



# THE PEOPLE'S NUTRITION ENCYCLOPEDIA

Lynne S. Hill, M.S., R.D.

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# CONTENTS

Introduction	13
Abbreviations	25
Conversions	27
<b>1 BAKED GOODS</b>	<b>31</b>
Bagels	31
Biscuits	31
Breads & Rolls	32
Cakes, Brownies & Bars	37
Cookies	46
Crackers	52
Donuts	57
Frostings	58
Muffins	59
Pastries	61
Pies	62
<b>2 BEANS &amp; LEGUMES</b>	<b>65</b>
Canned	65
Dried	66
<b>3 BEVERAGES</b>	<b>68</b>
Alcoholic	68
Carbonated	70
Coffees & Teas	72
Fruit Flavored	73
Milk-Based	77
<b>4 BREAKFAST FOODS</b>	<b>80</b>
Cereals, Cold	80

Cereals, Hot	83
Entrees: Mixes	85
Entrees: Frozen	86
Toaster Pastries	87
<b>5 CANDY &amp; GUM</b>	<b>89</b>
<b>6 CONDIMENTS &amp; SEASONINGS</b>	<b>95</b>
Bacon Bits, Imitation	95
Condiments	95
Croutons	97
Pickles, Olives & Relishes	98
Salad Dressings	101
Spices & Seasonings	104
<b>7 DAIRY PRODUCTS</b>	<b>108</b>
Cheese	108
Cream, Cream Substitutes & Toppings	113
Eggs & Egg Substitutes	114
Milk & Milk Substitutes	115
Yogurt	117
<b>8 DESSERTS</b>	<b>120</b>
Frozen	120
Gelatin	124
Pudding	125
<b>9 ENTREES</b>	<b>130</b>
Canned	130
Dried	133
Frozen	134
Pizzas	147
<b>10 FAST FOODS</b>	<b>150</b>
Beverages	150
Breakfast Foods	151
Desserts	153
Entrees	154

	Potatoes & Accompaniments	158
	Salads & Salad Bar Items	159
11	FATS & OILS	162
	Animal Fats	162
	Vegetable Fats	162
	Margarines	162
	Oils	165
	Shortenings	167
12	FISH & SEAFOOD	168
13	FRUITS	179
14	MEATS	192
	Beef	192
	Game	205
	Lamb	205
	Pork & Pork Products	207
	Sausages & Luncheon Meats	212
	Veal	224
15	NUTS & SEEDS	226
16	PANTRY STAPLES	235
	Flour	235
	Grains	237
	Jams & Jellies	238
	Miscellaneous	239
	Sugars & Sweeteners	241
	Syrups & Toppings	242
17	POULTRY	244
	Fresh	244
	Processed	251
18	SAUCES & GRAVIES	255

19	SNACKS	262
	Granola & Snack Bars	262
	Snack Foods	264
20	SOUPS	271
21	STARCHES & SIDE DISHES	284
	Grains	284
	Pasta	287
	Potatoes	288
	Stuffing	290
22	VEGETABLES	292

# Introduction

*The People's Nutrition Encyclopedia* provides information on the nutritional composition of over 9,000 commonly eaten foods, including fresh, processed, kosher and fast foods. The ten nutrients listed for each food commonly concern people on special diets or those who want to be informed about what they are eating. Calories and values for protein, fat and carbohydrate are presented for dieters and diabetics. The sodium, fat and cholesterol values usually interest individuals with cardiac or circulation problems. Calcium and iron information is especially helpful to women who are trying to maintain adequate levels of intake. Information on fiber is supplied because of its probable role in preventing cancer and other intestinal diseases.

## A Note on the Data

The more than 9,000 foods listed in this book include representative foods from the United States Department of Agriculture data and from manufacturers. Many food manufacturers were contacted and most cooperated by sending analyses of their products. Other companies, however, refused to provide data. Either they lacked analyses of their products or were unwilling to have their data published.

Some products do not provide data on all ten nutrients. Missing information is marked by a dash (—) in the column for that nutrient. Don't assume that a dash is a zero.

All product information is correct as of publication, but please realize that manufacturers may change their product formulas at any time, thereby affecting nutritional content.

## How to Use This Book

1. Foods are arranged in chapters of general food groups such as Baked Goods; Beans and Legumes; Breakfast Items. Each food group or

chapter is broken down alphabetically into its specific types (for example, Chapter 1, Baked Goods, includes bagels, biscuits, etc.), then further subdivided alphabetically by manufacturer. Nutritional values accompany different product varieties sold by the manufacturers.

2. When there is no manufacturer, as in the case of unprocessed and generic foods, items are listed under USDA (United States Department of Agriculture) as the source of the data.
3. All food values except those for fiber and iron are rounded to the nearest whole number.
4. Missing data is marked with a dash (—).
5. An asterisk (\*) means there is less than 2 percent of the U.S. Recommended Dietary Allowance for the nutrient.
6. Cholesterol is present only in foods from animal sources. If a food is entirely from non-animal sources, it can be assumed that the cholesterol value is zero. There may be cholesterol in foods containing dairy products or other animal fats.
7. Portions are listed both by weight and by common household measures whenever both are available.
8. All meat, poultry and seafood values refer to only the edible portion; the weight of bones and shells are not included.
9. All foods prepared from mixes are made according to the manufacturer's directions.
10. The use of a straightedge makes reading across lines of numbers easier.

## *Dietary Guidelines*

The dietary guidelines listed below are from a booklet published in 1985 by the federal government titled *Nutrition and Your Health: Dietary Guidelines for Americans*. Based on the best medical research, they offer general suggestions for maximizing nutritional health. Nevertheless, they are subject to change as more information becomes available. The guidelines

are suggested for healthy individuals. Persons with diseases or conditions that affect normal nutrient requirements are advised to check with a physician or registered dietitian.

Even though nutritional guidelines do not guarantee good health, they provide a sensible eating plan. Other factors that affect a person's health are heredity, environment, life-style and mental attitude.

## **“Eat a Variety of Foods”**

Although *The People's Nutrition Encyclopedia* lists the nutrient values for ten nutrients, over forty nutrients are known to be essential to good health. Different combinations of vitamins and minerals are found in each food group: grains and enriched breads; fruits and vegetables; meats, poultry and fish; fats; and dairy products. Eating a wide variety of foods within each group assures that you'll get the nutrients you need.

## **“Maintain Desirable Weight”**

Since obesity is linked to diseases such as adult onset diabetes, cardiovascular disease and others, it is important to maintain a desirable weight level. When attempting to lose weight, the loss should be kept to a steady one to two pounds a week. Fad diets should be avoided. Excess weight is generally put on over a period of time, and is most successfully lost slowly. Rapid weight loss is usually followed by an equally rapid return of the weight.

The fuel the body uses is measured in calories. Calories are provided by carbohydrates, fats, protein and alcohol. There are approximately 3,500 calories in a pound of body fat. It follows that a person must eat 3,500 calories less than needed to lose a pound. An alternative is increasing activity in order to burn off 3,500 additional calories to lose a pound.

## **“Avoid Too Much Fat, Saturated Fat and Cholesterol”**

Diets high in saturated fats or cholesterol and those which provide excess calories increase blood cholesterol levels. Avoid this by limiting the use of fats. Lean meats, fish, poultry, peas and beans are low-fat protein



sources. Skim and low-fat cheeses and milks provide the benefits of dairy products without the high fat level of their creamier counterparts. Only moderate amounts of egg yolk, organ meats, butter, lard, heavily hydrogenated oils, palm or coconut oils should be consumed; fried foods should be avoided.

## “Eat Foods with Adequate Starch and Fiber”

An adequate diet contains complex carbohydrates, grains and whole-grain breads, fruits, vegetables, dry peas and beans, and potatoes instead of simple sugars such as refined sugar, candy or syrups. Foods high in complex carbohydrates offer more vitamins, minerals and fiber per calorie than do refined foods.

Fiber, the undigestible part of plant foods, is thought to play a role in reducing the risk of several diseases such as chronic constipation, some types of “irritable bowel syndrome,” diverticular disease and possibly some forms of cancer. It is thought that the risk of developing such diseases can be lowered by increasing the fiber in the diet.

## “Avoid Too Much Sugar”

The risk of tooth decay is lowered by limiting high-sugar foods in the diet. When eaten between meals, sugary foods stick to the teeth, increasing the risk of tooth decay. Cakes, candies, dried fruits, sugary snacks and sugar-sweetened soft drinks all contain simple sugars.

## “Avoid Too Much Sodium”

Sodium in small quantities is an essential nutrient, but excess sodium in the diet is hazardous to the one in four adults with elevated blood pressure. Sodium is most commonly found in table salt, but is also present in processed foods, condiments, most cheeses, cured meats, pickled foods, salty snacks, baking powders, baking soda, MSG (monosodium glutamate), other additives and some medications such as antacids.

To lower sodium intake, it is necessary to avoid salty foods and highly processed foods such as cured meats and processed cheeses, to cook without salt, and to use products canned without salt. To make a low-