

# **Protein Dictionary**

## **Milk, Milk Products**

All protein values are in grams.

## Milk, Milk Drinks

Milk, human	
1 cup	2.5
1 fl oz	0.3
Milk	
1 cup	8
1 fl oz	1
1 soup can of milk for modifications	9.8
Milk, cow's, fluid, whole	
1 cup	7.9
1 fl oz	1
1 school milk carton (1/2 pint)	7.9
Milk, cow's, fluid, whole, low-sodium	
1 cup	7.6
1 fl oz	0.9
Milk, calcium fortified, cow's, fluid, whole	
1 cup	7.9
1 fl oz	1
Milk, calcium fortified, cow's, fluid, 1% fat	
1 cup	8.3
1 fl oz	1
Milk, calcium fortified, cow's, fluid, skim or nonfat	
1 cup	8.4
1 fl oz	1.1
Milk, cow's, fluid, 2% fat	
1 cup	8.1
1 fl oz	1
1 school milk carton (1/2 pint)	8.1
Milk, cow's, fluid, acidophilus, 1% fat	
1 cup	8.2
1 fl oz	1
Milk, cow's, fluid, acidophilus, 2% fat	
1 cup	8.1
1 fl oz	1
Milk, cow's, fluid, 1% fat	
1 cup	8.2
1 fl oz	1
1 school milk carton (1/2 pint)	8.2
Milk, cow's, fluid, skim or nonfat, 0.5% or less butterfat	
1 cup	8.3
1 fl oz	1
Milk, cow's, fluid, filled with vegetable oil	
1 cup	8.1
1 fl oz	1

Milk, cow's, fluid, filled with vegetable oil, whole	
1 cup	8.1
1 fl oz	1
Milk, cow's, fluid, filled with vegetable oil, lowfat	
1 cup	8.4
1 fl oz	1
Milk, cow's, fluid, lactose reduced, 1% fat	
1 cup	8.3
1 fl oz	1
Milk, cow's, fluid, lactose reduced, 1% fat, fortified with calcium	
1 cup	8.3
1 fl oz	1
Milk, cow's, fluid, lactose reduced, nonfat	
1 cup	8.3
1 fl oz	1
Milk, cow's, fluid, lactose reduced, nonfat, fortified with calcium	
1 cup	8.4
1 fl oz	1.1
Milk, cow's, fluid, lactose reduced, 2% fat	
1 cup	8.1
1 fl oz	1
Milk, cow's, fluid, lactose reduced, whole	
1 cup	7.9
1 fl oz	1
Buttermilk, fluid, nonfat	
1 cup	8.1
1 fl oz	1
Buttermilk, fluid, 1% fat	
1 cup	8.1
1 fl oz	1
Buttermilk, fluid, 2% fat	
1 cup	10
1 fl oz	1.3
Milk, goat's, fluid, whole	
1 cup	8.7
1 fl oz	1.1
Milk, dry, reconstituted	
1 cup	8
1 fl oz	1
Milk, dry, reconstituted, whole	
1 cup	8.3
1 fl oz	1
Milk, dry, reconstituted, lowfat	
1 cup	8
1 fl oz	1

Milk, dry, reconstituted, nonfat	
1 cup	8
1 fl oz	1
Buttermilk, dry, reconstituted	
1 cup	8.2
1 fl oz	1
Milk, evaporated	
1 cup	17.2
1 fl oz	2.1
Milk, evaporated, whole	
1 cup	17.2
1 fl oz	2.1
Milk, evaporated, 2% fat	
1 cup	18.7
1 fl oz	2.3
Milk, evaporated, skim	
1 cup	19.3
1 fl oz	2.4
Milk, condensed, sweetened	
1 cup	24.2
1 fl oz	3
Milk, soy, ready-to-drink, not baby's	
1 cup	6.6
1 fl oz	0.8
Milk, soy, ready-to-drink, not baby's, chocolate	
1 cup	5.4
1 fl oz	0.7
Milk, imitation, fluid, non-soy, sweetened, flavors other than chocolate	
1 cup	3.9
1 fl oz	0.5
Yogurt	
1 4.4 oz container	5
1 5 oz container	5.7
1 6 oz container	6.8
1 8 oz container	9
1 cup (8 fl oz)	9.8
Yogurt, plain	
1 8 oz container	11.9
1 cup (8 fl oz)	12.9
Yogurt, plain, whole milk	
1 8 oz container	7.9
1 cup (8 fl oz)	8.5
Yogurt, plain, lowfat milk	
1 8 oz container	11.9
1 cup (8 fl oz)	12.9

Yogurt, plain, nonfat milk	
1 8 oz container	13
1 cup (8 fl oz)	14
Yogurt, vanilla, lemon, or coffee flavor	
1 6 oz container	8.4
1 8 oz container	11.2
1 cup (8 fl oz)	12.1
Yogurt, vanilla, lemon, or coffee flavor, whole milk	
1 8 oz container	11
1 cup (8 fl oz)	11.9
Yogurt, vanilla, lemon, maple, or coffee flavor, lowfat milk	
1 8 oz container	11.2
1 cup (8 fl oz)	12.1
1 tube (2-1/4 oz)	3.2
Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk	
1 8 oz container	11.6
1 cup	12.5
Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk, sweetened with low calorie sweetener	
1 8 oz container	8.8
1 cup	9.5
Yogurt, chocolate	
1 6 oz container	6
1 8 oz container	8
1 cup (8 fl oz)	8.6
Yogurt, chocolate, whole milk	
1 6 oz container	5.8
1 8 oz container	7.8
1 cup (8 fl oz)	8.4
Yogurt, chocolate, nonfat milk	
1 cup	8.6
1 Snackwell's	6
Yogurt, fruit variety	
1 6 oz container	7.4
1 8 oz container	9.9
1 4.4 oz container	5.5
1 5 oz container	6.2
1 cup (8 fl oz)	10.7

Yogurt, fruit variety, whole milk	
1 6 oz container	7.3
1 8 oz container	9.7
1 cup (8 fl oz)	10.5
1 tube (2-1/4 oz)	2.7
Yogurt, fruit variety, lowfat milk	
1 6 oz container	7.4
1 8 oz container	9.9
1 cup (8 fl oz)	10.7
1 container	9.9
4 oz container, approx 1/2 cup	4.9
1 Dannon Sprinkl'ins container (4.1 oz)	5.1
1 bottle	4.1
1 tube (2-1/4 oz)	2.8
Yogurt, fruit variety, lowfat milk, sweetened with low-calorie sweetener	
1 6 oz container	8.3
1 8 oz container	11
1 cup (8 fl oz)	11.9
Yogurt, fruit variety, nonfat milk	
1 4.4 oz container	5.5
1 6 oz container	7.5
1 8 oz container	10
1 cup (8 fl oz)	10.8
Yogurt, fruit variety, nonfat milk, sweetened with low-calorie sweetener	
1 6 oz container	7.5
1 cup	10.6
1 Jenny's Cuisine envelope (1 oz), prepared	8.2
Yogurt, fruit and nuts	
1 6 oz container	7.7
1 8 oz container	10.2
1 cup (8 fl oz)	11
Yogurt, fruit and nuts, lowfat milk	
1 6 oz container	7.7
1 8 oz container	10.2
1 cup	11
Yogurt, frozen	
1 cup (8 fl oz)	9.4
1 medium scoop/dip	4.7
1 large scoop/dip	6.3
1 scoop/dip	4.7
1 small scoop/dip	3.1
Yogurt, frozen, flavors other than chocolate	
1 cup (8 fl oz)	9.1
1 medium scoop/dip	4.6
1 large scoop/dip	6.1
1 scoop/dip	4.6
1 small scoop/dip	3.1

Yogurt, frozen, chocolate	
1 cup (8 fl oz)	10.5
1 medium scoop/dip	5.2
1 large scoop/dip	7
1 scoop/dip	5.2
1 small scoop/dip	3.5
Yogurt, frozen	
1 cup	9.4
1 medium scoop/dip	4.7
1 large scoop/dip	6.3
1 small scoop/dip	3.1
Yogurt, frozen, chocolate, lowfat milk	
1 cup	10.5
1 medium scoop/dip	5.2
1 large scoop/dip	7
1 small scoop/dip	3.5
Yogurt, frozen, flavors other than chocolate, lowfat milk	
1 cup	9.1
1 medium scoop/dip	4.6
1 large scoop/dip	6.1
1 small scoop/dip	3.1
Yogurt, frozen, nonfat milk	
1 cup	6
1 medium scoop/dip	3
1 large scoop/dip	4
1 scoop/dip	3
1 small scoop/dip	2
Yogurt, frozen, chocolate, nonfat milk	
1 cup	9
1 medium scoop/dip	4.5
1 large scoop/dip	6
1 scoop/dip	4.5
1 small scoop/dip	3
Yogurt, frozen, flavors other than chocolate, with sorbet or sorbet-coated	
1 Haagen-Dazs bar (2.3 fl oz)	2
Yogurt, frozen, flavors other than chocolate, nonfat milk	
1 cup	7.9
1 medium scoop/dip	4
1 large scoop/dip	5.3
1 scoop/dip	4
1 small scoop/dip	2.6

Yogurt, frozen, chocolate, nonfat milk, with low-calorie sweetener	
1 cup	8.2
1 medium scoop/dip	4.1
1 large scoop/dip	5.5
1 scoop/dip	4.1
1 small scoop/dip	2.7
Yogurt, frozen, flavors other than chocolate, nonfat milk, with low-calorie sweetener	
1 cup	9.3
1 medium scoop/dip	4.7
1 large scoop/dip	6.2
1 scoop/dip	4.7
1 small scoop/dip	3.1
Yogurt, frozen, whole milk	
1 cup	5.2
1 medium scoop/dip	2.6
1 large scoop/dip	3.5
1 scoop/dip	2.6
1 small scoop/dip	1.7
Yogurt, frozen, chocolate, whole milk	
1 cup	5.2
1 medium scoop/dip	2.6
1 large scoop/dip	3.5
1 scoop/dip	2.6
1 small scoop/dip	1.7
Yogurt, frozen, flavors other than chocolate, whole milk	
1 cup	5.2
1 medium scoop/dip	2.6
1 large scoop/dip	3.5
1 scoop/dip	2.6
1 small scoop/dip	1.7
Yogurt, frozen, chocolate-coated	
1 bar	1.3
Yogurt, frozen, carob-coated	
1 bar	2
Yogurt, frozen, sandwich	
1 sandwich	3.9
Yogurt, frozen, cone, chocolate	
1 large cone	7.4
1 small cone	4
1 medium cone	6.1
Yogurt, frozen, cone, flavors other than chocolate	
1 large cone	6.4
1 small cone	3.5
1 medium cone	5.3

Yogurt, frozen, cone, flavors other than chocolate, lowfat milk	
1 large cone	7.8
1 small cone	4.2
1 McDonald's cone	6.4
1 medium cone	6.4
Yogurt, frozen, cone, chocolate, lowfat milk	
1 large cone	7.7
1 small cone	4.2
1 McDonald's cone	6.4
1 medium cone	6.4
Milk, chocolate	
1 cup	7.7
1 fl oz	1
Milk, chocolate, whole milk-based	
1 cup	7.9
1 fl oz	1
1 school milk carton (1/2 pint)	7.9
Milk, chocolate, reduced fat milk-based, 2%	
1 cup	7.5
1 fl oz	0.9
1 school milk carton (1/2 pint)	7.5
Milk, chocolate, skim milk-based	
1 cup	8.6
1 fl oz	1.1
Milk, chocolate, lowfat milk-based	
1 fl oz	1
1 school milk carton (1/2 pint)	8.1
Cocoa, hot chocolate, not from dry mix, made with whole milk	
1 cup	8.8
1 fl oz	1.1
Hot chocolate, Puerto Rican style, made with whole milk	
1 cup	9.8
1 fl oz	1.2
Hot chocolate, Puerto Rican style, made with low fat milk	
1 cup	10.6
1 fl oz	1.3
Cocoa and sugar mixture, milk added	
1 cup	8.4
1 fl oz	1.1
Cocoa and sugar mixture, whole milk added	
1 cup	8.2
1 fl oz	1
Cocoa and sugar mixture, reduced fat milk added	
1 cup	8.4
1 fl oz	1.1

Cocoa and sugar mixture, lowfat milk added	
1 cup	8.6
1 fl oz	1.1
Cocoa and sugar mixture, skim milk added	
1 cup	8.6
1 fl oz	1.1
Chocolate syrup, milk added	
1 cup	7.8
1 fl oz	1
Chocolate syrup, whole milk added	
1 cup	7.7
1 fl oz	1
Chocolate syrup, reduced fat milk added	
1 cup	7.8
1 fl oz	1
Chocolate syrup, lowfat milk added	
1 cup	8
1 fl oz	1
Chocolate syrup, skim milk added	
1 cup	8
1 fl oz	1
Cocoa, sugar, and dry milk mixture, water added	
1 oz packet with 6 fl oz water	1.9
1 cup	2.3
1 fl oz	0.3
Cocoa with nonfat dry milk and low calorie sweetener, mixture, water added	
1 cup	3
1 fl oz	0.4
1 packet dry mix with 6 fl oz water	2.4
Cocoa, whey, and low calorie sweetener, mixture, fortified, water added	
1 cup	3.8
1 fl oz	0.5
Cocoa and sugar mixture fortified with vitamins and minerals, milk added, Puerto Rican style	
1 cup	8.4
1 fl oz	1
Cocoa with nonfat dry milk and low calorie sweetener, high calcium, water added	
1 cup	5.8
1 fl oz	0.7
1 packet dry mix yields 6 fl oz	4.8
Cocoa, whey, and low-calorie sweetener mixture, lowfat milk added	
1 cup	9.1
1 fl oz	1.1

Milk beverage with nonfat dry milk and low calorie sweetener, water added, chocolate	
1 cup	7.1
1 fl oz	0.9
Milk beverage with nonfat dry milk and low calorie sweetener, water added, flavors other than chocolate	
1 cup	7.5
1 fl oz	0.9
Milk beverage with nonfat dry milk and low calorie sweetener, high calcium, water added, chocolate	
1 cup	3.4
1 fl oz	0.4
1 packet dry mix yields 12 fl oz	5.4
Milk beverage, made with whole milk, flavors other than chocolate	
1 cup	7.4
1 fl oz	0.9
Milk, flavors other than chocolate, whole milk-based	
1 cup	7.4
1 fl oz	0.9
Milk, malted, unfortified, made with milk	
1 cup	8.1
1 fl oz	1
Milk, malted, unfortified, chocolate, made with milk	
1 cup	8.1
1 fl oz	1
Milk, malted, unfortified, natural flavor, made with milk	
1 cup	9.8
1 fl oz	1.2
Milk, malted, fortified, natural flavor, made with milk	
1 cup	8.9
1 fl oz	1.1
Milk, malted, fortified, chocolate, made with milk	
1 cup	8
1 fl oz	1
Milk, malted, fortified, made with milk	
1 cup	8
1 fl oz	1
Eggnog, made with whole milk	
1 cup	9.7
1 fl oz	1.2
Eggnog, made with 2% reduced fat milk	
1 cup	12
1 fl oz	1.5
Milk shake	
1 fl oz	0.9
1 milkshake (10 fl oz)	9

Milk shake, homemade or fountain-type	
1 fl oz	0.8
1 cup	6.7
1 milkshake (10 fl oz)	8.4
Milk shake, homemade or fountain-type, chocolate	
1 fl oz	0.9
1 cup	7.2
1 milkshake (10 fl oz)	9
Milk shake, homemade or fountain-type, flavors other than chocolate	
1 cup	6.1
1 fl oz	0.8
1 milkshake (10 fl oz)	7.7
Milk shake with malt	
1 fl oz	1
1 milkshake (10 fl oz)	9.8
Milk shake, made with skim milk, chocolate	
1 cup	5.2
1 fl oz	0.7
Milk shake, made with skim milk, flavors other than chocolate	
1 cup	4.7
1 fl oz	0.6
Carry-out milk shake	
1 cup	5.6
1 fl oz	0.8
1 medium	16.1
1 large	24.2
1 small	12.1
Carry-out milk shake, chocolate	
1 cup	6.4
1 fl oz	0.8
1 medium	16.1
1 large	24.3
1 small	12.2
1 Roy Rogers shake	11.3
1 large Burger King shake	19.8
1 large Dairy Queen shake	27
1 small Burger King shake	9.7
1 medium Burger King shake	13.5
1 small Dairy Queen shake	14
1 medium Dairy Queen shake	18.3
1 McDonald's child size shake (12 fl oz)	9.6
1 McDonald's small shake (16 fl oz)	12.8
1 McDonald's medium shake (21 fl oz)	16.8
1 McDonald's large shake (32 fl oz)	25.6

Carry-out milk shake, flavors other than chocolate	
1 cup	6.3
1 fl oz	0.8
1 medium	16
1 large	24.1
1 small	12.1
1 Roy Rogers shake	11.2
1 large Burger King shake	19.7
1 large Dairy Queen shake	26.8
1 McDonald's child size shake (12 fl oz)	9.5
1 McDonald's small shake (16 fl oz)	12.7
1 McDonald's medium shake (21 fl oz)	16.6
1 McDonald's large shake (32 fl oz)	25.3
1 medium Burger King shake	13.4
1 medium Dairy Queen shake	18.2
1 small Burger King shake	9.8
1 small Dairy Queen shake	13.9
Milk fruit drink	
1 cup	5
1 fl oz	0.6
Orange Julius	
1 cup	14.1
1 fl oz	1.8
Fruit smoothie drink, made with fruit or fruit juice and dairy products	
1 fl oz	0.4
1 cup	3.4
1 commercial smoothie (20 fl oz)	8.6
Fruit smoothie drink	
1 fl oz	0.3
1 cup	2.1
1 commercial smoothie (20 fl oz)	5.4
Chocolate-flavored drink, whey- and milk-based	
1 bottle (9 fl oz)	1.8
1 cup	1.6
1 fl oz	0.2
1 drink box	1.6
Flavored milk drink, whey- and milk-based, flavors other than chocolate	
1 bottle (9 fl oz)	1.8
1 cup	1.6
1 fl oz	0.2
Cafe con leche	
1 fl oz	0.5
1 coffee cup (6 fl oz)	3.2
Cafe con leche prepared with sugar	
1 fl oz	0.5
1 coffee cup (6 fl oz)	3

Instant breakfast, fluid, canned	
1 cup	13.7
1 fl oz	1.7
1 can (10 fl oz)	17.2
Instant breakfast, powder, milk added	
1 cup	13.5
1 fl oz	1.7
1 packet (35.1 g) in 8 fl oz milk	15.3
Instant breakfast, powder, sweetened with low calorie sweetener, milk added	
1 cup	14.2
1 fl oz	1.8
1 packet in 8 fl oz milk	15.2
Diet beverage, powder, reconstituted with skim milk	
1 cup	14.4
1 packet (20 g) in 8 fl oz skim milk	15.4
Meal supplement or replacement, commercially prepared, ready-to-drink	
1 cup	8.7
1 fl oz	1.1
1 can (11 fl oz)	11.9
1 carton (12 fl oz)	13
High calorie beverage, canned or powdered, reconstituted	
1 cup	10.5
1 fl oz	1.3
1 can (12.5 fl oz)	16.8
Meal supplement or replacement, milk-based, high protein, liquid	
1 cup	14.6
1 fl oz	1.8
Meal replacement or supplement, milk based, ready-to-drink	
1 cup	14.6
1 fl oz	1.8
1 bottle (8 fl oz)	14.6
Infant formula	
1 fl oz	0.4
Similac Alimentum, with iron, infant formula	
1 fl oz	0.5
Similac Alimentum, with iron, infant formula, ready-to-feed	
1 fl oz	0.5
Similac Alimentum Advance, with iron, infant formula	
1 fl oz	0.5
Similac Alimentum Advance, with iron, infant formula, ready-to-feed	
1 fl oz	0.5

Similac Alimentum Advance, with iron, infant formula, prepared from powder	
1 fl oz	0.5
Enfamil, low iron, infant formula	
1 fl oz	0.4
Enfamil, low iron, infant formula, ready-to-feed	
1 fl oz	0.4
Enfamil, low iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.4
Enfamil, low iron, infant formula, prepared from powder	
1 fl oz	0.4
Similac, low iron, infant formula	
1 fl oz	0.4
Similac, low iron, infant formula, ready-to-feed	
1 fl oz	0.4
Similac, low iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.4
Similac, low iron, infant formula, prepared from powder	
1 fl oz	0.4
Similac Natural Care Advance, low iron, infant formula	
1 fl oz	0.6
Similac Natural Care Advance, low iron, infant formula, ready-to-feed	
1 fl oz	0.6
Similac Advance, with iron, infant formula	
1 fl oz	0.4
Similac Advance, with iron, infant formula, ready-to-feed	
1 fl oz	0.4
Similac Advance, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.4
Similac Advance, with iron, infant formula, prepared from powder	
1 fl oz	0.4
Similac Lactose Free Advance, with iron, infant formula	
1 fl oz	0.4
Similac Lactose Free Advance, with iron, infant formula, ready-to-feed	
1 fl oz	0.4
Similac Lactose Free Advance, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.4

Similac Lactose Free Advance, with iron, infant formula, prepared from powder	
1 fl oz	0.4
Similac, with iron, infant formula	
1 fl oz	0.4
Similac, with iron, infant formula, ready-to-feed	
1 fl oz	0.4
Similac, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.4
Similac, with iron, infant formula, prepared from powder	
1 fl oz	0.4
Similac Special Care Advance 24, with iron, infant formula	
1 fl oz	0.6
Similac Special Care Advance 24, with iron, infant formula, ready-to-feed	
1 fl oz	0.6
Similac NeoSure Advance, with iron, infant formula	
1 fl oz	0.6
Similac NeoSure Advance, with iron, infant formula, ready-to-feed	
1 fl oz	0.6
Similac NeoSure Advance, with iron, infant formula, prepared from powder	
1 fl oz	0.5
Enfamil, with iron, infant formula	
1 fl oz	0.4
Enfamil, with iron, infant formula, ready-to-feed	
1 fl oz	0.4
Enfamil, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.4
Enfamil, with iron, infant formula, prepared from powder	
1 fl oz	0.4
Enfamil Lipil, with iron, infant formula	
1 fl oz	0.4
Enfamil Lipil, with iron, infant formula, ready-to-feed	
1 fl oz	0.4
Enfamil Lipil, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.4
Enfamil Lipil, with iron, infant formula, prepared from powder	
1 fl oz	0.4

Enfamil A.R. Lipil, infant formula 1 fl oz	0.5
Enfamil A.R. Lipil, infant formula, ready-to-feed 1 fl oz	0.5
Enfamil A.R. Lipil, infant formula, prepared from powder 1 fl oz	0.5
Enfamil EnfaCare Lipil with iron, infant formula 1 fl oz	0.6
Enfamil EnfaCare Lipil with iron, infant formula, ready-to-feed 1 fl oz	0.6
Enfamil EnfaCare Lipil with iron, infant formula, prepared from powder 1 fl oz	0.6
Lactofree, with iron, infant formula 1 fl oz	0.4
Lactofree, with iron, infant formula, ready-to-feed 1 fl oz	0.4
Lactofree, with iron, infant formula, prepared from liquid concentrate 1 fl oz	0.4
Lactofree, with iron, infant formula, prepared from powder 1 fl oz	0.4
Enfamil LactoFree Lipil, with iron, infant formula 1 fl oz	0.4
Enfamil LactoFree Lipil, with iron, infant formula, ready-to-feed 1 fl oz	0.4
Enfamil LactoFree Lipil, with iron, infant formula, prepared from liquid concentrate 1 fl oz	0.4
Enfamil LactoFree Lipil, with iron, infant formula, prepared from powder 1 fl oz	0.4
Pediasure, with iron, infant formula 1 fl oz	0.9
Pediasure, with iron, infant formula, ready-to-feed 1 fl oz	0.9
1 can (8 fl oz)	7.1
Good Start Supreme, with iron, infant formula 1 fl oz	0.4
Good Start Supreme, with iron, infant formula, ready-to-feed 1 fl oz	0.4

Good Start Supreme, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.4
Good Start Supreme, with iron, infant formula, prepared from powder	
1 fl oz	0.4
Good Start 2 Essentials, with iron, infant formula	
1 fl oz	0.5
Good Start 2 Essentials, with iron, infant formula, ready-to-feed	
1 fl oz	0.5
Good Start 2 Essentials, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.5
Good Start 2 Essentials, with iron, infant formula, prepared from powder	
1 fl oz	0.5
America's Store Brand, with iron, infant formula	
1 fl oz	0.4
America's Store Brand, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.5
America's Store Brand, with iron, infant formula, prepared from powder	
1 fl oz	0.5
America's Store Brand, with iron, infant formula, ready-to-feed	
1 fl oz	0.4
Enfamil ProSobee, with iron, infant formula	
1 fl oz	0.5
Enfamil ProSobee, with iron, infant formula, ready-to-feed	
1 fl oz	0.5
Enfamil ProSobee, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.5
Enfamil ProSobee, with iron, infant formula, prepared from powder	
1 fl oz	0.5
Enfamil ProSobee Lipil, with iron, infant formula	
1 fl oz	0.5
Enfamil ProSobee Lipil, with iron, infant formula, ready-to-feed	
1 fl oz	0.5
Enfamil ProSobee Lipil, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.5

Enfamil ProSobee Lipil, with iron, infant formula, prepared from powder	
1 fl oz	0.5
Similac Isomil, with iron, infant formula	
1 fl oz	0.5
Similac Isomil, with iron, infant formula, ready-to-feed	
1 fl oz	0.5
Similac Isomil, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.5
Similac Isomil, with iron, infant formula, prepared from powder	
1 fl oz	0.5
Similac Isomil Advance with iron, infant formula	
1 fl oz	0.5
Similac Isomil Advance with iron, infant formula, ready-to-feed	
1 fl oz	0.5
Similac Isomil Advance with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.5
Similac Isomil Advance with iron, infant formula, prepared from powder	
1 fl oz	0.5
Good Start Essentials Soy, with iron, infant formula	
1 fl oz	0.5
Good Start Essentials Soy, with iron, infant formula, ready-to-feed	
1 fl oz	0.5
Good Start Essentials Soy, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.5
Good Start Essentials Soy, with iron, infant formula, prepared from powder	
1 fl oz	0.5
Next Step Prosobee, with iron, infant formula, prepared from powder	
1 fl oz	0.6
America's Store Brand Soy, with iron, infant formula	
1 fl oz	0.5
America's Store Brand Soy, with iron, infant formula, ready-to-feed	
1 fl oz	0.5
America's Store Brand Soy, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.6

America's Store Brand Soy, with iron, infant formula, prepared from powder	
1 fl oz	0.5
Lofenalac, with iron, infant formula	
1 fl oz	0.7
Lofenalac, with iron, infant formula, prepared from powder	
1 fl oz	0.6
Nutramigen, with iron, infant formula	
1 fl oz	0.6
Nutramigen, with iron, infant formula, ready-to-feed	
1 fl oz	0.6
Nutramigen, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.6
Nutramigen, with iron, infant formula, prepared from powder	
1 fl oz	0.6
Enfamil Nutramigen Lipil, with iron, infant formula	
1 fl oz	0.6
Enfamil Nutramigen Lipil, with iron, infant formula, ready-to-feed	
1 fl oz	0.6
Enfamil Nutramigen Lipil, with iron, infant formula, prepared from liquid concentrate	
1 fl oz	0.6
Enfamil Nutramigen Lipil, with iron, infant formula, prepared from powder	
1 fl oz	0.5
Pregestimil, with iron, infant formula	
1 fl oz	0.6
Pregestimil, with iron, infant formula, prepared from powder	
1 fl oz	0.6
Similac PM 60/40, low iron, infant formula, prepared from powder	
1 fl oz	0.4
Portagen, with iron, infant formula	
1 fl oz	1
Portagen, with iron, infant formula, prepared from powder	
1 fl oz	0.7
Milk, dry, not reconstituted, lowfat, or nonfat	
1 cup	23.9
Milk, dry, whole, not reconstituted	
1 cup	33.7

Milk, dry, lowfat, not reconstituted 1 cup	41.7
Milk, dry, nonfat, not reconstituted 1 cup	23.9
1 envelope (1-1/3 cup)	31.9
1/3 cup (makes 1 cup reconstituted milk)	8.1
Buttermilk, dry, not reconstituted 1 tablespoon	2.2
Whey, sweet, dry 1 tablespoon	1
Cocoa (or chocolate) with dry milk and sugar, dry mix, not reconstituted 1 tablespoon	0.5
1 envelope (1 oz)	1.9
Cocoa powder with nonfat dry milk and low calorie sweetener, dry mix, not reconstituted 1 tablespoon	1.1
1 envelope Alba (.675 oz)	2.9
1 envelope Swiss Miss (.53 oz)	2.3
Cocoa, whey, and low calorie sweetener, fortified, dry mix, not reconstituted 1 envelope, mint flavor (.41 oz)	2.9
Chocolate, instant, dry mix, fortified with vitamins and minerals, not reconstituted, Puerto Rican style 1 tablespoon	0.4
Cocoa powder, not reconstituted (no dry milk) 1 tablespoon	1.1
Cocoa (or chocolate) flavored beverage powder with sugar, dry mix, not reconstituted 1 tablespoon	0.4
1 envelope Nestle's Quik (.75 oz)	0.8
1 serving (2-3 heaping teaspoons)	0.8
Cocoa, whey, and low-calorie sweetener mixture, not reconstituted 1 tablespoon, dry	1.1
1 envelope, cocoa mix	0.8
1 envelope, Nutri System Shake Mix (.64 oz)	2.8
Milk, malted, dry mix, unfortified, not reconstituted, flavors other than chocolate 1 tablespoon	1.1
1 serving (3 heaping teaspoons or 1 envelope)	3
Milk, malted, dry mix, fortified, not reconstituted, flavors other than chocolate 1 tablespoon	0.4
1 serving (4-5 heaping teaspoons)	2

Milk, malted, dry mix, unfortified, not reconstituted, chocolate	
1 tablespoon	0.4
1 serving (3 heaping teaspoons or 1 envelope)	1.1
Milk, malted, dry mix, fortified, not reconstituted, chocolate	
1 tablespoon	0.2
1 serving (4-5 heaping teaspoons)	1
Milk beverage, powder, dry mix, not reconstituted, flavors other than chocolate	
1 tablespoon	0
1 serving (2-3 heaping teaspoons)	0
Milk beverage with sugar, dry milk, and egg white powder, dry mix, not reconstituted	
1 tablespoon	1.2
Milk beverage, powder, with nonfat dry milk and low calorie sweetener, dry mix, not reconstituted, chocolate	
1 tablespoon	2
1 envelope (.75 oz)	5.2
Milk beverage, powder, with nonfat dry milk and low calorie sweetener, dry mix, not reconstituted, flavors other than chocolate	
1 tablespoon	1.6
1 envelope	4.9
Instant breakfast, powder, not reconstituted	
1 tablespoon	1.5
1 envelope	7.4
Instant breakfast, powder, sweetened with low calorie sweetener, not reconstituted	
1 tablespoon	2
1 envelope	7.2
Protein supplement, milk-based, powdered, not reconstituted	
1 tablespoon	3.2
Meal replacement, high protein, milk based, fruit juice mixable formula, powdered, not reconstituted	
1 tablespoon	2.3
1 scoop (1.1 oz)	9.9
Meal replacement, protein type, milk-based, powdered, not reconstituted	
1 tablespoon	2.6
1 scoop/dip	5.8
Nutrient supplement, milk-based, powdered, not reconstituted	
1 tablespoon	2.9
Nutrient supplement, milk-based, high protein, powdered, not reconstituted	
1 packet	15

Meal replacement, protein type, milk- and soy-based, powdered, not reconstituted

1 tablespoon Joe Weider's	3.4
1 packet D.E.L.T.A	14.8
1 serving Joe Weider's	10.1

## Creams, Cream Substitutes

Cream	
1 cup	7.1
1 fl oz	0.9
1 individual container	0.3
Cream, light, fluid	
1 cup	6.5
1 fl oz	0.8
1 individual container	0.3
Cream, light, whipped, unsweetened	
1 cup	2.6
1 fl oz	0.3
Cream, half and half	
1 cup	7.2
1 fl oz	0.9
1 individual container (.5 fl oz)	0.4
Cream, half and half, fat free	
1 cup	6.3
1 fl oz	0.8
Cream, heavy, fluid	
1 cup	4.9
1 fl oz	0.6
Cream, heavy, whipped, unsweetened	
1 cup	2.4
Cream, heavy, whipped, sweetened	
1 cup	2.3
Cream, whipped, pressurized container	
1 cup	1.9
Cream, whipped, pressurized container, light	
1 cup	2
Whipped topping, dairy based, fat free, pressurized container	
1 cup	1.9
Cream substitute	
1 cup	2.4
1 fl oz	0.3
Cream substitute, frozen	
1 cup	2.4
1 fl oz	0.3
Cream substitute, liquid	
1 cup	2.4
1 fl oz	0.3
1 individual container	0.2

Cream substitute, flavored, liquid	
1 cup	1.7
1 fl oz	0.2
1 individual container	0.1
Cream substitute, light, liquid	
1 cup	1.9
1 fl oz	0.2
Cream substitute, powdered	
1 cup	4.5
1 packet	0.1
Cream substitute, light, powdered	
1 cup	1.8
1 packet	0.1
Cream substitute, flavored, powdered	
1 cup	0
1 packet	0
Whipped topping, nondairy	
1 cup	0.9
Whipped topping, nondairy, pressurized can	
1 cup	0.7
Whipped topping, nondairy, frozen	
1 cup	0.9
Whipped topping, nondairy, frozen, lowfat	
1 cup	2.2
Whipped topping, non dairy, frozen, fat free	
1 cup	2.2
Whipped cream substitute, nondairy, made from powdered mix	
1 cup	2.9
1 package yields	5.8
Whipped cream substitute, nondairy, lowfat, low sugar, made from powdered mix	
1 cup	0.7
Sour cream	
1 cup	7.3
1 container (from fast food restaurant)	0.9
Sour cream, half and half	
1 cup	7.1
1 tablespoon	0.4
Sour cream, reduced fat	
1 tablespoon	1.1
1 cup	17.4

Sour cream, light	
1 tablespoon	0.6
1 cup	8.7
Sour cream, fat free	
1 tablespoon	0.5
1 cup	7.9
Sour cream, imitation (nondairy)	
1 cup	5.5
Sour cream, filled, sour dressing, nonbutterfat	
1 cup	7.6
1 individual container	0.9
Dip, sour cream base	
1 cup	8.5
Dip, sour cream base, reduced calorie	
1 tablespoon	0.5
Spinach dip, sour cream base	
1 tablespoon	0.4

## Milk Desserts, Sauces, Gravies

Ice cream	
1 cup	4.7
1 medium scoop/dip	2.3
1 large scoop/dip	3.1
1 small scoop/dip	1.5
1 slice	2.3
Ice cream, regular, flavors other than chocolate	
1 cup	4.7
1 cubic inch	0.3
1 large dip/scoop	3.1
1 small dip/scoop	1.5
1 medium dip or slice	2.3
1 dixie cup (3 fl oz)	1.8
Ice cream, regular, chocolate	
1 cup	5.1
1 cubic inch	0.3
1 large dip/scoop	3.4
1 small dip/scoop	1.7
1 medium dip or slice	2.5
1 dixie cup (3.5 fl oz)	2.3
Ice cream, rich, flavors other than chocolate	
1 cup	5.2
1 cubic inch	0.4
1 large dip/scoop	3.5
1 small dip/scoop	1.7
1 medium dip or slice	2.6
1 dixie cup (3.5 fl oz)	2.3
1 Viennetta loaf (20.3 fl oz)	11.7
1 Viennetta slice	2.3
Ice cream, rich, chocolate	
1 cup	7
1 cubic inch	0.5
1 large dip/scoop	4.7
1 small dip/scoop	2.3
1 medium dip or slice	3.5
1 dixie cup (3.5 fl oz)	3.1
1 Viennetta loaf (20.3 fl oz)	15.8
1 Viennetta slice	3.2
Ice cream, rich	
1 cup	5.2
1 medium scoop/dip	2.6
1 large scoop/dip	3.5
1 small scoop/dip	1.7
Ice cream, soft serve, flavors other than chocolate	
1 cup	6.1

Ice cream, soft serve, chocolate	
1 cup	6.4
Ice cream, soft serve	
1 cup	7.1
Ice cream, no sugar added	
1 cup	4
1 medium scoop/dip	2
1 large scoop/dip	2.7
1 small scoop/dip	1.3
Ice cream, no sugar added, flavors other than chocolate	
1 cup	4
1 medium scoop/dip	2
1 large scoop/dip	2.7
1 small scoop/dip	1.3
Ice cream, no sugar added, chocolate	
1 cup	4.8
1 medium scoop/dip	2.4
1 large scoop/dip	3.2
1 small scoop/dip	1.6
Ice cream bar or stick, not chocolate covered or cake covered	
1 bar (3 fl oz)	2
1 cup	4.7
Ice cream bar or stick, chocolate covered	
1 bar (3 fl oz)	1.7
1 Heath bar	1.9
1 3 Musketeer bar (2 fl oz)	1.5
1 Klondike Krispy bar (5 fl oz)	2.7
1 Carnation Bon Bon	0.3
1 Mickey Mouse bar (2.5 fl oz)	1.3
1 ice cream nugget	0.2
1 snack size 3 Musketeer bar (.75 fl oz)	0.6
1 Rondo (.75 fl oz)	0.5
Ice cream bar or stick, chocolate or caramel covered, with nuts	
1 bar	2.9
1 Heaven Sundae (2 fl oz)	2.6
1 Snickers bar (2 fl oz)	3
1 miniature Snicker bar (1 fl oz)	1.4
1 Butterfinger bar (2.5 fl oz)	2.5
Ice cream bar or stick, rich chocolate ice cream, thick chocolate covering	
1 bar	3.6
1 DoveBar (3.0 fl oz)	3.6
Ice cream bar or stick, rich ice cream, thick chocolate covering	
1 bar	3.8
1 DoveBar (3.0 fl oz)	3.8

Ice cream bar or stick, rich ice cream, chocolate covered, with nuts	
1 Haagen Dazs bar	6.8
Ice cream bar or stick, chocolate ice cream, chocolate covered	
1 3 Musketeer ice cream bar (2 fl oz)	2.3
1 3 Musketeer ice cream bar snack size (.72 fl oz)	0.9
Ice cream bar, cake covered	
1 bar	3
Ice cream bar or stick with fruit	
1 Berry Swirl	0.9
1 Col Crunch Sundae on a Stick	1.4
Ice cream sandwich	
1 Oreo sandwich	2.5
1 Oreo mini sandwich	1.3
1 sandwich (5" x 1-3/4" x 3/4")	2.6
Ice cream cookie sandwich	
1 Chipwich	4.7
1 sandwich	2.6
Ice cream cone with nuts, flavors other than chocolate	
1 cup	7.9
1 cone	4.6
Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	
1 Choco Taco (4.25 fl oz)	5.3
1 Nutty Buddy	3.5
1 cone and single dip	4.5
1 cone and double dip	8.3
Ice cream cone, chocolate covered or dipped, flavors other than chocolate	
1 cone and single dip	3
1 cone and double dip	5.5
Ice cream cone, no topping, flavors other than chocolate	
1 cone and single dip (or 1 small cone)	2.9
1 cone and double dip (or 1 large cone)	5.4
Ice cream cone, no topping	
1 cone and single dip (or 1 small cone)	3.1
1 cone and double dip (or 1 large cone)	5.6
Ice cream cone with nuts, chocolate ice cream	
1 cone	4.9
Ice cream cone, chocolate covered or dipped, chocolate ice cream	
1 cone	3.2
Ice cream cone, no topping, chocolate ice cream	
1 cone and single dip (or 1 small cone)	3.2
1 cone and double dip (or 1 large cone)	5.8

Ice cream cone, chocolate covered, with nuts, chocolate ice cream		
1 cone		4.8
Ice cream sundae cone		
1 Drumstick		5.9
Ice cream soda, flavors other than chocolate		
1 cup		1.8
1 soda (10 fl oz)		2.2
Ice cream soda, chocolate		
1 cup		1.9
1 soda (10 fl oz)		2.4
Ice cream sundae, with whipped cream		
1 cup		5
1 sundae		5.8
Ice cream sundae, fruit topping, with whipped cream		
1 banana split		9.4
1 cup		3.1
1 sundae		3.6
Ice cream sundae, prepackaged type, flavors other than chocolate		
1 sundae (6 fl oz)		5.6
Ice cream sundae, chocolate or fudge topping, with whipped cream		
1 cup		5.2
1 sundae		6
Ice cream sundae, not fruit or chocolate topping, with whipped cream		
1 cup		3.1
1 sundae		3.6
Ice cream sundae, fudge topping, with cake, with whipped cream		
1 sundae		6.7
Ice cream pie, no crust		
1 cup		4.7
1 pie (8" dia)		26.3
Ice cream pie, with cookie crust, fudge topping, and whipped cream		
1 cup		7.5
1 pie (8" dia)		70.1
Ice cream, fried		
1 cup		4.4
Light ice cream		
1 cup		6.2
1 medium scoop/dip		3.1
1 large scoop/dip		4.1
1 small scoop/dip		2.1

Light ice cream, flavors other than chocolate	
1 cup	6.3
1 medium scoop/dip	3.2
1 large scoop/dip	4.2
1 small scoop/dip	2.1
Light ice cream, chocolate	
1 cup	5.6
1 medium scoop/dip	2.9
1 large scoop/dip	3.9
1 small scoop/dip	1.9
Light ice cream, no sugar added	
1 cup	5.4
1 medium scoop/dip	2.7
1 large scoop/dip	3.6
1 small scoop/dip	1.8
Light ice cream, no sugar added, flavors other than chocolate	
1 cup	5.4
1 medium scoop/dip	2.7
1 large scoop/dip	3.6
1 small scoop/dip	1.8
Light ice cream, no sugar added, chocolate	
1 cup	4.8
1 medium scoop/dip	2.4
1 large scoop/dip	3.2
1 small scoop/dip	1.6
Light ice cream, soft serve	
1 cup	8.6
Light ice cream, soft serve, flavors other than chocolate	
1 cup	8.6
Light ice cream, soft serve, chocolate	
1 cup	7.5
1 medium Frosty	12.8
1 large Frosty	16.2
1 small Frosty	9.7
1 Milky Way shake	9
Light ice cream, soft serve cone, flavors other than chocolate	
1 large fast food cone (include Dairy Queen)	10.7
1 small fast food cone (include Dairy Queen)	5.4
1 McDonald's cone	3.4
1 McDonald's kiddie cone	1.1
1 medium fast food cone (include Dairy Queen)	7.5
Light ice cream, soft serve cone, chocolate	
1 large fast food cone (include Dairy Queen)	13.2
1 small fast food cone (include Dairy Queen)	6.6
1 McDonald's cone	4.2
1 McDonald's kiddie cone	1.3
1 medium fast food cone (include Dairy Queen)	9.2

Light ice cream, soft serve cone	
1 large cone	11.8
1 small cone	7
Light ice cream, soft serve, blended with candy or cookies	
1 cup	9.1
1 small Dairy Queen Blizzard	11.9
1 medium Dairy Queen Blizzard	15.3
1 large Dairy Queen Blizzard	21.3
1 regular McDonald's McFlurry (12 fl oz cup)	13.7
1 large McDonald's McFlurry (16 fl oz cup)	19.8
Ice cream sandwich, made with light ice cream, flavors other than chocolate	
1 sandwich	3.7
1 Dairy Queen sandwich	4.6
1 Slim-A-Bear sandwich	3.5
1 Skinny Cow sandwich	3.3
1 Turkey Hill sandwich	3.8
1 Breyers sandwich	3.3
1 Weight Watchers sandwich	3.8
Ice cream sandwich, made with light chocolate ice cream	
1 sandwich	3.8
1 Slim-A-Bear sandwich	3.6
1 Skinny Cow sandwich	3.6
1 Weight Watchers sandwich	4
Ice cream sandwich, made with light, no sugar added ice cream	
1 sandwich	2.6
1 Slim-A-Bear sandwich	2.5
1 Skinny Cow sandwich	2.4
1 Turkey Hill sandwich	2.8
Light ice cream, bar or stick, chocolate-coated	
1 bar (3 fl oz)	2.2
1 Light Eskimo Pie bar (2.5 fl oz)	1.8
1 Weight Watchers English Toffee Crunch Bar (2 fl oz)	1.6
Light ice cream, bar or stick, chocolate covered, with nuts	
1 Buster bar	10.3
Light ice cream, cone	
1 large fast food cone (include Dairy Queen)	15.2
1 small fast food cone (include Dairy Queen)	9.1
1 cone and single dip (or 1 small cone)	3.8
1 cone and double dip (or 1 large cone)	7
Light ice cream, cone, flavors other than chocolate	
1 cone and single dip (or 1 small cone)	4
1 cone and double dip (or 1 large cone)	7.4
Light ice cream, cone, chocolate	
1 cone and single dip (or 1 small cone)	3.6
1 cone and double dip (or 1 large cone)	6.5

Light ice cream, sundae, soft serve, chocolate or fudge topping, with whipped cream	
1 cup	6.1
1 sundae	7
Light ice cream, sundae, soft serve, fruit topping, with whipped cream	
1 cup	4
1 sundae	4.7
Light ice cream, sundae, soft serve, not fruit or chocolate topping, with whipped cream	
1 cup	4.1
1 sundae	4.8
Light ice cream, sundae, soft serve, chocolate or fudge topping (without whipped cream)	
1 cup	6.8
1 sundae	8
Light ice cream, sundae, soft serve, fruit topping (without whipped cream)	
1 cup	5.3
1 sundae	6.2
Light ice cream, sundae, soft serve, not fruit or chocolate topping (without whipped cream)	
1 cup	5.3
1 sundae	6.2
Light ice cream, creamsicle or dreamsicle	
1 sicle (3 fl oz)	1.9
Light ice cream, fudgesicle	
1 fl oz	1.6
1 sicle (2.5 fl oz)	3.9
Milk dessert bar or stick, frozen, with coconut	
1 Frut Stix bar (4 fl oz)	6.9
Sherbet, all flavors	
1 cup	2.1
1 Flintstone Push-up (2.75 fl oz)	0.7
1 large dip/scoop	1.4
1 push up (3 fl oz)	0.7
1 small dip/scoop	0.7
1 medium dip/scoop	1.1
Fat free ice cream, no sugar added, chocolate	
1 cup	6.1
1 medium scoop/dip	3.1
1 large scoop/dip	4.1
1 small scoop/dip	2

Fat free ice cream, no sugar added, flavors other than chocolate

1 cup	3.8
1 medium scoop/dip	1.9
1 large scoop/dip	2.5
1 small scoop/dip	1.3

Fat free ice cream, flavors other than chocolate

1 cup	6.1
1 medium scoop/dip	3.1
1 large scoop/dip	4.1
1 small scoop/dip	2.1

Fat free ice cream, chocolate

1 cup	5.9
1 medium scoop/dip	3
1 large scoop/dip	3.9
1 small scoop/dip	2

Fat free ice cream

1 cup	6.1
1 medium scoop/dip	3
1 large scoop/dip	4.1
1 small scoop/dip	2.1

Milk dessert bar, frozen, made from lowfat milk

1 Weight Watchers Treat bar (2.75 fl oz)	2.2
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Milk dessert sandwich bar, frozen, made from lowfat milk

1 Weight Watchers Sandwich bar	3.5
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Milk dessert sandwich bar, frozen, with low-calorie sweetener, made from lowfat milk

1 Eskimo Pie Sandwich (3.2 fl oz)	3.5
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Milk dessert bar, frozen, made from lowfat milk and low calorie sweetener

1 bar (1.75 fl oz)	1.5
1 fl oz	0.8

Light ice cream, bar or stick, with low-calorie sweetener, chocolate-coated

1 Klondike Lite Sugar Free (2.5 fl oz)	3.4
1 Sugar Free Eskimo Pie (2.5 fl oz)	3.4

Baked Alaska

1 baked Alaska	40.2
1 cup	5.1
1 piece (1/8 of whole)	5

Pudding

1 cup	8.4
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Pudding, bread

1 cup	10.6
1 cubic inch	0.7

Puerto Rican bread pudding made with evaporated milk and rum (Budin de pan)		
1 cup		13.5
Diplomat pudding, Puerto Rican style (Budin Diplomatico)		
1 cup		18.3
Pudding, Mexican bread (Capirotada)		
1 cup		13.8
1 serving		13.8
Pudding, Mexican bread (Capirotada), lower fat		
1 cup		18.7
1 serving		18.7
Pudding, chocolate, ready-to-eat		
1 cup		8.3
Pudding, chocolate, ready-to-eat, low calorie, containing artificial sweetener		
1 cup		7.2
Rice flour cream, Puerto Rican style (manjar blanco)		
1 cup		10.2
Custard, Puerto Rican style (Maicena, Natilla)		
1 cup		12.3
Pudding, flavors other than chocolate, ready-to-eat		
1 cup		7.4
Pudding, flavors other than chocolate, ready-to-eat, low calorie, containing artificial sweetener		
1 cup		6.7
Custard		
1 cup		12.4
Flan		
1 cup		13.9
1 cubic inch		1
Pudding, rice		
1 cup		8.2
Pudding, rice flour, with nuts (Indian dessert)		
1 cup		8.9
Pudding, tapioca, made from home recipe, made with milk		
1 cup		9.7
Pudding, tapioca, made from dry mix, made with milk		
1 cup		5.1
Pudding, tapioca, chocolate, made with milk		
1 cup		6

Pudding, coconut	
1 cup	7.5
Pudding, Indian (milk, molasses and cornmeal-based pudding)	
1 cup	9.9
Pudding, pumpkin	
1 cup	6.5
Puerto Rican pumpkin pudding (Flan de calabaza)	
1 cup	9.4
1 piece (2-1/2" x 2" x 1")	3.6
Fresh corn custard, Puerto Rican style (Mazamorra, Mundo Nuevo)	
1 cup	10.9
Pudding, flavors other than chocolate, prepared from dry mix, milk added	
1 cup	7.5
1 large box (about 5 oz), prepared	23.2
1 small box (about 3.5 oz), prepared	14.9
Pudding, chocolate, prepared from dry mix, milk added	
1 cup	8.4
1 large box (about 5 oz), prepared	26.6
1 small box (about 3.5 oz), prepared	18.1
Pudding, flavors other than chocolate, prepared from dry mix, low calorie, containing artificial sweetener, milk added	
1 cup	7.9
Pudding, chocolate, prepared from dry mix, low calorie, containing artificial sweetener, milk added	
1 cup	9
Pudding, canned, chocolate, reduced fat	
1 cup	5.2
1 snack size (4 oz)	2.2
Pudding, canned, chocolate, fat free	
1 cup	5
1 snack size (4 oz)	2.2
Pudding, canned, flavors other than chocolate, reduced fat	
1 cup	5.4
1 snack size (4 oz)	2.3
Pudding, canned, flavors other than chocolate, fat free	
1 cup	5.3
1 snack size (4 oz)	2.3
Pudding, canned, flavors other than chocolate	
1 cup	3.8
1 snack size (4 oz)	1.6

Pudding, canned, low calorie, containing artificial sweetener, flavors other than chocolate		
1 cup		5.1
1 snack size (4 oz)		2.3
Pudding, canned, chocolate		
1 cup		5.5
1 snack size (4 oz)		2.4
Pudding, canned, low calorie, containing artificial sweetener, chocolate		
1 cup		4.8
1 snack size (4 oz)		2.2
Pudding, canned, chocolate and non-chocolate flavors combined		
1 cup		4.7
1 snack size (4 oz)		2
Pudding, canned, tapioca		
1 cup		5
1 snack size (4 oz)		2.2
Pudding, canned, tapioca, fat free		
1 cup		3.7
1 snack size (4 oz)		1.6
Pudding, with fruit and vanilla wafers		
1 cup		6.1
Mousse, chocolate		
1 cup		7.1
Mousse, not chocolate		
1 cup		2.5
Mousse, chocolate, lowfat, reduced calorie, prepared from dry mix, water added		
1 cup		27.5
Chantilly Cream		
1 cup		3.4
Coconut custard, Puerto Rican style (Flan de coco)		
1 cup		20.1
1 piece (4" x 2" x 1/2")		9.8
Milk dessert or milk candy, Puerto Rican style (Dulce de leche)		
1 cup		15.7
Barfi or Burfi, Indian dessert, made from milk and/or cream and/or Ricotta cheese		
1 cubic inch		1.4
1 piece (1-7/8" x 1-1/2" x 3/4")		3
Tiramisu		
1 cubic inch		0.4
1 cup		6.8
1 piece		8.3

Custard pudding, flavor other than chocolate, baby food	
1 tablespoon	0.2
1 cup	3.8
1 jar	2.9
Custard pudding, baby food, flavor other than chocolate, strained	
1 tablespoon	0.2
1 cup	3.7
1 jar	1.8
1 Beech-Nut Stage 2 jar (4 oz)	1.8
1 Gerber Second Foods Jar (4 oz)	1.8
1 Heinz Strained-2 jar (4 oz)	1.8
Custard pudding, baby food, flavor other than chocolate, junior	
1 tablespoon	0.2
1 cup	4
1 jar	3
1 Beech-Nut Stage 3 jar (6 oz)	3
1 Gerber Third Foods jar (6 oz)	3
1 Heinz Junior-3 jar (6 oz)	3
White sauce, milk sauce	
1 cup	9.3
Milk gravy, quick gravy	
1 cup	9.8

## Cheeses

Cheese, processed cheese product, American or Cheddar type, reduced fat

1 cup	19.9
1 cup, shredded	19.9
1 cup, diced	24.6
1 cubic inch	3.1
1 slice	4.9

Cheese, processed, American or Cheddar type, nonfat or fat free

1 cubic inch	3.6
1 cup	25.4
1 cup, shredded	25.4
1 cup, diced	31.5
1 slice (.75 oz)	4.7
1 Borden Lite Line slice (2/3 oz)	4.3

Cheese, processed cream cheese product, nonfat or fat free

1 cup	36
1 tablespoon	2.2

Cheese, processed, Swiss

1 cup	27.9
1 cup, shredded	27.9
1 cup, diced	34.6
1 cubic inch	4.4
1 slice (.75 oz)	5.2

Cheese, processed, Swiss, lowfat

1 cup, diced	35.7
1 cup, shredded	28.8
1 cubic inch	4.5
1 cup	28.8
1 slice (.75 oz)	5.4

Cheese, processed cheese food

1 slice (.75 oz)	3.9
1 Handi-Snack cheese container	2.9

Cheese, processed, with vegetables

1 oz	6.3
1 cubic inch	3.9
1 cup, melted	54
1 cup	25
1 cup, shredded	25
1 cup, diced	31
1 slice (.75 oz)	4.6
1 cracker-size slice	1.2

Cheese, processed, with wine	
1 oz	5.2
1 cup	20.8
1 cup, shredded	20.8
1 cup, diced	25.8
1 cup, melted	44.9
1 cubic inch	3.2
Cheese spread	
1 cup	40
1 jar (5 oz)	23.3
Cheese spread, American or Cheddar cheese base	
1 cup	40
1 cubic inch	2.9
1 oz	4.7
1 cup, diced	23
1 jar (5 oz)	23.3
1 thin slice	2.3
1 slice	3.8
1 cracker-size slice	1
Cheese spread, Swiss cheese base	
1 oz	4.7
1 cup	40
1 cubic inch	2.9
Cheese spread, cream cheese, regular	
1 cup	17
1 oz	2
Cheese spread, cream cheese, light or lite	
1 cup	25.4
1 oz	3
Cheese spread, pressurized can	
1 cup	36.9
1 can (4.75 oz)	22.2
Imitation cheese, American or cheddar type	
1 cup	37.4
1 cubic inch	2.9
1 slice	3.5
Imitation cheese, American or cheddar type, low cholesterol	
1 cup	28.2
1 cup, shredded	28.2
1 cubic inch	4.4
1 slice (2-3/4" x 1-1/4" x 3/16")	2.8
Imitation mozzarella cheese	
1 cup, shredded	13
1 cubic inch	2.1
1 slice	3.2

Cheese, cottage cheese, with gelatin dessert 1 cup	17.5
Cheese, cottage cheese, with gelatin dessert and fruit 1 cup	13.6
Cheese, cottage cheese, with gelatin dessert and vegetables 1 cup	20.7
Cheese with nuts 1 tablespoon	3.8
1 cubic inch	4.2
Dip, cream cheese base 1 tablespoon	0.9
Shrimp dip, cream cheese base 1 cup	22.5
Dip, cheese with chili pepper (chili con queso) 1 tablespoon	1.8
Dip, cheese base other than cream cheese 1 tablespoon	2.6
1 cup	41.8
Topping from cheese pizza 1 cup	35.7
Topping per surface inch of pizza	0.2
Topping from 1 piece (1/8 of 12" pizza)	3.5
Topping from vegetable pizza 1 cup	18
Topping per surface inch of pizza	0.2
Topping from 1 piece (1/8 of 12" pizza)	3
Topping from meat pizza 1 cup	31.5
Topping per surface inch of pizza	0.4
Topping from 1 piece (1/8 of 12" pizza)	5.2
Topping from meat and vegetable pizza 1 cup	22
Topping per surface inch of pizza	0.3
Topping from 1 piece (1/8 of 12" pizza)	4.2
Cheese fondue 1 cup	29.1
Cheese souffle 1 cup	9.1
Welsh rarebit 1 cup	18
Cheese sandwich 1 sandwich	9.1
Cheese sandwich, grilled 1 sandwich	9.2

Cheese sandwich, hoagie 1 sandwich	24.9
Cheese spread sandwich 1 sandwich	8.4
Cheese sauce 1 cup	19.3
Cheese sauce made with lowfat cheese 1 cup	22.7
Alfredo sauce 1 cup	21.9
Cheese, nuggets or pieces, breaded, baked, or fried	
1 cubic inch	3.7
1 cup	28.8
1 nugget	1.8
1 piece or stick (4" x 1" x 3/4")	11
Cheddar cheese soup 1 cup	9.5
Cheddar cheese soup, canned, undiluted	
1 cup	10.8
1 can (11 oz), undiluted	13.2
Beer soup, made with milk 1 cup	5.3
Cheese	
1 cup	25.1
1 cubic inch	3.8
1 slice	5.3
1 cracker-size slice	1.3
Cheese, Cheddar or American type	
1 cup	23.6
1 cubic inch	3.6
1 cup, shredded	23.6
1 cup, melted	51
1 slice	5
1 cracker-size slice	1.3
Cheese, natural	
1 cup, shredded	28.8
1 cubic inch	4.3
1 thin slice	3.6
1 slice (1 oz)	7.2
1 cracker-size slice	1.8

Cheese, Blue or Roquefort	
1 cup, crumbled	28.9
1 cubic inch	3.7
1 cracker-size slice	1.3
Cheese, Brick	
1 cup, shredded	26.3
1 cubic inch	4
1 cup, diced	30.7
1 cup	26.3
1 slice (1 oz)	6.6
Cheese, Brick, with salami	
1 cup, shredded	26.1
1 cup, diced	30.5
1 cubic inch	3.9
1 cup, melted	56.4
1 cup	26.1
1 slice (1 oz)	6.5
Cheese, Camembert	
1 cup	48.7
1 cubic inch	3.4
1 wedge (1.33 oz)	7.5
Cheese, Brie	
1 cup, sliced	29.9
1 cup, melted	49.8
1 cubic inch	3.5
1 cup	29.9
1 package (4.5 oz)	26.6
Cheese, natural, Cheddar or American type	
1 cup, shredded	28.1
1 cubic inch	4.2
1 cup	28.1
1 cup, diced	32.9
1 cup, melted	60.8
1 slice (1 oz)	7.1
1 cracker-size slice	1.7
Cheese, natural, Cheddar or American type, reduced fat	
1 cup, shredded	30.7
1 cup, cubed	35.9
1 cup	30.7
1 cube	1.1
1 slice	6.3
Cheese, Cheddar or American type, dry, grated	
1 cup	34.6
1 tablespoon	2.3

Cheese, Colby	
1 cup, shredded	26.8
1 cubic inch	4.1
1 cup, diced	31.4
1 cup	26.8
1 slice (1 oz)	6.7
1 cracker-size slice	1.7
Cheese, Colby Jack	
1 cup	27.3
1 cup, shredded	27.3
1 cup, diced	31.8
1 cubic inch	4.1
1 slice (1 oz)	6.8
1 cracker-size slice	1.7
Cheese, Feta	
1 cup, crumbled	21.3
1 cubic inch	2.4
1 wedge (1.33 oz)	5.4
Cheese, Fontina	
1 cup, shredded	27.6
1 cubic inch	3.8
1 cup, diced	33.8
1 cup	27.6
1 slice (1 oz)	7.3
Cheese, goat	
1 cup, crumbled	32.9
1 cubic inch	5.9
Cheese, Gouda or Edam	
1 cubic inch	4.2
1 cup, diced	33
1 package (7 oz)	49.5
1 slice (1 oz)	7.1
Cheese, Gruyere	
1 cup, shredded	32.2
1 cubic inch	4.5
1 cup, diced	39.3
1 cup	32.2
1 package (6 oz)	50.7
1 slice (1 oz)	8.5
Cheese, Limburger	
1 box	22.7
1 cubic inch	3.6
1 cup	26.9
1 package (8 oz)	45.5

Cheese, Monterey	
1 cup, shredded	27.7
1 cubic inch	4.2
1 cup, diced	32.3
1 cup	27.7
1 slice (1 oz)	6.9
1 cracker-size slice	1.7
Cheese, Monterey, lowfat	
1 cup, shredded	31.9
1 cup, diced	37.2
1 cubic inch	4.7
1 cup	31.9
1 slice (1 oz)	8
Cheese, Mozzarella	
1 cup	29.3
1 cup, shredded	29.3
1 cup, diced	34.3
1 cubic inch	4.7
1 stick	7.3
1 slice (1 oz)	7.4
1 cheese curd	1
1 cracker-size slice	1.8
Cheese, Mozzarella, whole milk	
1 cup	25.1
1 cup, shredded	25.1
1 cup, diced	29.3
1 cubic inch	3.9
1 slice (1 oz)	6.3
1 cracker-size slice	1.6
Cheese, Mozzarella, part skim	
1 cup	29.3
1 cup, shredded	29.3
1 cup, diced	34.3
1 cubic inch	4.6
1 stick	7.3
1 slice (1 oz)	7.4
1 string	1.2
Cheese, Mozzarella, low sodium	
1 cup	31.1
1 cup, shredded	31.1
1 cup, diced	36.3
1 cubic inch	4.9
1 stick (4-5/8" long)	7.7
1 slice (1 oz)	7.8
Cheese, Mozzarella, nonfat or fat free	
1 cup	35.8
1 cup, shredded	35.8
1 cubic inch	5.6
1 stick	8.9
1 string	1.5

Cheese, Muenster	
1 cup, shredded	26.5
1 cubic inch	4.1
1 cup, diced	30.9
1 slice (1 oz)	6.6
1 cracker-size slice	1.6
Cheese, Muenster, lowfat	
1 cup, shredded	27.9
1 cubic inch	4.3
1 slice	6.9
Cheese, Parmesan, dry grated	
1 cup	38.5
1 tablespoon	1.9
Cheese, Parmesan, dry grated, reduced fat	
1 cup	21.2
1 tablespoon	1.4
Cheese, Parmesan, hard	
1 cubic inch	3.7
1 oz	10.1
1 tablespoon	1.8
5 oz package	50.8
Cheese, Parmesan, low sodium	
1 cup, grated	41.6
1 tablespoon	2.1
Parmesan cheese topping, fat free	
1 tablespoon	3
1 cup	48
Cheese, Port du Salut	
1 cup, shredded	26.9
1 cubic inch	4.1
1 cup, diced	31.4
1 cup	26.9
1 slice (1 oz)	6.7
Cheese, Provolone	
1 cubic inch	4.3
1 cup, diced	33.8
1 slice (1 oz)	7.3
1 cracker-size slice	1.8
Cheese, provolone, reduced fat	
1 cubic inch	4.2
1 cup, diced	32.6
1 slice (1 oz)	7

Cheese, Swiss	
1 cup, shredded	29.1
1 cubic inch	4
1 cup, diced	35.5
1 cup, melted	65.7
1 cup	29.1
1 slice (1 oz)	7.6
1 cracker-size slice	1.9
Cheese, Swiss, low sodium	
1 cup, shredded	30.7
1 cup, diced	37.5
1 cubic inch	4.3
1 cup	30.7
1 slice	8
Cheese, Swiss, lowfat	
1 cup, shredded	30.7
1 cup, diced	37.5
1 cubic inch	4.3
1 cup	30.7
1 slice (1 oz)	8.1
Cheese, Cheddar or Colby, low sodium	
1 cup, shredded	27.5
1 cubic inch	4.2
1 cup, diced	32.1
1 cup	27.5
1 slice (1 oz)	6.9
Cheese, Cheddar or Colby, lowfat	
1 cup, shredded	27.5
1 cup, diced	32.1
1 cup	27.5
1 cubic inch	4.2
1 slice (1 oz)	6.9
Cheese, Mexican blend	
1 cup, shredded	26.7
Cheese, Mexican blend, reduced fat	
1 cup, shredded	27.9
Queso Anejo (aged Mexican cheese)	
1 cup, crumbled	28.3
1 oz	6.1
1 cubic inch	3.8
Queso Asadero	
1 cup	25.5
1 cup, shredded	25.5
1 cup, diced	29.8
1 cubic inch	4.1
1 slice (1 oz)	6.4

Queso Chihuahua	
1 cup	24.4
1 cup, shredded	24.4
1 cup, diced	28.5
1 cubic inch	3.7
1 slice (1 oz)	6.1
Queso Fresco	
1 oz	3.4
1 cup	16.2
1 cubic inch	2.2
1 cracker-size slice	0.8
Cheese, cottage	
1 cup	27.1
Cheese, cottage, creamed, large or small curd	
1 cup	26.2
Cottage cheese, farmer's	
1 cup	24.7
Cheese, Ricotta	
1 cup	27.8
Cheese, cottage, with fruit	
1 cup	24.2
Cheese, cottage, with vegetables	
1 cup	24.6
Cheese, cottage, dry curd	
1 cup, dry type	25
1 cup, creamed	36.3
1 cup	36.3
Cheese, cottage, salted, dry curd	
1 cup, dry type	24.8
1 cup, creamed	35.9
1 cup	35.9
Puerto Rican white cheese (queso del pais, blanco)	
1 cup	14.4
1 cubic inch	1.9
1 slice	3.2
Cheese, cottage, lowfat (1-2% fat)	
1 cup	28
Cheese, cottage, lowfat, with fruit	
1 cup	20.3
Cheese, cottage, lowfat, with vegetables	
1 cup	24.6
Cheese, cottage, lowfat, low sodium	
1 cup	28

Cheese, cottage, lowfat, lactose reduced	
1 cup	28.1
Cheese, cream	
1 cup	17.5
1 cubic inch	1.2
1 tablespoon	1.1
1 tablespoon, whipped	0.8
1 individual container	2.1
1 small package (3 oz)	6.4
Cheese, cream, light or lite	
1 cup	25.4
1 tablespoon	1.6
1 tablespoon, whipped	1.1
Cheese, processed, American and Swiss blends	
1 cubic inch	3.9
1" wedge	6.2
1 slice (.75 oz)	4.7
Cheese, processed, American or Cheddar type	
1 cup	21.4
1 cup, shredded	21.4
1 cup, diced	26.5
1 cup, melted	46.2
1 cubic inch	3.3
1 kiss	0.9
1 slice (.75 oz)	4
1 slice (1 oz)	5.4
1 cracker-size slice	1
Cheese, processed, American or Cheddar type, low sodium	
1 cup	25.1
1 cup, shredded	25.1
1 cup, diced	31.1
1 cubic inch	3.9
1 slice	4.7
Cheese, processed, American or Cheddar type, lowfat	
1 cup	27.8
1 cup, shredded	27.8
1 cup, diced	34.4
1 cubic inch	4.3
1 slice (1 oz) (Include Weight Watchers)	7
1 slice (.75 oz)	5.2