

Food	Serving Size	Weight (g)	IF Rating
Acerola cherries	1/2 cup	49	342
Acerola juice, fresh	1/2 cup	121	817
Alfalfa sprouts	1/2 cup	24	1
Amaranth leaves, cooked	1/2 cup	66	7
Apple and grape juice blend	1/2 cup	121	-14
Apple juice	1/2 cup	121	-12
Apple, grape, pear juice blend	1/2 cup	121	-5
Apple, peeled	1/2 cup	55	-10
Apple, with skin	1/2 cup	55	-9
Apples, dried	1/4 cup	22	-49
Food	Serving Size	Weight (g)	IF Rating
Applesauce, sweetened	1/2 cup	122	-41
Applesauce, unsweetened	1/2 cup	122	-15
Apricot nectar	1/2 cup	121	-9
Apricots, dried	1/4 cup	32	-56
Apricots, fresh	1/2 cup	78	2
Apricots, in heavy syrup	1/2 cup	129	-47
Apricots, in juice	1/2 cup	122	-1
Apricots, in light syrup	1/2 cup	126	-22
Apricots, in syrup, drained	1/2 cup	110	-14
Artichoke, cooked	1/2 cup	84	3
Food	Serving Size	Weight (g)	IF Rating
Artichoke, Jerusalem, raw	1/2 cup	75	-37

Food	Serving Size	Weight (g)	IF Rating
Artichoke, raw	1/2 cup	66	-2
Arugula, raw	1 cup	20	11
Asparagus, canned	1/2 cup	121	34
Asparagus, cooked	1/2 cup	90	38
Asparagus, raw	1 cup	134	21
Avocado, fresh	1/2 cup	75	57
Bamboo shoots, canned	1/2 cup	65	-9
Banana, fresh	1/2 cup	75	-38
Bean sprouts (mung)	1/2 cup	52	1
Food	Serving Size	Weight (g)	IF Rating
Beans, green, canned	1/2 cup	76	3
Beans, green, cooked	1/2 cup	63	1
Beans, green, frozen	1/2 cup	60	1
Beans, green, raw	1/2 cup	50	2
Beans, yellow, canned	1/2 cup	127	-2
Beans, yellow, cooked	1/2 cup	63	-3
Beet greens, cooked	1/2 cup	72	136
Beet greens, raw	1 cup	39	63
Beets, canned	1/2 cup	80	-6
Beets, cooked	1/2 cup	85	-9
Food	Serving Size	Weight (g)	IF Rating
Beets, Harvard, canned	1/2 cup	123	-47
Beets, pickled, canned	1/2 cup	113	-34

Food	Serving Size	Weight (g)	IF Rating
Beets, raw	1/2 cup	68	-1
Blackberries, fresh	1/2 cup	72	4
Blackberries, frozen	1/2 cup	75	-12
Blackberries, in heavy syrup	1/2 cup	128	-65
Blackberry juice, canned	1/2 cup	121	1
Blueberries, fresh	1/2 cup	75	-15
Blueberries, frozen	1/2 cup	75	-8
Blueberries, frozen, sweetened	1/2 cup	75	-34
Food	Serving Size	Weight (g)	IF Rating
Blueberries, in heavy syrup	1/2 cup	125	-70
Blueberries, in syrup, drained	1/2 cup	122	-65
Blueberries, wild, frozen	1/2 cup	70	-3
Boysenberries, frozen	1/2 cup	116	-4
Boysenberries, in heavy syrup	1/2 cup	128	-65
Breadfruit, fresh	1/2 cup	110	-57
Broccoli raab, cooked	1/2 cup	33	40
Broccoli raab, raw	1/2 cup	20	18
Broccoli, chinese, cooked	1/2 cup	44	26
Broccoli, cooked	1/2 cup	78	60
Food	Serving Size	Weight (g)	IF Rating
Broccoli, frozen	1/2 cup	78	39
Broccoli, raw	1/2 cup	44	26
Brussels sprouts, cooked	1/2 cup	76	40

Food	Serving Size	Weight (g)	IF Rating
Brussels sprouts, raw	1/2 cup	44	30
Burdock root, cooked	1/2 cup	62	-37
Burdock root, raw	1/2 cup	69	-27
Cabbage, chinese, cooked	1/2 cup	85	57
Cabbage, chinese, raw	1/2 cup	35	30
Cabbage, green, cooked	1/2 cup	75	23
Cabbage, green, raw	1/2 cup	40	10
Food	Serving Size	Weight (g)	IF Rating
Cabbage, red, cooked	1/2 cup	75	3
Cabbage, red, raw	1/2 cup	40	12
Cabbage, savoy, cooked	1/2 cup	75	0
Cabbage, savoy, raw	1/2 cup	35	13
Cantaloupe, fresh	1/2 cup	85	37
Carrot juice, canned	1/2 cup	118	212
Carrots, baby, raw	1/2 cup	60	78
Carrots, canned	1/2 cup	73	79
Carrots, cooked	1/2 cup	78	130
Carrots, frozen	1/2 cup	64	90
Food	Serving Size	Weight (g)	IF Rating
Carrots, raw	1/2 cup	60	98
Casaba, fresh	1/2 cup	85	-5
Cassava, raw	1/2 cup	103	-136
Cauliflower, cooked	1/2 cup	62	9

Food	Serving Size	Weight (g)	IF Rating
Cauliflower, frozen	1/2 cup	66	13
Cauliflower, green, cooked	1/2 cup	62	12
Cauliflower, green, raw	1/2 cup	32	11
Cauliflower, raw	1/2 cup	53	9
Celery root, cooked	1/2 cup	78	-12
Celery root, raw	1/2 cup	78	-10
Food	Serving Size	Weight (g)	IF Rating
Celery, cooked	1/2 cup	75	9
Celery, raw	1/2 cup	50	7
Chard, Swiss, cooked	1/2 cup	88	121
Chard, Swiss, raw	1 cup	36	88
Cherimoya, fresh	1/2 cup	80	-30
Cherries, frozen, sweetened	1/2 cup	125	-76
Cherries, maraschino	1/2 cup	90	-122
Cherries, sour, fresh	1/2 cup	52	-3
Cherries, sour, frozen	1/2 cup	77	-9
Cherries, sour, in heavy syrup	1/2 cup	128	-71
Food	Serving Size	Weight (g)	IF Rating
Cherries, sour, in light syrup	1/2 cup	126	-63
Cherries, sweet, fresh	1/2 cup	77	-26
Cherries, sweet, in heavy syrup	1/2 cup	125	-64
Cherries, sweet, in juice	1/2 cup	125	-38
Cherries, sweet, in light syrup	1/2 cup	125	-45

Food	Serving Size	Weight (g)	IF Rating
Cherries, sweet, in syrup, drained	1/2 cup	90	-43
Chicory greens, raw	1 cup	29	43
Chili pepper, banana, raw	1/4 cup	31	654
Chili pepper, hot, raw	1/4 cup	38	1024
Chili pepper, hot, sun-dried	1/4 cup	9	1366
Food	Serving Size	Weight (g)	IF Rating
Chili pepper, Hungarian, raw	1/4 cup	31	659
Chili pepper, jalapeno, canned	1/4 cup	25	479
Chili pepper, jalapeno, raw	1/4 cup	31	825
Chili pepper, serrano, raw	1/4 cup	31	1556
Chili peppers, green, canned	1/4 cup	35	551
Chili peppers, hot, canned	1/4 cup	34	701
Clementine, fresh	1/2 cup	98	-1
Collards, cooked	1/2 cup	95	159
Collards, frozen	1 cup	36	45
Collards, raw	1 cup	36	62
Food	Serving Size	Weight (g)	IF Rating
Corn, canned	1/2 cup	82	-36
Corn, cooked	1/2 cup	128	-76
Corn, creamed, canned	1/2 cup	128	-56
Corn, frozen	1/2 cup	82	-42
Corn, raw	1/2 cup	127	-58
Cowpeas, cooked	1/2 cup	83	-14

Food	Serving Size	Weight (g)	IF Rating
Cowpeas, frozen	1/2 cup	80	-29
Cowpeas, raw	1/2 cup	73	-12
Cranberries, dried, sweetened	1/4 cup	30	-98
Cranberries, fresh	1/2 cup	50	-2
Food	Serving Size	Weight (g)	IF Rating
Cranberry juice, unsweetened	1/2 cup	121	-22
Cranberry sauce	1/2 cup	138	-177
Cucumber, peeled	1/2 cup	60	1
Cucumber, raw	1/2 cup	52	0
Currants, black, fresh	1/2 cup	66	20
Currants, dried	1/4 cup	36	-104
Currants, red, fresh	1/2 cup	66	-5
Dandelion greens, cooked	1/2 cup	53	131
Dandelion greens, raw	1 cup	55	150
Dates, medjool	1/4 cup	40	-116
Food	Serving Size	Weight (g)	IF Rating
Edamame, frozen	1/2 cup	77	32
Eggplant, cooked	1/2 cup	50	-5
Eggplant, raw	1/2 cup	41	-2
Elderberries, fresh	1/2 cup	72	-6
Endive, Belgian, raw	1/2 cup	45	0
Endive, curly, raw	1 cup	50	47
Epazote, raw	1/2 cup	6	3

Food	Serving Size	Weight (g)	IF Rating
Fennel, raw	1/2 cup	44	8
Fiddlehead ferns, frozen	1/2 cup	70	15
Fiddlehead ferns, raw	1/2 cup	70	21
Food	Serving Size	Weight (g)	IF Rating
Figs, dried	1/4 cup	38	-82
Figs, fresh	1/2 cup	78	-31
French fries, frozen	1/2 cup	78	-51
Fruit cocktail, in heavy syrup	1/2 cup	120	-49
Fruit cocktail, in juice	1/2 cup	120	-20
Fruit cocktail, in light syrup	1/2 cup	120	-32
Gooseberries, fresh	1/2 cup	75	-3
Gooseberries, in light syrup	1/2 cup	126	-49
Grape juice	1/2 cup	121	-30
Grape leaves, raw	1/2 cup	7	25
Food	Serving Size	Weight (g)	IF Rating
Grapefruit juice	1/2 cup	121	-7
Grapefruit juice, fresh	1/2 cup	121	-3
Grapefruit juice, sweetened	1/2 cup	121	-17
Grapefruit, canned, in juice	1/2 cup	125	-6
Grapefruit, canned, in light syrup	1/2 cup	125	-33
Grapefruit, red	1/2 cup	115	9
Grapefruit, white	1/2 cup	115	1
Grapes, fresh	1/2 cup	75	-30

Food	Serving Size	Weight (g)	IF Rating
Grapes, muscadine	1/2 cup	75	-16
Guanabana nectar	1/2 cup	121	-28
Food	Serving Size	Weight (g)	IF Rating
Guava nectar	1/2 cup	121	-19
Guava, fresh	1/2 cup	83	66
Hearts of palm, canned	1/2 cup	73	-4
Hominy, white, canned	1/2 cup	82	-32
Hominy, yellow, canned	1/2 cup	82	-32
Honeydew, fresh	1/2 cup	85	-3
Jackfruit, fresh	1/2 cup	83	-48
Jicama, cooked	1/2 cup	60	-8
Jicama, raw	1/2 cup	60	1
Kale, cooked	1/2 cup	65	204
Food	Serving Size	Weight (g)	IF Rating
Kale, frozen	1/2 cup	65	203
Kale, raw	1 cup	67	213
Kelp, raw	1/2 cup	49	7
Kiwi, fresh	1/2 cup	90	17
Kohlrabi, cooked	1/2 cup	83	4
Kohlrabi, raw	1/2 cup	72	10
Kumquat, fresh	1/2 cup	90	-9
Lambsquarters, cooked	1/2 cup	90	175
Lambsquarters, raw	1 cup	30	5

Food	Serving Size	Weight (g)	IF Rating
Leeks, cooked	1/2 cup	52	68
Food	Serving Size	Weight (g)	IF Rating
Leeks, raw	1/2 cup	45	116
Lemon grass	1/2 cup	33	-20
Lemon juice, bottled	1/2 cup	121	8
Lemon juice, fresh	1/2 cup	121	17
Lemon, fresh, without peel	1/2 cup	106	9
Lemon, with peel	1/2 cup	106	14
Lettuce, bibb	1 cup	55	36
Lettuce, green leaf	1 cup	36	42
Lettuce, iceberg	1 cup	60	6
Lettuce, radicchio	1 cup	20	10
Food	Serving Size	Weight (g)	IF Rating
Lettuce, red leaf	1 cup	28	34
Lettuce, romaine	1 cup	47	69
Lima beans, cooked	1/2 cup	85	-45
Lima beans, fordhook, frozen	1/2 cup	80	-29
Lima beans, frozen	1/2 cup	82	-52
Lima beans, raw	1/2 cup	78	-29
Lime juice, bottled	1/2 cup	121	2
Lime juice, fresh	1/2 cup	121	7
Lime, fresh	1/2 cup	106	3
Litchis, dried	1/4 cup	40	-82

Food	Serving Size	Weight (g)	IF Rating
Food	Serving Size	Weight (g)	IF Rating
Litchis, fresh	1/2 cup	80	-6
Loganberries, frozen	1/2 cup	73	-8
Mango nectar	1/2 cup	121	-7
Mango, fresh	1/2 cup	83	4
Mangosteen, in syrup	1/2 cup	108	-34
Mulberries, fresh	1/2 cup	70	-6
Mushrooms, brown	1/2 cup	80	6
Mushrooms, canned	1/2 cup	78	-9
Mushrooms, enoki	1/2 cup	32	-4
Mushrooms, maitake	1/2 cup	35	-5
Food	Serving Size	Weight (g)	IF Rating
Mushrooms, oyster	1/2 cup	43	-5
Mushrooms, portabella	1/2 cup	43	1
Mushrooms, portabella, grilled	1/2 cup	60	0
Mushrooms, shiitake	1/2 cup	50	-5
Mushrooms, shiitake, cooked	1/2 cup	73	-6
Mushrooms, straw, canned	1/2 cup	61	-2
Mushrooms, white	1/2 cup	35	-3
Mustard greens, cooked	1/2 cup	70	172
Mustard greens, frozen	1 cup	146	33
Mustard greens, raw	1 cup	56	59
Food	Serving Size	Weight (g)	IF Rating

Food	Serving Size	Weight (g)	IF Rating
Nectarine, fresh	1/2 cup	72	-13
Nopales, cooked	1/2 cup	75	-2
Nopales, raw	1/2 cup	43	0
Okra, cooked	1/2 cup	80	10
Okra, frozen	1/2 cup	50	15
Okra, raw	1/2 cup	50	9
Onion rings, frozen	1/2 cup	24	-37
Onions, cooked	1/2 cup	105	240
Onions, frozen	1/2 cup	125	301
Onions, raw	1/2 cup	125	292
Food	Serving Size	Weight (g)	IF Rating
Onions, sweet, raw	1/2 cup	125	299
Orange and grapefruit juice blend	1/2 cup	121	-12
Orange juice	1/2 cup	121	-3
Orange juice, fresh	1/2 cup	121	1
Orange, fresh	1/2 cup	90	5
Orange, with peel	1/2 cup	85	3
Papaya nectar	1/2 cup	121	-28
Papaya, fresh	1/2 cup	70	15
Parsnips, cooked	1/2 cup	78	-17
Parsnips, raw	1/2 cup	66	-8
Food	Serving Size	Weight (g)	IF Rating
Passionfruit juice, purple, fresh	1/2 cup	121	-7

Food	Serving Size	Weight (g)	IF Rating
Passionfruit juice, yellow, fresh	1/2 cup	121	-24
Passionfruit, fresh	1/2 cup	118	-18
Peach nectar	1/2 cup	121	-19
Peach, fresh	1/2 cup	77	-10
Peaches, dried	1/4 cup	40	-76
Peaches, frozen, sweetened	1/2 cup	125	-28
Peaches, in heavy syrup	1/2 cup	125	-54
Peaches, in juice	1/2 cup	125	-22
Peaches, in light syrup	1/2 cup	125	-30
Food	Serving Size	Weight (g)	IF Rating
Peaches, in syrup, drained	1/2 cup	111	-39
Pear nectar	1/2 cup	121	-21
Pear, asian	1/2 cup	70	-7
Pear, Bartlett, fresh	1/2 cup	70	-14
Pears, dried	1/4 cup	45	-114
Pears, in heavy syrup	1/2 cup	125	-49
Pears, in juice	1/2 cup	125	-26
Pears, in light syrup	1/2 cup	125	-31
Pears, in syrup, drained	1/2 cup	100	-36
Peas, canned	1/2 cup	88	-4
Food	Serving Size	Weight (g)	IF Rating
Peas, cooked	1/2 cup	80	-3
Peas, frozen	1/2 cup	67	9

Food	Serving Size	Weight (g)	IF Rating
Peas, pigeon, cooked	1/2 cup	72	-18
Peas, pigeon, raw	1/2 cup	76	-19
Peas, raw	1/2 cup	72	6
Peas, sugar snap, cooked	1/2 cup	80	17
Peas, sugar snap, frozen	1/2 cup	72	-4
Peas, sugar snap, raw	1/2 cup	32	9
Pepper, green, cooked	1/2 cup	92	25
Pepper, green, frozen	1/2 cup	75	11
Food	Serving Size	Weight (g)	IF Rating
Pepper, green, raw	1/2 cup	75	24
Pepper, green, sauteed	1/2 cup	92	43
Pepper, red, cooked	1/2 cup	92	87
Pepper, red, frozen	1/2 cup	75	32
Pepper, red, raw	1/2 cup	46	39
Pepper, red, sauteed	1/2 cup	92	61
Pepper, yellow, raw	1/2 cup	75	52
Persimmon, fresh	1/2 cup	77	-19
Persimmons, dried	1/4 cup	22	-51
Prickly pear, fresh	1/2 cup	75	-5
Food	Serving Size	Weight (g)	IF Rating
Pimento, canned	1/2 cup	96	54
Pineapple juice	1/2 cup	121	-8
Pineapple juice, from concentrate	1/2 cup	121	-26

Food	Serving Size	Weight (g)	IF Rating
Pineapple, fresh	1/2 cup	83	32
Pineapple, frozen, sweetened	1/2 cup	125	-64
Pineapple, in heavy syrup	1/2 cup	125	-56
Pineapple, in juice	1/2 cup	125	-36
Pineapple, in juice, drained	1/2 cup	90	-25
Pineapple, in light syrup	1/2 cup	125	-26
Plantains, fried	1/2 cup	85	-127
Food	Serving Size	Weight (g)	IF Rating
Plantains, raw	1/2 cup	74	-56
Plum, fresh	1/2 cup	83	-10
Plums, in heavy syrup	1/2 cup	125	-70
Plums, in juice	1/2 cup	125	-25
Plums, in light syrup	1/2 cup	125	-38
Plums, in syrup, drained	1/2 cup	92	-49
Pomegranate juice, bottled	1/2 cup	121	-23
Pomegranate, fresh	1/2 cup	87	-27
Potato puffs, frozen	1/2 cup	64	-51
Potato, baked	1/2 cup	78	-47
Food	Serving Size	Weight (g)	IF Rating
Potato, baked, w/o skin	1/2 cup	61	-40
Potato, boiled, w/o skin	1/2 cup	78	-44
Potato, canned	1/2 cup	90	-31
Potato, raw	1/2 cup	75	-32

Food	Serving Size	Weight (g)	IF Rating
Potato, red, baked	1/2 cup	78	-42
Potato, red, raw	1/2 cup	75	-32
Potato, russet, baked	1/2 cup	78	-48
Potato, russet, raw	1/2 cup	75	-41
Potatoes, hash-browned	1/2 cup	78	-93
Potatoes, mashed	1/2 cup	105	-69
Food	Serving Size	Weight (g)	IF Rating
Potatoes, mashed, instant	1/2 cup	105	-52
Prune juice	1/2 cup	121	-51
Prunes, dried	1/4 cup	43	-91
Prunes, stewed	1/2 cup	125	-82
Prunes, stewed, with sugar	1/2 cup	125	-114
Pummelo, fresh	1/2 cup	95	4
Pumpkin pie mix, canned	1/2 cup	135	-64
Pumpkin, canned	1/2 cup	123	168
Pumpkin, cooked	1/2 cup	123	49
Pumpkin, raw	1/2 cup	88	49
Food	Serving Size	Weight (g)	IF Rating
Purslane, cooked	1/2 cup	58	-6
Purslane, raw	1 cup	43	-3
Quince, fresh	1/2 cup	70	-15
Radish, oriental, cooked	1/2 cup	40	2
Radish, oriental, raw	1/2 cup	58	5

Food	Serving Size	Weight (g)	IF Rating
Radish, raw	1/2 cup	58	4
Raisins, golden	1/4 cup	40	-136
Raisins, seedless	1/4 cup	40	-135
Raspberries, fresh	1/2 cup	62	0
Raspberries, in heavy syrup	1/2 cup	125	-65
Food	Serving Size	Weight (g)	IF Rating
Raspberries, frozen, sweetened	1/2 cup	125	-64
Rhubarb, fresh	1/2 cup	61	1
Rhubarb, frozen	1/2 cup	68	3
Rutabaga, cooked	1/2 cup	120	-4
Rutabaga, raw	1/2 cup	70	-3
Salsify, cooked	1/2 cup	73	-28
Salsify, raw	1/2 cup	62	-28
Sauerkraut, canned	1/2 cup	71	4
Scallions, raw	1/2 cup	50	152
Shallots, raw	1/2 cup	80	171
Food	Serving Size	Weight (g)	IF Rating
Soybeans, cooked	1/2 cup	90	-13
Spinach raw	1 cup	30	74
Spinach, canned	1/2 cup	107	241
Spinach, cooked	1/2 cup	90	224
Spinach, frozen	1/2 cup	78	187
Sprouts, mung bean, canned	1/2 cup	63	-4

Food	Serving Size	Weight (g)	IF Rating
Sprouts, radish	1/2 cup	19	1
Squash, butternut, baked	1/2 cup	103	91
Squash, butternut, raw	1/2 cup	70	55
Squash, summer, canned	1/2 cup	105	1
Food	Serving Size	Weight (g)	IF Rating
Squash, summer, cooked	1/2 cup	90	0
Squash, summer, frozen	1/2 cup	65	-3
Squash, summer, raw	1/2 cup	56	2
Squash, winter, baked	1/2 cup	103	50
Starfruit, fresh	1/2 cup	116	4
Strawberries, fresh	1/2 cup	75	14
Strawberries, frozen	1/2 cup	75	8
Strawberries, frozen, sweetened	1/2 cup	75	-23
Sweet potato leaves, cooked	1/2 cup	32	14
Sweet potato leaves, raw	1 cup	35	31
Food	Serving Size	Weight (g)	IF Rating
Sweet potato, baked	1/2 cup	100	189
Sweet potato, canned	1/2 cup	128	45
Sweet potato, raw	1/2 cup	62	76
Tamarind nectar	1/2 cup	121	-28
Tamarind, fresh	1/2 cup	60	-140
Tangerine juice, fresh	1/2 cup	121	-9
Tangerine juice, sweetened	1/2 cup	121	-21

Food	Serving Size	Weight (g)	IF Rating
Tangerine, fresh	1/2 cup	98	-11
Tangerines, in juice	1/2 cup	125	1
Tangerines, in juice, drained	1/2 cup	95	3
Food	Serving Size	Weight (g)	IF Rating
Tangerines, in light syrup	1/2 cup	125	-29
Taro leaves, cooked	1/2 cup	123	7
Taro leaves, raw	1 cup	28	31
Taro root, cooked	1/2 cup	66	-62
Taro root, raw	1/2 cup	52	-38
Taro shoots, cooked	1/2 cup	70	2
Taro shoots, raw	1/2 cup	43	1
Tomatillos, raw	1/2 cup	66	-4
Tomato juice, canned	1/2 cup	120	10
Tomato paste	2 Tbsp	33	-4
Food	Serving Size	Weight (g)	IF Rating
Tomato puree	1/2 cup	125	-12
Tomato sauce	1/2 cup	122	-6
Tomato sauce, with cheese	1/2 cup	122	-39
Tomato sauce, with mushrooms	1/2 cup	122	-3
Tomato, cooked	1/2 cup	120	9
Tomato, green, raw	1/2 cup	90	5
Tomato, raw	1/2 cup	90	9
Tomato, sun-dried	1/4 cup	14	-16

Food	Serving Size	Weight (g)	IF Rating
Tomato, sun-dried, in oil	1/2 cup	27	12
Tomatoes, canned, crushed	1/2 cup	120	-12
Food	Serving Size	Weight (g)	IF Rating
Tomatoes, canned, in juice	1/2 cup	120	-2
Tomatoes, canned, stewed	1/2 cup	120	-9
Turnip greens, cooked	1/2 cup	122	238
Turnip greens, raw	1 cup	55	134
Turnips, cooked	1/2 cup	128	-1
Turnips, frozen	1/2 cup	65	-4
Turnips, raw	1/2 cup	65	-1
Vegetable juice, canned	1/2 cup	126	32
Vegetables, mixed, frozen	1/2 cup	66	-19
Wakame, raw	1/2 cup	40	31
Food	Serving Size	Weight (g)	IF Rating
Water chestnuts, canned	1/2 cup	70	-17
Watercress, raw	1 cup	34	32
Watermelon, fresh	1/2 cup	75	-3
Zucchini, cooked	1/2 cup	90	14
Zucchini, frozen	1/2 cup	65	-3
Zucchini, raw	1/2 cup	60	2
Cherries, tart, dried, sweetened	1/4 cup	40	-143
Blueberries, dried, sweetened	1/4 cup	40	-120
Papaya, in heavy syrup, drained	1/2 cup	108	-215

Food	Serving Size	Weight (g)	IF Rating
Cherries, sour, in juice	1/2 cup	84	-8