3 OZ	85	65	2	11	1	43	0.3
CLUB SODA	12 FL OZ	355	0	0	0	0	0	0
COCA PWDR W/O NOFAT DRYMLK,PRD	1 SERVNG	265	225	30	9	9	33	5.4
COCA PWDR W/O NONFAT DRY MILK	3/4 OZ	21	75	19	1	1	0	0.3
COCOA PWDR W/ NOFAT DRMLK,PRPD	1 SERVNG	206	100	22	3	1	1	0.6
COCOA PWDR WITH NONFAT DRYMILK	1 OZ	28.35	100	22	3	1	1	0.6
COCONUT, DRIED, SWEETND,SHREDD	1 CUP	93	470	44	3	33	0	29.3
COCONUT, RAW, PIECE	1 PIECE	45	160	7	1	15	0	13.4
COCONUT, RAW, SHREDDED	1 CUP	80	285	12	3	27	0	23.8
COFFEE, BREWED	6 FL OZ	180	0	0	0	0	0	0
COFFEE, INSTANT, PREPARED	6 FL OZ	182	0	1	0	0	0	0
COFFEECAKE, CRUMB, FROM MIX	1 PIECE	72	230	38	5	7	47	2
COFFEECAKE, CRUMB, FROM MIX	1 CAKE	430	1385	225	27	41	279	11.8
COLA, DIET, ASPARTAME ONLY	12 FL OZ	355	0	0	0	0	0	0
COLA, DIET, ASPRTAME + SACCHRN	12 FL OZ	355	0	0	0	0	0	0
COLA, DIET, SACCHARIN ONLY	12 FL OZ	355	0	0	0	0	0	0
COLA, REGULAR	12 FL OZ	369	160	41	0	0	0	0
COLLARDS, COOKED FROM FROZEN	1 CUP	170	60	12	5	1	0	0.1
COLLARDS, COOKED FROM RAW	1 CUP	190	25	5	2	0	0	0.1
COOKED SALAD DRSSING, HOME RCP	1 TBSP	16	25	2	1	2	9	0.5
CORN CHIPS	1 OZ	28.35	155	16	2	9	0	1.4
CORN FLAKES, KELLOGG'S	1 OZ	28.35	110	24	2	0	0	0
CORN FLAKES, TOASTIES	1 OZ	28.35	110	24	2	0	0	0
CORN GRITS, COOKED, INSTANT	1 PKT	137	80	18	2	0	0	0
CORN GRITS,CKD,REG,WHTE,NOSALT	1 CUP	242	145	31	3	0	0	0
CORN GRITS,CKD,REG,WHTE,W/SALT	1 CUP	242	145	31	3	0	0	0
CORN GRITS,CKD,REG,YLLW,NOSALT	1 CUP	242	145	31	3	0	0	0
CORN GRITS,CKD,REG,YLLW,W/SALT	1 CUP	242	145	31	3	0	0	0
CORN MUFFINS, FROM COMMERL MIX	1 MUFFIN	45	145	22	3	6	42	1.7
CORN MUFFINS, HOME RECIPE	1 MUFFIN	45	145	21	3	5	23	1.5
CORN OIL	1 TBSP	14	125	0	0	14	0	1.8
CORN OIL	1 CUP	218	1925	0	0	218	0	27.7
CORN, CNND,CRM STL,WHIT,NO SAL	1 CUP	256	185	46	4	1	0	0.2

CORN, CNND,CRM STL,WHIT,W/SALT	1 CUP	256	185	46	4	1	0	0.2
CORN, CNND,CRM STL,YLLW,NO SAL	1 CUP	256	185	46	4	1	0	0.2
CORN, CNND,CRM STL,YLLW,W/SALT	1 CUP	256	185	46	4	1	0	0.2
CORN, COOKED FRM FROZN, WHITE	1 EAR	63	60	14	2	0	0	0.1
CORN, COOKED FRM FROZN, WHITE	1 CUP	165	135	34	5	0	0	0
CORN, COOKED FRM FROZN, YELLOW	1 EAR	63	60	14	2	0	0	0.1
CORN, COOKED FRM FROZN, YELLOW	1 CUP	165	135	34	5	0	0	0
CORN, COOKED FROM RAW, WHITE	1 EAR	77	85	19	3	1	0	0.2
CORN, COOKED FROM RAW, YELLOW	1 EAR	77	85	19	3	1	0	0.2
CORN,CNND,WHL KRNL,WHITE,NO SAL	1 CUP	210	165	41	5	1	0	0.2
CORN,CNND,WHL KRNL,WHITE,W/SALT	1 CUP	210	165	41	5	1	0	0.2
CORN,CNND,WHL KRNL,YLLW,NO SAL	1 CUP	210	165	41	5	1	0	0.2
CORN,CNND,WHL KRNL,YLLW,W/SALT	1 CUP	210	165	41	5	1	0	0.2
CORNMEAL,BOLTED,DRY FORM	1 CUP	122	440	91	11	4	0	0.5
CORNMEAL,DEGERMED,ENRCHED,COOK	1 CUP	240	120	26	3	0	0	0
CORNMEAL,DEGERMED,ENRICHED,DRY	1 CUP	138	500	108	11	2	0	0.2
CORNMEAL,WHOLE-GRND,UNBOLT,DRY	1 CUP	122	435	90	11	5	0	0.5
COTTAGE CHEESE,CREMD,LRGE CURD	1 CUP	225	235	6	28	10	34	6.4
COTTAGE CHEESE,CREMD,SMLL CURD	1 CUP	210	215	6	26	9	31	6
COTTAGE CHEESE,CREMD,W/FRUIT	1 CUP	226	280	30	22	8	25	4.9
COTTAGE CHEESE,LOWFAT 2%	1 CUP	226	205	8	31	4	19	2.8
COTTAGE CHEESE,UNCREAMED	1 CUP	145	125	3	25	1	10	0.4
CR OF CHICKEN SOUP W/ H2O,CNND	1 CUP	244	115	9	3	7	10	2.1
CR OF CHICKEN SOUP W/ MLK,CNND	1 CUP	248	190	15	7	11	27	4.6
CR OF MUSHROM SOUP W/ H2O,CNND	1 CUP	244	130	9	2	9	2	2.4
CR OF MUSHROM SOUP W/ MLK,CNND	1 CUP	248	205	15	6	14	20	5.1
CRABMEAT, CANNED	1 CUP	135	135	1	23	3	135	0.5
CRACKED-WHEAT BREAD	1 LOAF	454	1190	227	42	16	0	3.1
CRACKED-WHEAT BREAD	1 SLICE	25	65	12	2	1	0	0.2
CRACKED-WHEAT BREAD, TOASTED	1 SLICE	21	65	12	2	1	0	0.2
CRANBERRY JUICE COCKTAL W/VITC	1 CUP	253	145	38	0	0	0	0
CRANBERRY SAUCE, CANNED,SWTND	1 CUP	277	420	108	1	0	0	0
CREAM CHEESE	1 OZ	28.35	100	1	2	10	31	6.2
CREAM OF WHEAT,CKD,MIX N EAT	1 PKT	142	100	21	3	0	0	0
CREME PIE	1 PIE	910	2710	351	20	139	46	90.1
CREME PIE	1 PIECE	152	455	59	3	23	8	15
CRM WHEAT,CKD, QUICK, NO SALT	1 CUP	244	140	29	4	0	0	0.1

CRM WHEAT,CKD,QUICK, W/ SALT	1 CUP	244	140	29	4	0	0	0.1
CRM WHEAT,CKD,REG,INST,NO SALT	1 CUP	244	140	29	4	0	0	0.1
CRM WHEAT,CKD,REG,INST,W/SALT	1 CUP	244	140	29	4	0	0	0.1
CROISSANTS	1 CROSST	57	235	27	5	12	13	3.5
CUCUMBER, W/ PEEL	6 SLICES	28	5	1	0	0	0	0
CURRY POWDER	1 TSP	2	5	1	0	0	0	0
CUSTARD PIE	1 PIE	910	1985	213	56	101	1010	33.7
CUSTARD PIE	1 PIECE	152	330	36	9	17	169	5.6
CUSTARD, BAKED	1 CUP	265	305	29	14	15	278	6.8
DANDELION GREENS, COOKED, DRND	1 CUP	105	35	7	2	1	0	0.1
DANISH PASTRY, FRUIT	1 PASTRY	65	235	28	4	13	56	3.9
DANISH PASTRY, PLAIN, NO NUTS	1 OZ	28.35	110	13	2	6	24	1.8
DANISH PASTRY, PLAIN, NO NUTS	1 PASTRY	57	220	26	4	12	49	3.6
DANISH PASTRY, PLAIN, NO NUTS	1 RING	340	1305	152	21	71	292	21.8
DATES	10 DATES	83	230	61	2	0	0	0.1
DATES, CHOPPED	1 CUP	178	490	131	4	1	0	0.3
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 CUPCAK	35	120	20	2	4	19	1.8
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 CAKE	1107	3755	645	49	136	598	55.6
DEVIL'S FOOD CAKE,CHOCFRST,FMX	1 PIECE	69	235	40	3	8	37	3.5
DOUGHNUTS, CAKE TYPE, PLAIN	1 DONUT	50	210	24	3	12	20	2.8
DOUGHNUTS, YEAST-LEAVEND,GLZED	1 DONUT	60	235	26	4	13	21	5.2
DUCK, ROASTED, FLESH ONLY	1/2 DUCK	221	445	0	52	25	197	9.2
EGGNOG	1 CUP	254	340	34	10	19	149	11.3
EGGPLANT, COOKED, STEAMED	1 CUP	96	25	6	1	0	0	0
EGGS, COOKED, FRIED	1 EGG	46	90	1	6	7	211	1.9
EGGS, COOKED, HARD-COOKED	1 EGG	50	75	1	6	5	213	1.6
EGGS, COOKED, POACHED	1 EGG	50	75	1	6	5	212	1.5
EGGS, COOKED, SCRAMBLED/OMELET	1 EGG	61	100	1	7	7	215	2.2
EGGS, RAW, WHITE	1 WHITE	33	15	0	4	0	0	0
EGGS, RAW, WHOLE	1 EGG	50	75	1	6	5	213	1.6
EGGS, RAW, YOLK	1 YOLK	17	60	0	3	5	213	1.6
ENCHILADA	1 ENCHLD	230	235	24	20	16	19	7.7
ENDIVE, CURLY, RAW	1 CUP	50	10	2	1	0	0	0
ENG MUFFIN, EGG, CHEESE, BACON	1 SANDWH	138	360	31	18	18	213	8
ENGLISH MUFFINS, PLAIN	1 MUFFIN	57	140	27	5	1	0	0.3
ENGLISH MUFFINS, PLAIN, TOASTD	1 MUFFIN	50	140	27	5	1	0	0.3
EVAPORATED MILK, SKIM, CANNED	1 CUP	255	200	29	19	1	9	0.3

EVAPORATED MILK, WHOLE, CANNED	1 CUP	252	340	25	17	19	74	11.6
FATS, COOKING/VEGETBL SHORTENG	1 TBSP	13	115	0	0	13	0	3.3
FATS, COOKING/VEGETBL SHORTENG	1 CUP	205	1810	0	0	205	0	51.3
FETA CHEESE	1 OZ	28.35	75	1	4	6	25	4.2
FIG BARS	4 COOKIE	56	210	42	2	4	27	1
FIGS, DRIED	10 FIGS	187	475	122	6	2	0	0.4
FILBERTS, (HAZELNUTS) CHOPPED	1 OZ	28.35	180	4	4	18	0	1.3
FILBERTS, (HAZELNUTS) CHOPPED	1 CUP	115	725	18	15	72	0	5.3
FISH SANDWICH, LGE, W/O CHEESE	1 SANDWH	170	470	41	18	27	91	6.3
FISH SANDWICH, REG, W/ CHEESE	1 SANDWH	140	420	39	16	23	56	6.3
FISH STICKS, FROZEN, REHEATED	1 STICK	28	70	4	6	3	26	0.8
FLOUNDER OR SOLE, BAKED, BUTTR	3 OZ	85	120	0	16	6	68	3.2
FLOUNDER OR SOLE, BAKED,MARGRN	3 OZ	85	120	0	16	6	55	1.2
FLOUNDER OR SOLE, BAKED,W/OFAT	3 OZ	85	80	0	17	1	59	0.3
FONDANT, UNCOATED	1 OZ	28.35	105	27	0	0	0	0
FRANKFURTER, COOKED	1 FRANK	45	145	1	5	13	23	4.8
FRENCH BREAD	1 SLICE	35	100	18	3	1	0	0.3
FRENCH OR VIENNA BREAD	1 LOAF	454	1270	230	43	18	0	3.8
FRENCH SALAD DRESSING, LOCALOR	1 TBSP	16	25	2	0	2	0	0.2
FRENCH SALAD DRESSING, REGULAR	1 TBSP	16	85	1	0	9	0	1.4
FRENCH TOAST, HOME RECIPE	1 SLICE	65	155	17	6	7	112	1.6
FRIED PIE, APPLE	1 PIE	85	255	31	2	14	14	5.8
FRIED PIE, CHERRY	1 PIE	85	250	32	2	14	13	5.8
FROOT LOOPS CEREAL	1 OZ	28.35	110	25	2	1	0	0.2
FRUIT COCKTAIL,CNND,HEAVYSYRUP	1 CUP	255	185	48	1	0	0	0
FRUIT COCKTAIL,CNND,JUICE PACK	1 CUP	248	115	29	1	0	0	0
FRUIT PUNCH DRINK, CANNED	6 FL OZ	190	85	22	0	0	0	0
FRUITCAKE,DARK, FROM HOMERECIP	1 CAKE	1361	5185	783	74	228	640	47.6
FRUITCAKE,DARK, FROM HOMERECIP	1 PIECE	43	165	25	2	7	20	1.5
FUDGE, CHOCOLATE, PLAIN	1 OZ	28.35	115	21	1	3	1	2.1
GARLIC POWDER	1 TSP	2.8	10	2	0	0	0	0
GELATIN DESSERT, PREPARED	1 CUP	240	140	34	4	0	0	0
GELATIN, DRY	1 ENVELP	7	25	0	6	0	0	0
GIN,RUM,VODKA,WHISKY 80-PROOF	1.5 F OZ	42	95	0	0	0	0	0
GIN,RUM,VODKA,WHISKY 86-PROOF	1.5 F OZ	42	105	0	0	0	0	0
GIN,RUM,VODKA,WHISKY 90-PROOF	1.5 F OZ	42	110	0	0	0	0	0
GINGER ALE	12 FL OZ	366	125	32	0	0	0	0

GINGERBREAD CAKE, FROM MIX	1 PIECE	63	175	32	2	4	1	1.1
GINGERBREAD CAKE, FROM MIX	1 CAKE	570	1575	291	18	39	6	9.6
GOLDEN GRAHAMS CEREAL	1 OZ	28.35	110	24	2	1	0	0.7
GRAHAM CRACKER, PLAIN	2 CRACKR	14	60	11	1	1	0	0.4
GRAPE DRINK, CANNED	6 FL OZ	187	100	26	0	0	0	0
GRAPE JUICE, CANNED	1 CUP	253	155	38	1	0	0	0.1
GRAPE SODA	12 FL OZ	372	180	46	0	0	0	0
GRAPEFRT JCE,FRZN,CNCN,UNSWTEN	6 FL OZ	207	300	72	4	1	0	0.1
GRAPEFRT JCE,FRZN,DLTD,UNSWTEN	1 CUP	247	100	24	1	0	0	0
GRAPEFRUIT JUICE, CANNED,SWTND	1 CUP	250	115	28	1	0	0	0
GRAPEFRUIT JUICE, CANNED,UNSWT	1 CUP	247	95	22	1	0	0	0
GRAPEFRUIT JUICE, RAW	1 CUP	247	95	23	1	0	0	0
GRAPEFRUIT, CANNED, SYRUP PACK	1 CUP	254	150	39	1	0	0	0
GRAPEFRUIT, RAW, PINK	1/2 FRUT	120	40	10	1	0	0	0
GRAPEFRUIT, RAW, WHITE	1/2 FRUT	120	40	10	1	0	0	0
GRAPEJCE,FRZN,CONCEN,SWTND,W/C	6 FL OZ	216	385	96	1	1	0	0.2
GRAPEJCE,FRZN,DILUTD,SWTND,W/C	1 CUP	250	125	32	0	0	0	0.1
GRAPE-NUTS CEREAL	1 OZ	28.35	100	23	3	0	0	0
GRAPES, EUROPEAN, RAW, THOMPSN	10 GRAPE	50	35	9	0	0	0	0.1
GRAPES, EUROPEAN, RAW, TOKAY	10 GRAPE	57	40	10	0	0	0	0.1
GRAVY AND TURKEY, FROZEN	5 OZ	142	95	7	8	4	26	1.2
GREAT NORTHN BEANS, DRY,CKD,DRN	1 CUP	180	210	38	14	1	0	0.1
GROUND BEEF, BROILED, LEAN	3 OZ	85	230	0	21	16	74	6.2
GROUND BEEF, BROILED, REGULAR	3 OZ	85	245	0	20	18	76	6.9
GUM DROPS	1 OZ	28.35	100	25	0	0	0	0
HADDOCK, BREADED, FRIED	3 OZ	85	175	7	17	9	75	2.4
HALF AND HALF, CREAM	1 CUP	242	315	10	7	28	89	17.3
HALF AND HALF, CREAM	1 TBSP	15	20	1	0	2	6	1.1
HALIBUT, BROILED, BUTTER,LEMJU	3 OZ	85	140	0	20	6	62	3.3
HAMBURGER, 4OZ PATTY	1 SANDWH	174	445	38	25	21	71	7.1
HAMBURGER, REGULAR	1 SANDWH	98	245	28	12	11	32	4.4
HARD CANDY	1 OZ	28.35	110	28	0	0	0	0
HERRING, PICKLED	3 OZ	85	190	0	17	13	85	4.3
HOLLANDAISE SCE, W/ H2O,FRM MX	1 CUP	259	240	14	5	20	52	11.6
HONEY	1 CUP	339	1030	279	1	0	0	0
HONEY	1 TBSP	21	65	17	0	0	0	0
HONEY NUT CHEERIOS CEREAL	1 OZ	28.35	105	23	3	1	0	0.1

HONEYDEW MELON, RAW	1/10 MEL	129	45	12	1	0	0	0
ICE CREAM, VANLLA, REGULR 11%	3 FL OZ	50	100	12	2	5	22	3.4
ICE CREAM, VANLLA, REGULR 11%	1 CUP	133	270	32	5	14	59	8.9
ICE CREAM, VANLLA, REGULR 11%	1/2 GALN	1064	2155	254	38	115	476	71.3
ICE CREAM, VANLLA, RICH 16% FT	1/2 GAL	1188	2805	256	33	190	703	118.3
ICE CREAM, VANLLA, RICH 16% FT	1 CUP	148	350	32	4	24	88	14.7
ICE CREAM, VANLLA, SOFT SERVE	1 CUP	173	375	38	7	23	153	13.5
ICE MILK, VANILLA, 4% FAT	1/2 GAL	1048	1470	232	41	45	146	28.1
ICE MILK, VANILLA, 4% FAT	1 CUP	131	185	29	5	6	18	3.5
ICE MILK, VANILLA,SOFTSERV 3%	1 CUP	175	225	38	8	5	13	2.9
IMITATION CREAMERS, LIQUID FRZ	1 TBSP	15	20	2	0	1	0	1.4
IMITATION CREAMERS, POWDERED	1 TSP	2	10	1	0	1	0	0.7
IMITATION WHIPPED TOPPING,FRZN	1 CUP	75	240	17	1	19	0	16.3
IMITATION WHIPPED TOPPING,FRZN	1 TBSP	4	15	1	0	1	0	0.9
IMITATN SOUR DRESSING	1 CUP	235	415	11	8	39	13	31.2
IMITATN SOUR DRESSING	1 TBSP	12	20	1	0	2	1	1.6
IMITATN WHIPD TOPING,PRESSRZD	1 CUP	70	185	11	1	16	0	13.2
IMITATN WHIPD TOPING,PRESSRZD	1 TBSP	4	10	1	0	1	0	0.8
IMITATN WHIPD TOPING,PWDRD,PRP	1 CUP	80	150	13	3	10	8	8.5
IMITATN WHIPD TOPING,PWDRD,PRP	1 TBSP	4	10	1	0	0	0	0.4
ITALIAN BREAD	1 SLICE	30	85	17	3	0	0	0
ITALIAN BREAD	1 LOAF	454	1255	256	41	4	0	0.6
ITALIAN SALAD DRESSING,LOCALOR	1 TBSP	15	5	2	0	0	0	0
ITALIAN SALAD DRESSING,REGULAR	1 TBSP	15	80	1	0	9	0	1.3
JAMS AND PRESERVES	1 TBSP	20	55	14	0	0	0	0
JAMS AND PRESERVES	1 PKT	14	40	10	0	0	0	0
JELLIES	1 TBSP	18	50	13	0	0	0	0
JELLIES	1 PKT	14	40	10	0	0	0	0
JELLY BEANS	1 OZ	28.35	105	26	0	0	0	0
JERUSALEM-ARTICHOKE, RAW	1 CUP	150	115	26	3	0	0	0
KALE, COOKED FROM FROZEN	1 CUP	130	40	7	4	1	0	0.1
KALE, COOKED FROM RAW	1 CUP	130	40	7	2	1	0	0.1
KIWIFRUIT, RAW	1 KIWI	76	45	11	1	0	0	0
KOHLRABI, COOKED, DRAINED	1 CUP	165	50	11	3	0	0	0
LAMB, RIB, ROASTED, LEAN + FAT	3 OZ	85	315	0	18	26	77	12.1
LAMB, RIB, ROASTED, LEAN ONLY	2 OZ	57	130	0	15	7	50	3.2
LAMB,CHOPS,ARM,BRAISED,LEAN	1.7 OZ	48	135	0	17	7	59	2.9

LAMB,CHOPS,ARM,BRAISED,LEAN+FT	2.2 OZ	63	220	0	20	15	77	6.9
LAMB,CHOPS,LOIN,BROIL,LEAN	2.3 OZ	64	140	0	19	6	60	2.6
LAMB,CHOPS,LOIN,BROIL,LEAN+FAT	2.8 OZ	80	235	0	22	16	78	7.3
LAMB,LEG,ROASTED, LEAN ONLY	2.6 OZ	73	140	0	20	6	65	2.4
LAMB,LEG,ROASTED, LEAN+ FAT	3 OZ	85	205	0	22	13	78	5.6
LARD	1 TBSP	13	115	0	0	13	12	5.1
LARD	1 CUP	205	1850	0	0	205	195	80.4
LEMON JUICE, CANNED	1 CUP	244	50	16	1	1	0	0.1
LEMON JUICE, CANNED	1 TBSP	15	5	1	0	0	0	0
LEMON JUICE, RAW	1 CUP	244	60	21	1	0	0	0
LEMON JUICE,FRZN,SINGLE-STRNGH	6 FL OZ	244	55	16	1	1	0	0.1
LEMON MERINGUE PIE	1 PIE	840	2140	317	31	86	857	26
LEMON MERINGUE PIE	1 PIECE	140	355	53	5	14	143	4.3
LEMONADE,CONCEN,FRZEN,DILUTED	6 FL OZ	185	80	21	0	0	0	0
LEMONADE,CONCENTRATE,FRZ,UNDIL	6 FL OZ	219	425	112	0	0	0	0
LEMON-LIME SODA	12 FL OZ	372	155	39	0	0	0	0
LEMONS, RAW	1 LEMON	58	15	5	1	0	0	0
LENTILS, DRY, COOKED	1 CUP	200	215	38	16	1	0	0.1
LETTUCE, BUTTERHEAD, RAW,HEAD	1 HEAD	163	20	4	2	0	0	0
LETTUCE, BUTTERHEAD, RAW,LEAVE	1 LEAF	15	0	0	0	0	0	0
LETTUCE, CRISPHEAD, RAW, HEAD	1 HEAD	539	70	11	5	1	0	0.1
LETTUCE, CRISPHEAD, RAW,PIECES	1 CUP	55	5	1	1	0	0	0
LETTUCE, CRISPHEAD, RAW,WEDGE	1 WEDGE	135	20	3	1	0	0	0
LETTUCE, LOOSELEAF	1 CUP	56	10	2	1	0	0	0
LIGHT, COFFEE OR TABLE CREAM	1 CUP	240	470	9	6	46	159	28.8
LIGHT, COFFEE OR TABLE CREAM	1 TBSP	15	30	1	0	3	10	1.8
LIMA BEANS, DRY, COOKED,DRANED	1 CUP	190	260	49	16	1	0	0.2
LIMA BEANS,BABY, FRZN,CKED,DRN	1 CUP	180	190	35	12	1	0	0.1
LIMA BEANS,THICK SEED,FRZN,CKD	1 CUP	170	170	32	10	1	0	0.1
LIME JUICE, RAW	1 CUP	246	65	22	1	0	0	0
LIME JUICE,CANNED	1 CUP	246	50	16	1	1	0	0.1
LIMEADE,CONCEN,FROZEN,DILUTED	6 FL OZ	185	75	20	0	0	0	0
LIMEADE,CONCENTRATE,FRZN,UNDIL	6 FL OZ	218	410	108	0	0	0	0
LUCKY CHARMS CEREAL	1 OZ	28.35	110	23	3	1	0	0.2
MACADAMIA NUTS, OILRSTD,SALTED	1 CUP	134	960	17	10	103	0	15.4
MACADAMIA NUTS, OILRSTD,SALTED	1 OZ	28.35	205	4	2	22	0	3.2
MACADAMIA NUTS, OILRSTD,UNSALT	1 CUP	134	960	17	10	103	0	15.4

MACADAMIA NUTS, OILRSTD,UNSALT	1 OZ	28.35	205	4	2	22	0	3.2
MACARONI AND CHEESE, CANNED	1 CUP	240	230	26	9	10	24	4.7
MACARONI AND CHEESE, HOME RCPE	1 CUP	200	430	40	17	22	44	9.8
MACARONI, COOKED, FIRM	1 CUP	130	190	39	7	1	0	0.1
MACARONI, COOKED, TENDER, HOT	1 CUP	140	155	32	5	1	0	0.1
MACARONI, COOKED, TENDER,COLD	1 CUP	105	115	24	4	0	0	0.1
MALTED MILK, CHOCOLATE, POWDER	3/4 OZ	21	85	18	1	1	1	0.5
MALTED MILK,CHOCOLATE, PWDRPPD	1 SERVNG	265	235	29	9	9	34	5.5
MALTED MILK,NATURAL, POWDER	3/4 OZ	21	85	15	3	2	4	0.9
MALTED MILK,NATURAL, PWDR PPRD	1 SERVNG	265	235	27	11	10	37	6
MALT-O-MEAL, W/O SALT	1 CUP	240	120	26	4	0	0	0
MALT-O-MEAL, WITH SALT	1 CUP	240	120	26	4	0	0	0
MANGOS, RAW	1 MANGO	207	135	35	1	1	0	0.1
MARGARINE, IMITATION 40% FAT	8 OZ	227	785	1	1	88	0	17.5
MARGARINE, IMITATION 40% FAT	1 TBSP	14	50	0	0	5	0	1.1
MARGARINE, REGULR,HARD,80% FAT	1 CUP	226	1620	2	2	182	0	35.8
MARGARINE, REGULR,HARD,80% FAT	1 TBSP	14	100	0	0	11	0	2.2
MARGARINE, REGULR,HARD,80% FAT	1 PAT	5	35	0	0	4	0	0.8
MARGARINE, REGULR,SOFT,80% FAT	8 OZ	227	1625	1	2	183	0	31.3
MARGARINE, REGULR,SOFT,80% FAT	1 TBSP	14	100	0	0	11	0	1.9
MARGARINE, SPREAD,HARD,60% FAT	1 CUP	226	1220	0	2	138	0	31.8
MARGARINE, SPREAD,HARD,60% FAT	1 TBSP	14	75	0	0	9	0	2
MARGARINE, SPREAD,HARD,60% FAT	1 PAT	5	25	0	0	3	0	0.7
MARGARINE, SPREAD,SOFT,60% FAT	8 OZ	227	1225	0	1	138	0	29.1
MARGARINE, SPREAD,SOFT,60% FAT	1 TBSP	14	75	0	0	9	0	1.8
MARSHMALLOWS	1 OZ	28.35	90	23	1	0	0	0
MAYONNAISE TYPE SALAD DRESSING	1 TBSP	15	60	4	0	5	4	0.7
MAYONNAISE, IMITATION	1 TBSP	15	35	2	0	3	4	0.5
MAYONNAISE, REGULAR	1 TBSP	14	100	0	0	11	8	1.7
MELBA TOAST, PLAIN	1 PIECE	5	20	4	1	0	0	0.1
MILK CHOCOLATE CANDY, PLAIN	1 OZ	28.35	145	16	2	9	6	5.4
MILK CHOCOLATE CANDY,W/ ALMOND	1 OZ	28.35	150	15	3	10	5	4.8
MILK CHOCOLATE CANDY,W/ PENUTS	1 OZ	28.35	155	13	4	11	5	4.2
MILK CHOCOLATE CANDY,W/ RICE C	1 OZ	28.35	140	18	2	7	6	4.4
MILK, LOFAT, 1%, ADDED SOLIDS	1 CUP	245	105	12	9	2	10	1.5
MILK, LOFAT, 1%, NO ADDEDSOLID	1 CUP	244	100	12	8	3	10	1.6
MILK, LOFAT, 2%, ADDED SOLIDS	1 CUP	245	125	12	9	5	18	2.9

MILK, LOFAT, 2%, NO ADDEDSOLID	1 CUP	244	120	12	8	5	18	2.9
MILK, SKIM, ADDED MILK SOLIDS	1 CUP	245	90	12	9	1	5	0.4
MILK, SKIM, NO ADDED MILKSOLID	1 CUP	245	85	12	8	0	4	0.3
MILK, WHOLE, 3.3% FAT	1 CUP	244	150	11	8	8	33	5.1
MINISTRONE SOUP, CANNED	1 CUP	241	80	11	4	3	2	0.6
MISO	1 CUP	276	470	65	29	13	0	1.8
MIXED GRAIN BREAD	1 LOAF	454	1165	212	45	17	0	3.2
MIXED GRAIN BREAD	1 SLICE	25	65	12	2	1	0	0.2
MIXED GRAIN BREAD, TOASTED	1 SLICE	23	65	12	2	1	0	0.2
MIXED NUTS W/ PEANTS, DRY, SALTD	1 OZ	28.35	170	7	5	15	0	2
MIXED NUTS W/ PEANTS, DRY, UNSLT	1 OZ	28.35	170	7	5	15	0	2
MIXED NUTS W/ PEANTS, OIL, SALTD	1 OZ	28.35	175	6	5	16	0	2.5
MIXED NUTS W/ PEANTS, OIL, UNSLT	1 OZ	28.35	175	6	5	16	0	2.5
MOLASSES, CANE, BLACKSTRAP	2 TBSP	40	85	22	0	0	0	0
MOZZARELLA CHEESE, WHOLE MILK	1 OZ	28.35	80	1	6	6	22	3.7
MOZZARELLA CHEESE, SKIM, LOMOIST	1 OZ	28.35	80	1	8	5	15	3.1
MUENSTER CHEESE	1 OZ	28.35	105	0	7	9	27	5.4
MUSHROOM GRAVY, CANNED	1 CUP	238	120	13	3	6	0	1
MUSHROOMS, CANNED, DRND, W/SALT	1 CUP	156	35	8	3	0	0	0.1
MUSHROOMS, COOKED, DRAINED	1 CUP	156	40	8	3	1	0	0.1
MUSHROOMS, RAW	1 CUP	70	20	3	1	0	0	0
MUSTARD GREENS, COOKED, DRANED	1 CUP	140	20	3	3	0	0	0
MUSTARD, PREPARED, YELLOW	1 TSP	5	5	0	0	0	0	0
NATURE VALLEY GRANOLA CEREAL	1 OZ	28.35	125	19	3	5	0	3.3
NECTARINES, RAW	1 NECTRAN	136	65	16	1	1	0	0.1
NONFAT DRY MILK, INSTANTIZED	1 CUP	68	245	35	24	0	12	0.3
NONFAT DRY MILK, INSTANTIZED	1 ENVLPE	91	325	47	32	1	17	0.4
NOODLES, CHOW MEIN, CANNED	1 CUP	45	220	26	6	11	5	2.1
NOODLES, EGG, COOKED	1 CUP	160	200	37	7	2	50	0.5
OATMEAL BREAD	1 LOAF	454	1145	212	38	20	0	3.7
OATMEAL BREAD	1 SLICE	25	65	12	2	1	0	0.2
OATMEAL BREAD, TOASTED	1 SLICE	23	65	12	2	1	0	0.2
OATMEAL W/ RAISINS COOKIES	4 COOKIE	52	245	36	3	10	2	2.5
OATMEAL, CKD, INSTNT, FLVRD, FORTF	1 PKT	164	160	31	5	2	0	0.3
OATMEAL, CKD, INSTNT, PLAIN, FORTF	1 PKT	177	105	18	4	2	0	0.3
OATMEAL, CKD, RG, QCK, INST, W/OSAL	1 CUP	234	145	25	6	2	0	0.4
OATMEAL, CKD, RG, QCK, INST, W/SALT	1 CUP	234	145	25	6	2	0	0.4

OCEAN PERCH, BREADED, FRIED	1 FILLET	85	185	7	16	11	66	2.6
OKRA PODS, COOKED	8 PODS	85	25	6	2	0	0	0
OLIVE OIL	1 TBSP	14	125	0	0	14	0	1.9
OLIVE OIL	1 CUP	216	1910	0	0	216	0	29.2
OLIVES, CANNED, GREEN	4 MEDIUM	13	15	0	0	2	0	0.2
OLIVES, CANNED, RIPE, MISSION	3 SMALL	9	15	0	0	2	0	0.3
ONION POWDER	1 TSP	2.1	5	2	0	0	0	0
ONION RINGS, BREADED,FRZN,PRPD	2 RINGS	20	80	8	1	5	0	1.7
ONION SOUP, DEHYDRATD, PREPRED	1 PKT	184	20	4	1	0	0	0.1
ONION SOUP, DEHYDRTD, UNPRPRED	1 PKT	7	20	4	1	0	0	0.1
ONIONS, RAW, CHOPPED	1 CUP	160	55	12	2	0	0	0.1
ONIONS, RAW, COOKED, DRAINED	1 CUP	210	60	13	2	0	0	0.1
ONIONS, RAW, SLICED	1 CUP	115	40	8	1	0	0	0.1
ONIONS, SPRING, RAW	6 ONION	30	10	2	1	0	0	0
ORANGE + GRAPEFRUIT JUICE,CANND	1 CUP	247	105	25	1	0	0	0
ORANGE JUICE, CANNED	1 CUP	249	105	25	1	0	0	0
ORANGE JUICE, CHILLED	1 CUP	249	110	25	2	1	0	0.1
ORANGE JUICE, RAW	1 CUP	248	110	26	2	0	0	0.1
ORANGE JUICE,FROZEN CONCENTRTE	6 FL OZ	213	340	81	5	0	0	0.1
ORANGE JUICE,FRZN,CNCN,DILUTED	1 CUP	249	110	27	2	0	0	0
ORANGE SODA	12 FL OZ	372	180	46	0	0	0	0
ORANGES, RAW	1 ORANGE	131	60	15	1	0	0	0
ORANGES, RAW, SECTIONS	1 CUP	180	85	21	2	0	0	0
OREGANO	1 TSP	1.5	5	1	0	0	0	0
OYSTERS, BREADED, FRIED	1 OYSTER	45	90	5	5	5	35	1.4
OYSTERS, RAW	1 CUP	240	160	8	20	4	120	1.4
PANCAKES, BUCKWHEAT, FROM MIX	1 PANCAK	27	55	6	2	2	20	0.9
PANCAKES, PLAIN, FROM MIX	1 PANCAK	27	60	8	2	2	16	0.5
PANCAKES, PLAIN, HOME RECIPE	1 PANCAK	27	60	9	2	2	16	0.5
PAPAYAS, RAW	1 CUP	140	65	17	1	0	0	0.1
PAPRIKA	1 TSP	2.1	5	1	0	0	0	0
PARMESAN CHEESE, GRATED	1 OZ	28.35	130	1	12	9	22	5.4
PARMESAN CHEESE, GRATED	1 CUP	100	455	4	42	30	79	19.1
PARMESAN CHEESE, GRATED	1 TBSP	5	25	0	2	2	4	1
PARSLEY, FREEZE-DRIED	1 TBSP	0.4	0	0	0	0	0	0
PARSLEY, RAW	10 SPRIG	10	5	1	0	0	0	0
PARSNIPS, COOKED, DRAINED	1 CUP	156	125	30	2	0	0	0.1

PASTERZD PROCES CHEESE, SWISS	1 OZ	28.35	95	1	7	7	24	4.5
PASTERZD PROCES CHEESE,AMERICN	1 OZ	28.35	105	0	6	9	27	5.6
PASTERZD PROCES CHESE FOOD,AMR	1 OZ	28.35	95	2	6	7	18	4.4
PASTERZD PROCES CHESE SPRED,AM	1 OZ	28.35	80	2	5	6	16	3.8
PEA BEANS, DRY, COOKED,DRAINED	1 CUP	190	225	40	15	1	0	0.1
PEA, GREEN, SOUP, CANNED	1 CUP	250	165	27	9	3	0	1.4
PEACH PIE	1 PIE	945	2410	361	24	101	0	24.6
PEACH PIE	1 PIECE	158	405	60	4	17	0	4.1
PEACHES, CANNED, HEAVY SYRUP	1 CUP	256	190	51	1	0	0	0
PEACHES, CANNED, HEAVY SYRUP	1 HALF	81	60	16	0	0	0	0
PEACHES, CANNED, JUICE PACK	1 CUP	248	110	29	2	0	0	0
PEACHES, CANNED, JUICE PACK	1 HALF	77	35	9	0	0	0	0
PEACHES, DRIED	1 CUP	160	380	98	6	1	0	0.1
PEACHES, DRIED,COOKED,UNSWETND	1 CUP	258	200	51	3	1	0	0.1
PEACHES, FROZEN,SWETNED,W/VITC	1 CUP	250	235	60	2	0	0	0
PEACHES, FROZEN,SWETNED,W/VITC	10 OZ	284	265	68	2	0	0	0
PEACHES, RAW	1 PEACH	87	35	10	1	0	0	0
PEACHES, RAW, SLICED	1 CUP	170	75	19	1	0	0	0
PEANUT BUTTER	1 TBSP	16	95	3	5	8	0	1.4
PEANUT BUTTER COOKIE,HOME RECP	4 COOKIE	48	245	28	4	14	22	4
PEANUT OIL	1 TBSP	14	125	0	0	14	0	2.4
PEANUT OIL	1 CUP	216	1910	0	0	216	0	36.5
PEANUTS, OIL ROASTED, SALTED	1 OZ	28.35	165	5	8	14	0	1.9
PEANUTS, OIL ROASTED, SALTED	1 CUP	145	840	27	39	71	0	9.9
PEANUTS, OIL ROASTED, UNSALTED	1 OZ	28.35	165	5	8	14	0	1.9
PEANUTS, OIL ROASTED, UNSALTED	1 CUP	145	840	27	39	71	0	9.9
PEARS, CANNED, HEAVY SYRUP	1 CUP	255	190	49	1	0	0	0
PEARS, CANNED, HEAVY SYRUP	1 HALF	79	60	15	0	0	0	0
PEARS, CANNED, JUICE PACK	1 CUP	248	125	32	1	0	0	0
PEARS, CANNED, JUICE PACK	1 HALF	77	40	10	0	0	0	0
PEARS, RAW, BARTLETT	1 PEAR	166	100	25	1	1	0	0
PEARS, RAW, BOSCO	1 PEAR	141	85	21	1	1	0	0
PEARS, RAW, D'ANJOU	1 PEAR	200	120	30	1	1	0	0
PEAS, EDIBLE POD, COOKED,DRNED	1 CUP	160	65	11	5	0	0	0.1
PEAS, GREEN,CNND,DRND, W/ SALT	1 CUP	170	115	21	8	1	0	0.1
PEAS, GREEN,CNND,DRND,W/O SALT	1 CUP	170	115	21	8	1	0	0.1
PEAS, SPLIT, DRY, COOKED	1 CUP	200	230	42	16	1	0	0.1

PEAS,GRN, FROZEN COOKED,DRANED	1 CUP	160	125	23	8	0	0	0.1
PECAN PIE	1 PIE	825	3450	423	42	189	569	28.1
PECAN PIE	1 PIECE	138	575	71	7	32	95	4.7
PECANS, HALVES	1 CUP	108	720	20	8	73	0	5.9
PECANS, HALVES	1 OZ	28.35	190	5	2	19	0	1.5
PEPPER, BLACK	1 TSP	2.1	5	1	0	0	0	0
PEPPERS, HOT CHILI, RAW, GREEN	1 PEPPER	45	20	4	1	0	0	0
PEPPERS, HOT CHILI, RAW, RED	1 PEPPER	45	20	4	1	0	0	0
PEPPERS, SWEET, COOKED, GREEN	1 PEPPER	73	15	3	0	0	0	0
PEPPERS, SWEET, COOKED, RED	1 PEPPER	73	15	3	0	0	0	0
PEPPERS, SWEET, RAW, GREEN	1 PEPPER	74	20	4	1	0	0	0
PEPPERS, SWEET, RAW, RED	1 PEPPER	74	20	4	1	0	0	0
PEPPER-TYPE SODA	12 FL OZ	369	160	41	0	0	0	0
PICKLES, CUCUMBER, DILL	1 PICKLE	65	5	1	0	0	0	0
PICKLES, CUCUMBER, FRESH PACK	2 SLICES	15	10	3	0	0	0	0
PICKLES, CUCUMBER, SWT GHERKIN	1 PICKLE	15	20	5	0	0	0	0
PIECRUST, FROM MIX	2 CRUST	320	1485	141	20	93	0	22.7
PIECRUST, FROM HOME RECIPE	1 SHELL	180	900	79	11	60	0	14.8
PINE NUTS	1 OZ	28.35	160	5	3	17	0	2.7
PINEAPPLE JUICE, CANNED, UNSWTN	1 CUP	250	140	34	1	0	0	0
PINEAPPLE, CANNED, HEAVY SYRUP	1 CUP	255	200	52	1	0	0	0
PINEAPPLE, CANNED, HEAVY SYRUP	1 SLICE	58	45	12	0	0	0	0
PINEAPPLE, CANNED, JUICE PACK	1 CUP	250	150	39	1	0	0	0
PINEAPPLE, CANNED, JUICE PACK	1 SLICE	58	35	9	0	0	0	0
PINEAPPLE, RAW, DICED	1 CUP	155	75	19	1	1	0	0
PINEAPPLE-GRAPEFRUIT JUICEDRNK	6 FL OZ	187	90	23	0	0	0	0
PINTO BEANS, DRY, COOKED, DRAINED	1 CUP	180	265	49	15	1	0	0.1
PISTACHIO NUTS	1 OZ	28.35	165	7	6	14	0	1.7
PITA BREAD	1 PITA	60	165	33	6	1	0	0.1
PIZZA, CHEESE	1 SLICE	120	290	39	15	9	56	4.1
PLANTAINS, COOKED	1 CUP	154	180	48	1	0	0	0.1
PLANTAINS, RAW	1 PLANTN	179	220	57	2	1	0	0.3
PLUMS, CANNED, HEAVY SYRUP	1 CUP	258	230	60	1	0	0	0
PLUMS, CANNED, HEAVY SYRUP	3 PLUMS	133	120	31	0	0	0	0
PLUMS, CANNED, JUICE PACK	1 CUP	252	145	38	1	0	0	0
PLUMS, CANNED, JUICE PACK	3 PLUMS	95	55	14	0	0	0	0
PLUMS, RAW, 1-1/2-IN DIAM	1 PLUM	28	15	4	0	0	0	0

PLUMS, RAW, 2-1/8-IN DIAM	1 PLUM	66	35	9	1	0	0	0
POPCORN, AIR-POPPED, UNSALTED	1 CUP	8	30	6	1	0	0	0
POPCORN, POPPED, VEG OIL,SALTD	1 CUP	11	55	6	1	3	0	0.5
POPCORN, SUGAR SYRUP COATED	1 CUP	35	135	30	2	1	0	0.1
POPSICLE	1 POPCLE	95	70	18	0	0	0	0
PORK CHOP, LOIN, BROIL, LEAN	2.5 OZ	72	165	0	23	8	71	2.6
PORK CHOP, LOIN, BROIL, LEN+FT	3.1 OZ	87	275	0	24	19	84	7
PORK CHOP, LOIN,PANFRY, LEAN	2.4 OZ	67	180	0	19	11	72	3.7
PORK CHOP, LOIN,PANFRY,LEAN+FT	3.1 OZ	89	335	0	21	27	92	9.8
PORK FRESH HAM, ROASTD, LEAN	2.5 OZ	72	160	0	20	8	68	2.7
PORK FRESH HAM, ROASTD,LEAN+FT	3 OZ	85	250	0	21	18	79	6.4
PORK FRESH RIB, ROASTD, LEAN	2.5 OZ	71	175	0	20	10	56	3.4
PORK FRESH RIB, ROASTD,LEAN+FT	3 OZ	85	270	0	21	20	69	7.2
PORK SHOULDER, BRAISD, LEAN	2.4 OZ	67	165	0	22	8	76	2.8
PORK SHOULDER, BRAISD,LEAN+FAT	3 OZ	85	295	0	23	22	93	7.9
PORK, CURED, BACON, REGUL,CKED	3 SLICE	19	110	0	6	9	16	3.3
PORK, CURED, BACON,CANADN,CKED	2 SLICE	46	85	1	11	4	27	1.3
PORK, CURED, HAM, CANNED,ROAST	3 OZ	85	140	0	18	7	35	2.4
PORK, CURED, HAM, ROSTED,LEAN	2.4 OZ	68	105	0	17	4	37	1.3
PORK, CURED, HAM, ROSTED,LN+FT	3 OZ	85	205	0	18	14	53	5.1
PORK, LINK, COOKED	1 LINK	13	50	0	3	4	11	1.4
PORK, LUNCHEON MEAT,CANNED	2 SLICES	42	140	1	5	13	26	4.5
PORK, LUNCHEON MEAT,CHOPPD HAM	2 SLICES	42	95	0	7	7	21	2.4
PORK, LUNCHEON MEAT,CKD HAM,LN	2 SLICES	57	75	1	11	3	27	0.9
PORK, LUNCHEON MEAT,CKD HAM,RG	2 SLICES	57	105	2	10	6	32	1.9
POTATO CHIPS	10 CHIPS	20	105	10	1	7	0	1.8
POTATO SALAD MADE W/ MAYONNAIS	1 CUP	250	360	28	7	21	170	3.6
POTATOES, AU GRATIN, FROM MIX	1 CUP	245	230	31	6	10	12	6.3
POTATOES, AU GRATIN, HOME RECP	1 CUP	245	325	28	12	19	56	11.6
POTATOES, BAKED FLESH ONLY	1 POTATO	156	145	34	3	0	0	0
POTATOES, BAKED WITH SKIN	1 POTATO	202	220	51	5	0	0	0.1
POTATOES, BOILED, PEELED AFTER	1 POTATO	136	120	27	3	0	0	0
POTATOES, BOILED, PEELED BEFOR	1 POTATO	135	115	27	2	0	0	0
POTATOES, HASHED BROWN,FR FRZN	1 CUP	156	340	44	5	18	0	7
POTATOES, MASHED,FRM DEHYDRTED	1 CUP	210	235	32	4	12	29	7.2
POTATOES, MASHED,RECPE,MLK+MAR	1 CUP	210	225	35	4	9	4	2.2
POTATOES, MASHED,RECPE,W/ MILK	1 CUP	210	160	37	4	1	4	0.7

POTATOES, SCALLOPED, FROM MIX	1 CUP	245	230	31	5	11	27	6.5
POTATOES, SCALLOPED, HOME RECP	1 CUP	245	210	26	7	9	29	5.5
POTATOES,FRENCH-FRD,FRZN,FRIED	10 STRIP	50	160	20	2	8	0	2.5
POTATOES,FRENCH-FRD,FRZN,OVEN	10 STRIP	50	110	17	2	4	0	2.1
POUND CAKE, COMMERCIAL	1 SLICE	29	110	15	2	5	64	3
POUND CAKE, COMMERCIAL	1 LOAF	500	1935	257	26	94	1100	52
POUND CAKE, FROM HOME RECIPE	1 SLICE	30	120	15	2	5	32	1.2
POUND CAKE, FROM HOME RECIPE	1 LOAF	514	2025	265	33	94	555	21.1
PRETZELS, STICK	10 PRETZ	3	10	2	0	0	0	0
PRETZELS, TWISTED, DUTCH	1 PRETZ	16	65	13	2	1	0	0.1
PRETZELS, TWISTED, THIN	10 PRETZ	60	240	48	6	2	0	0.4
PRODUCT 19 CEREAL	1 OZ	28.35	110	24	3	0	0	0
PROVOLONE CHEESE	1 OZ	28.35	100	1	7	8	20	4.8
PRUNE JUICE, CANNED	1 CUP	256	180	45	2	0	0	0
PRUNES, DRIED	5 LARGE	49	115	31	1	0	0	0
PRUNES, DRIED, COOKED,UNSWTND	1 CUP	212	225	60	2	0	0	0
PUDDING, CHOC, COOKED FROM MIX	1 CUP	260	300	50	8	8	30	4.8
PUDDING, CHOC, INSTANT, FR MIX	1 CUP	260	310	54	8	8	28	4.6
PUDDING, CHOCOLATE,CANNED	5 OZ	142	205	30	3	11	1	9.5
PUDDING, RICE, FROM MIX	1 CUP	264	310	54	8	8	30	4.6
PUDDING, TAPIOCA, CANNED	5 OZ	142	160	28	3	5	0	4.8
PUDDING, TAPIOCA, FROM MIX	1 CUP	260	290	50	8	8	30	4.6
PUDDING, VANILLA, CANNED	5 OZ	142	220	33	2	10	1	9.5
PUDDING, VNLLA,COOKED FROM MIX	1 CUP	260	290	50	8	8	30	4.6
PUDDING, VNLLA,INSTANT FRM MIX	1 CUP	260	300	54	8	8	30	4.4
PUMPERNICKEL BREAD	1 SLICE	32	80	16	3	1	0	0.2
PUMPERNICKEL BREAD	1 LOAF	454	1160	218	42	16	0	2.6
PUMPERNICKEL BREAD, TOASTED	1 SLICE	29	80	16	3	1	0	0.2
PUMPKIN AND SQUASH KERNELS	1 OZ	28.35	155	5	7	13	0	2.5
PUMPKIN PIE	1 PIE	910	1920	223	36	102	655	38.2
PUMPKIN PIE	1 PIECE	152	320	37	6	17	109	6.4
PUMPKIN, CANNED	1 CUP	245	85	20	3	1	0	0.4
PUMPKIN, COOKED FROM RAW	1 CUP	245	50	12	2	0	0	0.1
QUICHE LORRAINE	1 SLICE	176	600	29	13	48	285	23.2
RADISHES, RAW	4 RADISH	18	5	1	0	0	0	0
RAISIN BRAN, KELLOGG'S	1 OZ	28.35	90	21	3	1	0	0.1
RAISIN BRAN, POST	1 OZ	28.35	85	21	3	1	0	0.1

RAISIN BREAD	1 LOAF	454	1260	239	37	18	0	4.1
RAISIN BREAD	1 SLICE	25	65	13	2	1	0	0.2
RAISIN BREAD, TOASTED	1 SLICE	21	65	13	2	1	0	0.2
RAISINS	1 CUP	145	435	115	5	1	0	0.2
RAISINS	1 PACKET	14	40	11	0	0	0	0
RASPBERRIES, FROZEN, SWEETENED	1 CUP	250	255	65	2	0	0	0
RASPBERRIES, FROZEN, SWEETENED	10 OZ	284	295	74	2	0	0	0
RASPBERRIES, RAW	1 CUP	123	60	14	1	1	0	0
RED KIDNEY BEANS, DRY, CANNED	1 CUP	255	230	42	15	1	0	0.1
REFRIED BEANS, CANNED	1 CUP	290	295	51	18	3	0	0.4
RELISH, SWEET	1 TBSP	15	20	5	0	0	0	0
RHUBARB, COOKED, ADDED SUGAR	1 CUP	240	280	75	1	0	0	0
RICE KRISPIES CEREAL	1 OZ	28.35	110	25	2	0	0	0
RICE, BROWN, COOKED	1 CUP	195	230	50	5	1	0	0.3
RICE, WHITE, COOKED	1 CUP	205	225	50	4	0	0	0.1
RICE, WHITE, INSTANT, COOKED	1 CUP	165	180	40	4	0	0	0.1
RICE, WHITE, PARBOILED, COOKED	1 CUP	175	185	41	4	0	0	0
RICE, WHITE, PARBOILED, RAW	1 CUP	185	685	150	14	1	0	0.1
RICE, WHITE, RAW	1 CUP	185	670	149	12	1	0	0.2
RICOTTA CHEESE, PART SKIM MILK	1 CUP	246	340	13	28	19	76	12.1
RICOTTA CHEESE, WHOLE MILK	1 CUP	246	430	7	28	32	124	20.4
ROAST BEEF SANDWICH	1 SANDWH	150	345	34	22	13	55	3.5
ROLLS, DINNER, COMMERCIAL	1 ROLL	28	85	14	2	2	0	0.5
ROLLS, DINNER, HOME RECIPE	1 ROLL	35	120	20	3	3	12	0.8
ROLLS, FRANKFURTER + HAMBURGER	1 ROLL	40	115	20	3	2	0	0.5
ROLLS, HARD	1 ROLL	50	155	30	5	2	0	0.4
ROLLS, HOAGIE OR SUBMARINE	1 ROLL	135	400	72	11	8	0	1.8
ROOT BEER	12 FL OZ	370	165	42	0	0	0	0
RYE BREAD, LIGHT	1 LOAF	454	1190	218	38	17	0	3.3
RYE BREAD, LIGHT	1 SLICE	25	65	12	2	1	0	0.2
RYE BREAD, LIGHT, TOASTED	1 SLICE	22	65	12	2	1	0	0.2
RYE WAFERS, WHOLE-GRAIN	2 WAFERS	14	55	10	1	1	0	0.3
SAFFLOWER OIL	1 TBSP	14	125	0	0	14	0	1.3
SAFFLOWER OIL	1 CUP	218	1925	0	0	218	0	19.8
SALAMI, COOKED TYPE	2 SLICES	57	145	1	8	11	37	4.6
SALAMI, DRY TYPE	2 SLICES	20	85	1	5	7	16	2.4
SALMON, BAKED, RED	3 OZ	85	140	0	21	5	60	1.2

SALMON, CANNED, PINK, W/ BONES	3 OZ	85	120	0	17	5	34	0.9
SALMON, SMOKED	3 OZ	85	150	0	18	8	51	2.6
SALT	1 TSP	5.5	0	0	0	0	0	0
SALTINES	4 CRACKR	12	50	9	1	1	4	0.5
SANDWICH SPREAD, PORK, BEEF	1 TBSP	15	35	2	1	3	6	0.9
SANDWICH TYPE COOKIE	4 COOKIE	40	195	29	2	8	0	2
SARDINES, ATLNTC,CNNED,OIL,DRN	3 OZ	85	175	0	20	9	85	2.1
SAUERKRAUT, CANNED	1 CUP	236	45	10	2	0	0	0.1
SCALLOPS, BREADED, FRZN,REHEAT	6 SCALOP	90	195	10	15	10	70	2.5
SEAWEED, KELP, RAW	1 OZ	28.35	10	3	0	0	0	0.1
SEAWEED, SPIRULINA, DRIED	1 OZ	28.35	80	7	16	2	0	0.8
SELF-RISING FLOUR, UNSIFTED	1 CUP	125	440	93	12	1	0	0.2
SEMISWEET CHOCOLATE	1 CUP	170	860	97	7	61	0	36.2
SESAME SEEDS	1 TBSP	8	45	1	2	4	0	0.6
SHAKES, THICK, CHOCOLATE	10 OZ	283	335	60	9	8	30	4.8
SHAKES, THICK, VANILLA	10 OZ	283	315	50	11	9	33	5.3
SHEETCAKE W/O FRSTNG,HOMERECIP	1 CAKE	777	2830	434	35	108	552	29.5
SHEETCAKE,W/ WHFRSTNG,HOMERCIP	1 CAKE	1096	4020	694	37	129	636	41.6
SHEETCAKE,W/ WHFRSTNG,HOMERCIP	1 PIECE	121	445	77	4	14	70	4.6
SHEETCAKE,W/O FRSTNG,HOMERECIP	1 PIECE	86	315	48	4	12	61	3.3
SHERBET, 2% FAT	1/2 GAL	1542	2160	469	17	31	113	19
SHERBET, 2% FAT	1 CUP	193	270	59	2	4	14	2.4
SHORTBREAD COOKIE, COMMERCIAL	4 COOKIE	32	155	20	2	8	27	2.9
SHORTBREAD COOKIE, HOME RECIPE	2 COOKIE	28	145	17	2	8	0	1.3
SHREDDED WHEAT CEREAL	1 OZ	28.35	100	23	3	1	0	0.1
SHRIMP, CANNED, DRAINED	3 OZ	85	100	1	21	1	128	0.2
SHRIMP, FRENCH FRIED	3 OZ	85	200	11	16	10	168	2.5
SNACK CAKES,DEVILS FOOD,CREMFL	SM CAKE	28	105	17	1	4	15	1.7
SNACK CAKES,SPONGE CREME FLLNG	SM CAKE	42	155	27	1	5	7	2.3
SNACK TYPE CRACKERS	1 CRACKR	3	15	2	0	1	0	0.2
SNAP BEAN,CNND,DRND,GREEN,SALT	1 CUP	135	25	6	2	0	0	0
SNAP BEAN,CNND,DRND,GRN,NOSALT	1 CUP	135	25	6	2	0	0	0
SNAP BEAN,CNND,DRND,YLLW, SALT	1 CUP	135	25	6	2	0	0	0
SNAP BEAN,CNND,DRND,YLLW,NOSAL	1 CUP	135	25	6	2	0	0	0
SNAP BEAN,FRZ,CKD,DRND,GREEN	1 CUP	135	35	8	2	0	0	0
SNAP BEAN,FRZ,CKD,DRND,YELLOW	1 CUP	135	35	8	2	0	0	0
SNAP BEAN,RAW,CKD,DRND,GREEN	1 CUP	125	45	10	2	0	0	0.1

SNAP BEAN,RAW,CKD,DRND,YELLOW	1 CUP	125	45	10	2	0	0	0.1
SOUR CREAM	1 CUP	230	495	10	7	48	102	30
SOUR CREAM	1 TBSP	12	25	1	0	3	5	1.6
SOY SAUCE	1 TBSP	18	10	2	2	0	0	0
SOYBEAN OIL, HYDROGENATED	1 TBSP	14	125	0	0	14	0	2.1
SOYBEAN OIL, HYDROGENATED	1 CUP	218	1925	0	0	218	0	32.5
SOYBEAN-COTTONSEED OIL, HYDRGN	1 TBSP	14	125	0	0	14	0	2.5
SOYBEAN-COTTONSEED OIL, HYDRGN	1 CUP	218	1925	0	0	218	0	39.2
SOYBEANS, DRY, COOKED, DRAINED	1 CUP	180	235	19	20	10	0	1.3
SPAGHETTI, COOKED, FIRM	1 CUP	130	190	39	7	1	0	0.1
SPAGHETTI, COOKED, TENDER	1 CUP	140	155	32	5	1	0	0.1
SPAGHETTI, TOM SAUCE CHEE,HMRP	1 CUP	250	260	37	9	9	8	3
SPAGHETTI, TOM SAUCE CHEES,CND	1 CUP	250	190	39	6	2	3	0.4
SPAGHETTI,MEATBALLS,TOMSA,HMRP	1 CUP	248	330	39	19	12	89	3.9
SPAGHETTI,MEATBALLS,TOMSAC,CND	1 CUP	250	260	29	12	10	23	2.4
SPECIAL K CEREAL	1 OZ	28.35	110	21	6	0	0	0
SPINACH SOUFFLE	1 CUP	136	220	3	11	18	184	7.1
SPINACH, CANNED, DRND,W/ SALT	1 CUP	214	50	7	6	1	0	0.2
SPINACH, CANNED, DRND,W/O SALT	1 CUP	214	50	7	6	1	0	0.2
SPINACH, COOKED FR FRZEN, DRND	1 CUP	190	55	10	6	0	0	0.1
SPINACH, COOKED FROM RAW, DRND	1 CUP	180	40	7	5	0	0	0.1
SPINACH, RAW	1 CUP	55	10	2	2	0	0	0
SQUASH, SUMMER, COOKED, DRAIND	1 CUP	180	35	8	2	1	0	0.1
SQUASH, WINTER, BAKED	1 CUP	205	80	18	2	1	0	0.3
STRAWBERRIES, FROZEN, SWEETEND	10 OZ	284	275	74	2	0	0	0
STRAWBERRIES, FROZEN, SWEETEND	1 CUP	255	245	66	1	0	0	0
STRAWBERRIES, RAW	1 CUP	149	45	10	1	1	0	0
SUGAR COOKIE, FROM REFRIG DOGH	4 COOKIE	48	235	31	2	12	29	2.3
SUGAR FROSTED FLAKES, KELLOGG	1 OZ	28.35	110	26	1	0	0	0
SUGAR SMACKS CEREAL	1 OZ	28.35	105	25	2	1	0	0.1
SUGAR, BROWN, PRESSED DOWN	1 CUP	220	820	212	0	0	0	0
SUGAR, POWDERED, SIFTED	1 CUP	100	385	100	0	0	0	0
SUGAR, WHITE, GRANULATED	1 TBSP	12	45	12	0	0	0	0
SUGAR, WHITE, GRANULATED	1 PKT	6	25	6	0	0	0	0
SUGAR, WHITE, GRANULATED	1 CUP	200	770	199	0	0	0	0
SUNFLOWER OIL	1 TBSP	14	125	0	0	14	0	1.4
SUNFLOWER OIL	1 CUP	218	1925	0	0	218	0	22.5

SUNFLOWER SEEDS	1 OZ	28.35	160	5	6	14	0	1.5
SUPER SUGAR CRISP CEREAL	1 OZ	28.35	105	26	2	0	0	0
SWEET (DARK) CHOCOLATE	1 OZ	28.35	150	16	1	10	0	5.9
SWEETENED CONDENSED MILK CNND	1 CUP	306	980	166	24	27	104	16.8
SWEETPOTATOES, BAKED, PEELED	1 POTATO	114	115	28	2	0	0	0
SWEETPOTATOES, BOILED W/O PEEL	1 POTATO	151	160	37	2	0	0	0.1
SWEETPOTATOES, CANDIED	1 PIECE	105	145	29	1	3	8	1.4
SWEETPOTATOES, CANNED, MASHED	1 CUP	255	260	59	5	1	0	0.1
SWEETPOTATOES, CNNED, VAC PACK	1 PIECE	40	35	8	1	0	0	0
SWISS CHEESE	1 OZ	28.35	105	1	8	8	26	5
SYRUP, CHOCOLATE FLAVORED THIN	2 TBSP	38	85	22	1	0	0	0.2
SYRUP, CHOCOLATE FLVRED, FUDGE	2 TBSP	38	125	21	2	5	0	3.1
TABLE SYRUP (CORN AND MAPLE)	2 TBSP	42	122	32	0	0	0	0
TACO	1 TACO	81	195	15	9	11	21	4.1
TAHINI	1 TBSP	15	90	3	3	8	0	1.1
TANGERINE JUICE, CANNED,SWTND	1 CUP	249	125	30	1	0	0	0
TANGERINES, CANNED, LIGHT SYRP	1 CUP	252	155	41	1	0	0	0
TANGERINES, RAW	1 TANGRN	84	35	9	1	0	0	0
TARTAR SAUCE	1 TBSP	14	75	1	0	8	4	1.2
TEA, BREWED	8 FL OZ	240	0	0	0	0	0	0
TEA, INSTANT,PREPRD,UNSWEETEND	8 FL OZ	241	0	1	0	0	0	0
TEA,INSTANT,PREPARD,SWEETENED	8 FL OZ	262	85	22	0	0	0	0
TOASTER PASTRIES	1 PASTRY	54	210	38	2	6	0	1.7
TOFU	1 PIECE	120	85	3	9	5	0	0.7
TOMATO JUICE, CANNED W/O SALT	1 CUP	244	40	10	2	0	0	0
TOMATO JUICE, CANNED WITH SALT	1 CUP	244	40	10	2	0	0	0
TOMATO PASTE, CANNED W/O SALT	1 CUP	262	220	49	10	2	0	0.3
TOMATO PASTE, CANNED WITH SALT	1 CUP	262	220	49	10	2	0	0.3
TOMATO PUREE, CANNED W/O SALT	1 CUP	250	105	25	4	0	0	0
TOMATO PUREE, CANNED WITH SALT	1 CUP	250	105	25	4	0	0	0
TOMATO SAUCE, CANNED WITH SALT	1 CUP	245	75	18	3	0	0	0.1
TOMATO SOUP W/ WATER, CANNED	1 CUP	244	85	17	2	2	0	0.4
TOMATO SOUP WITH MILK, CANNED	1 CUP	248	160	22	6	6	17	2.9
TOMATO VEG SOUP, DEHYD,PREPRED	1 PKT	189	40	8	1	1	0	0.3
TOMATOES, CANNED, S+L, W/ SALT	1 CUP	240	50	10	2	1	0	0.1
TOMATOES, CANNED, S+L,W/O SALT	1 CUP	240	50	10	2	1	0	0.1
TOMATOES, RAW	1 TOMATO	123	25	5	1	0	0	0

TORTILLAS, CORN	1 TORTLA	30	65	13	2	1	0	0.1
TOTAL CEREAL	1 OZ	28.35	100	22	3	1	0	0.1
TRIX CEREAL	1 OZ	28.35	110	25	2	0	0	0.2
TROUT, BROILED, W/ BUTTR,LEMJU	3 OZ	85	175	0	21	9	71	4.1
TUNA SALAD	1 CUP	205	375	19	33	19	80	3.3
TUNA, CANND, DRND,OIL,CHK,LGHT	3 OZ	85	165	0	24	7	55	1.4
TUNA, CANND, DRND,WATR, WHITE	3 OZ	85	135	0	30	1	48	0.3
TURKEY HAM, CURED TURKEY THIGH	2 SLICES	57	75	0	11	3	32	1
TURKEY LOAF, BREAST MEAT W/O C	2 SLICES	42	45	0	10	1	17	0.2
TURKEY LOAF, BREAST MEAT, W/ C	2 SLICES	42	45	0	10	1	17	0.2
TURKEY PATTIES, BRD,BATTD,FRID	1 PATTY	64	180	10	9	12	40	3
TURKEY ROAST, FRZN,LGHT+DRK,CK	3 OZ	85	130	3	18	5	45	1.6
TURKEY, ROASTED, DARK MEAT	4 PIECES	85	160	0	24	6	72	2.1
TURKEY, ROASTED, LIGHT + DARK	3 PIECES	85	145	0	25	4	65	1.4
TURKEY, ROASTED, LIGHT + DARK	1 CUP	140	240	0	41	7	106	2.3
TURKEY, ROASTED, LIGHT MEAT	2 PIECES	85	135	0	25	3	59	0.9
TURNIP GREENS, CKED FRM FROZEN	1 CUP	164	50	8	5	1	0	0.2
TURNIP GREENS, COOKED FROM RAW	1 CUP	144	30	6	2	0	0	0.1
TURNIPS, COOKED, DICED	1 CUP	156	30	8	1	0	0	0
VANILLA WAFERS	10 COOKE	40	185	29	2	7	25	1.8
VEAL CUTLET, MED FAT,BRSD,BRLD	3 OZ	85	185	0	23	9	86	4.1
VEAL RIB, MED FAT, ROASTED	3 OZ	85	230	0	23	14	109	6
VEGETABLE BEEF SOUP, CANNED	1 CUP	244	80	10	6	2	5	0.9
VEGETABLE JUICE COCKTAIL, CNND	1 CUP	242	45	11	2	0	0	0
VEGETABLES, MIXED, CANNED	1 CUP	163	75	15	4	0	0	0.1
VEGETABLES, MIXED, CKED FR FRZ	1 CUP	182	105	24	5	0	0	0.1
VEGETARIAN SOUP, CANNED	1 CUP	241	70	12	2	2	0	0.3
VIENNA BREAD	1 SLICE	25	70	13	2	1	0	0.2
VIENNA SAUSAGE	1 SAUSAG	16	45	0	2	4	8	1.5
VINEGAR AND OIL SALAD DRESSING	1 TBSP	16	70	0	0	8	0	1.5
VINEGAR, CIDER	1 TBSP	15	0	1	0	0	0	0
WAFFLES, FROM HOME RECIPE	1 WAFFLE	75	245	26	7	13	102	4
WAFFLES, FROM MIX	1 WAFFLE	75	205	27	7	8	59	2.7
WALNUTS, BLACK, CHOPPED	1 OZ	28.35	170	3	7	16	0	1
WALNUTS, BLACK, CHOPPED	1 CUP	125	760	15	30	71	0	4.5
WALNUTS, ENGLISH, PIECES	1 CUP	120	770	22	17	74	0	6.7
WALNUTS, ENGLISH, PIECES	1 OZ	28.35	180	5	4	18	0	1.6

WATER CHESTNUTS, CANNED	1 CUP	140	70	17	1	0	0	0
WATERMELON, RAW	1 PIECE	482	155	35	3	2	0	0.3
WATERMELON, RAW, DICED	1 CUP	160	50	11	1	1	0	0.1
WHEAT BREAD	1 LOAF	454	1160	213	43	19	0	3.9
WHEAT BREAD	1 SLICE	25	65	12	2	1	0	0.2
WHEAT BREAD, TOASTED	1 SLICE	23	65	12	3	1	0	0.2
WHEAT FLOUR, ALL-PURPOSE,SIFTD	1 CUP	115	420	88	12	1	0	0.2
WHEAT FLOUR, ALL-PURPOSE,UNSIF	1 CUP	125	455	95	13	1	0	0.2
WHEAT, THIN CRACKERS	4 CRACKR	8	35	5	1	1	0	0.5
WHEATIES CEREAL	1 OZ	28.35	100	23	3	0	0	0.1
WHIPPED TOPPING, PRESSURIZED	1 CUP	60	155	7	2	13	46	8.3
WHIPPED TOPPING, PRESSURIZED	1 TBSP	3	10	0	0	1	2	0.4
WHIPPING CREAM, UNWHIPED,HEAVY	1 CUP	238	820	7	5	88	326	54.8
WHIPPING CREAM, UNWHIPED,HEAVY	1 TBSP	15	50	0	0	6	21	3.5
WHIPPING CREAM, UNWHIPED,LIGHT	1 CUP	239	700	7	5	74	265	46.2
WHIPPING CREAM, UNWHIPED,LIGHT	1 TBSP	15	45	0	0	5	17	2.9
WHITE BREAD	1 LOAF	454	1210	222	38	18	0	5.6
WHITE BREAD CRUMBS, SOFT	1 CUP	45	120	22	4	2	0	0.6
WHITE BREAD CUBES	1 CUP	30	80	15	2	1	0	0.4
WHITE BREAD, SLICE 18 PER LOAF	1 SLICE	25	65	12	2	1	0	0.3
WHITE BREAD, SLICE 22 PER LOAF	1 SLICE	20	55	10	2	1	0	0.2
WHITE BREAD, TOASTED 18 PER	1 SLICE	22	65	12	2	1	0	0.3
WHITE BREAD, TOASTED 22 PER	1 SLICE	17	55	10	2	1	0	0.2
WHITE CAKE W/ WHT FRSTNG,COMML	1 PIECE	71	260	42	3	9	3	2.1
WHITE CAKE W/ WHT FRSTNG,COMML	1 CAKE	1140	4170	670	43	148	46	33.1
WHITE SAUCE W/ MILK FROM MIX	1 CUP	264	240	21	10	13	34	6.4
WHITE SAUCE, MEDIUM, HOME RECP	1 CUP	250	395	24	10	30	32	9.1
WHOLE-WHEAT BREAD	1 SLICE	28	70	13	3	1	0	0.4
WHOLE-WHEAT BREAD	1 LOAF	454	1110	206	44	20	0	5.8
WHOLE-WHEAT BREAD, TOASTED	1 SLICE	25	70	13	3	1	0	0.4
WHOLE-WHEAT FLOUR,HRD WHT,STIR	1 CUP	120	400	85	16	2	0	0.3
WHOLE-WHEAT WAFERS, CRACKERS	2 CRACKR	8	35	5	1	2	0	0.5
WINE, DESSERT	3.5 F OZ	103	140	8	0	0	0	0
WINE, TABLE, RED	3.5 F OZ	102	75	3	0	0	0	0
WINE, TABLE, WHITE	3.5 F OZ	102	80	3	0	0	0	0
YEAST, BAKERS, DRY, ACTIVE	1 PKG	7	20	3	3	0	0	0
YEAST, BREWERS, DRY	1 TBSP	8	25	3	3	0	0	0

YELLOW CAKE W/ CHOC FRST,FRMIX	1 PIECE	69	235	40	3	8	36	3
YELLOW CAKE W/ CHOC FRST,FRMIX	1 CAKE	1108	3735	638	45	125	576	47.8
YELLOWCAKE W/ CHOCFRSTNG,COMML	1 CAKE	1108	3895	620	40	175	609	92
YELLOWCAKE W/ CHOCFRSTNG,COMML	1 PIECE	69	245	39	2	11	38	5.7
YOGURT, W/ LOFAT MILK, PLAIN	8 OZ	227	145	16	12	4	14	2.3
YOGURT, W/ LOFAT MILK,FRUITFLV	8 OZ	227	230	43	10	2	10	1.6
YOGURT, W/ NONFAT MILK	8 OZ	227	125	17	13	0	4	0.3
YOGURT, W/ WHOLE MILK	8 OZ	227	140	11	8	7	29	4.8

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**In 100 gm Food**

<b>Energy (Cal)</b>	<b>Carbohydrate (gms)</b>	<b>Protein (gms)</b>	<b>Fat (gms)</b>	<b>Cholesterol (mg)</b>	<b>Saturated Fat (gms)</b>
476.2	63.5	10.6	21.2	0.0	14.5
166.7	13.3	0.0	13.3	13.3	1.3
375.0	12.5	0.0	37.5	25.0	6.3
317.5	77.6	14.1	3.5	0.0	0.4
317.5	77.6	10.6	0.0	0.0	0.4
30.3	3.0	3.0	0.0	0.0	0.0
246.9	74.1	14.1	3.5	0.0	0.4
588.9	20.7	20.0	51.9	0.0	5.0
582.0	21.2	21.2	52.9	0.0	4.9
237.8	53.9	6.0	0.3	0.0	0.1
235.8	54.7	5.7	0.0	0.0	0.0
46.4	11.7	0.0	0.0	0.0	0.0
256.1	38.1	2.2	11.1	0.0	2.9
256.3	38.0	1.9	11.4	0.0	2.9
242.2	65.6	1.6	0.0	0.0	0.0
59.1	14.5	0.0	0.0	0.0	0.1
59.0	15.1	0.0	0.5	0.0	0.0
58.0	15.2	0.0	0.0	0.0	0.1
76.5	20.0	0.0	0.0	0.0	0.0
43.0	11.5	0.0	0.0	0.0	0.0
55.8	14.3	0.4	0.0	0.0	0.0
83.3	21.3	0.4	0.0	0.0	0.0
82.4	21.2	0.0	0.0	0.0	0.0
47.6	11.9	1.2	0.0	0.0	0.0
48.4	12.5	0.8	0.0	0.0	0.0
84.0	22.0	1.2	0.0	0.0	0.0
238.5	61.5	3.8	0.8	0.0	0.0
47.2	11.3	0.9	0.0	0.0	0.0

45.8	10.0	2.5	0.0	0.0	0.0
25.0	5.0	3.3	0.0	0.0	0.2
27.8	5.0	2.8	0.6	0.0	0.1
25.0	4.4	2.8	0.6	0.0	0.1
25.0	5.0	3.3	0.0	0.0	0.0
12.5	2.5	1.3	0.0	0.0	0.0
12.5	2.5	1.3	0.0	0.0	0.0
176.3	6.9	2.3	17.3	0.0	2.6
111.8	8.9	1.6	8.9	0.0	1.7
294.1	55.9	10.3	2.9	64.7	0.4
294.1	55.9	10.3	2.9	0.0	0.4
116.3	23.3	0.0	0.0	0.0	0.0
131.6	26.3	0.0	0.0	0.0	0.0
166.7	33.3	0.0	0.0	0.0	0.0
172.4	34.5	0.0	0.0	0.0	0.0
339.3	50.0	7.1	10.7	0.0	2.9
357.1	46.4	7.1	17.9	0.0	4.3
325.0	50.0	5.0	10.0	5.0	3.0
19.1	3.1	1.5	0.8	0.0	0.1
92.1	23.7	0.9	0.9	0.0	0.2
93.3	23.3	1.3	0.7	0.0	0.2
62.5	12.5	0.0	0.0	0.0	0.0
350.0	79.0	8.0	1.0	0.0	0.2
20.2	4.0	2.4	0.0	0.0	0.0
28.8	5.8	2.9	0.0	0.0	0.0
67.2	9.1	3.2	2.4	1.2	0.6
143.1	12.5	7.5	7.1	11.8	2.9
151.0	21.2	6.3	4.7	3.9	1.7
121.6	18.8	6.3	2.7	3.9	0.9
89.8	6.1	6.5	4.5	29.0	1.8
6.3	0.0	1.3	0.4	0.0	0.1
53.6	4.7	3.9	2.1	3.0	1.2
176.5	0.0	28.2	5.9	192.9	1.4
217.6	8.2	27.1	8.2	482.4	2.9
34.8	3.7	2.0	1.2	2.0	0.5
245.2	18.6	10.0	14.3	20.0	3.8
180.0	0.0	29.3	6.7	69.3	2.5

241.2	0.0	27.1	14.1	72.9	5.8
370.6	0.0	22.4	30.6	84.7	12.7
245.9	0.0	27.9	14.8	80.3	5.9
208.3	0.0	30.6	8.3	88.9	3.6
282.4	0.0	27.1	17.6	90.6	7.5
217.6	0.0	25.9	11.8	94.1	4.9
224.4	0.0	32.1	10.3	96.2	3.5
258.8	0.0	29.4	15.3	95.3	5.6
382.4	0.0	25.9	30.6	102.4	12.7
274.2	0.0	30.6	14.5	106.5	6.3
201.4	0.0	33.3	5.6	63.9	2.5
26.8	1.4	0.3	0.0	0.0	0.0
41.7	3.6	0.3	0.0	0.0	0.0
27.8	5.6	2.8	0.0	0.0	0.0
32.4	7.1	1.2	0.0	0.0	0.0
32.4	7.1	1.2	0.0	0.0	0.0
32.4	6.5	1.2	0.0	0.0	0.0
30.0	7.0	1.0	0.0	0.0	0.0
131.6	24.0	8.8	0.6	0.0	0.1
52.1	12.5	0.7	0.7	0.0	0.1
109.1	18.2	7.9	0.6	0.0	0.2
132.4	23.5	8.2	0.6	0.0	0.2
76.0	14.0	5.2	0.4	0.0	0.1
352.7	3.5	21.2	28.2	74.1	18.7
500.0	6.7	6.7	53.3	20.0	10.0
80.4	21.7	0.4	0.0	0.0	0.0
81.0	21.8	0.4	0.0	0.0	0.0
55.2	13.8	0.7	0.7	0.0	0.0
300.0	44.4	6.7	11.1	42.2	3.3
311.1	48.9	6.7	11.1	100.0	3.1
240.5	34.8	2.5	10.8	0.0	2.7
241.8	34.9	2.4	10.8	0.0	2.7
315.8	3.5	12.3	28.1	54.4	10.7
211.1	46.7	4.4	2.2	6.7	0.7
211.1	46.7	4.4	2.2	6.7	0.7
250.0	16.7	16.7	16.7	16.7	5.0
311.1	53.3	6.7	8.9	62.2	2.9

277.8	42.2	6.7	13.3	53.3	3.1
359.6	3.5	14.0	31.6	156.1	10.9
652.6	14.1	14.1	67.0	0.0	16.2
357.1	35.7	6.4	22.1	0.0	4.4
206.9	19.7	4.4	12.8	33.0	2.6
390.0	73.0	13.0	5.0	5.0	1.5
33.3	6.7	3.3	0.0	0.0	0.0
27.0	5.4	3.2	0.0	0.0	0.0
26.5	5.3	2.6	0.7	0.0	0.1
29.0	5.8	3.2	0.0	0.0	0.1
27.8	5.6	2.8	0.6	0.0	0.1
384.6	0.0	15.4	38.5	69.2	13.1
30.7	5.4	1.1	0.8	0.8	0.3
475.0	55.0	5.0	30.0	90.0	7.0
400.0	64.0	4.0	16.0	56.0	6.4
41.9	8.4	3.9	0.6	0.0	0.1
38.7	8.4	2.6	0.6	0.0	0.1
346.9	79.6	6.1	1.0	0.0	0.2
352.9	75.9	11.2	1.8	0.0	0.7
716.8	0.0	0.9	81.4	218.6	50.5
714.3	0.0	0.0	78.6	221.4	50.7
700.0	0.0	0.0	80.0	220.0	50.0
716.8	0.0	0.9	81.4	218.6	50.5
714.3	0.0	0.0	78.6	221.4	50.7
700.0	0.0	0.0	80.0	220.0	50.0
387.5	49.2	34.2	5.8	69.2	3.6
40.8	4.9	3.3	0.8	3.7	0.5
11.8	1.8	1.8	0.0	0.0	0.0
13.2	2.6	1.3	0.0	0.0	0.0
20.0	4.7	0.7	0.0	0.0	0.0
21.4	5.7	1.4	0.0	0.0	0.0
28.6	5.7	1.4	0.0	0.0	0.0
28.6	5.7	1.4	0.0	0.0	0.0
364.6	79.2	7.3	1.0	0.0	0.1
302.6	0.0	21.1	23.7	71.1	15.3
35.6	8.2	0.7	0.4	0.0	0.0
423.3	81.1	3.5	10.6	0.0	6.0

405.6	77.6	3.5	10.6	3.5	7.8
182.1	90.0	4.3	0.0	0.0	0.0
401.0	50.0	4.2	21.9	77.1	4.3
402.0	50.5	4.1	21.4	77.0	4.3
24.0	5.5	0.7	0.0	0.0	0.1
24.0	5.5	0.7	0.0	0.0	0.1
37.7	8.2	1.4	0.0	0.0	0.0
44.9	10.3	1.3	0.0	0.0	0.1
40.9	10.0	0.9	0.0	0.0	0.0
41.7	9.7	1.4	0.0	0.0	0.0
582.0	31.7	14.1	45.9	0.0	9.2
573.0	32.8	15.3	46.0	0.0	9.1
582.0	31.7	14.1	45.9	0.0	9.2
573.0	32.8	15.3	46.0	0.0	9.1
582.0	28.2	17.6	49.4	0.0	9.5
576.9	28.5	16.2	48.5	0.0	9.5
582.0	28.2	17.6	49.4	0.0	9.5
576.9	28.5	16.2	48.5	0.0	9.5
106.2	25.3	1.8	0.4	0.0	0.1
100.0	26.7	0.0	0.0	0.0	0.0
19.4	3.9	1.7	0.0	0.0	0.1
24.0	4.8	1.6	0.0	0.0	0.0
25.0	5.0	2.0	0.0	0.0	0.0
500.0	50.0	0.0	50.0	0.0	0.0
16.7	3.3	0.8	0.0	0.0	0.0
12.5	2.5	0.0	0.0	0.0	0.0
405.6	0.0	24.7	31.7	105.8	21.2
411.8	0.0	23.5	35.3	105.9	21.2
402.7	0.9	24.8	32.7	105.3	21.1
388.0	70.5	14.1	7.1	0.0	1.1
500.0	60.0	10.0	30.0	60.0	9.0
500.0	62.5	12.5	25.0	12.5	5.0
109.3	8.2	5.7	6.1	19.0	3.3
270.6	20.6	15.5	16.0	53.6	7.8
267.9	25.0	13.4	13.4	39.3	6.5
304.3	28.3	5.4	19.6	184.8	10.8
301.8	28.6	5.4	19.2	185.0	10.8

36.9	9.0	0.8	0.0	0.0	0.0
73.5	16.2	1.5	1.5	0.0	0.1
260.8	38.4	2.6	11.3	0.0	3.0
259.5	38.6	2.5	11.4	0.0	3.0
244.8	53.1	3.5	2.1	0.0	0.4
191.8	4.9	11.0	13.9	90.2	5.3
152.1	10.8	9.2	7.5	42.9	2.1
38.0	7.2	2.8	0.0	3.2	0.0
102.0	4.0	12.4	4.0	30.0	1.6
255.6	6.7	13.3	20.0	100.0	5.6
32.7	5.4	1.2	0.8	1.2	0.2
79.8	5.5	2.1	5.9	2.1	1.4
150.0	0.0	25.0	5.0	630.0	2.0
31.1	3.7	1.7	0.8	2.9	0.3
21.3	3.2	1.1	0.5	1.1	0.1
234.9	18.1	9.9	13.4	24.1	4.4
24.9	2.9	1.7	0.8	2.9	0.2
157.9	1.8	19.3	7.0	49.1	1.9
165.5	0.0	21.8	7.7	62.0	2.2
260.7	9.3	25.0	12.9	85.0	3.5
270.8	8.3	22.2	15.3	86.1	4.2
224.5	2.0	31.6	9.2	88.8	2.4
244.9	2.0	26.5	14.3	89.8	3.7
162.8	0.0	31.4	3.5	84.9	1.0
170.5	0.0	27.3	4.5	93.2	1.6
178.6	0.0	27.1	6.4	82.9	1.9
165.6	27.6	9.2	2.5	0.0	0.2
133.3	12.2	7.5	6.3	11.0	2.3
384.6	38.5	0.0	0.0	0.0	3.8
428.6	66.7	4.8	21.4	11.9	6.9
462.5	65.0	5.0	27.5	45.0	9.8
468.8	66.7	4.2	22.9	45.8	8.3
64.0	10.4	3.2	1.2	2.8	0.6
72.0	10.4	3.2	2.0	6.8	1.2
84.0	10.4	3.2	3.2	12.4	2.1
511.5	28.2	10.6	52.9	0.0	31.7
120.0	5.2	10.4	6.8	27.2	1.7

217.4	87.0	0.0	0.0	0.0	0.0
32.8	4.9	1.6	0.8	0.8	0.2
66.5	6.9	3.6	2.8	8.9	1.2
100.0	2.4	15.3	2.4	63.5	0.6
76.5	2.4	12.9	1.2	50.6	0.4
0.0	0.0	0.0	0.0	0.0	0.0
84.9	11.3	3.4	3.4	12.5	2.0
357.1	90.5	4.8	4.8	0.0	1.4
48.5	10.7	1.5	0.5	0.5	0.3
352.7	77.6	10.6	3.5	3.5	2.1
505.4	47.3	3.2	35.5	0.0	31.5
355.6	15.6	2.2	33.3	0.0	29.8
356.3	15.0	3.8	33.8	0.0	29.8
0.0	0.0	0.0	0.0	0.0	0.0
0.0	0.5	0.0	0.0	0.0	0.0
319.4	52.8	6.9	9.7	65.3	2.8
322.1	52.3	6.3	9.5	64.9	2.7
0.0	0.0	0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0	0.0	0.0
43.4	11.1	0.0	0.0	0.0	0.0
35.3	7.1	2.9	0.6	0.0	0.1
13.2	2.6	1.1	0.0	0.0	0.1
156.3	12.5	6.3	12.5	56.3	3.1
546.7	56.4	7.1	31.7	0.0	4.9
388.0	84.7	7.1	0.0	0.0	0.0
388.0	84.7	7.1	0.0	0.0	0.0
58.4	13.1	1.5	0.0	0.0	0.0
59.9	12.8	1.2	0.0	0.0	0.0
59.9	12.8	1.2	0.0	0.0	0.0
59.9	12.8	1.2	0.0	0.0	0.0
59.9	12.8	1.2	0.0	0.0	0.0
322.2	48.9	6.7	13.3	93.3	3.8
322.2	46.7	6.7	11.1	51.1	3.3
892.9	0.0	0.0	100.0	0.0	12.9
883.0	0.0	0.0	100.0	0.0	12.7
72.3	18.0	1.6	0.4	0.0	0.1

72.3	18.0	1.6	0.4	0.0	0.1
72.3	18.0	1.6	0.4	0.0	0.1
72.3	18.0	1.6	0.4	0.0	0.1
95.2	22.2	3.2	0.0	0.0	0.2
81.8	20.6	3.0	0.0	0.0	0.0
95.2	22.2	3.2	0.0	0.0	0.2
81.8	20.6	3.0	0.0	0.0	0.0
110.4	24.7	3.9	1.3	0.0	0.3
110.4	24.7	3.9	1.3	0.0	0.3
78.6	19.5	2.4	0.5	0.0	0.1
78.6	19.5	2.4	0.5	0.0	0.1
78.6	19.5	2.4	0.5	0.0	0.1
78.6	19.5	2.4	0.5	0.0	0.1
360.7	74.6	9.0	3.3	0.0	0.4
50.0	10.8	1.3	0.0	0.0	0.0
362.3	78.3	8.0	1.4	0.0	0.1
356.6	73.8	9.0	4.1	0.0	0.4
104.4	2.7	12.4	4.4	15.1	2.8
102.4	2.9	12.4	4.3	14.8	2.9
123.9	13.3	9.7	3.5	11.1	2.2
90.7	3.5	13.7	1.8	8.4	1.2
86.2	2.1	17.2	0.7	6.9	0.3
47.1	3.7	1.2	2.9	4.1	0.9
76.6	6.0	2.8	4.4	10.9	1.9
53.3	3.7	0.8	3.7	0.8	1.0
82.7	6.0	2.4	5.6	8.1	2.1
100.0	0.7	17.0	2.2	100.0	0.4
262.1	50.0	9.3	3.5	0.0	0.7
260.0	48.0	8.0	4.0	0.0	0.8
309.5	57.1	9.5	4.8	0.0	1.0
57.3	15.0	0.0	0.0	0.0	0.0
151.6	39.0	0.4	0.0	0.0	0.0
352.7	3.5	7.1	35.3	109.3	21.9
70.4	14.8	2.1	0.0	0.0	0.0
297.8	38.6	2.2	15.3	5.1	9.9
299.3	38.8	2.0	15.1	5.3	9.9
57.4	11.9	1.6	0.0	0.0	0.0

57.4	11.9	1.6	0.0	0.0	0.0
57.4	11.9	1.6	0.0	0.0	0.0
57.4	11.9	1.6	0.0	0.0	0.0
412.3	47.4	8.8	21.1	22.8	6.1
17.9	3.6	0.0	0.0	0.0	0.0
250.0	50.0	0.0	0.0	0.0	0.0
218.1	23.4	6.2	11.1	111.0	3.7
217.1	23.7	5.9	11.2	111.2	3.7
115.1	10.9	5.3	5.7	104.9	2.6
33.3	6.7	1.9	1.0	0.0	0.1
361.5	43.1	6.2	20.0	86.2	6.0
388.0	45.9	7.1	21.2	84.7	6.3
386.0	45.6	7.0	21.1	86.0	6.3
383.8	44.7	6.2	20.9	85.9	6.4
277.1	73.5	2.4	0.0	0.0	0.1
275.3	73.6	2.2	0.6	0.0	0.2
342.9	57.1	5.7	11.4	54.3	5.1
339.2	58.3	4.4	12.3	54.0	5.0
340.6	58.0	4.3	11.6	53.6	5.1
420.0	48.0	6.0	24.0	40.0	5.6
391.7	43.3	6.7	21.7	35.0	8.7
201.4	0.0	23.5	11.3	89.1	4.2
133.9	13.4	3.9	7.5	58.7	4.4
26.0	6.3	1.0	0.0	0.0	0.0
195.7	2.2	13.0	15.2	458.7	4.1
150.0	2.0	12.0	10.0	426.0	3.2
150.0	2.0	12.0	10.0	424.0	3.0
163.9	1.6	11.5	11.5	352.5	3.6
45.5	0.0	12.1	0.0	0.0	0.0
150.0	2.0	12.0	10.0	426.0	3.2
352.9	0.0	17.6	29.4	1252.9	9.4
102.2	10.4	8.7	7.0	8.3	3.3
20.0	4.0	2.0	0.0	0.0	0.0
260.9	22.5	13.0	13.0	154.3	5.8
245.6	47.4	8.8	1.8	0.0	0.5
280.0	54.0	10.0	2.0	0.0	0.6
78.4	11.4	7.5	0.4	3.5	0.1

134.9	9.9	6.7	7.5	29.4	4.6
884.6	0.0	0.0	100.0	0.0	25.4
882.9	0.0	0.0	100.0	0.0	25.0
264.6	3.5	14.1	21.2	88.2	14.8
375.0	75.0	3.6	7.1	48.2	1.8
254.0	65.2	3.2	1.1	0.0	0.2
634.9	14.1	14.1	63.5	0.0	4.6
630.4	15.7	13.0	62.6	0.0	4.6
276.5	24.1	10.6	15.9	53.5	3.7
300.0	27.9	11.4	16.4	40.0	4.5
250.0	14.3	21.4	10.7	92.9	2.9
141.2	0.0	18.8	7.1	80.0	3.8
141.2	0.0	18.8	7.1	64.7	1.4
94.1	0.0	20.0	1.2	69.4	0.4
370.4	95.2	0.0	0.0	0.0	0.0
322.2	2.2	11.1	28.9	51.1	10.7
285.7	51.4	8.6	2.9	0.0	0.9
279.7	50.7	9.5	4.0	0.0	0.8
156.3	12.5	0.0	12.5	0.0	1.3
531.3	6.3	0.0	56.3	0.0	8.8
238.5	26.2	9.2	10.8	172.3	2.5
300.0	36.5	2.4	16.5	16.5	6.8
294.1	37.6	2.4	16.5	15.3	6.8
388.0	88.2	7.1	3.5	0.0	0.7
72.5	18.8	0.4	0.0	0.0	0.0
46.4	11.7	0.4	0.0	0.0	0.0
44.7	11.6	0.0	0.0	0.0	0.0
381.0	57.5	5.4	16.8	47.0	3.5
383.7	58.1	4.7	16.3	46.5	3.5
405.6	74.1	3.5	10.6	3.5	7.4
357.1	71.4	0.0	0.0	0.0	0.0
58.3	14.2	1.7	0.0	0.0	0.0
357.1	0.0	85.7	0.0	0.0	0.0
226.2	0.0	0.0	0.0	0.0	0.0
250.0	0.0	0.0	0.0	0.0	0.0
261.9	0.0	0.0	0.0	0.0	0.0
34.2	8.7	0.0	0.0	0.0	0.0

277.8	50.8	3.2	6.3	1.6	1.7
276.3	51.1	3.2	6.8	1.1	1.7
388.0	84.7	7.1	3.5	0.0	2.5
428.6	78.6	7.1	7.1	0.0	2.9
53.5	13.9	0.0	0.0	0.0	0.0
61.3	15.0	0.4	0.0	0.0	0.0
48.4	12.4	0.0	0.0	0.0	0.0
144.9	34.8	1.9	0.5	0.0	0.0
40.5	9.7	0.4	0.0	0.0	0.0
46.0	11.2	0.4	0.0	0.0	0.0
38.5	8.9	0.4	0.0	0.0	0.0
38.5	9.3	0.4	0.0	0.0	0.0
59.1	15.4	0.4	0.0	0.0	0.0
33.3	8.3	0.8	0.0	0.0	0.0
33.3	8.3	0.8	0.0	0.0	0.0
178.2	44.4	0.5	0.5	0.0	0.1
50.0	12.8	0.0	0.0	0.0	0.0
352.7	81.1	10.6	0.0	0.0	0.0
70.0	18.0	0.0	0.0	0.0	0.2
70.2	17.5	0.0	0.0	0.0	0.2
66.9	4.9	5.6	2.8	18.3	0.8
116.7	21.1	7.8	0.6	0.0	0.1
270.6	0.0	24.7	18.8	87.1	7.3
288.2	0.0	23.5	21.2	89.4	8.1
352.7	88.2	0.0	0.0	0.0	0.0
205.9	8.2	20.0	10.6	88.2	2.8
130.2	4.1	2.9	11.6	36.8	7.1
133.3	6.7	0.0	13.3	40.0	7.3
164.7	0.0	23.5	7.1	72.9	3.9
255.7	21.8	14.4	12.1	40.8	4.1
250.0	28.6	12.2	11.2	32.7	4.5
388.0	98.8	0.0	0.0	0.0	0.0
223.5	0.0	20.0	15.3	100.0	5.1
92.7	5.4	1.9	7.7	20.1	4.5
303.8	82.3	0.3	0.0	0.0	0.0
309.5	81.0	0.0	0.0	0.0	0.0
370.4	81.1	10.6	3.5	0.0	0.4

34.9	9.3	0.8	0.0	0.0	0.0
200.0	24.0	4.0	10.0	44.0	6.8
203.0	24.1	3.8	10.5	44.4	6.7
202.5	23.9	3.6	10.8	44.7	6.7
236.1	21.5	2.8	16.0	59.2	10.0
236.5	21.6	2.7	16.2	59.5	9.9
216.8	22.0	4.0	13.3	88.4	7.8
140.3	22.1	3.9	4.3	13.9	2.7
141.2	22.1	3.8	4.6	13.7	2.7
128.6	21.7	4.6	2.9	7.4	1.7
133.3	13.3	0.0	6.7	0.0	9.3
500.0	50.0	0.0	50.0	0.0	35.0
320.0	22.7	1.3	25.3	0.0	21.7
375.0	25.0	0.0	25.0	0.0	22.5
176.6	4.7	3.4	16.6	5.5	13.3
166.7	8.3	0.0	16.7	8.3	13.3
264.3	15.7	1.4	22.9	0.0	18.9
250.0	25.0	0.0	25.0	0.0	20.0
187.5	16.3	3.8	12.5	10.0	10.6
250.0	25.0	0.0	0.0	0.0	10.0
283.3	56.7	10.0	0.0	0.0	0.0
276.4	56.4	9.0	0.9	0.0	0.1
33.3	13.3	0.0	0.0	0.0	0.0
533.3	6.7	0.0	60.0	0.0	8.7
275.0	70.0	0.0	0.0	0.0	0.0
285.7	71.4	0.0	0.0	0.0	0.0
277.8	72.2	0.0	0.0	0.0	0.0
285.7	71.4	0.0	0.0	0.0	0.0
370.4	91.7	0.0	0.0	0.0	0.0
76.7	17.3	2.0	0.0	0.0	0.0
30.8	5.4	3.1	0.8	0.0	0.1
30.8	5.4	1.5	0.8	0.0	0.1
59.2	14.5	1.3	0.0	0.0	0.0
30.3	6.7	1.8	0.0	0.0	0.0
370.6	0.0	21.2	30.6	90.6	14.2
228.1	0.0	26.3	12.3	87.7	5.6
281.3	0.0	35.4	14.6	122.9	6.0

349.2	0.0	31.7	23.8	122.2	11.0
218.8	0.0	29.7	9.4	93.8	4.1
293.8	0.0	27.5	20.0	97.5	9.1
191.8	0.0	27.4	8.2	89.0	3.3
241.2	0.0	25.9	15.3	91.8	6.6
884.6	0.0	0.0	100.0	92.3	39.2
902.4	0.0	0.0	100.0	95.1	39.2
20.5	6.6	0.4	0.4	0.0	0.0
33.3	6.7	0.0	0.0	0.0	0.0
24.6	8.6	0.4	0.0	0.0	0.0
22.5	6.6	0.4	0.4	0.0	0.0
254.8	37.7	3.7	10.2	102.0	3.1
253.6	37.9	3.6	10.0	102.1	3.1
43.2	11.4	0.0	0.0	0.0	0.0
194.1	51.1	0.0	0.0	0.0	0.0
41.7	10.5	0.0	0.0	0.0	0.0
25.9	8.6	1.7	0.0	0.0	0.0
107.5	19.0	8.0	0.5	0.0	0.1
12.3	2.5	1.2	0.0	0.0	0.0
0.0	0.0	0.0	0.0	0.0	0.0
13.0	2.0	0.9	0.2	0.0	0.0
9.1	1.8	1.8	0.0	0.0	0.0
14.8	2.2	0.7	0.0	0.0	0.0
17.9	3.6	1.8	0.0	0.0	0.0
195.8	3.8	2.5	19.2	66.3	12.0
200.0	6.7	0.0	20.0	66.7	12.0
136.8	25.8	8.4	0.5	0.0	0.1
105.6	19.4	6.7	0.6	0.0	0.1
100.0	18.8	5.9	0.6	0.0	0.1
26.4	8.9	0.4	0.0	0.0	0.0
20.3	6.5	0.4	0.4	0.0	0.0
40.5	10.8	0.0	0.0	0.0	0.0
188.1	49.5	0.0	0.0	0.0	0.0
388.0	81.1	10.6	3.5	0.0	0.7
716.4	12.7	7.5	76.9	0.0	11.5
723.1	14.1	7.1	77.6	0.0	11.3
716.4	12.7	7.5	76.9	0.0	11.5

723.1	14.1	7.1	77.6	0.0	11.3
95.8	10.8	3.8	4.2	10.0	2.0
215.0	20.0	8.5	11.0	22.0	4.9
146.2	30.0	5.4	0.8	0.0	0.1
110.7	22.9	3.6	0.7	0.0	0.1
109.5	22.9	3.8	0.0	0.0	0.1
404.8	85.7	4.8	4.8	4.8	2.4
88.7	10.9	3.4	3.4	12.8	2.1
404.8	71.4	14.3	9.5	19.0	4.3
88.7	10.2	4.2	3.8	14.0	2.3
50.0	10.8	1.7	0.0	0.0	0.0
50.0	10.8	1.7	0.0	0.0	0.0
65.2	16.9	0.5	0.5	0.0	0.0
345.8	0.4	0.4	38.8	0.0	7.7
357.1	0.0	0.0	35.7	0.0	7.9
716.8	0.9	0.9	80.5	0.0	15.8
714.3	0.0	0.0	78.6	0.0	15.7
700.0	0.0	0.0	80.0	0.0	16.0
715.9	0.4	0.9	80.6	0.0	13.8
714.3	0.0	0.0	78.6	0.0	13.6
539.8	0.0	0.9	61.1	0.0	14.1
535.7	0.0	0.0	64.3	0.0	14.3
500.0	0.0	0.0	60.0	0.0	14.0
539.6	0.0	0.4	60.8	0.0	12.8
535.7	0.0	0.0	64.3	0.0	12.9
317.5	81.1	3.5	0.0	0.0	0.0
400.0	26.7	0.0	33.3	26.7	4.7
233.3	13.3	0.0	20.0	26.7	3.3
714.3	0.0	0.0	78.6	57.1	12.1
400.0	80.0	20.0	0.0	0.0	2.0
511.5	56.4	7.1	31.7	21.2	19.0
529.1	52.9	10.6	35.3	17.6	16.9
546.7	45.9	14.1	38.8	17.6	14.8
493.8	63.5	7.1	24.7	21.2	15.5
42.9	4.9	3.7	0.8	4.1	0.6
41.0	4.9	3.3	1.2	4.1	0.7
51.0	4.9	3.7	2.0	7.3	1.2

49.2	4.9	3.3	2.0	7.4	1.2
36.7	4.9	3.7	0.4	2.0	0.2
34.7	4.9	3.3	0.0	1.6	0.1
61.5	4.5	3.3	3.3	13.5	2.1
33.2	4.6	1.7	1.2	0.8	0.2
170.3	23.6	10.5	4.7	0.0	0.7
256.6	46.7	9.9	3.7	0.0	0.7
260.0	48.0	8.0	4.0	0.0	0.8
282.6	52.2	8.7	4.3	0.0	0.9
599.6	24.7	17.6	52.9	0.0	7.1
599.6	24.7	17.6	52.9	0.0	7.1
617.3	21.2	17.6	56.4	0.0	8.8
617.3	21.2	17.6	56.4	0.0	8.8
212.5	55.0	0.0	0.0	0.0	0.0
282.2	3.5	21.2	21.2	77.6	13.1
282.2	3.5	28.2	17.6	52.9	10.9
370.4	0.0	24.7	31.7	95.2	19.0
50.4	5.5	1.3	2.5	0.0	0.4
22.4	5.1	1.9	0.0	0.0	0.1
25.6	5.1	1.9	0.6	0.0	0.1
28.6	4.3	1.4	0.0	0.0	0.0
14.3	2.1	2.1	0.0	0.0	0.0
100.0	0.0	0.0	0.0	0.0	0.0
440.9	67.0	10.6	17.6	0.0	11.6
47.8	11.8	0.7	0.7	0.0	0.1
360.3	51.5	35.3	0.0	17.6	0.4
357.1	51.6	35.2	1.1	18.7	0.4
488.9	57.8	13.3	24.4	11.1	4.7
125.0	23.1	4.4	1.3	31.3	0.3
252.2	46.7	8.4	4.4	0.0	0.8
260.0	48.0	8.0	4.0	0.0	0.8
282.6	52.2	8.7	4.3	0.0	0.9
471.2	69.2	5.8	19.2	3.8	4.8
97.6	18.9	3.0	1.2	0.0	0.2
59.3	10.2	2.3	1.1	0.0	0.2
62.0	10.7	2.6	0.9	0.0	0.2
62.0	10.7	2.6	0.9	0.0	0.2

217.6	8.2	18.8	12.9	77.6	3.1
29.4	7.1	2.4	0.0	0.0	0.0
892.9	0.0	0.0	100.0	0.0	13.6
884.3	0.0	0.0	100.0	0.0	13.5
115.4	0.0	0.0	15.4	0.0	1.5
166.7	0.0	0.0	22.2	0.0	3.3
238.1	95.2	0.0	0.0	0.0	0.0
400.0	40.0	5.0	25.0	0.0	8.5
10.9	2.2	0.5	0.0	0.0	0.1
285.7	57.1	14.3	0.0	0.0	1.4
34.4	7.5	1.3	0.0	0.0	0.1
28.6	6.2	1.0	0.0	0.0	0.0
34.8	7.0	0.9	0.0	0.0	0.1
33.3	6.7	3.3	0.0	0.0	0.0
42.5	10.1	0.4	0.0	0.0	0.0
42.2	10.0	0.4	0.0	0.0	0.0
44.2	10.0	0.8	0.4	0.0	0.0
44.4	10.5	0.8	0.0	0.0	0.0
159.6	38.0	2.3	0.0	0.0	0.0
44.2	10.8	0.8	0.0	0.0	0.0
48.4	12.4	0.0	0.0	0.0	0.0
45.8	11.5	0.8	0.0	0.0	0.0
47.2	11.7	1.1	0.0	0.0	0.0
333.3	66.7	0.0	0.0	0.0	0.0
200.0	11.1	11.1	11.1	77.8	3.1
66.7	3.3	8.3	1.7	50.0	0.6
203.7	22.2	7.4	7.4	74.1	3.3
222.2	29.6	7.4	7.4	59.3	1.9
222.2	33.3	7.4	7.4	59.3	1.9
46.4	12.1	0.7	0.0	0.0	0.1
238.1	47.6	0.0	0.0	0.0	0.0
458.6	3.5	42.3	31.7	77.6	19.0
455.0	4.0	42.0	30.0	79.0	19.1
500.0	0.0	40.0	40.0	80.0	20.0
0.0	0.0	0.0	0.0	0.0	0.0
50.0	10.0	0.0	0.0	0.0	0.0
80.1	19.2	1.3	0.0	0.0	0.1

335.1	3.5	24.7	24.7	84.7	15.9
370.4	0.0	21.2	31.7	95.2	19.8
335.1	7.1	21.2	24.7	63.5	15.5
282.2	7.1	17.6	21.2	56.4	13.4
118.4	21.1	7.9	0.5	0.0	0.1
66.0	10.8	3.6	1.2	0.0	0.6
255.0	38.2	2.5	10.7	0.0	2.6
256.3	38.0	2.5	10.8	0.0	2.6
74.2	19.9	0.4	0.0	0.0	0.0
74.1	19.8	0.0	0.0	0.0	0.0
44.4	11.7	0.8	0.0	0.0	0.0
45.5	11.7	0.0	0.0	0.0	0.0
237.5	61.3	3.8	0.6	0.0	0.1
77.5	19.8	1.2	0.4	0.0	0.0
94.0	24.0	0.8	0.0	0.0	0.0
93.3	23.9	0.7	0.0	0.0	0.0
40.2	11.5	1.1	0.0	0.0	0.0
44.1	11.2	0.6	0.0	0.0	0.0
593.8	18.8	31.3	50.0	0.0	8.8
510.4	58.3	8.3	29.2	45.8	8.3
892.9	0.0	0.0	100.0	0.0	17.1
884.3	0.0	0.0	100.0	0.0	16.9
582.0	17.6	28.2	49.4	0.0	6.7
579.3	18.6	26.9	49.0	0.0	6.8
582.0	17.6	28.2	49.4	0.0	6.7
579.3	18.6	26.9	49.0	0.0	6.8
74.5	19.2	0.4	0.0	0.0	0.0
75.9	19.0	0.0	0.0	0.0	0.0
50.4	12.9	0.4	0.0	0.0	0.0
51.9	13.0	0.0	0.0	0.0	0.0
60.2	15.1	0.6	0.6	0.0	0.0
60.3	14.9	0.7	0.7	0.0	0.0
60.0	15.0	0.5	0.5	0.0	0.0
40.6	6.9	3.1	0.0	0.0	0.1
67.6	12.4	4.7	0.6	0.0	0.1
67.6	12.4	4.7	0.6	0.0	0.1
115.0	21.0	8.0	0.5	0.0	0.1

78.1	14.4	5.0	0.0	0.0	0.1
418.2	51.3	5.1	22.9	69.0	3.4
416.7	51.4	5.1	23.2	68.8	3.4
666.7	18.5	7.4	67.6	0.0	5.5
670.2	17.6	7.1	67.0	0.0	5.3
238.1	47.6	0.0	0.0	0.0	0.0
44.4	8.9	2.2	0.0	0.0	0.0
44.4	8.9	2.2	0.0	0.0	0.0
20.5	4.1	0.0	0.0	0.0	0.0
20.5	4.1	0.0	0.0	0.0	0.0
27.0	5.4	1.4	0.0	0.0	0.0
27.0	5.4	1.4	0.0	0.0	0.0
43.4	11.1	0.0	0.0	0.0	0.0
7.7	1.5	0.0	0.0	0.0	0.0
66.7	20.0	0.0	0.0	0.0	0.0
133.3	33.3	0.0	0.0	0.0	0.0
464.1	44.1	6.3	29.1	0.0	7.1
500.0	43.9	6.1	33.3	0.0	8.2
564.4	17.6	10.6	60.0	0.0	9.5
56.0	13.6	0.4	0.0	0.0	0.0
78.4	20.4	0.4	0.0	0.0	0.0
77.6	20.7	0.0	0.0	0.0	0.0
60.0	15.6	0.4	0.0	0.0	0.0
60.3	15.5	0.0	0.0	0.0	0.0
48.4	12.3	0.6	0.6	0.0	0.0
48.1	12.3	0.0	0.0	0.0	0.0
147.2	27.2	8.3	0.6	0.0	0.1
582.0	24.7	21.2	49.4	0.0	6.0
275.0	55.0	10.0	1.7	0.0	0.2
241.7	32.5	12.5	7.5	46.7	3.4
116.9	31.2	0.6	0.0	0.0	0.1
122.9	31.8	1.1	0.6	0.0	0.2
89.1	23.3	0.4	0.0	0.0	0.0
90.2	23.3	0.0	0.0	0.0	0.0
57.5	15.1	0.4	0.0	0.0	0.0
57.9	14.7	0.0	0.0	0.0	0.0
53.6	14.3	0.0	0.0	0.0	0.0

53.0	13.6	1.5	0.0	0.0	0.0
375.0	75.0	12.5	0.0	0.0	0.0
500.0	54.5	9.1	27.3	0.0	4.5
385.7	85.7	5.7	2.9	0.0	0.3
73.7	18.9	0.0	0.0	0.0	0.0
229.2	0.0	31.9	11.1	98.6	3.6
316.1	0.0	27.6	21.8	96.6	8.0
268.7	0.0	28.4	16.4	107.5	5.5
376.4	0.0	23.6	30.3	103.4	11.0
222.2	0.0	27.8	11.1	94.4	3.8
294.1	0.0	24.7	21.2	92.9	7.5
246.5	0.0	28.2	14.1	78.9	4.8
317.6	0.0	24.7	23.5	81.2	8.5
246.3	0.0	32.8	11.9	113.4	4.2
347.1	0.0	27.1	25.9	109.4	9.3
578.9	0.0	31.6	47.4	84.2	17.4
184.8	2.2	23.9	8.7	58.7	2.8
164.7	0.0	21.2	8.2	41.2	2.8
154.4	0.0	25.0	5.9	54.4	1.9
241.2	0.0	21.2	16.5	62.4	6.0
384.6	0.0	23.1	30.8	84.6	10.8
333.3	2.4	11.9	31.0	61.9	10.7
226.2	0.0	16.7	16.7	50.0	5.7
131.6	1.8	19.3	5.3	47.4	1.6
184.2	3.5	17.5	10.5	56.1	3.3
525.0	50.0	5.0	35.0	0.0	9.0
144.0	11.2	2.8	8.4	68.0	1.4
93.9	12.7	2.4	4.1	4.9	2.6
132.7	11.4	4.9	7.8	22.9	4.7
92.9	21.8	1.9	0.0	0.0	0.0
108.9	25.2	2.5	0.0	0.0	0.0
88.2	19.9	2.2	0.0	0.0	0.0
85.2	20.0	1.5	0.0	0.0	0.0
217.9	28.2	3.2	11.5	0.0	4.5
111.9	15.2	1.9	5.7	13.8	3.4
107.1	16.7	1.9	4.3	1.9	1.0
76.2	17.6	1.9	0.5	1.9	0.3

93.9	12.7	2.0	4.5	11.0	2.7
85.7	10.6	2.9	3.7	11.8	2.2
320.0	40.0	4.0	16.0	0.0	5.0
220.0	34.0	4.0	8.0	0.0	4.2
379.3	51.7	6.9	17.2	220.7	10.3
387.0	51.4	5.2	18.8	220.0	10.4
400.0	50.0	6.7	16.7	106.7	4.0
394.0	51.6	6.4	18.3	108.0	4.1
333.3	66.7	0.0	0.0	0.0	0.0
406.3	81.3	12.5	6.3	0.0	0.6
400.0	80.0	10.0	3.3	0.0	0.7
388.0	84.7	10.6	0.0	0.0	0.0
352.7	3.5	24.7	28.2	70.5	16.9
70.3	17.6	0.8	0.0	0.0	0.0
234.7	63.3	2.0	0.0	0.0	0.0
106.1	28.3	0.9	0.0	0.0	0.0
115.4	19.2	3.1	3.1	11.5	1.8
119.2	20.8	3.1	3.1	10.8	1.8
144.4	21.1	2.1	7.7	0.7	6.7
117.4	20.5	3.0	3.0	11.4	1.7
112.7	19.7	2.1	3.5	0.0	3.4
111.5	19.2	3.1	3.1	11.5	1.8
154.9	23.2	1.4	7.0	0.7	6.7
111.5	19.2	3.1	3.1	11.5	1.8
115.4	20.8	3.1	3.1	11.5	1.7
250.0	50.0	9.4	3.1	0.0	0.6
255.5	48.0	9.3	3.5	0.0	0.6
275.9	55.2	10.3	3.4	0.0	0.7
546.7	17.6	24.7	45.9	0.0	8.8
211.0	24.5	4.0	11.2	72.0	4.2
210.5	24.3	3.9	11.2	71.7	4.2
34.7	8.2	1.2	0.4	0.0	0.2
20.4	4.9	0.8	0.0	0.0	0.0
340.9	16.5	7.4	27.3	161.9	13.2
27.8	5.6	0.0	0.0	0.0	0.0
317.5	74.1	10.6	3.5	0.0	0.4
299.8	74.1	10.6	3.5	0.0	0.4

277.5	52.6	8.1	4.0	0.0	0.9
260.0	52.0	8.0	4.0	0.0	0.8
309.5	61.9	9.5	4.8	0.0	1.0
300.0	79.3	3.4	0.7	0.0	0.1
285.7	78.6	0.0	0.0	0.0	0.0
102.0	26.0	0.8	0.0	0.0	0.0
103.9	26.1	0.7	0.0	0.0	0.0
48.8	11.4	0.8	0.8	0.0	0.0
90.2	16.5	5.9	0.4	0.0	0.0
101.7	17.6	6.2	1.0	0.0	0.1
133.3	33.3	0.0	0.0	0.0	0.0
116.7	31.3	0.4	0.0	0.0	0.0
388.0	88.2	7.1	0.0	0.0	0.0
117.9	25.6	2.6	0.5	0.0	0.2
109.8	24.4	2.0	0.0	0.0	0.0
109.1	24.2	2.4	0.0	0.0	0.1
105.7	23.4	2.3	0.0	0.0	0.0
370.3	81.1	7.6	0.5	0.0	0.1
362.2	80.5	6.5	0.5	0.0	0.1
138.2	5.3	11.4	7.7	30.9	4.9
174.8	2.8	11.4	13.0	50.4	8.3
230.0	22.7	14.7	8.7	36.7	2.3
303.6	50.0	7.1	7.1	0.0	1.8
342.9	57.1	8.6	8.6	34.3	2.3
287.5	50.0	7.5	5.0	0.0	1.3
310.0	60.0	10.0	4.0	0.0	0.8
296.3	53.3	8.1	5.9	0.0	1.3
44.6	11.4	0.0	0.0	0.0	0.0
262.1	48.0	8.4	3.7	0.0	0.7
260.0	48.0	8.0	4.0	0.0	0.8
295.5	54.5	9.1	4.5	0.0	0.9
392.9	71.4	7.1	7.1	0.0	2.1
892.9	0.0	0.0	100.0	0.0	9.3
883.0	0.0	0.0	100.0	0.0	9.1
254.4	1.8	14.0	19.3	64.9	8.1
425.0	5.0	25.0	35.0	80.0	12.0
164.7	0.0	24.7	5.9	70.6	1.4

141.2	0.0	20.0	5.9	40.0	1.1
176.5	0.0	21.2	9.4	60.0	3.1
0.0	0.0	0.0	0.0	0.0	0.0
416.7	75.0	8.3	8.3	33.3	4.2
233.3	13.3	6.7	20.0	40.0	6.0
487.5	72.5	5.0	20.0	0.0	5.0
205.9	0.0	23.5	10.6	100.0	2.5
19.1	4.2	0.8	0.0	0.0	0.0
216.7	11.1	16.7	11.1	77.8	2.8
35.3	10.6	0.0	0.0	0.0	0.4
282.2	24.7	56.4	7.1	0.0	2.8
352.0	74.4	9.6	0.8	0.0	0.2
505.9	57.1	4.1	35.9	0.0	21.3
562.5	12.5	25.0	50.0	0.0	7.5
118.4	21.2	3.2	2.8	10.6	1.7
111.3	17.7	3.9	3.2	11.7	1.9
364.2	55.9	4.5	13.9	71.0	3.8
366.8	63.3	3.4	11.8	58.0	3.8
367.8	63.6	3.3	11.6	57.9	3.8
366.3	55.8	4.7	14.0	70.9	3.8
140.1	30.4	1.1	2.0	7.3	1.2
139.9	30.6	1.0	2.1	7.3	1.2
484.4	62.5	6.3	25.0	84.4	9.1
517.9	60.7	7.1	28.6	0.0	4.6
352.7	81.1	10.6	3.5	0.0	0.4
117.6	1.2	24.7	1.2	150.6	0.2
235.3	12.9	18.8	11.8	197.6	2.9
375.0	60.7	3.6	14.3	53.6	6.1
369.0	64.3	2.4	11.9	16.7	5.5
500.0	66.7	0.0	33.3	0.0	6.7
18.5	4.4	1.5	0.0	0.0	0.0
18.5	4.4	1.5	0.0	0.0	0.0
18.5	4.4	1.5	0.0	0.0	0.0
18.5	4.4	1.5	0.0	0.0	0.0
25.9	5.9	1.5	0.0	0.0	0.0
25.9	5.9	1.5	0.0	0.0	0.0
36.0	8.0	1.6	0.0	0.0	0.1

36.0	8.0	1.6	0.0	0.0	0.1
215.2	4.3	3.0	20.9	44.3	13.0
208.3	8.3	0.0	25.0	41.7	13.3
55.6	11.1	11.1	0.0	0.0	0.0
892.9	0.0	0.0	100.0	0.0	15.0
883.0	0.0	0.0	100.0	0.0	14.9
892.9	0.0	0.0	100.0	0.0	17.9
883.0	0.0	0.0	100.0	0.0	18.0
130.6	10.6	11.1	5.6	0.0	0.7
146.2	30.0	5.4	0.8	0.0	0.1
110.7	22.9	3.6	0.7	0.0	0.1
104.0	14.8	3.6	3.6	3.2	1.2
76.0	15.6	2.4	0.8	1.2	0.2
133.1	15.7	7.7	4.8	35.9	1.6
104.0	11.6	4.8	4.0	9.2	1.0
388.0	74.1	21.2	0.0	0.0	0.0
161.8	2.2	8.1	13.2	135.3	5.2
23.4	3.3	2.8	0.5	0.0	0.1
23.4	3.3	2.8	0.5	0.0	0.1
28.9	5.3	3.2	0.0	0.0	0.1
22.2	3.9	2.8	0.0	0.0	0.1
18.2	3.6	3.6	0.0	0.0	0.0
19.4	4.4	1.1	0.6	0.0	0.1
39.0	8.8	1.0	0.5	0.0	0.1
96.8	26.1	0.7	0.0	0.0	0.0
96.1	25.9	0.4	0.0	0.0	0.0
30.2	6.7	0.7	0.7	0.0	0.0
489.6	64.6	4.2	25.0	60.4	4.8
388.0	91.7	3.5	0.0	0.0	0.0
370.4	88.2	7.1	3.5	0.0	0.4
372.7	96.4	0.0	0.0	0.0	0.0
385.0	100.0	0.0	0.0	0.0	0.0
375.0	100.0	0.0	0.0	0.0	0.0
416.7	100.0	0.0	0.0	0.0	0.0
385.0	99.5	0.0	0.0	0.0	0.0
892.9	0.0	0.0	100.0	0.0	10.0
883.0	0.0	0.0	100.0	0.0	10.3

564.4	17.6	21.2	49.4	0.0	5.3
370.4	91.7	7.1	0.0	0.0	0.0
529.1	56.4	3.5	35.3	0.0	20.8
320.3	54.2	7.8	8.8	34.0	5.5
100.9	24.6	1.8	0.0	0.0	0.0
106.0	24.5	1.3	0.0	0.0	0.1
138.1	27.6	1.0	2.9	7.6	1.3
102.0	23.1	2.0	0.4	0.0	0.0
87.5	20.0	2.5	0.0	0.0	0.0
370.4	3.5	28.2	28.2	91.7	17.6
223.7	57.9	2.6	0.0	0.0	0.5
328.9	55.3	5.3	13.2	0.0	8.2
290.5	76.2	0.0	0.0	0.0	0.0
240.7	18.5	11.1	13.6	25.9	5.1
600.0	20.0	20.0	53.3	0.0	7.3
50.2	12.0	0.4	0.0	0.0	0.0
61.5	16.3	0.4	0.0	0.0	0.0
41.7	10.7	1.2	0.0	0.0	0.0
535.7	7.1	0.0	57.1	28.6	8.6
0.0	0.0	0.0	0.0	0.0	0.0
0.0	0.4	0.0	0.0	0.0	0.0
32.4	8.4	0.0	0.0	0.0	0.0
388.9	70.4	3.7	11.1	0.0	3.1
70.8	2.5	7.5	4.2	0.0	0.6
16.4	4.1	0.8	0.0	0.0	0.0
16.4	4.1	0.8	0.0	0.0	0.0
84.0	18.7	3.8	0.8	0.0	0.1
84.0	18.7	3.8	0.8	0.0	0.1
42.0	10.0	1.6	0.0	0.0	0.0
42.0	10.0	1.6	0.0	0.0	0.0
30.6	7.3	1.2	0.0	0.0	0.0
34.8	7.0	0.8	0.8	0.0	0.2
64.5	8.9	2.4	2.4	6.9	1.2
21.2	4.2	0.5	0.5	0.0	0.2
20.8	4.2	0.8	0.4	0.0	0.0
20.8	4.2	0.8	0.4	0.0	0.0
20.3	4.1	0.8	0.0	0.0	0.0

216.7	43.3	6.7	3.3	0.0	0.3
352.7	77.6	10.6	3.5	0.0	0.4
388.0	88.2	7.1	0.0	0.0	0.7
205.9	0.0	24.7	10.6	83.5	4.8
182.9	9.3	16.1	9.3	39.0	1.6
194.1	0.0	28.2	8.2	64.7	1.6
158.8	0.0	35.3	1.2	56.5	0.4
131.6	0.0	19.3	5.3	56.1	1.8
107.1	0.0	23.8	2.4	40.5	0.5
107.1	0.0	23.8	2.4	40.5	0.5
281.3	15.6	14.1	18.8	62.5	4.7
152.9	3.5	21.2	5.9	52.9	1.9
188.2	0.0	28.2	7.1	84.7	2.5
170.6	0.0	29.4	4.7	76.5	1.6
171.4	0.0	29.3	5.0	75.7	1.6
158.8	0.0	29.4	3.5	69.4	1.1
30.5	4.9	3.0	0.6	0.0	0.1
20.8	4.2	1.4	0.0	0.0	0.1
19.2	5.1	0.6	0.0	0.0	0.0
462.5	72.5	5.0	17.5	62.5	4.5
217.6	0.0	27.1	10.6	101.2	4.8
270.6	0.0	27.1	16.5	128.2	7.1
32.8	4.1	2.5	0.8	2.0	0.4
18.6	4.5	0.8	0.0	0.0	0.0
46.0	9.2	2.5	0.0	0.0	0.1
57.7	13.2	2.7	0.0	0.0	0.1
29.0	5.0	0.8	0.8	0.0	0.1
280.0	52.0	8.0	4.0	0.0	0.8
281.3	0.0	12.5	25.0	50.0	9.4
437.5	0.0	0.0	50.0	0.0	9.4
0.0	6.7	0.0	0.0	0.0	0.0
326.7	34.7	9.3	17.3	136.0	5.3
273.3	36.0	9.3	10.7	78.7	3.6
599.6	10.6	24.7	56.4	0.0	3.5
608.0	12.0	24.0	56.8	0.0	3.6
641.7	18.3	14.2	61.7	0.0	5.6
634.9	17.6	14.1	63.5	0.0	5.6

50.0	12.1	0.7	0.0	0.0	0.0
32.2	7.3	0.6	0.4	0.0	0.1
31.3	6.9	0.6	0.6	0.0	0.1
255.5	46.9	9.5	4.2	0.0	0.9
260.0	48.0	8.0	4.0	0.0	0.8
282.6	52.2	13.0	4.3	0.0	0.9
365.2	76.5	10.4	0.9	0.0	0.2
364.0	76.0	10.4	0.8	0.0	0.2
437.5	62.5	12.5	12.5	0.0	6.3
352.7	81.1	10.6	0.0	0.0	0.4
258.3	11.7	3.3	21.7	76.7	13.8
333.3	0.0	0.0	33.3	66.7	13.3
344.5	2.9	2.1	37.0	137.0	23.0
333.3	0.0	0.0	40.0	140.0	23.3
292.9	2.9	2.1	31.0	110.9	19.3
300.0	0.0	0.0	33.3	113.3	19.3
266.5	48.9	8.4	4.0	0.0	1.2
266.7	48.9	8.9	4.4	0.0	1.3
266.7	50.0	6.7	3.3	0.0	1.3
260.0	48.0	8.0	4.0	0.0	1.2
275.0	50.0	10.0	5.0	0.0	1.0
295.5	54.5	9.1	4.5	0.0	1.4
323.5	58.8	11.8	5.9	0.0	1.2
366.2	59.2	4.2	12.7	4.2	3.0
365.8	58.8	3.8	13.0	4.0	2.9
90.9	8.0	3.8	4.9	12.9	2.4
158.0	9.6	4.0	12.0	12.8	3.6
250.0	46.4	10.7	3.6	0.0	1.4
244.5	45.4	9.7	4.4	0.0	1.3
280.0	52.0	12.0	4.0	0.0	1.6
333.3	70.8	13.3	1.7	0.0	0.3
437.5	62.5	12.5	25.0	0.0	6.3
135.9	7.8	0.0	0.0	0.0	0.0
73.5	2.9	0.0	0.0	0.0	0.0
78.4	2.9	0.0	0.0	0.0	0.0
285.7	42.9	42.9	0.0	0.0	0.0
312.5	37.5	37.5	0.0	0.0	0.0

340.6	58.0	4.3	11.6	52.2	4.3
337.1	57.6	4.1	11.3	52.0	4.3
351.5	56.0	3.6	15.8	55.0	8.3
355.1	56.5	2.9	15.9	55.1	8.3
63.9	7.0	5.3	1.8	6.2	1.0
101.3	18.9	4.4	0.9	4.4	0.7
55.1	7.5	5.7	0.0	1.8	0.1
61.7	4.8	3.5	3.1	12.8	2.1