

Gumbo with rice (New Orleans type with shellfish, pork, and/or poultry, tomatoes, okra, rice)	1/2 cup	97
Croissant sandwich with bacon, egg, and cheese	1/4 Burger King sandwich	97
Potato chips	10 chips	97
Grape juice, unsweetened	5 fl oz	96
Orange juice	7 fl oz	96
Cookie, chocolate chip	2 medium (approx 2" dia)	96
Milk, skim or nonfat, 0.5% or less butterfat	9 fl oz	96
Hamburger, with tomato and/or catsup, on bun	1/3 to less than 1/2 of a McDonald's Hamburger	96
Honey	1.5 tablespoons	96
Grape-Nuts	1/4 cup	96
Macaroni or noodles with cheese	1/5 cup or about 3 tablespoons	95
Oysters, floured or breaded, fried	6 fried oysters	95
Oysters, raw	10 raw oysters	95
Hard candy	5 Starlight Mints	95
Peanut butter	1 tablespoon	95
Fish sandwich, on bun, with spread	1/4 McDonald's sandwich	95
Pecans	10 pecan halves	95
Cheeseburger, 1/4 lb meat, with mayonnaise or salad dressing and tomatoes, on bun	1/8 of a Burger King Whopper	94
Fast foods, taco	1/4 small	92
Pork bacon, smoked or cured, cooked	2 medium slices	92
Ham, sliced, extra lean, prepackaged or deli, luncheon meat	2-1/2 slices (2-1/2 oz)	92
Pancakes, plain	1 medium pancake (5" dia)	92
Corn flakes, NFS	1 cup	91
Vegetable oil, NFS	3/4 tablespoon	90
Bologna, NFS	1 medium slice (4-1/2" dia x 1/8" thick) (1 oz)	90
Brownie	1 brownie	80