

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
Pasta, grains and flours						
1223	Grains, wheat germ, toasted, plain	0.00	2	0.00	2	7.80
3299	Beans, mung, long rice (chinese noodles), dehydrated	0.00	1	0.00	1	0.00
3311	Peanut flour, low-fat	0.00	2	0.00	2	10.76
3322	Soy flour, full-fat, raw	0.00	2	0.00	2	7.50
3324	Soy flour, defatted	0.00	2	0.00	2	18.88
3325	Soy flour, low fat	0.00	2	0.00	2	10.53
4409	Grains, amaranth, raw	0.00	2	0.00	2	1.69
4411	Grains, barley, pearled, dry	0.00	2	0.00	2	0.80
4412	Grains, buckwheat groats, roasted, dry	0.00	2	0.00	2	3.38
4413	Grains, buckwheat groats, roasted, cooked	0.00	2	0.00	2	0.90
4414	Grains, bulgur, dry	0.00	2	0.00	2	0.41
4417	Grains, corn flour, yellow, whole-grain	0.00	2	0.00	2	0.64
4418	Grains, cornmeal (yellow), whole-grain	0.00	2	0.00	2	0.64
4419	Grains, cornstarch	0.00	1	0.00	1	0.00
4420	Grains, couscous, dry	0.00	2	0.00	2	0.34
4421	Grains, oats	0.00	2	0.00	2	1.02
4425	Grains, rice, white, glutinous, cooked	0.00	2	0.00	2	0.05
4429	Grains, rice flour, white	0.00	2	0.00	2	0.12
4430	Grains, rye flour, medium	0.00	2	0.00	2	1.04
4432	Grains, sorghum	0.00	2	0.00	2	2.53
4433	Grains, tapioca, pearl, dry	0.00	2	0.00	2	3.35
4442	Grains, wheat bran, crude	0.00	2	0.00	2	0.41
4445	Grains, wheat flour, white, bread flour	0.00	2	0.00	2	0.58
4446	Grains, wheat flour, white, cake flour	0.00	2	0.00	2	0.61
4449	Grains, rice, wild, dry	0.00	2	0.00	2	2.50
4450	Grains, rice, wild, cooked	0.00	2	0.00	2	0.73
4451	Grains, rice flour, brown	0.00	2	0.00	2	0.66
4453	Pasta, corn, cooked	0.00	2	0.00	2	0.60
4456	Pasta, macaroni (elbow), whole wheat, dry	0.00	2	0.00	2	2.71
4457	Pasta, macaroni (elbow), whole wheat, cooked	0.00	2	0.00	2	0.80
4458	Pasta, egg noodles, enriched, cooked	0.00	2	0.00	2	0.40
4459	Pasta, Chinese noodles, chow mein	0.00	2	0.00	2	5.71
4461	Pasta, Japanese noodles, soba, cooked	0.00	2	0.00	2	1.14
4463	Pasta, Japanese noodles, somen, cooked	0.00	2	0.00	2	2.46
4464	Pasta, spaghetti, enriched, cooked	0.00	2	0.00	2	0.56
4470	Grains, cornmeal (yellow), degermed	0.00	2	0.00	2	1.61
4471	Grains, rice, white, long-grain, regular, dry	0.00	2	0.00	2	0.12

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4472	Grains, rice, white, long-grain, parboiled, dry	0.00	2	0.00	2	0.33
4473	Grains, rice, white, long-grain, parboiled, cooked	0.00	2	0.00	2	0.11
4474	Grains, rice, white, medium-grain, dry	0.00	2	0.00	2	0.12
4475	Grains, rice, white, medium-grain, cooked	0.00	2	0.00	2	0.05
4477	Grains, rice, white, short-grain, cooked	0.00	2	0.00	2	0.05
4481	dry	0.00	2	0.00	2	0.05
4482	prepared	0.00	1	0.00	1	0.00
4485	Grains, barley, dry	0.00	2	0.00	2	0.80
4486	Grains, barley, pearled, cooked	0.00	2	0.00	2	0.28
4488	Grains, buckwheat flour, whole-groat	0.00	2	0.00	2	2.60
4489	Grains, bulgur, cooked	0.00	2	0.00	2	0.10
4490	Grains, couscous, cooked	0.00	2	0.00	2	0.10
4491	Grains, millet, dry	0.00	2	0.00	2	0.41
4492	Grains, millet, cooked	0.00	2	0.00	2	0.13
4493	Grains, oat bran, dry	0.00	2	0.00	2	1.45
4494	Grains, oat bran, cooked	0.00	2	0.00	2	0.25
4495	Grains, quinoa, dry	0.00	2	0.00	2	2.66
4496	Grains, rice, brown, long-grain, dry	0.00	2	0.00	2	0.85
4497	Grains, rice, brown, long-grain, cooked	0.00	2	0.00	2	0.35
4500	Grains, wheat flour, whole-wheat	0.00	2	0.00	2	1.02
4501	Grains, wheat flour, white, all purpose, bleached	0.00	2	0.00	2	0.59
4503	Pasta, fresh-refrigerated, plain, cooked	0.00	2	0.00	2	0.46
4506	Pasta, macaroni (elbow), enriched, dry	0.00	2	0.00	2	2.67
4507	Pasta, macaroni (elbow), enriched, cooked	0.00	2	0.00	2	0.56
4509	Pasta, macaroni, protein-fortified, enriched, cooked	0.00	2	0.00	2	0.58
4511	Pasta, macaroni (spirals), vegetable, enriched, cooked	0.00	2	0.00	2	1.15
4512	Pasta, egg noodles, enriched, dry	0.00	2	0.00	2	1.88
4514	Pasta, egg noodles, spinach, enriched, cooked	0.00	2	0.00	2	0.71
4515	Pasta, spaghetti, enriched, dry	0.00	2	0.00	2	2.67
4517	Pasta, spaghetti, whole-wheat, cooked	0.00	2	0.00	2	0.80
4518	Pasta, spaghetti, spinach, enriched, dry	0.00	2	0.00	2	2.72
4519	Pasta, spaghetti, spinach, enriched, cooked	0.00	2	0.00	2	0.95
4523	Grains, rice, white, long-grain, regular, cooked	0.00	2	0.00	2	0.05
4525	Grains, rice, white, long-grain, regular, cooked, salted	0.00	2	0.00	2	0.05
4527	Pasta, spaghetti, protein-fortified, enriched, cooked	0.00	2	0.00	2	0.58
4874	Pasta, rice noodles, cooked	0.00	2	0.00	2	0.03
4888	Pasta, rice noodles, dry	0.00	2	0.00	2	0.12
5454	Grains, oat flour, partially debranned	0.00	2	0.00	2	0.80

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5455	purchased	0.00	7	0.00	7	0.95
5535	Pasta, vermicelli, made from soy, dry	0.00	2	0.00	2	17.44
5916	Grains, tapioca, pearl, cooked	0.00	2	0.00	2	0.61
5917	Grains, quinoa, cooked	0.00	2	0.00	2	0.87
5920	Pasta, vermicelli, made from soy, cooked	0.00	2	0.00	2	10.28
6181	Beans, black, flour	0.00	2	0.00	2	2.39
6185	Grains, wheat, kamut khorasan, uncooked	0.00	2	0.00	2	7.84
6187	Grains, quinoa, flour	0.00	2	0.00	2	2.66
6336	Grains, wheat, kamut khorasan, cooked	0.00	2	0.00	2	3.07
6457	Cereal, millet, puffed	0.00	2	0.00	2	0.55
6591	Wheat, vital wheat gluten	0.00	1	0.00	1	0.00
6642	Grains, wheat flour, white, all purpose, unbleached	0.00	2	0.00	2	0.54
6675	Grains, rice, white, steamed, Chinese restaurant	0.00	2	0.00	2	0.06
7140	Macaroni and cheese, box mix with cheese sauce, unprepared	0.00	6	0.00	6	6.43
7271	Pasta mix, classic cheeseburger macaroni, unprepared	2.90	5	2.90	5	4.97
7422	Spaghetti and meatballs, restaurant prepared	1.83	5	1.83	5	2.03
7443	Spaghetti with pomodoro sauce (tomato sauce)	1.65	7	1.82	7	1.82
7445	Ravioli, cheese-filled with marinara sauce	1.96	7	2.16	7	4.50
7448	Rice, Spanish rice	0.00	2	1.30	5	1.30
501762	sauce)	2.62	7	2.89	7	2.89
Baked products						
3671	Bagel, plain (with onion, poppy seed and/or sesame seed)	0.00	2	0.00	2	8.43
3672	toasted	0.00	2	0.00	2	5.82
3675	Bagel, cinnamon-raisin	2.99	8	2.99	8	5.98
3677	Bagel, oat bran	0.00	2	0.00	2	1.63
3679	Biscuit, plain/buttermilk, dry mix, unprepared	9.83	6	9.83	6	11.65
3684	Biscuit, plain/buttermilk, refrigerated dough, higher fat, baked	6.91	5	6.91	5	8.19
3691	Bread, cornbread (also corn muffin mix), dry mix, unprepared	0.00	2	0.00	2	20.34
3695	Bread, egg (Challah)	0.00	2	0.00	2	1.78
3696	Bread, egg, (challah), toasted	0.00	2	0.00	2	1.94
3697	Bread, French or Vienna, (also sourdough), toasted	0.00	2	0.00	2	3.59
3700	Bread, Italian	0.00	2	0.00	2	4.01
3702	Bread, multigrain, commercial	0.00	2	0.00	2	4.56
3703	Bread, multigrain, toasted	0.00	2	0.00	2	5.02
3708	Bread, pita, white	0.00	2	0.00	2	1.30
3709	Bread, pita, whole-wheat	0.00	2	0.00	2	0.82
3711	Bread, pumpernickel	0.00	2	0.00	2	1.45
3712	Bread, pumpernickel, toasted	0.00	2	0.00	2	1.60

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3714	Bread, white with raisins, commercial	9.12	8	9.12	8	18.23
3715	Bread, white with raisins, commercial, toasted	9.88	8	9.88	8	19.76
3725	Bread, rice bran, gluten free	0.00	6	0.00	6	4.67
3726	Bread, rye, toasted	0.00	2	0.00	2	3.64
3731	Bread, wheat germ	0.00	2	0.00	2	3.73
3732	Bread, white, commercial, toasted	0.00	2	0.00	2	8.40
3739	Bread stick, plain	0.00	2	0.00	2	1.26
3745	Cake mix, angel food, dry, unprepared	61.33	3	61.33	3	61.33
3755	Cake mix, chocolate, pudding-type, dry, unprepared	39.44	6	39.44	6	39.53
3757	unprepared	38.21	6	38.21	6	38.30
3764	Coffee cake mix, cinnamon with crumb topping, dry, unprepared	42.52	3	42.52	3	42.52
3769	Cake mix, german chocolate, pudding-type mix, dry, unprepared	42.03	6	42.03	6	42.13
3771	Cake mix, gingerbread, dry, unprepared	46.62	3	46.62	3	46.62
3774	Cake mix, marble, pudding-type, dry, unprepared	35.71	3	35.71	3	35.71
3788	Cake, white, pudding-type, dry mix, unprepared	48.95	3	48.95	3	48.95
3795	Cake, yellow (plus streusel), pudding-type, dry mix, unprepared	44.21	3	44.21	3	44.21
3797	Cake, yellow, regular, dry mix, unprepared	43.29	3	43.29	3	43.29
3801	Cheesecake, prepared from mix, no bake type	18.04	6	18.04	6	18.61
3803	Cookie, animal crackers (arrowroot, social tea)	23.30	3	23.30	3	23.30
3804	Cookie, brownie, commercial	35.71	6	35.71	6	36.61
3808	Cookie, butter, commercial	20.24	3	20.24	3	20.24
3809	Cookie, fudge, cake-type	14.38	8	14.38	8	28.75
3810	Cookie, chocolate wafer	35.16	6	35.16	6	37.43
3811	Cookie, chocolate chip, commercial, regular, lower fat	32.84	6	32.84	6	32.84
3812	Cookie, chocolate chip, commercial, regular, higher fat	32.90	5	32.90	5	32.90
3813	Cookie, chocolate chip, soft type, commercial	36.79	5	36.79	5	37.10
3819	Cookie, chocolate sandwich, cream filling, regular	40.67	5	40.67	5	40.67
3820	Cookie, chocolate sandwich, cream filling, chocolate-coated	44.18	6	44.18	6	49.58
3821	Cookie, chocolate sandwich, extra cream filling	46.00	5	46.00	5	46.00
3822	Cookie, coconut macaroon	45.16	3	45.16	3	45.16
3823	Cookie, fig bar	30.36	6	30.36	6	46.36
3824	Cookie, fortune	45.42	3	45.42	3	45.42
3825	Cookie, ginger snap	19.92	3	19.92	3	19.92
3826	Cookie, graham cracker, plain or honey (includes cinnamon)	24.85	3	24.85	3	24.85
3827	Cookie, graham cracker, chocolate-coated	18.65	8	18.65	8	37.30
3828	Cookie, ladyfinger (with lemon juice and rind)	25.39	3	25.39	3	25.39
3829	Cookie, marshmallow (includes pies), chocolate-coated	47.11	6	47.11	6	48.30
3830	Cookie, molasses	17.60	3	17.60	3	17.60

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3831	Cookie, oatmeal (with or without raisins), commercial	24.66	3	24.66	3	24.66
3832	Cookie, oatmeal (with or without raisins), commercial, soft-type	22.41	3	22.41	3	22.41
3838	Cookie, peanut butter, commercial	28.58	3	28.58	3	28.58
3843	Cookie, peanut butter sandwich	35.12	6	35.12	6	35.44
3844	Cookie, raisin, soft-type	31.15	6	31.15	6	47.56
3845	Cookie, shortbread, plain, commercial	21.65	3	21.65	3	21.65
3846	Cookie, shortbread, pecan, commercial	19.36	3	19.36	3	19.36
3849	Cookie, sugar, commercial	27.31	3	27.31	3	27.31
3851	Cookie, sugar, refrigerated dough, baked	23.96	3	23.96	3	23.96
3854	Cookie, sugar wafer sandwich with cream filling	40.64	5	40.64	5	42.95
3855	Cookie, vanilla sandwich with cream filling	38.05	6	38.05	6	39.30
3856	Puff pastry, frozen, ready-to-bake, baked	0.00	2	0.00	2	0.75
3857	Cookie, vanilla wafer, 12 to 17% fat	36.32	6	36.32	6	37.50
3858	Cookie, vanilla wafer, 18 to 21% fat	37.68	6	37.68	6	38.91
3859	Cracker, cheese	0.69	5	0.69	5	4.53
3861	Cracker, crispbread, rye	1.07	3	1.07	3	1.07
3862	Cracker, matzo, plain	0.29	3	0.29	3	0.29
3864	Cracker, matzo, whole-wheat	0.26	3	0.26	3	0.26
3866	Cracker, melba toast, wheat	0.90	3	0.90	3	0.90
3867	Cracker, milk	16.44	3	16.44	3	16.44
3868	Cracker, rusk toast	28.92	3	28.92	3	28.92
3871	Cracker, rye, wafers, seasoned	1.15	3	1.15	3	1.15
3872	Cracker, saltine (also oyster, soda, soup)	1.29	3	1.29	3	1.29
3873	Cracker, standard snack-type, sandwich, with cheese filling	1.91	6	1.91	6	3.18
3874	Cracker, standard snack-type, sandwich with peanut butter	5.25	8	5.25	8	10.50
3875	Cracker, wheat	15.48	3	15.48	3	15.48
3878	Cracker, whole-wheat	1.19	3	1.19	3	1.19
3879	Cracker meal	0.33	3	0.33	3	0.33
3880	Cream puff, homemade, shell only, includes éclair	0.00	2	0.00	2	0.43
3882	Croissant, butter, commercial	11.26	3	11.26	3	11.26
3883	Croissant, apple, commercial	4.48	8	8.97	3	8.97
3884	Croissant, cheese, commercial	11.35	7	11.35	7	11.35
3885	Croutons, plain	0.00	2	0.00	2	0.68
3886	Croutons, seasoned	0.00	2	0.00	2	4.41
3887	Danish pastry, cinnamon	0.00	2	0.00	2	19.78
3889	Danish pastry, fruit (apple, raisin, lemon, raspberry)	13.77	8	27.53	3	27.53
3890	Danish pastry, nut (almond, raisin nut, cinnamon nut)	12.94	8	12.94	8	25.87
3895	Doughnut (donut), French cruller, glazed	35.11	3	35.11	3	35.11

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3900	English muffin, plain (also sourdough)	0.00	2	0.00	2	3.53
3901	English muffin, plain (also sourdough), toasted	0.00	2	0.00	2	3.47
3902	English muffin, multigrain (also granola)	0.00	2	0.00	2	0.81
3904	English muffin, raisin-cinnamon (apple cinnamon)	0.00	6	0.00	6	14.76
3906	English muffin, wheat	0.00	2	0.00	2	1.56
3907	English muffin, wheat, toasted	0.00	2	0.00	2	1.70
3908	English muffin, whole wheat	0.00	2	0.00	2	8.09
3910	French toast, frozen, ready to heat	7.55	4	7.55	4	14.92
3913	Ice cream cone, cake or wafer-type	6.00	3	6.00	3	6.00
3914	Ice cream cone, sugar, rolled-type	25.66	3	25.66	3	25.66
3931	unprepared	12.68	5	12.68	5	16.03
3933	unprepared	1.75	6	1.75	6	2.21
3937	Pancake, buckwheat, dry mix, incomplete, unprepared	5.70	6	5.70	6	7.21
3972	Pie crust, standard type, homemade, baked	0.00	2	0.00	2	0.17
3974	Phyllo dough	0.00	2	0.00	2	0.18
3979	Roll, dinner, egg	0.00	2	0.00	2	4.30
3980	Roll, dinner, oat bran	0.00	2	0.00	2	6.67
3981	Roll, dinner, rye	0.00	2	0.00	2	1.17
3982	Roll, dinner, wheat (60% whole wheat flour)	0.00	2	0.00	2	1.63
3983	Roll, dinner, whole wheat	0.00	2	0.00	2	8.46
3984	Roll, french	0.00	2	0.00	2	0.31
3985	Roll, hamburger / hot dog, plain	0.00	2	0.00	2	6.37
3986	Roll, hamburger / hot dog, multigrain	0.00	2	0.00	2	6.25
3987	Roll, hamburger / hot dog, Calorie-reduced	0.00	2	0.00	2	4.76
3988	Roll (kaiser), hard	0.00	2	0.00	2	1.77
3994	Taco shell, baked	0.00	2	0.00	2	1.50
3997	Tortilla, ready-to-bake / fry, corn	0.00	2	0.00	2	0.88
4016	Bread, rice bran, gluten free, toasted	0.00	6	0.00	6	5.08
4028	Roll, dinner, plain, homemade, with 2% milk	0.00	2	0.00	2	9.16
4035	Waffle, plain, frozen, ready-to-heat, toasted	3.24	5	3.24	5	5.02
4038	Cracker, melba toast, plain, unsalted	0.94	3	0.94	3	0.94
4039	Cracker, saltine (also oyster, soda, soup), low sodium	2.22	3	2.22	3	2.22
4040	Cracker, saltine (also oyster, soda, soup), unsalted top	2.22	3	2.22	3	2.22
4041	Cracker, standard snack type, low sodium	1.79	3	1.79	3	1.79
4042	Cracker, wheat, low sodium	13.04	3	13.04	3	13.04
4043	Cracker, whole wheat, low sodium	0.37	3	0.37	3	0.37
4049	Tortilla, ready-to-bake / fry, flour	0.00	2	0.00	2	3.43
4051	fat/serving	19.15	8	19.15	8	38.30

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4052	Cracker, saltine (also oyster, soda, soup), low fat and sodium	0.38	3	0.38	3	0.38
4059	Sweet roll, cheese	26.26	4	26.26	4	30.17
4060	Bread crumbs, dry, grated, seasoned	0.00	2	0.00	2	5.74
4061	Biscuit, plain/buttermilk, frozen, baked	3.48	3	3.48	3	3.48
4063	Bread, French or Vienna (also sourdough)	0.00	2	0.00	2	4.62
4065	Bread, rye	0.00	2	0.00	2	3.29
4066	Bread, white, commercial	0.00	2	0.00	2	7.62
4067	Bread, whole wheat, commercial	0.00	2	0.00	2	3.24
4068	Bread, whole wheat, commercial, toasted	0.00	2	0.00	2	3.59
4069	Bread crumbs, dry, grated, plain	0.00	2	0.00	2	6.20
4070	Bread stuffing, dry mix, unprepared	4.14	8	4.14	8	8.27
4071	Cracker, melba toast, plain	0.94	3	0.94	3	0.94
4072	Cracker, standard snack-type	8.18	3	8.18	3	8.18
4073	Roll, dinner, plain (also brown and serve), commercial	0.00	2	0.00	2	5.55
4082	Bannock	0.00	2	0.00	2	0.27
4085	Seasoned coating mix, dry	3.62	7	3.62	7	3.62
4915	Cracker, cheese, reduced fat	0.00	1	0.00	1	0.00
4990	Waffle, whole wheat, low fat	2.52	6	2.52	6	3.90
5240	Cracker, cheese, reduced sodium	0.04	6	0.04	6	0.28
5431	Cracker, cheese, sandwich, with cheese filling	1.88	6	1.88	6	12.33
5607	Roll, pumpernickel	0.00	2	0.00	2	0.40
5618	Breakfast bar, corn flake crust with fruit	17.55	8	17.55	8	35.10
5910	Bread, 'fry bread', made with lard (Navajo)	0.00	2	0.00	2	2.03
5970	Waffle, buttermilk, frozen, ready-to-heat, toasted	2.89	5	2.89	5	4.41
5973	microwave	6.09	6	6.09	6	7.06
6194	Cracker, wheat, low fat	8.87	3	8.87	3	8.87
6222	strawberry)	24.77	6	24.77	6	28.99
6292	Cookie, chocolate chip, refrigerated dough, baked	41.15	6	41.15	6	41.50
6326	Bar, milk and cereal	45.03	6	45.03	6	45.97
6354	Cookie, oatmeal, refrigerated dough, prepared	35.33	3	35.33	3	35.33
6593	Granola bar, bran, bars and snack bites, all flavours	25.93	5	25.93	5	26.91
6594	Muffin bar, all flavours	25.04	3	25.04	3	25.04
6595	Granola bar, cereal bar, fruit-filled, all flavours	24.93	6	24.93	6	30.58
6596	Granola bar, crunchy, plain	26.35	5	26.35	5	26.41
6597	Granola bar, crunchy, fruit and/or nut	14.77	6	18.20	6	25.53
6598	Granola bar, cereal bar, oatmeal, all flavours	21.61	5	21.61	5	25.29
6599	Granola bar, chewy, fruit flavour, yogourt coated	18.15	6	25.26	5	34.08
6600	Granola bar, chewy, chocolate coated, all flavours	31.49	5	31.49	5	40.50

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
6601	Granola bar, chewy, chocolate chip	18.17	5	18.17	5	25.64
6602	Granola bar, chewy, fruit and/or nut	15.58	6	19.20	6	26.93
6603	Granola bar, chewy, low fat	19.56	5	19.56	5	27.10
6604	Granola bar, chewy, sweet and salty	21.67	5	21.67	5	28.01
6606	Indian, bread, naan	0.00	2	0.00	2	3.55
6630	Cookie, shortbread, plain, homemade	20.23	3	20.23	3	20.23
6668	Pie crust, cookie-type, graham cracker, ready-to-serve	18.13	3	18.13	3	18.13
6727	coated	17.89	8	25.64	5	35.77
6761	Bread, garlic, toasted	0.00	2	0.00	2	0.46
6785	Bread, potato	0.00	2	0.00	2	9.38
6792	Cracker, whole-wheat, reduced fat	1.22	3	1.22	3	1.22
6793	Waffle, chocolate chip, frozen, ready-to-heat	6.55	8	6.55	8	13.10
6812	Snacks, bagel chips	1.21	5	1.21	5	6.02
7066	Cracker, saltine (also oyster, soda, soup), whole wheat (includes multigrain)	0.00	1	0.00	1	0.00
7067	Bagel, whole-wheat (multigrain)	0.00	2	0.00	2	6.12
7071	Bread, cheese	0.00	2	0.00	2	2.08
7073	Bread, focaccia, Italian flatbread, plain	0.00	2	0.00	2	1.75
7076	Cracker, 7 grain	13.50	3	13.50	3	13.50
7077	Cracker, cheese, Asiago	1.08	6	1.08	6	7.10
7079	Cracker, roasted vegetable	7.30	3	7.30	3	7.30
7087	Bread, garlic	0.00	2	0.00	2	3.69
7193	Bread, 60% whole wheat, commercial	0.00	2	0.00	2	1.11
7194	Bread, white, commercial, with added fibre	0.00	2	0.00	2	4.64
7196	Bread, whole grain (whole-wheat), commercial	0.00	2	0.00	2	3.98
7197	commercial	0.00	2	0.00	2	5.25
7198	Bread, whole grain (whole-wheat), +seeds and bran, commercial	0.00	2	0.00	2	4.95
7199	Bread, whole grain (whole-wheat), with added fibre, commercial	0.00	2	0.00	2	3.87
7239	Bread, spelt, commercial	0.00	2	0.00	2	0.67
7250	Indian, bread, chapati or roti, whole-wheat	0.00	2	0.00	2	2.93
7251	Indian, bread, paratha, whole-wheat	0.00	2	0.00	2	4.15
7252	Indian, bread, naan, whole-wheat	0.00	2	0.00	2	3.40
7253	Indian, bread, chapati or roti, plain	0.00	2	0.00	2	2.72
7254	Cookie, sandwich with peanut butter filling, chocolate coated	15.45	8	15.45	8	30.90
7255	Cracker, multigrain	12.00	3	12.00	3	12.00
7256	Cookie, butter or sugar, with chocolate icing or filling	33.80	6	33.80	6	33.80
7257	Cookie, chocolate, with icing or coating	32.00	6	32.00	6	32.00
7258	Tortilla, ready-to-bake / fry, whole-wheat	0.00	2	0.00	2	2.44

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
7259	Cookie, brownie, commercial, reduced fat	37.78	6	37.78	6	38.73
7260	Cookie, chocolate sandwich, cream filling, reduced fat	41.18	6	41.18	6	41.18
7261	Cookie, oatmeal sandwich, cream filling	31.06	6	31.06	6	31.36
7262	Cookie, graham cracker, plain or honey, low fat	22.86	3	22.86	3	22.86
7263	Cracker, cheese, whole-grain	0.00	1	0.00	1	0.00
7282	Bread, sprouted wheat, commercial	0.00	2	0.00	2	2.69
7288	commercial	0.00	2	0.00	2	1.58
7289	Bread, oat (includes oatmeal and oat bran), commercial	0.00	2	0.00	2	4.92
7295	Cookie, shortbread, plain, commercial, no sugar added, with artificial sweetener	0.00	2	0.00	2	1.30
7299	Bread, white, commercial, with added fibre, toasted	0.00	2	0.00	2	5.12
7300	Bread, whole grain (whole-wheat), commercial, toasted	0.00	2	0.00	2	4.39
7303	Bread, whole grain (whole-wheat) + seeds (flax, sunflower), commercial, toasted	0.00	2	0.00	2	5.78
7304	toasted	0.00	2	0.00	2	5.45
7305	toasted	0.00	2	0.00	2	4.29
7309	Bread, spelt, commercial, toasted	0.00	2	0.00	2	0.74
7310	Bread, sprouted wheat, commercial, toasted	0.00	2	0.00	2	2.97
7311	Bread, sprouted wheat with added calcium and vitamin D, commercial, toasted	0.00	2	0.00	2	1.76
7312	Bread, oat (includes oatmeal and oat bran), commercial, toasted	0.00	2	0.00	2	5.42
7363	Bread, italian, toasted	0.00	2	0.00	2	4.42
7439	Fast food, biscuit	3.88	3	3.88	3	3.88
7440	Cracker, standard snack-type, with whole-wheat	10.43	3	10.43	3	10.43
7578	Granola bar, chewy, high fibre, oats and chocolate	20.69	5	20.69	5	25.00
403975	CRACKERS, WHEAT, CRISPERS TYPE, ALL FLAVOURS	8.15	3	8.15	3	8.15
404293	Granola bar, toddler, fortified, yogourt oatmeal	10.70	8	10.70	8	21.40
Breakfast cereals						
1222	Cereal, ready to eat, granola, homemade	20.10	3	20.10	3	20.10
1224	Cereal, hot, cream of rice, dry	0.00	2	0.00	2	0.12
1225	Cereal, hot, cream of rice, cooked	0.00	2	0.00	2	0.02
1397	Cereal, hot, creamed wheat, regular, dry	0.00	2	0.00	2	2.46
1398	Cereal, hot, creamed wheat, regular, prepared	0.00	2	0.00	2	0.16
1399	Cereal, hot, creamed wheat, quick, dry	0.00	2	0.00	2	1.43
1400	Cereal, hot, creamed wheat, quick, prepared	0.00	2	0.00	2	0.20
1403	Cereal, hot, creamed wheat, instant: original, dry	0.00	2	0.00	2	22.14
1404	Cereal, hot, creamed wheat, instant: original, prepared	0.00	2	0.00	2	2.94
1413	Cereal, hot, oats, instant: regular, dry	0.00	2	0.00	2	1.37
1414	Cereal, hot, oats, instant: regular, prepared	0.00	2	0.00	2	0.27

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
7418	water	0.00	7	0.00	7	0.34
404221	Cereal, hot, creamed wheat, instant, flavoured, dry	11.28	8	11.28	8	22.56
404222	Cereal, hot creamed wheat, instant, flavoured, prepared	1.98	8	1.98	8	3.96
404224	Cereal, hot, oats, instant, flavoured, dry	0.70	8	0.70	8	1.40
404225	Cereal, hot, oats, instant, flavoured, prepared	0.18	8	0.18	8	0.36
404228	Cereal, hot, oats, large flakes, prepared	0.18	3	0.18	3	0.18
404229	Cereal, hot, oats, large flakes, dry	0.00	1	0.00	1	0.00
404230	Cereal, hot, oats, minute/quick, dry	0.00	2	0.00	2	1.23
404231	Cereal, hot, oats, minute/quick, prepared	0.25	3	0.25	3	0.25
404232	Cereal, hot, multigrain, dry	0.00	1	0.00	1	0.00
404233	Cereal, hot, multigrain, prepared	0.00	1	0.00	1	0.00
404234	Cereal, ready to eat, wheat bran, flakes	12.37	3	12.37	3	12.37
404235	CEREAL, READY TO EAT, 100% WHEAT BRAN	12.20	3	12.20	3	12.20
404236	Cereal, ready to eat, corn, flakes	8.50	3	8.50	3	8.50
404237	Cereal, ready to eat, corn, flakes, frosted	32.99	3	32.99	3	32.99
404238	Cereal, ready to eat, corn puffs	36.10	3	36.10	3	36.10
404239	Cereal, ready to eat, puffs, chocolate	30.48	6	30.48	6	37.32
404240	Cereal, ready to eat, corn, squares	19.37	3	19.37	3	19.37
404242	Cereal, ready to eat, granola	21.86	3	21.86	3	21.86
404243	Cereal, ready to eat, granola, low fat	22.77	3	22.77	3	22.77
404245	MEAL REPLACEMENT, CEREAL, READY TO EAT	19.86	3	19.86	3	19.86
404246	Cereal, ready to eat, muesli	20.94	3	20.94	3	20.94
404247	Cereal, ready to eat, multigrain, flakes	22.05	3	22.05	3	22.05
404248	Cereal, ready to eat, multigrain, high protein	20.21	3	20.21	3	20.21
404249	Cereal, ready to eat, oat, flakes	22.78	3	22.78	3	22.78
404250	Cereal, ready to eat, oat, squares	22.09	3	22.09	3	22.09
404251	Cereal, ready to eat, O's	5.48	3	5.48	3	5.48
404252	Cereal, ready to eat, O's, flavoured	31.49	4	31.49	4	35.24
404254	Cereal, ready to eat, O's, multigrain	19.11	3	19.11	3	19.11
404255	Cereal, ready to eat, puffed, multigrain	22.58	3	22.58	3	22.58
404256	Cereal, ready to eat, puffed rice	9.47	3	9.47	3	9.47
404257	Cereal, ready to eat, puffed wheat, frosted	52.16	3	52.16	3	52.16
404258	Cereal, ready to eat, puffed, unsweetened	0.00	2	0.00	2	0.13
404259	Cereal, ready to eat, wheat bran with psyllium	21.55	3	21.55	3	21.55
404260	Cereal, ready to eat, wheat bran, flakes, with raisins	11.22	6	11.22	6	22.58
404261	Cereal, ready to eat, wheat, shredded	9.47	3	9.47	3	9.47
404262	Cereal, ready to eat, wheat, shredded, frosted	17.65	3	17.65	3	17.65
404263	Cereal, ready to eat, wheat, squares	15.99	3	15.99	3	15.99

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
404264	Cereal, ready to eat, pieces or extruded shapes	33.90	3	33.90	3	33.90
Desserts and sweets						
59	Dessert topping (non dairy), pressurized	16.07	3	16.07	3	16.07
60	Dessert topping (non dairy), frozen, semisolid	23.05	3	23.05	3	23.05
164	Dessert, frozen yogourt	16.47	7	16.47	7	19.92
2866	Chocolate syrup, thin type	49.65	3	49.65	3	49.65
4095	Snacks, fruit leather, bar	25.08	6	51.40	3	51.40
4097	Snacks, fruit leather, roll	23.98	6	49.16	3	49.16
4139	Candies, butterscotch	80.46	3	80.46	3	80.46
4140	Candies, bars / chips, carob	34.11	3	34.11	3	34.11
4143	Candies, caramel	65.50	3	65.50	3	65.50
4145	Candies, caramels, chocolate flavour roll	28.16	8	28.16	8	56.32
4147	Sweets, baking chocolate, unsweetened, square	0.00	2	0.00	2	0.91
4148	Candies, bars / chips, semisweet chocolate	42.62	6	42.62	6	54.50
4149	Candies, bars, sweet chocolate	40.26	6	40.26	6	51.48
4151	Candies, fondant, sweet chocolate coated	60.89	6	60.89	6	71.42
4153	Sweets, confectioner's coating / chips, butterscotch	33.55	8	33.55	8	67.10
4155	Sweets, confectioner's coating / chips, white chocolate	46.90	6	46.90	6	59.00
4156	Dessert, frozen, ice cream, light, vanilla	14.59	4	14.59	4	22.12
4157	Dessert, frozen, ice cream, vanilla, rich, 16% M.F.	12.97	4	12.97	4	20.65
4159	Candies, peppermint, chocolate coated, mint taste	31.89	8	31.89	8	63.78
4163	Dessert, frozen, ice cream, vanilla, 11% M.F.	13.60	4	13.60	4	21.22
4164	Dessert, frozen, ice cream, low fat, vanilla, soft serve	10.82	4	10.82	4	18.69
4165	Dessert, frozen, sherbet, orange	12.16	8	12.16	8	24.32
4167	Candies, fondant, homemade	88.90	3	88.90	3	88.90
4168	Candies, fudge, chocolate, homemade	68.03	6	68.03	6	73.12
4169	Candies, fudge, chocolate with nuts, homemade	58.96	6	58.96	6	63.37
4171	Candies, fudge, vanilla, homemade	71.00	6	71.00	6	79.77
4172	Candies, fudge, vanilla, with nuts, homemade	63.19	6	63.19	6	71.00
4174	Candies, gumdrops (jujubes)	58.97	3	58.97	3	58.97
4175	Candies, hard	62.90	3	62.90	3	62.90
4176	Candies, jellybeans	70.00	3	70.00	3	70.00
4183	Candies, marshmallow	57.56	3	57.56	3	57.56
4186	Candies, bars / chips, milk chocolate, plain	40.28	6	40.28	6	51.50
4190	Candies, milk chocolate coated peanuts	28.09	6	28.09	6	37.59
4191	Candies, milk chocolate coated raisins	31.01	6	31.01	6	62.22
4192	Sweets, syrup, table blend, pancake, calorie-reduced	32.80	3	32.80	3	32.80
4193	Sweets, syrup, table blend, pancake	21.47	3	21.47	3	21.47

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
4196	Candies, bars, milk chocolate with rice cereal	25.53	8	25.53	8	51.06
4199	Sweets, topping, strawberry	27.13	6	27.13	3	27.38
4208	Candies, peanut brittle, homemade	51.33	3	51.33	3	51.33
4213	Candies, sesame crunch (crisp)	31.17	3	31.17	3	31.17
4221	Candies, chewing gum	66.08	3	66.08	3	66.08
4227	Dessert, egg custard, dry mix, unprepared	0.00	1	0.00	1	0.00
4229	Dessert, gelatin, dry mix, unprepared	86.04	3	86.04	3	86.04
4230	Dessert, gelatin dry mix, prepared with water	13.49	3	13.49	3	13.49
4232	unprepared	0.00	1	0.00	1	0.00
4233	Dessert, gelatin, dry mix, calorie-reduced, with aspartame, prepared with water	0.00	1	0.00	1	0.00
4237	Dessert, pudding, chocolate, ready-to-eat	15.68	6	15.68	6	17.17
4238	Dessert, pudding, chocolate, dry mix, instant, unprepared	67.86	7	67.86	7	67.86
4242	Dessert, pudding, chocolate, dry mix, regular, unprepared	42.88	7	42.88	7	42.88
4243	whole milk	7.92	6	7.92	6	8.67
4247	Dessert, pudding, rice, ready to eat	8.16	5	8.16	5	11.59
4254	Dessert, pudding, vanilla, ready to eat	15.44	6	15.44	6	16.97
4255	Dessert, pudding, vanilla, dry mix, instant, unprepared	92.90	7	92.90	7	92.90
4259	Dessert, pudding, vanilla, dry mix, regular, unprepared	79.34	7	79.34	7	79.34
4260	milk	7.90	6	7.90	6	12.09
4264	milk	8.74	5	8.74	5	13.37
4271	Dessert, pudding, tapioca, ready-to-eat	7.46	8	7.46	8	14.91
4287	Dessert, frozen, fruit and juice bar	0.00	7	17.48	3	17.48
4288	Dessert, frozen, ice cream, chocolate	20.89	4	20.89	4	25.36
4290	Dessert, frozen, ices, water, lime	30.51	6	32.60	3	32.60
4291	Dessert, frozen, ice pop	12.95	5	12.95	5	13.66
4292	Dessert, frozen yogourt, vanilla, soft-serve	12.00	8	12.00	8	24.00
4293	Sweets, fruit butters, apple	0.00	7	35.30	3	35.30
4294	Sweets, honey, strained or extracted	82.12	3	82.12	3	82.12
4295	Sweets, jams and preserves	46.65	6	48.50	3	48.50
4296	Sweets, jellies	25.61	8	51.22	3	51.22
4297	Candies, fudge, chocolate marshmallow with nuts, homemade	62.24	6	62.24	6	66.89
4298	Sweets, marmalade, orange	57.16	6	60.00	3	60.00
4299	Sweets, fancy molasses	74.72	3	74.72	3	74.72
4300	Sweets, molasses, blackstrap	42.80	3	42.80	3	42.80
4303	Sweets, pie fillings, canned apple	6.90	8	13.80	3	13.80
4317	Sweets, sugar, brown	97.02	3	97.02	3	97.02
4318	Sweets, sugars, granulated	99.80	3	99.80	3	99.80

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
4319	Sweets, sugars, icing (powdered)	97.81	3	97.81	3	97.81
4321	Sweets, syrup, chocolate, fudge-type	34.82	3	34.82	3	34.82
4322	Sweets, syrup, corn, dark	77.59	3	77.59	3	77.59
4323	Sweets, syrup, corn light	76.77	3	76.77	3	76.77
4324	Sweets, syrup, corn, high-fructose	75.65	3	75.65	3	75.65
4325	Sweets, syrup, malt	71.30	3	71.30	3	71.30
4328	Sweets, syrup, table blend, pancake, with 2% maple	42.00	3	42.00	3	42.00
4329	Sweets, syrup, table blend, cane and 15% maple	68.20	3	68.20	3	68.20
4330	Sweets, syrup, table blend, corn, refiner's syrup and sugar	86.32	3	86.32	3	86.32
4331	Sweets, topping (spread), butterscotch or caramel	66.04	6	66.04	6	66.50
4332	Sweets, topping, marshmallow cream	46.80	3	46.80	3	46.80
4350	Dessert, frozen yogourt, chocolate, soft-serve	12.12	8	12.12	8	24.24
4374	Icing (frosting), chocolate, creamy, ready-to-eat	51.47	6	51.47	6	57.70
4375	Icing (frosting), coconut-nut, ready to eat	40.00	3	40.00	3	40.00
4378	Icing (frosting), vanilla (white), creamy, ready-to-eat	62.26	6	62.26	6	63.10
4379	Sweets, jams and preserves, apricot	41.58	6	43.40	3	43.40
4400	Candied foods, ginger root, crystallized	35.16	8	35.16	8	70.31
4828	Candies, confectioner's coating, yogourt	31.18	8	31.18	8	62.36
4829	Candies, halavah (halvah), plain	34.50	3	34.50	3	34.50
4917	Dessert, frozen, ice cream, light, with aspartame, vanilla	0.00	2	0.00	2	6.46
5305	Dessert topping (non dairy), fat free	16.00	3	16.00	3	16.00
5437	Dessert, frozen, ice cream, chocolate, light, no sugar added	0.00	2	0.00	2	5.65
5439	Candies, milk chocolate coated coffee beans	50.02	6	50.02	6	50.75
5453	Dessert, frozen, ice cream, vanilla, fat free	3.65	6	3.65	6	6.30
5456	Sweets, syrup, grenadine	46.55	3	46.55	3	46.55
5464	Dessert topping (non dairy), frozen, low fat	23.60	3	23.60	3	23.60
5485	Dessert, frozen yogourt, chocolate	9.62	8	9.62	8	19.24
5522	Sweets, syrup, dietetic	0.01	3	0.01	3	0.01
5523	Sweets, jams and preserves, dietetic (with saccharin), any flavour	37.81	3	37.81	3	37.81
5524	Candies, caramel with nuts, chocolate covered	32.60	6	37.20	6	41.35
5525	Candies, nougat, with almonds	44.97	3	44.97	3	44.97
5560	Whipped cream substitute, dietetic, powder, prepared	0.00	2	0.00	2	10.60
5625	unprepared	0.64	6	0.64	6	0.70
5626	Sweets, jellies, reduced sugar or no sugar, home preserved	45.30	3	45.30	3	45.30
5629	unprepared	0.64	6	0.64	6	0.70
5630	Dessert, pudding, all flavours except chocolate, dry mix, regular, low calorie, unprepared	2.64	6	2.64	6	2.90
5631	Dessert, pudding, all flavours except chocolate, dry mix, instant, low calorie, unprepared	0.82	6	0.82	6	0.90

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
5735	Dessert, frozen, ice cream, chocolate, light	20.20	4	20.20	4	24.71
5736	Sweets, topping, chocolate flavour hazelnut spread	49.70	6	49.70	6	54.05
5740	Dessert, pudding, vanilla, ready-to-eat, fat free	13.75	6	13.75	6	15.12
5741	Dessert, pudding, tapioca, ready-to-eat, fat free	7.09	8	7.09	8	14.18
5742	Dessert, pudding, chocolate, ready-to-eat, fat free	14.39	6	14.39	6	15.75
5748	Candies, sugar-coated almonds	58.33	6	58.33	6	62.50
5750	chocolate coated	0.00	2	0.00	2	8.52
5751	sweetener	0.00	2	0.00	2	12.61
5754	Dessert, frozen, ice cream, chocolate, rich	12.40	4	12.40	4	17.35
5857	Dessert, frozen, fudge bar, low fat	16.18	4	16.18	4	20.10
5974	Sweetener, aspartame	80.70	3	80.70	3	80.70
5975	Sweetener, sucralose	80.33	3	80.33	3	80.33
5977	Sweetener, saccharin	85.19	3	85.19	3	85.19
5978	Sweets, sugars, fructose, powder	92.70	3	92.70	3	92.70
6175	sweets, syrups, maple, prepackaged	58.59	3	58.59	3	58.59
6176	Sweets, sugars, maple, granulated	85.22	3	85.22	3	85.22
6177	Sweets, butter, maple	74.26	3	74.26	3	74.26
6178	Sweets, maple taffy	76.07	3	76.07	3	76.07
6224	Candies, fudge, peanut butter, homemade	36.68	8	36.68	8	73.36
6309	Cream, substitute, flavoured, liquid	32.84	6	32.84	6	33.04
6334	Dessert, frozen, ice cream, vanilla, reduced sugar	3.18	8	3.18	8	6.35
6340	Dessert, frozen, light ice cream, soft serve, blended with milk chocolate candies	17.86	5	17.86	5	24.37
6341	pieces	15.29	5	15.29	5	21.19
6571	Chocolate syrup, thin type, Calorie-reduced	28.57	3	28.57	3	28.57
6640	Dessert topping (non dairy), powdered, prepared with 2% milk	16.84	3	16.84	3	16.84
6673	Candies, chocolate, dark, not further specified	44.64	5	44.64	5	46.14
6789	Dulce de leche (caramelized milk)	44.82	5	44.82	5	49.74
6811	Candies, candy bits, yogourt covered	32.50	8	32.50	8	65.00
6817	Sweets, turbinado sugar	99.19	3	99.19	3	99.19
7025	Dessert, frozen yogourt, flavours not chocolate, skim milk, with artificial sweetener	0.00	2	0.00	2	12.61
7029	Dessert, frozen, ice cream bar or stick, chocolate covered	10.69	4	10.69	4	18.30
7030	Dessert, frozen, ice cream sandwich	15.97	6	15.97	6	18.57
7031	Dessert, frozen, ice cream cookie sandwich	18.31	6	18.31	6	21.30
7033	vanilla	15.35	6	15.35	6	17.86
7038	Dessert, frozen, ice cream, fat free, no sugar added, flavours other than chocolate	0.00	2	0.00	2	8.82
7040	Dessert, frozen, ice milk bar, low fat	11.03	8	11.03	8	22.06

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
7069	Snacks, fruit leather, pieces, vitamin C added	29.11	6	59.66	3	59.66
7129	Sweets, syrup, agave	68.03	3	68.03	3	68.03
7142	Sweets, syrup, cane	73.20	3	73.20	3	73.20
7201	Dessert, frozen, ice cream, soft serve, chocolate, light	15.91	6	15.91	6	19.46
7202	coating	16.97	6	16.97	6	21.05
7245	Sweetener, herbal extract powder from Stevia leaf	0.00	1	0.00	1	0.00
7294	sweetener	0.00	2	0.00	2	3.93
7577	minerals	50.97	3	50.97	3	50.97
403802	Sweetener, cyclamate	0.00	1	0.00	1	0.00
404294	Candies, bars/pieces, peanut butter filling, chocolate coated	23.49	8	23.49	8	46.98
404295	coated	39.45	6	39.45	6	46.36
404296	Candies, bars, caramel filling with nuts, chocolate coated	37.90	6	37.90	6	48.07
404297	chocolate coated	46.88	6	46.88	6	59.92
404298	Candies, nuts, chocolate and/or candy coated	37.91	6	37.91	6	50.73
404299	Candies, bars, wafers, chocolate coated	43.09	6	43.09	6	49.06
404300	Licorice, all flavours	46.01	6	46.01	6	46.01
404301	Candies, fruit flavoured chews	72.24	6	72.24	3	72.24
404302	Candies, bars, butter toffee, chocolate coated	29.95	8	29.95	8	59.89
404303	Candies, caramel pieces, chocolate coated	54.15	6	54.15	6	63.93
404304	Candies, milk chocolate pieces, candy coated	56.14	6	56.14	6	71.30
Dairy products						
18	Cheese, blue	0.00	2	0.00	2	0.50
19	Cheese, brick	0.00	2	0.00	2	0.51
20	Cheese, brie	0.00	2	0.00	2	0.45
21	Cheese, camembert	0.00	2	0.00	2	0.46
22	Cheese, caraway	0.00	1	0.00	1	0.00
23	Cheese, cheshire	0.00	1	0.00	1	0.00
24	Cheese, colby	0.00	2	0.00	2	0.52
25	Cheese, cottage, creamed (4.5% M.F.)	0.00	2	0.00	2	2.67
27	Cheese, cottage, uncreamed, dry curd (0.4% M.F.)	0.00	2	0.00	2	1.85
28	Cheese, cream	0.00	2	0.00	2	3.21
29	Cheese, edam	0.00	2	0.00	2	1.43
30	Cheese, fontina	0.00	2	0.00	2	1.55
32	Cheese, gruyere	0.00	2	0.00	2	0.36
33	Cheese, limburger	0.00	2	0.00	2	0.49
34	Cheese, monterey	0.00	2	0.00	2	0.50
35	Cheese, mozzarella, (48% water, 25% M.F.)	0.00	2	0.00	2	1.01
37	Cheese, muenster	0.00	2	0.00	2	1.12

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
38	Cheese, neufchatel	0.00	2	0.00	2	3.19
39	Cheese, parmesan, dry grated	0.00	2	0.00	2	0.07
40	Cheese, parmesan, hard	0.00	2	0.00	2	0.80
42	Cheese, provolone	0.00	2	0.00	2	0.56
43	Cheese, ricotta, with whole milk	0.00	2	0.00	2	0.27
44	Cheese, ricotta, with partly skimmed milk	0.00	2	0.00	2	0.31
45	Cheese, romano	0.00	2	0.00	2	0.73
46	Cheese, roquefort (blue)	0.00	2	0.00	2	0.52
47	Cheese, swiss (emmental)	0.00	2	0.00	2	1.32
51	Cheese, processed, cheddar, cold pack	0.00	2	0.00	2	0.51
52	Cheese, processed food, swiss, loaf	0.00	2	0.00	2	1.23
54	Cream, whipped, cream topping, pressurized	0.00	2	0.00	2	8.00
55	Eggnog, 7% M.F., Canadian product, 4% to 8% M.F.	0.17	5	0.17	5	8.05
61	Milk, fluid, partly skimmed, 2% M.F.	0.00	2	0.00	2	5.06
63	Milk, fluid, partly skimmed, 1% M.F.	0.00	2	0.00	2	5.20
66	Milk, dry whole	0.00	2	0.00	2	38.42
67	Milk, dry, buttermilk, sweet cream	0.00	2	0.00	2	49.00
68	Milk, condensed, sweetened, canned	45.30	6	45.30	6	54.40
69	Milk, fluid, chocolate, whole	4.48	4	4.48	4	9.54
70	Milk, fluid, chocolate, partly skimmed, 2% M.F.	4.49	4	4.49	4	9.55
72	Milk, fluid, goat, enriched, whole	0.00	2	0.00	2	4.45
73	Milk, fluid, human (breast milk), mature	0.00	2	0.00	2	6.89
78	Whey, acid, dry	0.00	2	0.00	2	73.45
80	Whey, sweet, dry	0.00	2	0.00	2	74.46
96	Cheese, goat, hard, (less than 35% water, 36% M.F.)	0.00	2	0.00	2	2.17
97	Cheese, goat, semi-soft, (35% to 55% water, 30% M.F.)	0.00	2	0.00	2	0.12
98	Cheese, goat, soft, (more than 55% water, 21% M.F.)	0.00	1	0.00	1	0.00
103	Cheese, Mexican, queso asadero	0.00	2	0.00	2	2.87
105	Cheese, cheddar or colby type, low fat (7% M.F.)	0.00	2	0.00	2	0.52
106	Cheese, cheddar or colby type, low sodium	0.00	2	0.00	2	0.49
107	Cheese, cottage, (1% M.F.)	0.00	2	0.00	2	2.72
108	Cheese, feta	0.00	2	0.00	2	4.09
109	Cheese, gouda	0.00	2	0.00	2	2.22
110	Cheese, mozzarella, (52% water, 22.5% M.F.)	0.00	2	0.00	2	1.03
111	Cheese, mozzarella, partially skim, (52% water, 16.5% M.F.)	0.00	2	0.00	2	1.13
112	Milk, evaporated, skim, canned, undiluted, 0.2% M.F.	0.00	2	0.00	2	11.35
113	Milk, fluid, whole, pasteurized, homogenized, 3.25% M.F.	0.00	2	0.00	2	5.05
114	Milk, fluid, skim	0.00	2	0.00	2	5.09

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
115	Milk, dry, skim, powder, instant	0.00	2	0.00	2	52.19
119	Cheese, cheddar	0.00	2	0.00	2	0.28
120	Cheese, cottage, (2% M.F.)	0.00	2	0.00	2	4.00
123	Milk, fluid, whole, producer, 3.7% M.F.	0.00	2	0.00	2	5.30
124	Milk, fluid, buttermilk, cultured, 1% M.F.	0.00	2	0.00	2	4.79
134	Milk, dry, skim, powder, regular	0.00	2	0.00	2	51.98
136	Cream, table (coffee), 18% M.F.	0.00	2	0.00	2	0.14
137	Cream, whipping, 32% M.F.	0.00	2	0.00	2	0.11
138	Cream, whipping, 35% M.F.	0.00	2	0.00	2	0.11
139	Cream, sour, cultured, 14% M.F.	0.00	2	0.00	2	0.30
140	Milk, evaporated, whole, canned, undiluted, 7.8% M.F.	0.00	2	0.00	2	10.04
147	Cheese, cottage, uncreamed, dry, large or small curd, nonfat	0.00	2	0.00	2	1.85
150	Cream, cereal (half and half), 10% M.F.	0.00	2	0.00	2	0.16
152	Cream, sour, cultured, 18% M.F.	0.00	2	0.00	2	0.16
153	Milk, evaporated, partly skimmed, canned, undiluted, 2% M.F.	0.00	2	0.00	2	10.04
163	Cream, table (coffee), 20% M.F.	0.00	2	0.00	2	0.14
4711	Milk, fluid, chocolate, partly skimmed, 1% M.F.	5.00	4	5.00	4	9.94
4722	Cheese, cream, fat free	0.00	2	0.00	2	5.48
5299	Cream, sour, light	0.00	2	0.00	2	5.77
5300	Cream, sour, fat free	0.00	2	0.00	2	0.39
5474	Cheese, monterey, low fat	0.00	2	0.00	2	0.56
5487	Milk, fluid, buttermilk, cultured, 2% M.F.	0.00	2	0.00	2	5.30
5512	Cheese, mozzarella, nonfat	0.00	2	0.00	2	1.48
5563	Cheese, cream, light	0.00	2	0.00	2	5.82
5565	Cheese spread, cream cheese base, flavoured	0.17	6	0.17	6	3.50
5566	Cheese, cheddar, imitation	0.00	2	0.00	2	7.74
5580	Cheese, parmesan, low sodium	0.00	2	0.00	2	0.85
5592	Cheese, processed product, swiss, slices, low fat	0.00	2	0.00	2	1.35
5601	Cheese, processed product, cheddar, slices, low sodium	0.00	2	0.00	2	0.45
5617	Cheese, swiss, low fat	0.00	2	0.00	2	1.33
5619	Cheese, mozzarella, low sodium	0.00	2	0.00	2	1.23
5623	Cheese food, imitation	0.00	2	0.00	2	8.21
6038	Cheese, cheddar, reduced fat (18%)	0.00	2	0.00	2	0.20
6308	Cheese, parmesan, dry grated, reduced fat	0.00	1	0.00	1	0.00
6310	Cream, substitute, flavoured, powdered	57.65	6	57.65	6	58.01
6311	Cheese, provolone, reduced fat	0.00	2	0.00	2	0.55
6639	Cream, whipping, 35% M.F., sweetened, whipped	5.81	4	5.81	4	5.91
6667	Coffee whitener (non dairy), liquid, soy creamer	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
6813	Mozzarella sticks, fried	0.00	2	0.00	2	2.36
6946	Cream, 5%	0.00	2	0.00	2	5.01
6948	Yogourt, plain, fat free (0-0.5% MF)	0.00	2	0.00	2	4.10
6949	Yogourt, fruit flavoured, fat free (0-0.5% M.F.)	3.79	6	11.62	4	11.66
6950	Yogourt, vanilla flavoured, fat free (0-0.5% M.F.)	7.19	4	7.19	4	11.00
6951	Yogourt, fruit flavoured, artificially sweetened, fat free (0-0.5% M.F.), with added Vitamin D	0.00	2	3.92	4	3.96
6952	Yogourt, vanilla flavoured, with artificial sweetener, fat free (0-0.5% M.F.), with added Vitamin D	0.00	2	0.00	2	3.65
6954	Yogourt, plain, low fat (0.5-1.9% M.F.)	0.00	2	0.00	2	4.34
6955	Yogourt, fruit flavoured, low fat (0.5-1.9% M.F.)	3.94	6	8.13	4	12.12
6956	Yogourt, vanilla flavoured, low fat (0.5-1.9% M.F.)	7.21	4	7.21	4	11.24
6958	Yogourt, fruit flavoured, low fat, with added omega-3 from flax (0.5-1.9% M.F.)	3.83	6	7.78	4	11.78
6961	Yogourt, plain (2-3.9% M.F.)	0.00	2	0.00	2	3.45
6962	Yogourt, plain, sweetened (2-3.9% M.F.)	4.53	4	4.53	4	7.82
6963	Yogourt, fruit flavoured (2-3.9% M.F.)	4.13	6	9.58	4	12.70
6964	Yogourt, vanilla flavoured (2-3.9% M.F.)	8.41	4	8.41	4	11.57
6965	Yogourt, coffee flavoured (2-3.9% M.F.)	8.61	4	8.61	4	11.76
6969	3.9% M.F.)	2.37	6	8.96	4	12.10
6971	Yogourt, plain, Balkan style (4-6% M.F.)	0.00	2	0.00	2	3.20
6972	Yogourt, fruit flavoured, Balkan style (4-6% M.F.)	6.30	8	9.71	4	12.60
6973	Yogourt, vanilla flavoured, Balkan style (4-6% M.F.)	8.16	4	8.16	4	11.10
6974	Yogourt, coffee flavoured, Balkan style (4-6% M.F.)	7.64	4	7.64	4	10.60
6975	Yogourt, plain, rich/Mediterranean style (6-9% M.F.)	0.00	2	0.00	2	3.50
6976	Yogourt, fruit flavoured, rich/Mediterranean style (6-9% M.F.)	6.20	8	9.22	4	12.40
6977	Yogourt, vanilla flavoured, rich/Mediterranean style (6-9% M.F.)	7.88	4	7.88	4	11.10
6978	Yogourt, coffee flavoured, rich/Mediterranean style (6-9% M.F.)	6.94	4	6.94	4	10.20
6979	Yogourt, Greek style, plain, fat free (0-0.5% M.F.)	0.00	2	0.00	2	3.20
6980	Yogourt, Greek style, fruit flavoured, fat free (0-0.5% M.F.)	4.97	6	7.85	4	10.80
6981	Yogourt, Greek style, vanilla flavoured, fat free (0-0.5% M.F.)	5.68	4	5.68	4	8.70
6982	Yogourt, Greek style, plain, rich (8-12% M.F.)	0.00	2	0.00	2	5.10
6983	D added	8.43	4	8.43	4	13.10
6987	Yogourt, soy, plain	3.60	3	3.60	3	3.60
6989	Yogourt, soy, fruit flavoured	2.44	6	7.50	3	7.50
6993	Yogourt beverage, fruit flavoured	3.67	6	8.30	5	11.30
6994	Yogourt beverage, vanilla flavoured	7.70	5	7.70	5	10.40
6995	Yogourt, plain, fresh cheese-type (quark), fat free, no salt added	0.00	2	0.00	2	3.50

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
6996	Yogourt, fruit flavoured, fresh cheese-type, miniature size, with added Vitamin D	5.00	8	6.74	4	10.00
6998	Yogourt, fruit flavoured, tubes, vitamin D added	2.99	6	5.20	5	9.20
6999	Kefir, plain, low fat (0.5-1.9% M.F.)	0.00	2	0.00	2	3.00
7002	M.F.)	2.99	6	8.13	4	12.12
7004	Babyfood, yogourt, fruit flavours, with added Vitamin D and DHA	7.29	4	7.77	5	11.31
7005	Cheese, processed product, cheddar, slices	0.00	2	0.00	2	6.10
7006	Cheese, processed product, mozzarella, slices	0.00	2	0.00	2	6.40
7007	Cheese, processed product, Swiss, slices	0.00	2	0.00	2	6.30
7008	Cheese, processed product, cheddar, reduced fat, slices	0.00	2	0.00	2	6.60
7009	Cheese, processed product, cheddar, fat free, slices	0.00	2	0.00	2	7.60
7010	Cheese, processed product, mozzarella, fat free, slices	0.00	2	0.00	2	7.50
7011	Cheese, processed product, Swiss, fat free, slices	0.00	2	0.00	2	7.50
7012	Cheese, processed product, cheddar, loaf	0.00	2	0.00	2	8.20
7013	Cheese, processed product, cheddar, spread	0.00	2	0.00	2	7.90
7014	Cheese, processed product, cheddar, reduced fat, spread	0.00	2	0.00	2	9.00
7024	Milk, fluid, buttermilk, cultured, whole	0.00	2	0.00	2	4.88
7041	Cheese, Mexican blend	0.00	2	0.00	2	1.23
7107	1.9% M.F.)	7.21	4	7.21	4	11.24
7110	Yogourt, plain, fat free, with added Vitamin D (0-0.5% MF)	0.00	2	0.00	2	4.10
7111	M.F.)	2.29	6	8.12	4	11.66
7113	Yogourt, vanilla flavoured, fat free, with added Vitamin D and A (0-0.5% M.F.)	7.19	4	7.19	4	11.00
7115	Yogourt, fruit flavoured (2-3.9% M.F.), with added Vitamin D	2.29	6	9.58	4	12.70
7116	Yogourt, vanilla flavoured, with added Vitamin D (2-3.9% M.F.)	8.41	4	8.41	4	11.57
7118	Yogourt, soy, vanilla flavoured	9.30	4	9.30	3	9.30
7119	Yogourt beverage, fruit flavoured, with added Vitamin D	2.22	6	8.30	5	11.30
7120	Yogourt beverage, vanilla flavoured, with added Vitamin D	7.70	5	7.70	5	10.40
7122	Yogourt, goat, fruit flavoured	4.80	8	7.28	4	9.60
7444	Quesadilla with cheese	0.82	5	0.82	5	2.21
7469	Yogourt, Greek style, plain, 2% M.F.	0.00	2	0.00	2	3.43
7471	Yogourt, Greek style, fruit flavoured, 2% M.F.	5.06	6	7.84	4	11.00
400037	Cream, canned, 25% M.F.	0.00	2	0.00	2	6.96
404021	CALCIUM	0.00	2	0.00	2	5.94
404054	CHEESE, SOY, SLICES	0.00	2	0.00	2	5.00
404108	Milk, fluid, partly skimmed, 0.5% M.F.	0.00	2	0.00	2	5.09
504448	Milk, NFS	0.00	2	0.00	2	5.10
Beverages						
75	Milk shake, chocolate, thick	12.27	6	12.27	6	20.85

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
76	Milk shake, vanilla, thick	10.21	6	10.21	6	17.75
2312	Carrot juice, canned	0.00	2	0.00	2	3.91
2473	Vegetable juice cocktail, canned	1.45	8	2.89	3	2.89
2835	Alcohol, beer, light (4% alcohol by volume)	0.00	2	0.00	2	0.09
2843	Alcohol, liqueur, creme de menthe (36% alcohol by volume)	0.00	2	0.00	2	41.60
2844	Alcohol, whisky (40% alcohol by volume)	0.00	1	0.00	1	0.00
2845	Alcohol, rum (40% alcohol by volume)	0.00	1	0.00	1	0.00
2846	Alcohol, vodka (40% alcohol by volume)	0.00	1	0.00	1	0.00
2848	Alcohol, dessert wine, sweet (18.8% alcohol by volume)	0.00	2	7.78	3	7.78
2849	Alcohol, table wine, all (11.5% alcohol by volume)	0.00	2	0.79	3	0.79
2850	Alcohol, table wine, red (11.5% alcohol by volume)	0.00	2	0.62	3	0.62
2851	Alcohol, table wine, rose (11.5% alcohol by volume)	0.00	2	0.68	3	0.68
2852	Alcohol, table wine, white (11.5% alcohol by volume)	0.00	2	0.96	3	0.96
2853	Carbonated drinks, club soda	0.00	1	0.00	1	0.00
2854	Carbonated drinks, cream soda	13.30	3	13.30	3	13.30
2855	Carbonated drinks, ginger ale	8.70	3	8.70	3	8.70
2856	Carbonated drinks, grape soda	11.20	3	11.20	3	11.20
2857	Carbonated drinks, lemon-lime soda	8.98	3	8.98	3	8.98
2858	Carbonated drinks, orange soda	12.30	3	12.30	3	12.30
2859	Carbonated drinks, pepper type	10.40	3	10.40	3	10.40
2860	Carbonated drinks, tonic water (quinine)	8.80	3	8.80	3	8.80
2861	Carbonated drinks, root beer	10.60	3	10.60	3	10.60
2864	Beverage mix, chocolate flavour, powder	77.84	4	77.84	4	83.88
2868	Juice, tomato clam cocktail, canned	1.66	8	3.31	3	3.31
2869	Hot chocolate, mix, powder	26.70	4	26.70	4	65.55
2873	Coffee, brewed, prepared with tap water	0.00	1	0.00	1	0.00
2874	Coffee, instant, regular, powder	0.00	1	0.00	1	0.00
2875	Coffee, instant, regular, powder, water added	0.00	1	0.00	1	0.00
2876	Coffee, instant, decaffeinated, powder	0.00	1	0.00	1	0.00
2877	Coffee, instant, decaffeinated, powder, water added	0.00	1	0.00	1	0.00
2878	Coffee, instant with chicory, powder	0.00	1	0.00	1	0.00
2879	Coffee, instant with chicory, powder, water added	0.00	1	0.00	1	0.00
2880	Coffee, instant, with sugar, mocha flavour, powder	58.20	4	58.20	4	58.20
2883	Coffee substitute, cereal grain beverage, powder	4.63	3	4.63	3	4.63
2885	Juice drink, cranberry and apricot, bottled	0.00	2	14.59	3	14.59
2888	Juice drink, citrus fruit, frozen concentrate	0.00	2	28.63	3	28.63
2889	Juice drink, citrus fruit, frozen concentrate, water added	0.00	2	8.13	3	8.13
2892	Lemonade, white, frozen concentrate	44.46	3	44.46	3	44.46

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2893	Lemonade, white, frozen concentrate, water added	9.98	3	9.98	3	9.98
2895	Limeade, frozen concentrate, water added	13.27	3	13.27	3	13.27
2896	Malted milk, natural flavour, enriched powder	16.12	6	16.12	6	42.61
2900	Malted milk, chocolate flavour, enriched powder	9.82	6	9.82	6	58.07
2907	Strawberry flavour mix, powder	95.45	7	95.45	3	95.45
2909	Tea, brewed	0.00	1	0.00	1	0.00
2911	Tea, instant, unsweetened, powder, water added	0.00	2	0.00	2	0.02
2912	Tea, instant, unsweetened, lemon flavour, powder	0.00	2	0.00	2	4.52
2914	Tea, instant, sweetened, lemon flavour, powder	95.29	3	95.29	3	95.29
2915	Tea, instant, sweetened, lemon flavour, powder, water added	8.33	3	8.33	3	8.33
2916	Tea, brewed, herb	0.00	1	0.00	1	0.00
2918	Water, mineral, carbonated, bottled	0.00	1	0.00	1	0.00
2919	Water, mineral, bottled	0.00	1	0.00	1	0.00
2920	Carbonated drinks, cola, fast-food cola	8.97	3	8.97	3	8.97
2921	Juice drink, fruit punch, frozen concentrate	21.55	8	43.10	3	43.10
2922	Juice drink, fruit punch, frozen concentrate, water added	5.70	8	11.40	3	11.40
2924	Alcohol, liqueur, coffee (26.5% alcohol by volume)	0.00	2	0.00	2	38.30
2925	Alcohol, liqueur, coffee and cream (17% alcohol by volume)	0.00	2	0.00	2	19.76
2926	Carbonated drinks, cola with aspartame	0.00	1	0.00	1	0.00
2928	added	3.70	4	3.70	4	3.70
2929	Coffee, instant, sweetened, French flavour, powder, water added	3.39	4	3.39	4	3.39
2930	Coffee, instant, sweetened, mocha flavour, powder, water added	3.42	4	3.42	4	3.42
2933	Water, municipal	0.00	1	0.00	1	0.00
2936	Alcohol, liqueur, coffee (31.5% alcohol by volume)	0.00	2	0.00	2	32.20
2937	Alcohol, dessert wine, dry (18.8% alcohol by volume)	0.00	2	1.09	3	1.09
2938	Carbonated drinks, non cola with aspartame	0.00	1	0.00	1	0.00
2943	Alcohol, beer, regular, (5% alcohol by volume)	0.00	1	0.00	1	0.00
2952	Alcohol, gin (40% alcohol by volume)	0.00	1	0.00	1	0.00
2953	Hot chocolate, with aspartame, mix, powder	0.00	2	0.00	2	37.65
2954	Juice drink, cranberry-apple, vitamin C added, bottled	0.00	2	14.50	3	14.50
2955	Juice drink, cranberry-grape, vitamin C added, bottled	0.00	2	14.18	3	14.18
2956	Juice, cocktail, cranberry, vitamin C added, bottled	5.94	8	11.87	3	11.87
2957	Drink, fruit punch flavour, vitamin C added, powder	95.20	3	95.20	3	95.20
2958	added	9.22	3	9.22	3	9.22
2959	Drink, fruit punch, vitamin C added, ready-to-drink	5.65	8	11.29	3	11.29
2960	Juice drink, grape, vitamin C added, canned	0.00	2	13.06	3	13.06
2961	Drink, grape, vitamin C added, canned	14.11	3	14.11	3	14.11
2963	Lemonade with artificial sweetener, powder, water added	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2964	Drink, lemonade flavour, vitamin C added, powder	94.44	3	94.44	3	94.44
2966	volume)	0.00	2	0.00	2	8.05
2968	Juice drink, pineapple and grapefruit, vitamin C added, canned	0.00	2	11.52	3	11.52
2969	Juice drink, pineapple and orange, vitamin C added, canned	0.00	2	11.59	3	11.59
2971	Drink, orange flavour, vitamin C added, powder	92.31	3	92.31	3	92.31
2972	Drink, orange flavour, vitamin C added, powder, water added	11.80	3	11.80	3	11.80
2974	Drink, orange, vitamin C added, frozen concentrate, water added	11.91	3	11.91	3	11.91
2975	Juice, cocktail, cranberry, vitamin C added, frozen concentrate	21.25	8	42.50	3	42.50
2976	Juice, cocktail, cranberry, vitamin C added, frozen concentrate, water added	5.91	8	11.81	3	11.81
2977	Alcohol, whisky (45% alcohol by volume)	0.00	1	0.00	1	0.00
2978	Alcohol, wine cooler	0.00	2	7.18	3	7.18
2981	Drink, fruit punch flavour, powder, water added	9.23	3	9.23	3	9.23
2982	Drink, lemonade flavour, powder	94.44	3	94.44	3	94.44
2983	Drink, lemonade flavour, powder, water added	6.64	3	6.64	3	6.64
4779	Coffee, brewed, espresso, restaurant prepared	0.00	1	0.00	1	0.00
4780	Plant-based beverage, rice, enriched	0.00	6	0.00	6	5.28
4908	Tea, iced, lemon flavour, ready-to-drink	9.09	3	9.09	3	9.09
4979	Carbonated drinks, cola with aspartame, decaffeinated	0.00	1	0.00	1	0.00
4980	Carbonated drinks, cola, decaffeinated	10.58	3	10.58	3	10.58
4981	Coffee, brewed, prepared with municipal water, decaffeinated	0.00	1	0.00	1	0.00
4985	Tea, brewed, prepared with tap water, decaffeinated	0.00	1	0.00	1	0.00
5288	Carbonated drinks, cola	10.75	3	10.75	3	10.75
5290	Tea, instant, unsweetened, powder, decaffeinated	0.00	2	0.00	2	5.53
5291	Tea, instant, sweetened, lemon flavour, powder, decaffeinated	95.29	3	95.29	3	95.29
5292	Sports drink, fruit flavour, low calorie, ready-to-drink	0.00	1	0.00	1	0.00
5294	Non-alcoholic, wine	0.00	2	1.10	3	1.10
5422	Coffee, brewed, espresso, restaurant-prepared, decaffeinated	0.00	1	0.00	1	0.00
5423	Coffee, instant, powder, half the caffeine	0.00	1	0.00	1	0.00
5424	Drink, breakfast type, orange, ready-to-drink	0.00	7	6.56	3	6.56
5451	Hot chocolate, cocoa, high fat or breakfast, processed with alkali, mix, powder	0.62	6	0.62	6	1.53
5457	aspartame	0.00	1	0.00	1	0.00
5552	Alcohol, table wine, light	0.00	2	1.15	3	1.15
5586	Juice, tomato and vegetable, low sodium	0.00	2	3.80	3	3.80
5602	Coffee, instant, powder, with whitener and artificial sweetener	0.00	2	0.00	2	59.00
5603	Juice drink, cranberry-apple low calorie, with vitamin C added	0.00	2	4.60	3	4.60
5611	Alcohol, rice (sake)	0.00	1	0.00	1	0.00
5628	Cocktail mix, non-alcoholic, concentrated, frozen	23.06	6	24.53	3	24.53

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
5632	Drink, fruit flavour, powder, vitamin C, unsweetened	0.00	1	0.00	1	0.00
5710	Coffee, instant, mocha, powder, with whitener and artificial sweetener, decaffeinated	0.00	2	0.00	2	34.98
5962	Sports drink, fruit flavour, ready-to-drink	5.24	6	5.24	3	5.24
5963	Sports drink, lemon-lime flavour, ready-to-drink	6.11	6	6.11	3	6.11
6287	Juice, tomato, canned, no salt added	0.00	2	2.58	3	2.58
6327	Water, fruit flavour, sweetened with artificial sweetener	0.00	1	0.00	1	0.00
6328	Drink, breakfast type, orange, reduced sugar	0.00	2	0.03	3	0.03
6329	Plant-based beverage, soy, enriched, chocolate	7.86	3	7.86	3	7.86
6330	Plant-based beverage, soy, enriched, all flavours, unsweetened	0.00	2	0.00	2	0.41
6436	Drink, fruit punch, frozen concentrate	20.70	8	41.40	3	41.40
6437	Drink, fruit punch, frozen concentrate, water added	5.83	8	11.66	3	11.66
6470	Juice drink, orange	0.00	2	9.36	3	9.36
6705	Vodka cooler, fruit flavours	0.00	6	4.67	3	4.67
6707	Sangria	4.16	8	4.16	8	8.33
6720	Plant-based beverage, soy, enriched, all flavours	3.65	3	3.65	3	3.65
7055	Drink, fruit flavour, vitamin C added, ready-to-drink	5.00	3	5.00	3	5.00
7070	Juice drink, fruit, ready-to-drink	0.00	2	10.69	3	10.69
7174	Energy drink, shot, sugar free	0.00	2	0.13	3	0.13
7175	Energy drink, various flavours	10.65	4	10.97	3	10.97
7177	Energy drink, sugar free/low calorie	0.00	2	0.36	3	0.36
7178	Energy drink, with fruit juice	6.51	4	6.85	3	6.85
7185	Vitamin water, all flavours, sweetened	4.89	3	4.89	3	4.89
7187	Vitamin water, lemon/orange flavours, sweetened	4.99	3	4.99	3	4.99
7188	Vitamin water, lemon/orange flavours, low Calorie	0.00	1	0.00	1	0.00
7189	Vitamin water, tropical citrus flavour, sweetened, with caffeine	5.51	3	5.51	3	5.51
7224	Beverage, coconut water, unsweetened, ready-to-drink	0.00	2	3.92	3	3.92
7225	flavoured	5.92	6	5.92	6	6.25
7226	flavoured	4.38	8	4.38	8	8.75
7228	Beverage, protein drink, ready-to-drink, light	0.00	1	0.00	1	0.00
7229	Beverage, whey protein isolate, powder	1.16	3	1.16	3	1.16
7230	Juice drink, orange, Calorie-reduced	0.00	2	4.17	3	4.17
7231	Beverage, protein powder, whey based, powder	0.00	1	0.00	1	0.00
7232	Plant-based beverage, protein powder, soy based, powder	22.22	3	22.22	3	22.22
7233	Beverages, high protein powder	3.57	3	3.57	3	3.57
7237	Vitamin water, flavours not lemon/orange, sweetened	4.82	3	4.82	3	4.82
7238	Vitamin water, flavours not lemon/orange, low Calorie	0.03	3	0.03	3	0.03
7281	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener	0.00	2	0.00	2	34.98

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
7421	Vegetable juice cocktail, canned, low sodium	1.41	8	2.81	3	2.81
7429	Carbonated drinks, lemon-lime soda, with caffeine	12.90	3	12.90	3	12.90
7457	Beverage mix, chocolate flavour, powder, no added sugar	0.00	2	0.00	2	27.27
7477	Beverage mix, chocolate flavour, powder, no added sugar, with 2% M.F. milk	0.00	2	0.00	2	6.27
7478	Plant-based beverage, coconut, enriched, sweetened, all flavours	3.12	4	3.12	3	3.12
7480	Plant-based beverage, cashew, enriched, sweetened	3.12	4	3.12	4	3.12
403792	MEAL REPLACEMENT, POWDER, DIET	0.00	2	0.00	2	60.60
403913	WATER, WELL	0.00	1	0.00	1	0.00
403931	WATER, DISTILLED	0.00	1	0.00	1	0.00
403945	MEAL REPLACEMENT, READY TO DRINK, REGULAR (ALL FLAVOURS)	0.91	6	0.91	6	7.88
403953	BOTTLED	0.00	2	2.84	3	2.84
403959	BEER, ICE (7.1% ALCOHOL BY VOLUME)	0.00	1	0.00	1	0.00
404066	MEAL REPLACEMENT, RICH IN FIBER, POWDER	5.39	6	5.39	6	21.57
404210	FLAVOURS)	0.11	6	0.11	6	0.98
404212	MEAL REPLACEMENT, READY TO DRINK, PLUS (ALL FLAVOURS)	1.10	6	1.10	6	9.48
404214	MEAL REPLACEMENT, READY TO DRINK, DIABETIC (ALL FLAVOURS)	0.00	2	0.00	2	1.58
404285	MEAL REPLACEMENT, READY TO SERVE, FOR CHILDREN	3.63	6	3.63	6	10.50
404292	Juice drink, fruit, without added vitamin C, ready-to drink	0.00	2	10.69	3	10.69
Fats and oils						
16	Butter, whipped	0.00	2	0.00	2	0.06
17	Butter oil, anhydrous	0.00	1	0.00	1	0.00
92	Butter, unsalted	0.00	2	0.00	2	0.06
118	Butter, regular	0.00	2	0.00	2	0.06
414	Animal fat, beef tallow	0.00	1	0.00	1	0.00
418	Vegetable oil, peanut	0.00	1	0.00	1	0.00
419	Vegetable oil, soybean	0.00	1	0.00	1	0.00
420	Vegetable oil, coconut	0.00	1	0.00	1	0.00
422	Vegetable oil, olive	0.00	1	0.00	1	0.00
423	Vegetable oil, palm	0.00	1	0.00	1	0.00
424	Vegetable oil, sesame	0.00	1	0.00	1	0.00
430	Vegetable oil, cottonseed	0.00	1	0.00	1	0.00
432	Vegetable oil, safflower, linoleic (70% and over)	0.00	1	0.00	1	0.00
433	Vegetable oil, safflower, oleic (70% and over)	0.00	1	0.00	1	0.00
434	Vegetable oil, palm kernel	0.00	1	0.00	1	0.00
436	Vegetable oil, grapeseed	0.00	1	0.00	1	0.00
437	Vegetable oil, corn	0.00	1	0.00	1	0.00
439	Vegetable oil, walnut	0.00	1	0.00	1	0.00
442	Vegetable oil, soybean lecithin	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
445	Animal fat, chicken	0.00	1	0.00	1	0.00
447	Animal fat, duck	0.00	1	0.00	1	0.00
448	Animal fat, turkey	0.00	1	0.00	1	0.00
450	Vegetable oil, avocado	0.00	1	0.00	1	0.00
451	Vegetable oil, canola	0.00	1	0.00	1	0.00
452	Vegetable oil, mustard	0.00	1	0.00	1	0.00
453	Vegetable oil, sunflower, oleic (70% and over)	0.00	1	0.00	1	0.00
464	Animal fat, lard (pork)	0.00	1	0.00	1	0.00
547	Shortening, industrial, all purpose, soy and palm	0.00	1	0.00	1	0.00
550	Spread, 20% butter / 80% canola oil	0.00	2	0.00	2	0.01
552	Shortening, household, unspecified vegetable oil	0.00	1	0.00	1	0.00
831	Chicken, broiler, separable fat, raw	0.00	1	0.00	1	0.00
1760	Pork, separable fat, cooked	0.00	1	0.00	1	0.00
2665	Beef, suet, raw	0.00	1	0.00	1	0.00
5307	Butter, light, salted	0.00	1	0.00	1	0.00
5308	Butter, light, unsalted	0.00	1	0.00	1	0.00
5309	Meat drippings (lard, beef tallow, mutton tallow)	0.00	1	0.00	1	0.00
5310	Animal fat, bacon grease	0.00	1	0.00	1	0.00
5316	Shortening, household, composite	0.00	1	0.00	1	0.00
5497	Vegetable oil, flaxseed (linseed), cold pressed	0.00	1	0.00	1	0.00
5510	Vegetable oil, canola and soybean	0.00	1	0.00	1	0.00
6019	Beef, fat, cooked	0.00	1	0.00	1	0.00
6465	Vegetable oil, cooking spray	0.00	1	0.00	1	0.00
7191	Vegetable oil, sunflower, mid-oleic	0.00	1	0.00	1	0.00
7458	Margarine, stick, canola and/or soybean oil	0.00	1	0.00	1	0.00
7459	Margarine, stick, palm and soybean oils	0.00	1	0.00	1	0.00
7460	Margarine, tub, non-hydrogenated, soybean oil	0.00	1	0.00	1	0.00
7463	Margarine, tub, non-hydrogenated, canola oil (includes some sunflower oil)	0.00	1	0.00	1	0.00
7464	Margarine, tub, non-hydrogenated, canola oil, with plant sterols	0.00	1	0.00	1	0.00
7465	Margarine, tub, non-hydrogenated, canola oil (includes some sunflower oil) unsalted	0.00	1	0.00	1	0.00
7466	Margarine, tub, non-hydrogenated, canola oil (includes some sunflower oil), lactose free, vegan	0.00	1	0.00	1	0.00
7467	Margarine, tub, non-hydrogenated, canola and fish oil	0.00	1	0.00	1	0.00
7470	Margarine, tub, non-hydrogenated, canola and olive oil	0.00	1	0.00	1	0.00
7472	Margarine, tub, non-hydrogenated, canola oil, with plant sterols, Calorie-reduced	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
7473	Margarine-like spread (including garlic flavoured), tub, non-hydrogenated, mixed vegetable oils, 68% fat	0.00	1	0.00	1	0.00
7474	oil, 50% fat	0.00	1	0.00	1	0.00
7475	Margarine, tub, non-hydrogenated, canola oil (includes some sunflower oil), Calorie-reduced	0.00	1	0.00	1	0.00
7476	reduced	0.00	1	0.00	1	0.00
7574	Margarine, tub, hydrogenated, soybean oil	0.00	1	0.00	1	0.00
7575	Margarine, tub, hydrogenated, canola oil	0.00	1	0.00	1	0.00
404273	Margarine, tub, composite	0.00	1	0.00	1	0.00
504598	Vegetable oil, NFS	0.00	1	0.00	1	0.00
Meats						
559	Chicken, broiler, meat, skin, giblets and neck, stewed	0.00	1	0.00	1	0.00
560	Chicken, broiler, meat and skin, raw	0.00	1	0.00	1	0.00
561	Chicken, broiler, meat and skin, batter dipped, fried	0.00	1	0.00	1	0.00
562	Chicken, broiler, meat and skin, flour coated, fried	0.00	1	0.00	1	0.00
563	Chicken, broiler, meat and skin, roasted	0.00	1	0.00	1	0.00
564	Chicken, broiler, meat and skin, stewed	0.00	1	0.00	1	0.00
565	Chicken, broiler, meat only, raw	0.00	1	0.00	1	0.00
566	Chicken, broiler, meat only, fried	0.00	1	0.00	1	0.00
567	Chicken, broiler, meat only, roasted	0.00	1	0.00	1	0.00
568	Chicken, broiler, meat only, stewed	0.00	1	0.00	1	0.00
573	Chicken, broiler, giblets, simmered	0.00	1	0.00	1	0.00
575	Chicken, broiler, gizzard, simmered	0.00	1	0.00	1	0.00
577	Chicken, broiler, heart, simmered	0.00	1	0.00	1	0.00
578	Chicken, broiler, liver, raw	0.00	1	0.00	1	0.00
579	Chicken, broiler, liver, simmered	0.00	1	0.00	1	0.00
583	Chicken, broiler, light meat and skin, roasted	0.00	1	0.00	1	0.00
584	Chicken, broiler, light meat and skin, stewed	0.00	1	0.00	1	0.00
590	Chicken, broiler, light meat, raw	0.00	1	0.00	1	0.00
592	Chicken, broiler, light meat, roasted	0.00	1	0.00	1	0.00
593	Chicken, broiler, light meat, stewed	0.00	1	0.00	1	0.00
595	Chicken, broiler, dark meat, fried	0.00	1	0.00	1	0.00
596	Chicken, broiler, dark meat, roasted	0.00	1	0.00	1	0.00
597	Chicken, broiler, dark meat, stewed	0.00	1	0.00	1	0.00
598	Chicken, broiler, back, meat and skin, batter dipped, fried	0.00	1	0.00	1	0.00
600	Chicken, broiler, back, meat, fried	0.00	1	0.00	1	0.00
601	Chicken, broiler, breast, meat and skin, batter dipped, fried	0.00	1	0.00	1	0.00
602	Chicken, broiler, breast, meat and skin, flour coated, fried	0.00	1	0.00	1	0.00
603	Chicken, broiler, breast, meat, fried	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
606	Chicken, broiler, drumstick, meat, fried	0.00	1	0.00	1	0.00
607	Chicken, broiler, leg, meat and skin, raw	0.00	1	0.00	1	0.00
610	Chicken, broiler, leg, meat and skin, roasted	0.00	1	0.00	1	0.00
611	Chicken, broiler, leg, meat and skin, stewed	0.00	1	0.00	1	0.00
612	Chicken, broiler, leg, meat, raw	0.00	1	0.00	1	0.00
613	Chicken, broiler, leg, meat, fried	0.00	1	0.00	1	0.00
614	Chicken, broiler, leg, meat, roasted	0.00	1	0.00	1	0.00
615	Chicken, broiler, leg, meat, stewed	0.00	1	0.00	1	0.00
619	Chicken, broiler, neck, meat and skin, simmered	0.00	1	0.00	1	0.00
622	Chicken, broiler, neck, meat, simmered	0.00	1	0.00	1	0.00
625	Chicken, broiler, thigh, meat, fried	0.00	1	0.00	1	0.00
626	Chicken, broiler, wing, meat and skin, raw	0.00	1	0.00	1	0.00
629	Chicken, broiler, wing, meat and skin, roasted	0.00	1	0.00	1	0.00
630	Chicken, broiler, wing, meat and skin, stewed	0.00	1	0.00	1	0.00
631	Chicken, broiler, wing, meat, raw	0.00	1	0.00	1	0.00
632	Chicken, broiler, wing, meat, fried	0.00	1	0.00	1	0.00
633	Chicken, broiler, wing, meat, roasted	0.00	1	0.00	1	0.00
634	Chicken, broiler, wing, meat, stewed	0.00	1	0.00	1	0.00
663	Duck, domesticated, meat and skin, roasted	0.00	1	0.00	1	0.00
664	Duck, domesticated, meat only, raw	0.00	1	0.00	1	0.00
665	Duck, domesticated, meat only, roasted	0.00	1	0.00	1	0.00
672	Goose, domesticated, meat only, roasted	0.00	1	0.00	1	0.00
688	Turkey, all classes, meat and skin, raw	0.00	1	0.00	1	0.00
689	Turkey, all classes, meat and skin, roasted	0.00	1	0.00	1	0.00
690	Turkey, all classes, meat only, raw	0.00	1	0.00	1	0.00
691	Turkey, all classes, meat only, roasted	0.00	1	0.00	1	0.00
695	Turkey, all classes, giblets, simmered	0.00	1	0.00	1	0.00
697	Turkey, all classes, gizzard, simmered	0.00	1	0.00	1	0.00
699	Turkey, all classes, heart, simmered	0.00	1	0.00	1	0.00
703	Turkey, all classes, neck, meat only, simmered	0.00	1	0.00	1	0.00
705	Turkey, all classes, light meat and skin, roasted	0.00	1	0.00	1	0.00
709	Turkey, all classes, light meat only, roasted	0.00	1	0.00	1	0.00
711	Turkey, all classes, dark meat only, roasted	0.00	1	0.00	1	0.00
714	Turkey, all classes, breast, meat and skin, raw	0.00	1	0.00	1	0.00
715	Turkey, all classes, breast, meat and skin, roasted	0.00	1	0.00	1	0.00
717	Turkey, all classes, leg, meat and skin, roasted	0.00	1	0.00	1	0.00
719	Turkey, all classes, wing, meat and skin, roasted	0.00	1	0.00	1	0.00
800	broth	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
815	Turkey, all classes, ground, raw	0.00	1	0.00	1	0.00
816	Turkey, all classes, ground, cooked	0.00	1	0.00	1	0.00
817	Chicken, cornish game hens, meat and skin, raw	0.00	1	0.00	1	0.00
818	Chicken, cornish game hens, meat and skin, roasted	0.00	1	0.00	1	0.00
820	Chicken, cornish game hens, meat only, roasted	0.00	1	0.00	1	0.00
821	Chicken, stewing, meat only, stewed	0.00	1	0.00	1	0.00
833	Chicken, broiler, back, meat and skin, roasted	0.00	1	0.00	1	0.00
834	Chicken, broiler, back, meat and skin, stewed	0.00	1	0.00	1	0.00
835	Chicken, broiler, back, meat, raw	0.00	1	0.00	1	0.00
836	Chicken, broiler, back, meat, roasted	0.00	1	0.00	1	0.00
838	Chicken, broiler, breast, meat and skin, raw	0.00	1	0.00	1	0.00
839	Chicken, broiler, breast, meat and skin, roasted	0.00	1	0.00	1	0.00
840	Chicken, broiler, breast, meat and skin, stewed	0.00	1	0.00	1	0.00
841	Chicken, broiler, breast, skinless, boneless, meat, raw	0.00	1	0.00	1	0.00
842	Chicken, broiler, breast, meat, roasted	0.00	1	0.00	1	0.00
843	Chicken, broiler, breast, meat, stewed	0.00	1	0.00	1	0.00
844	Chicken, broiler, drumstick, meat and skin, raw	0.00	1	0.00	1	0.00
845	Chicken, broiler, drumstick, meat and skin, roasted	0.00	1	0.00	1	0.00
846	Chicken, broiler, drumstick, meat and skin, stewed	0.00	1	0.00	1	0.00
847	Chicken, broiler, drumstick, meat, raw	0.00	1	0.00	1	0.00
848	Chicken, broiler, drumstick, meat, roasted	0.00	1	0.00	1	0.00
849	Chicken, broiler, drumstick, meat, stewed	0.00	1	0.00	1	0.00
850	Chicken, broiler, thigh, meat and skin, raw	0.00	1	0.00	1	0.00
851	Chicken, broiler, thigh, meat and skin, roasted	0.00	1	0.00	1	0.00
852	Chicken, broiler, thigh, meat and skin, stewed	0.00	1	0.00	1	0.00
853	Chicken, broiler, thigh, meat, raw	0.00	1	0.00	1	0.00
854	Chicken, broiler, thigh, meat, roasted	0.00	1	0.00	1	0.00
855	Chicken, broiler, thigh, meat, stewed	0.00	1	0.00	1	0.00
887	Poultry food products, turkey, canned, flaked	0.00	1	0.00	1	0.00
918	Chicken, ground, lean, raw	0.00	1	0.00	1	0.00
919	Chicken, ground, lean, cooked	0.00	1	0.00	1	0.00
1161	Pate, liver, unspecified meat, canned	0.00	1	0.00	1	0.00
1192	Liver sausage, liverwurst, pork	0.00	1	0.00	1	0.00
1758	Pork, wholesale cuts, belly, raw	0.00	1	0.00	1	0.00
1761	Pork, leg, whole, lean and fat, raw	0.00	1	0.00	1	0.00
1762	Pork, leg, whole, lean and fat, roasted	0.00	1	0.00	1	0.00
1763	Pork, leg, whole, lean, raw	0.00	1	0.00	1	0.00
1764	Pork, leg, whole, lean, roasted	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1773	Pork, loin, whole, lean and fat, raw	0.00	1	0.00	1	0.00
1774	Pork, loin, whole, lean and fat, braised	0.00	1	0.00	1	0.00
1775	Pork, loin, whole, lean and fat, broiled	0.00	1	0.00	1	0.00
1776	Pork, loin, whole, lean and fat, roasted	0.00	1	0.00	1	0.00
1777	Pork, loin, whole, lean, raw	0.00	1	0.00	1	0.00
1778	Pork, loin, whole, lean, braised	0.00	1	0.00	1	0.00
1779	Pork, loin, whole, lean, broiled	0.00	1	0.00	1	0.00
1780	Pork, loin, whole, lean, roasted	0.00	1	0.00	1	0.00
1781	Pork, loin, centre cut (centre chop), bone-in, lean and fat, raw	0.00	1	0.00	1	0.00
1782	Pork, loin, centre cut (centre chop), bone in, lean and fat, braised	0.00	1	0.00	1	0.00
1783	Pork, loin, centre cut (centre chop), bone-in, lean and fat, broiled	0.00	1	0.00	1	0.00
1784	Pork, loin, centre cut (centre chop), bone-in, lean and fat, roasted	0.00	1	0.00	1	0.00
1785	Pork, loin, centre cut (centre chop), bone-in, lean, raw	0.00	1	0.00	1	0.00
1786	Pork, loin, centre cut (centre chop), bone-in, lean, braised	0.00	1	0.00	1	0.00
1787	Pork, loin, centre cut (centre chop), bone-in, lean, broiled	0.00	1	0.00	1	0.00
1788	Pork, loin, centre cut (centre chop), bone-in, lean, roasted	0.00	1	0.00	1	0.00
1789	Pork, loin, rib chop (rib end), bone-in, lean and fat, raw	0.00	1	0.00	1	0.00
1791	Pork, loin, rib chop (rib end), bone-in, lean and fat, broiled	0.00	1	0.00	1	0.00
1792	Pork, loin, rib chop (rib end), bone-in, lean and fat, roasted	0.00	1	0.00	1	0.00
1793	Pork, loin, rib chop (rib end), bone-in, lean, raw	0.00	1	0.00	1	0.00
1794	Pork, loin, rib chop (rib end), bone-in, lean, braised	0.00	1	0.00	1	0.00
1795	Pork, loin, rib chop (rib end), bone-in, lean, broiled	0.00	1	0.00	1	0.00
1796	Pork, loin, rib chop (rib end), bone-in, lean, roasted	0.00	1	0.00	1	0.00
1799	Pork, loin, sirloin chop, bone-in, lean and fat, broiled	0.00	1	0.00	1	0.00
1802	Pork, loin, sirloin chop, bone-in, lean, braised	0.00	1	0.00	1	0.00
1803	Pork, loin, sirloin chop, bone-in, lean, broiled	0.00	1	0.00	1	0.00
1813	Pork, shoulder, whole, lean and fat, raw	0.00	1	0.00	1	0.00
1814	Pork, shoulder, whole, lean and fat, roasted	0.00	1	0.00	1	0.00
1816	Pork, shoulder, whole, lean, roasted	0.00	1	0.00	1	0.00
1818	Pork, shoulder, picnic (arm), lean and fat, braised	0.00	1	0.00	1	0.00
1821	Pork, shoulder, picnic (arm), lean, braised	0.00	1	0.00	1	0.00
1824	Pork, shoulder, blade portion, bone-in, lean and fat, braised	0.00	1	0.00	1	0.00
1825	Pork, shoulder, blade portion, bone-in, lean and fat, broiled	0.00	1	0.00	1	0.00
1826	Pork, shoulder, blade portion, bone-in, lean and fat, roasted	0.00	1	0.00	1	0.00
1828	Pork, shoulder, blade portion, bone-in, lean, braised	0.00	1	0.00	1	0.00
1829	Pork, shoulder, blade portion, bone-in, lean, broiled	0.00	1	0.00	1	0.00
1837	Pork, ears, frozen, simmered	0.00	1	0.00	1	0.00
1838	Pork, feet, raw	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1841	Pork, jowl, raw	0.00	1	0.00	1	0.00
1845	Pork, liver, braised	0.00	1	0.00	1	0.00
1857	Pork, cured, breakfast strips, cooked	0.00	1	0.00	1	0.00
1859	Pork, cured, back bacon, grilled	0.00	1	0.00	1	0.00
1860	Pork, cured, feet, pickled	0.00	1	0.00	1	0.00
1861	roasted	0.00	1	0.00	1	0.00
1862	Ham, lean, canned	0.00	1	0.00	1	0.00
1865	Ham, regular (13% fat), canned	0.00	1	0.00	1	0.00
1871	Pork, cured, ham, whole, lean and fat	0.00	1	0.00	1	0.00
1873	Pork, cured, ham, whole, lean	0.00	1	0.00	1	0.00
1874	Pork, cured, salt pork, raw	0.00	1	0.00	1	0.00
1878	Pork, cured, ham, shoulder, arm picnic, lean, roasted	0.00	1	0.00	1	0.00
1879	Pork, feet, simmered	0.00	1	0.00	1	0.00
1882	Pork, loin, centre cut (centre chop), bone-in, lean, pan-fried	0.00	1	0.00	1	0.00
1883	Pork, loin, rib chop (rib end), bone-in, lean, pan-fried	0.00	1	0.00	1	0.00
1884	fried	0.00	1	0.00	1	0.00
1885	Pork, loin, rib chop (rib end), bone-in, lean and fat, pan-fried	0.00	1	0.00	1	0.00
1887	Pork, cured, ham, boneless, mini ham-half, extra lean and regular, unheated	0.00	1	0.00	1	0.00
1888	regular, roasted	0.00	1	0.00	1	0.00
1893	Pork, back ribs, lean and fat, raw	0.00	1	0.00	1	0.00
1894	Pork, back ribs, lean and fat, roasted	0.00	1	0.00	1	0.00
1896	Pork, loin, rib steak (rib end), boneless, lean and fat, braised	0.00	1	0.00	1	0.00
1897	Pork, loin, rib steak (rib end), boneless, lean and fat, broiled	0.00	1	0.00	1	0.00
1898	Pork, loin, rib steak (rib end), boneless, lean and fat, pan-fried	0.00	1	0.00	1	0.00
1899	Pork, loin, rib steak (rib end), boneless, lean and fat, roasted	0.00	1	0.00	1	0.00
1900	Pork, loin, rib steak (rib end), boneless, lean, raw	0.00	1	0.00	1	0.00
1901	Pork, loin, rib steak (rib end), boneless, lean, braised	0.00	1	0.00	1	0.00
1902	Pork, loin, rib steak (rib end), boneless, lean, broiled	0.00	1	0.00	1	0.00
1903	Pork, loin, rib steak (rib end), boneless, lean, pan-fried	0.00	1	0.00	1	0.00
1904	Pork, loin, rib steak (rib end), boneless, lean, roasted	0.00	1	0.00	1	0.00
1912	Pork, loin, sirloin steak, boneless, lean and fat, braised	0.00	1	0.00	1	0.00
1913	Pork, loin, sirloin steak, boneless, lean and fat, broiled	0.00	1	0.00	1	0.00
1914	Pork, loin, sirloin steak, boneless, lean and fat, roasted	0.00	1	0.00	1	0.00
1917	Pork, loin, sirloin steak, boneless, lean, broiled	0.00	1	0.00	1	0.00
1918	Pork, loin, sirloin steak, boneless, lean, roasted	0.00	1	0.00	1	0.00
1931	Pork, loin, tenderloin, lean, raw	0.00	1	0.00	1	0.00
1932	Pork, loin, tenderloin, lean, roasted	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1933	Pork, side ribs centre cut (spareribs), lean and fat, raw	0.00	1	0.00	1	0.00
1934	roasted	0.00	1	0.00	1	0.00
1936	Pork, cured, bacon, raw	1.00	3	1.00	3	1.00
1937	Pork, cured, breakfast strips, raw or unheated	0.00	1	0.00	1	0.00
1938	Pork, cured, ham, boneless, mini ham-half, extra-lean (approximately 5% fat), roasted	0.00	1	0.00	1	0.00
1942	Ham, extra lean, canned	0.00	1	0.00	1	0.00
1943	Pork, loin, tenderloin, lean and fat, raw	0.00	1	0.00	1	0.00
1944	Pork, loin, tenderloin, lean and fat, roasted	0.00	1	0.00	1	0.00
1961	Pork, loin, tenderloin, lean and fat, broiled	0.00	1	0.00	1	0.00
1962	Pork, loin, tenderloin, lean, broiled	0.00	1	0.00	1	0.00
1967	Pork, loin, centre cut (centre steak), boneless, lean and fat, raw	0.00	1	0.00	1	0.00
1968	broiled	0.00	1	0.00	1	0.00
1969	Pork, loin, centre cut (centre steak), boneless, lean, raw	0.00	1	0.00	1	0.00
1970	Pork, loin, centre cut (centre steak), boneless, lean, broiled	0.00	1	0.00	1	0.00
1971	Pork, shoulder, butt, blade (boneless), lean and fat, raw	0.00	1	0.00	1	0.00
1972	Pork, shoulder, butt (blade, boneless), lean and fat, roasted	0.00	1	0.00	1	0.00
1974	Pork, shoulder, butt (blade boneless), lean, roasted	0.00	1	0.00	1	0.00
1979	Pork, cured, bacon bits, cooked	0.00	1	0.00	1	0.00
2654	Beef, heart, simmered	0.00	1	0.00	1	0.00
2655	Beef, kidney, simmered	0.00	1	0.00	1	0.00
2656	Beef, liver, braised	0.00	1	0.00	1	0.00
2657	Beef, liver, pan-fried	0.00	1	0.00	1	0.00
2670	Beef, tripe, raw	0.00	1	0.00	1	0.00
2683	Beef, ground, lean, raw	0.00	1	0.00	1	0.00
2685	Beef, ground, lean, loaf, baked	0.00	1	0.00	1	0.00
2687	Beef, ground, lean, broiled	0.00	1	0.00	1	0.00
2689	Beef, ground, lean, patty, pan-fried	0.00	1	0.00	1	0.00
2690	Beef, ground, medium, raw	0.00	1	0.00	1	0.00
2692	Beef, ground, medium, baked	0.00	1	0.00	1	0.00
2694	Beef, ground, medium, broiled	0.00	1	0.00	1	0.00
2696	Beef, ground, medium, patty, pan-fried	0.00	1	0.00	1	0.00
2698	Beef, ground, regular, baked	0.00	1	0.00	1	0.00
2700	Beef, ground, regular, broiled	0.00	1	0.00	1	0.00
2702	Beef, ground, regular, patty, pan-fried	0.00	1	0.00	1	0.00
2704	Beef, ground, patty, frozen, broiled	0.00	1	0.00	1	0.00
2713	Beef, brisket, lean, 0mm (0") trim, braised	0.00	1	0.00	1	0.00
2786	Beef, ground, regular, raw	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2787	Beef, kidneys, raw	0.00	1	0.00	1	0.00
2788	Beef, liver, raw	0.00	1	0.00	1	0.00
2797	Beef, tongue, whole, canned or pickled	0.00	1	0.00	1	0.00
2984	Fish, anchovy, european, raw	0.00	1	0.00	1	0.00
2985	Fish, anchovy, european, canned with olive oil, drained solids	0.00	1	0.00	1	0.00
2986	Fish, bass, fresh water, mixed species, raw	0.00	1	0.00	1	0.00
2990	Fish, butterfish, raw	0.00	1	0.00	1	0.00
2991	Fish, carp, raw	0.00	1	0.00	1	0.00
2995	Fish, caviar, black and red, granular	0.00	1	0.00	1	0.00
2997	Fish, cisco (lake herring, tullibee), native, smoked	0.00	1	0.00	1	0.00
2998	Fish, cod (scrod), atlantic, canned, solids and liquid	0.00	1	0.00	1	0.00
2999	Fish, cod (scrod), atlantic, dried and salted	0.00	1	0.00	1	0.00
3000	Fish, croaker, atlantic, raw	0.00	1	0.00	1	0.00
3002	Fish, dolphinfish (mahimahi), raw	0.00	1	0.00	1	0.00
3004	Fish, eel, mixed species, raw	0.00	1	0.00	1	0.00
3005	Fish, eel, mixed species, baked or broiled	0.00	1	0.00	1	0.00
3007	Fish, flatfish (flounder or sole or plaice), baked or broiled	0.00	1	0.00	1	0.00
3008	Fish, gefiltefish, commercial, sweet recipe with broth	2.80	3	2.80	3	2.80
3009	Fish, grouper, mixed species, raw	0.00	1	0.00	1	0.00
3011	Fish, haddock (finnan haddie), smoked	0.00	1	0.00	1	0.00
3012	Fish, halibut, Atlantic or Pacific, baked or broiled	0.00	1	0.00	1	0.00
3014	Fish, herring, atlantic, raw	0.00	1	0.00	1	0.00
3015	Fish, herring, atlantic, baked or broiled	0.00	1	0.00	1	0.00
3016	Fish, herring, atlantic, pickled	7.71	3	7.71	3	7.71
3017	Fish, herring, atlantic, kippered	0.00	1	0.00	1	0.00
3021	Fish, mackerel, atlantic, raw	0.00	1	0.00	1	0.00
3022	Fish, mackerel, atlantic, baked or broiled	0.00	1	0.00	1	0.00
3023	Fish, mackerel, jack, canned, drained solids	0.00	1	0.00	1	0.00
3025	Fish, mackerel, pacific and jack, mixed species, raw	0.00	1	0.00	1	0.00
3028	Fish, milkfish (awa), raw	0.00	1	0.00	1	0.00
3031	Fish, ocean perch, Atlantic, raw	0.00	1	0.00	1	0.00
3032	Fish, ocean perch (rosefish, redfish), atlantic, baked or broiled	0.00	1	0.00	1	0.00
3034	Fish, perch, mixed species, raw	0.00	1	0.00	1	0.00
3036	Fish, pike, northern, native, raw	0.00	1	0.00	1	0.00
3038	Fish, pollock, atlantic (boston blue), raw	0.00	1	0.00	1	0.00
3041	Fish, pompano, florida, raw	0.00	1	0.00	1	0.00
3043	Fish, rockfish, pacific ocean perch, mixed species, raw	0.00	1	0.00	1	0.00
3044	broiled	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
3045	Fish, roe, mixed species, raw	0.00	1	0.00	1	0.00
3050	Fish, salmon, chinook (spring), smoked	0.00	1	0.00	1	0.00
3052	Fish, salmon, sockeye (red), raw	0.00	1	0.00	1	0.00
3053	Fish, salmon, sockeye (red), baked or broiled	0.00	1	0.00	1	0.00
3054	bones	0.43	3	0.43	3	0.43
3055	Fish, scup (porgy), raw	0.00	1	0.00	1	0.00
3056	Fish, sea bass, mixed species, raw	0.00	1	0.00	1	0.00
3057	Fish, sea bass, mixed species, baked or broiled	0.00	1	0.00	1	0.00
3060	Fish, shark (dogfish), mixed species, raw	0.00	1	0.00	1	0.00
3064	Fish, smelt, rainbow (american, capelin), raw	0.00	1	0.00	1	0.00
3065	Fish, smelt, rainbow (american, capelin), baked or broiled	0.00	1	0.00	1	0.00
3066	Fish, snapper, mixed species, raw	0.00	1	0.00	1	0.00
3067	Fish, snapper, mixed species, baked or broiled	0.00	1	0.00	1	0.00
3073	Fish, sunfish, pumpkin seed, raw	0.00	1	0.00	1	0.00
3076	Fish, swordfish, baked or broiled	0.00	1	0.00	1	0.00
3081	Fish, tuna, light, canned in water, drained, salted	0.00	1	0.00	1	0.00
3082	Fish, tuna, skipjack (aku), fresh, raw	0.00	1	0.00	1	0.00
3085	Fish, tuna, yellowfin, fresh, raw	0.00	1	0.00	1	0.00
3087	Fish, turbot, european, raw	0.00	1	0.00	1	0.00
3089	Fish, hake (whiting), mixed species, raw	0.00	1	0.00	1	0.00
3090	Fish, hake (whiting), mixed species, baked or broiled	0.00	1	0.00	1	0.00
3093	Crustaceans, crab, alaska king, raw	0.00	1	0.00	1	0.00
3094	Crustaceans, crab, alaska king, boiled or steamed	0.00	1	0.00	1	0.00
3095	Crustaceans, crab, alaska king, imitation (seafood surimi)	6.25	3	6.25	3	6.25
3096	Crustaceans, crab, blue, raw	0.00	1	0.00	1	0.00
3097	Crustaceans, crab, blue, boiled or steamed	0.00	1	0.00	1	0.00
3098	Crustaceans, crab, blue, canned, drained	0.00	1	0.00	1	0.00
3101	Crustaceans, crab, atlantic snow crab (spider, queen), raw	0.00	1	0.00	1	0.00
3102	Crustaceans, crayfish, mixed species, wild, raw	0.00	1	0.00	1	0.00
3105	Crustaceans, shrimp, imitation (surimi)	0.00	1	0.00	1	0.00
3106	raw	0.00	1	0.00	1	0.00
3107	Mollusks, abalone, mixed species, raw	0.00	1	0.00	1	0.00
3109	Mollusks, clam, mixed species, raw	0.00	1	0.00	1	0.00
3111	Mollusks, clam, mixed species, boiled or steamed	0.00	1	0.00	1	0.00
3112	Mollusks, clam, mixed species, canned, drained solids	0.00	1	0.00	1	0.00
3113	Mollusks, clam, mixed species, canned, liquid	0.00	1	0.00	1	0.00
3115	Mollusks, mussel, blue, raw	0.00	1	0.00	1	0.00
3116	Mollusks, mussel, blue, boiled or steamed	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
3117	Mollusks, octopus, common, raw	0.00	1	0.00	1	0.00
3118	Mollusks, oyster, eastern (blue point), wild, raw	0.00	2	0.00	2	0.62
3120	Mollusks, oyster, eastern (blue point), wild, boiled or steamed	0.00	2	0.00	2	1.23
3121	liquid	0.00	1	0.00	1	0.00
3125	Mollusks, squid (calamari), mixed species, raw	0.00	1	0.00	1	0.00
3129	Fish, salmon, chinook (spring), smoked, lox	0.00	1	0.00	1	0.00
3134	Fish, bass, fresh water, mixed species, baked or broiled	0.00	1	0.00	1	0.00
3138	Fish, butterfish, baked or broiled	0.00	1	0.00	1	0.00
3139	Fish, cod (gray cod), pacific, baked or broiled	0.00	1	0.00	1	0.00
3141	Fish, dolphinfish (mahimahi), baked or broiled	0.00	1	0.00	1	0.00
3148	Fish, mackerel, pacific and jack, mixed species, baked or broiled	0.00	1	0.00	1	0.00
3149	Fish, milkfish (awa), baked or broiled	0.00	1	0.00	1	0.00
3151	Fish, pickerel, walleye-pickerel (yellow pike), baked or broiled	0.00	1	0.00	1	0.00
3152	Fish, pollock, atlantic (boston blue), baked or broiled	0.00	1	0.00	1	0.00
3154	Fish, roe, mixed species, baked or broiled	0.00	1	0.00	1	0.00
3155	Fish, sablefish (black cod), baked or broiled	0.00	1	0.00	1	0.00
3158	Fish, salmon, chum (keta), baked or broiled	0.00	1	0.00	1	0.00
3159	Fish, salmon, pink (humpback), baked or broiled	0.00	1	0.00	1	0.00
3166	Fish, tuna, skipjack (aku), baked or broiled	0.00	1	0.00	1	0.00
3167	Fish, tuna, yellowfin, baked or broiled	0.00	1	0.00	1	0.00
3168	Fish, turbot, european, baked or broiled	0.00	1	0.00	1	0.00
3169	Fish, whitefish, lake, native, baked	0.00	1	0.00	1	0.00
3172	Crustaceans, crab, dungeness, boiled or steamed	0.00	1	0.00	1	0.00
3173	steamed	0.00	1	0.00	1	0.00
3174	steamed	0.00	1	0.00	1	0.00
3176	Mollusks, octopus, common, boiled or steamed	0.00	1	0.00	1	0.00
3180	Fish, catfish, channel (bullhead), farmed, raw	0.00	1	0.00	1	0.00
3181	Fish, catfish, channel (bullhead), farmed, baked or broiled	0.00	1	0.00	1	0.00
3182	Fish, salmon, atlantic, farmed, raw	0.00	1	0.00	1	0.00
3183	Fish, salmon, atlantic, farmed, baked or broiled	0.00	1	0.00	1	0.00
3186	Fish, trout, rainbow, farmed, raw	0.00	1	0.00	1	0.00
3187	Fish, trout, rainbow, farmed, baked or broiled	0.00	1	0.00	1	0.00
3190	Mollusks, oyster, eastern (blue point), wild, baked or broiled	0.00	2	0.00	2	0.96
3194	Fish, cod (scrod), atlantic, raw	0.00	1	0.00	1	0.00
3195	Fish, cod (scrod), atlantic, baked or broiled	0.00	1	0.00	1	0.00
3196	Fish, cod (gray cod), pacific, raw	0.00	1	0.00	1	0.00
3198	Fish, haddock, raw	0.00	1	0.00	1	0.00
3199	Fish, haddock, baked or broiled	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
3200	Fish, halibut, Atlantic or Pacific, raw	0.00	1	0.00	1	0.00
3202	Fish, pickerel, walleye-pickerel (yellow pike), raw	0.00	1	0.00	1	0.00
3203	Fish, sardine, Atlantic, canned in oil, drained solids with bone	0.00	1	0.00	1	0.00
3204	Fish, trout, mixed species, raw	0.00	1	0.00	1	0.00
3207	Fish, tuna, light, canned in oil, drained, salted	0.00	1	0.00	1	0.00
3208	Fish, whitefish, lake, native, raw	0.00	1	0.00	1	0.00
3209	Crustaceans, lobster, american (northern), raw	0.00	1	0.00	1	0.00
3210	Crustaceans, lobster, american (northern), boiled or steamed	0.00	1	0.00	1	0.00
3211	Crustaceans, shrimp, mixed species, raw	0.00	1	0.00	1	0.00
3212	Crustaceans, shrimp, mixed species, boiled or steamed	0.00	1	0.00	1	0.00
3213	Mollusks, scallop, mixed species, raw	0.00	1	0.00	1	0.00
3214	Fish, tuna, light, canned in oil, drained, unsalted	0.00	1	0.00	1	0.00
3215	Fish, trout, mixed species, baked or broiled	0.00	1	0.00	1	0.00
3216	Fish, flatfish (flounder or sole or plaice), raw	0.00	1	0.00	1	0.00
3218	salted	0.00	1	0.00	1	0.00
3221	Fish, salmon, pink (humpback), raw	0.00	1	0.00	1	0.00
3222	liquid, salted	0.00	1	0.00	1	0.00
3223	Fish, salmon, sockeye (red), canned, drained solids, salted	0.00	1	0.00	1	0.00
3224	Crustaceans, shrimp, mixed species, canned	0.00	1	0.00	1	0.00
3227	Fish, salmon, chum (keta), poached	0.00	1	0.00	1	0.00
3228	Fish, salmon, pink (humpback), poached	0.00	1	0.00	1	0.00
3231	Fish, cod (scrod), atlantic, tongues and cheeks, raw	0.00	1	0.00	1	0.00
3422	Lamb, Canadian, composite cuts, lean, raw	0.00	1	0.00	1	0.00
3423	Lamb, Canadian, composite cuts, lean, cooked	0.00	1	0.00	1	0.00
3429	Lamb, Canadian, foreshank, lean, cooked	0.00	1	0.00	1	0.00
3433	Lamb, Canadian, leg, whole, lean, cooked	0.00	1	0.00	1	0.00
3446	Lamb, Canadian, loin, lean, cooked	0.00	1	0.00	1	0.00
3452	Lamb, Canadian, rib, lean, cooked	0.00	1	0.00	1	0.00
3458	Lamb, Canadian, shoulder, whole, lean, raw	0.00	1	0.00	1	0.00
3460	Lamb, Canadian, shoulder, whole, lean, cooked	0.00	1	0.00	1	0.00
3479	Lamb, cubed for stew or kabob, lean braised	0.00	1	0.00	1	0.00
3480	Lamb, cubed for stew or kabob, lean, broiled	0.00	1	0.00	1	0.00
3482	trim, cooked	0.00	1	0.00	1	0.00
3506	Lamb, New Zealand, shoulder, whole, lean braised	0.00	1	0.00	1	0.00
3508	Veal, composite cuts, lean and fat, cooked	0.00	1	0.00	1	0.00
3509	Veal, composite cuts, lean, raw	0.00	1	0.00	1	0.00
3513	Veal, leg (round), lean and fat, raw	0.00	1	0.00	1	0.00
3517	Veal, leg (round), lean and fat, roasted	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
3521	Veal, milk-fed, cutlets (inside top round), pan-fried	0.00	1	0.00	1	0.00
3522	Veal, leg (round), lean, roasted	0.00	1	0.00	1	0.00
3523	Veal, loin, lean and fat, raw	0.00	1	0.00	1	0.00
3525	Veal, loin, lean and fat, roasted	0.00	1	0.00	1	0.00
3528	Veal, loin, lean, roasted	0.00	1	0.00	1	0.00
3533	Veal, rib, lean, braised	0.00	1	0.00	1	0.00
3536	Veal, shoulder, whole, lean and fat, braised	0.00	1	0.00	1	0.00
3539	Veal, shoulder, whole, lean, braised	0.00	1	0.00	1	0.00
3545	Veal, shoulder, shank, lean, braised	0.00	1	0.00	1	0.00
3552	Veal, shoulder, blade, lean, roasted	0.00	1	0.00	1	0.00
3555	Veal, sirloin, lean and fat, roasted	0.00	1	0.00	1	0.00
3558	Veal, sirloin, lean, roasted	0.00	1	0.00	1	0.00
3559	Veal, cubed for stew (leg and shoulder), lean, raw	0.00	1	0.00	1	0.00
3560	Veal, cubed for stew (leg and shoulder), lean, braised	0.00	1	0.00	1	0.00
3561	Veal, ground, raw	0.00	1	0.00	1	0.00
3562	Veal, ground, broiled	0.00	1	0.00	1	0.00
3564	Game meat, antelope, roasted	0.00	1	0.00	1	0.00
3566	Game meat, native, bear, simmered	0.00	1	0.00	1	0.00
3571	Game meat, bison, raw	0.00	1	0.00	1	0.00
3572	Game meat, bison, roasted	0.00	1	0.00	1	0.00
3577	Game meat, native, caribou (reindeer), meat, raw	0.00	1	0.00	1	0.00
3578	Game meat, native, caribou (reindeer), meat, cooked	0.00	1	0.00	1	0.00
3579	Game meat, deer (venison), raw	0.00	1	0.00	1	0.00
3580	Game meat, deer (venison), roasted	0.00	1	0.00	1	0.00
3581	Game meat, elk, raw	0.00	1	0.00	1	0.00
3582	Game meat, elk, roasted	0.00	1	0.00	1	0.00
3583	Game meat, goat, raw	0.00	1	0.00	1	0.00
3584	Game meat, goat, roasted	0.00	1	0.00	1	0.00
3585	Game meat, horse, raw	0.00	1	0.00	1	0.00
3586	Game meat, horse, roasted	0.00	1	0.00	1	0.00
3587	Game meat, native, moose, raw	0.00	1	0.00	1	0.00
3588	Game meat, native, moose, roasted	0.00	1	0.00	1	0.00
3591	Game meat, opossum, roasted	0.00	1	0.00	1	0.00
3593	Game meat, rabbit, domestic, composite cuts, roasted	0.00	1	0.00	1	0.00
3594	Game meat, rabbit, domestic, composite cuts, stewed	0.00	1	0.00	1	0.00
3599	Game meat, squirrel, roasted	0.00	1	0.00	1	0.00
3614	Lamb, liver, raw	0.00	1	0.00	1	0.00
3615	Lamb, liver, braised	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
3619	Veal, liver, pan-fried	0.00	1	0.00	1	0.00
3634	Veal, thymus, braised	0.00	1	0.00	1	0.00
3639	Lamb, Canadian, ground, raw	0.00	1	0.00	1	0.00
3640	Lamb, Canadian, ground, cooked	0.00	1	0.00	1	0.00
3642	Game meat, frog legs, raw	0.00	1	0.00	1	0.00
4746	Beef, brisket, whole, lean and fat, 3mm (1/8") trim, braised	0.00	1	0.00	1	0.00
4782	cooked	0.00	1	0.00	1	0.00
4784	cooked	0.00	1	0.00	1	0.00
4786	cooked	0.00	1	0.00	1	0.00
4795	Lamb, Canadian, rib, lean and fat, 3mm (1/8") trim, cooked	0.00	1	0.00	1	0.00
4800	cooked	0.00	1	0.00	1	0.00
4814	Lamb, New Zealand, frozen, leg, whole, lean and fat, 3mm (1/8") trim, roasted	0.00	1	0.00	1	0.00
4816	Lamb, New Zealand, frozen, loin, separable lean and fat, 3mm (1/8") trim, broiled	0.00	1	0.00	1	0.00
4818	roasted	0.00	1	0.00	1	0.00
4819	Lamb, New Zealand, frozen, shoulder, whole, separable lean and fat, 3mm (1/8") trim, raw	0.00	1	0.00	1	0.00
4820	Lamb, New Zealand, frozen, shoulder, whole, separable lean and fat, 3mm (1/8") trim, braised	0.00	1	0.00	1	0.00
4995	Beef, ground, medium, crumbled, pan-fried	0.00	1	0.00	1	0.00
4996	Beef, ground, extra lean, raw	0.00	1	0.00	1	0.00
4997	Beef, ground, extra lean, patty, pan-fried	0.00	1	0.00	1	0.00
4998	Beef, ground, extra lean, crumbled, pan-fried	0.00	1	0.00	1	0.00
5009	Beef, ground, lean, crumbled, pan-fried	0.00	1	0.00	1	0.00
5010	Beef, ground, regular, crumbled, not rinsed, pan-fried	0.00	1	0.00	1	0.00
5214	Veal, milk-fed, shoulder, blade steak, lean, raw	0.00	1	0.00	1	0.00
5335	Chicken, liver, all classes, cooked, pan-fried	0.00	1	0.00	1	0.00
5407	Pork, cured, bacon, cooked, pan-fried	0.00	1	0.00	1	0.00
5462	Turkey bacon, cooked	4.24	3	4.24	3	4.24
5567	Quail, cooked, total edible	0.00	1	0.00	1	0.00
5568	Pheasant, cooked, total edible	0.00	1	0.00	1	0.00
5591	roasted	0.00	1	0.00	1	0.00
5597	removed	0.00	1	0.00	1	0.00
5598	removed	0.00	1	0.00	1	0.00
5633	Fish, mackerel, salted	0.00	1	0.00	1	0.00
5635	Mollusks, snail, raw	0.00	1	0.00	1	0.00
5715	Game meat, bison, ground, raw	0.00	1	0.00	1	0.00
5716	Game meat, bison, ground, cooked, pan-broiled	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
5717	broiled	0.00	1	0.00	1	0.00
5718	Game meat, bison, chuck, shoulder clod, roast, lean, braised	0.00	1	0.00	1	0.00
5723	Game meat, elk, ground, raw	0.00	1	0.00	1	0.00
5724	Game meat, elk, ground, cooked, pan-broiled	0.00	1	0.00	1	0.00
5728	Game meat, deer (venison), ground, raw	0.00	1	0.00	1	0.00
5729	Game meat, deer (venison), ground, cooked, pan-broiled	0.00	1	0.00	1	0.00
5730	Game meat, deer (venison), loin, separable lean only, 1" steak, cooked, broiled	0.00	1	0.00	1	0.00
5731	Game meat, deer (venison), shoulder clod roast, lean, braised	0.00	1	0.00	1	0.00
5732	Game meat, deer (venison), tenderloin, roast, lean, broiled	0.00	1	0.00	1	0.00
5733	Game meat, deer (venison), top round, separable lean only, 1" steak, cooked, broiled	0.00	1	0.00	1	0.00
5783	Game meat, native, ringed seal, meat, boiled	0.00	1	0.00	1	0.00
5854	Chicken, wing, frozen, glazed, barbecue flavour, heated in conventional oven	1.94	3	1.94	3	1.94
5934	Spruce grouse, native, meat, raw	0.00	1	0.00	1	0.00
5940	Sea cucumber, native	0.00	2	0.00	2	2.22
5944	trim, raw	0.00	1	0.00	1	0.00
5946	Beef, chuck, blade roast, boneless, lean, raw	0.00	1	0.00	1	0.00
5948	Beef, chuck, blade roast, boneless, lean and fat, 3mm (1/8") trim, cooked, braised	0.00	1	0.00	1	0.00
5949	Beef, chuck, blade roast, boneless, lean, cooked, braised	0.00	1	0.00	1	0.00
5950	raw	0.00	1	0.00	1	0.00
5955	Beef, chuck, blade steak, with bone, lean, cooked, braised	0.00	1	0.00	1	0.00
5966	Fish, tilapia, raw	0.00	1	0.00	1	0.00
5967	Fish, tilapia, baked or broiled	0.00	1	0.00	1	0.00
5981	Beef, chuck, cross rib roast, boneless, lean, raw	0.00	1	0.00	1	0.00
5983	Beef, chuck, cross rib roast, boneless, lean and fat, 3mm (1/8") trim, cooked, braised	0.00	1	0.00	1	0.00
5984	Beef, chuck, cross rib roast, boneless, lean, cooked, braised	0.00	1	0.00	1	0.00
5991	trim, raw	0.00	1	0.00	1	0.00
5993	Beef, hip, eye of round roast, boneless, lean, raw	0.00	1	0.00	1	0.00
5994	Beef, hip, eye of round roast, boneless, lean and fat, 0mm (0") trim, cooked, roasted	0.00	1	0.00	1	0.00
5996	Beef, hip, eye of round roast, boneless, lean, cooked, roasted	0.00	1	0.00	1	0.00
6002	Beef, hip, eye of round steak, boneless, lean, cooked, braised	0.00	1	0.00	1	0.00
6020	Beef, flank, flank steak, boneless, lean and fat, 0mm (0") trim, raw	0.00	1	0.00	1	0.00
6022	Beef, flank, flank steak, boneless, lean, raw	0.00	1	0.00	1	0.00
6025	Beef, flank, flank steak, boneless, lean, cooked, braised	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
6031	roasted	0.00	1	0.00	1	0.00
6033	Beef, hip, inside (top) round steak, boneless, lean and fat, 3mm (1/8") trim, raw	0.00	1	0.00	1	0.00
6037	braised	0.00	1	0.00	1	0.00
6040	Beef, hip, outside (bottom) round roast, boneless, lean and fat, 3mm (1/8") trim, raw	0.00	1	0.00	1	0.00
6049	Beef, hip, outside (bottom) round steak, boneless, lean and fat, 3mm (1/8") trim, cooked, braised	0.00	1	0.00	1	0.00
6064	Beef, rib, rib eye roast, boneless, lean and fat, 3mm (1/8") trim, cooked, roasted	0.00	1	0.00	1	0.00
6071	Beef, rib, rib eye steak, boneless, lean, cooked, broiled	0.00	1	0.00	1	0.00
6081	Beef, rib, rib roast with bone, lean and fat, 3mm (1/8") trim, cooked, roasted	0.00	1	0.00	1	0.00
6082	Beef, rib, rib roast with bone, lean, cooked, roasted	0.00	1	0.00	1	0.00
6090	trim, raw	0.00	1	0.00	1	0.00
6091	Beef, hip, sirloin tip roast, boneless, lean, raw	0.00	1	0.00	1	0.00
6093	Beef, hip, sirloin tip roast, boneless, lean and fat, 3mm (1/8") trim, cooked, roasted	0.00	1	0.00	1	0.00
6094	Beef, hip, sirloin tip roast, boneless, lean, cooked, roasted	0.00	1	0.00	1	0.00
6111	Beef, loin, strip loin (new york) steak, boneless, lean and fat, 3mm (1/8") trim, cooked, broiled	0.00	1	0.00	1	0.00
6112	broiled	0.00	1	0.00	1	0.00
6117	Beef, loin, t-bone steak (porterhouse), lean and fat, 3mm (1/8") trim, cooked, broiled	0.00	1	0.00	1	0.00
6118	Beef, loin, t-bone steak (porterhouse), lean, cooked, broiled	0.00	1	0.00	1	0.00
6119	Pork, ground, lean, raw	0.00	1	0.00	1	0.00
6120	Pork, ground, lean, pan-fried	0.00	1	0.00	1	0.00
6121	Pork, ground, medium, raw	0.00	1	0.00	1	0.00
6122	Pork, ground, medium, pan-fried	0.00	1	0.00	1	0.00
6128	Beef, loin, tenderloin, roast, lean, cooked, roasted	0.00	1	0.00	1	0.00
6131	Beef, loin, tenderloin, steak, lean, raw	0.00	1	0.00	1	0.00
6132	broiled	0.00	1	0.00	1	0.00
6134	Beef, loin, tenderloin, steak, lean, cooked, broiled	0.00	1	0.00	1	0.00
6140	Beef, loin, top sirloin roast, boneless, lean, cooked, roasted	0.00	1	0.00	1	0.00
6143	Beef, loin, top sirloin steak, boneless, lean, raw	0.00	1	0.00	1	0.00
6145	Beef, loin, top sirloin steak, boneless, lean and fat, 3mm (1/8") trim, cooked, broiled	0.00	1	0.00	1	0.00
6146	Beef, loin, top sirloin steak, boneless, lean, cooked, broiled	0.00	1	0.00	1	0.00
6172	Beef, composite cuts, steak/roast, lean and fat, cooked	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
6210	roasted	0.00	1	0.00	1	0.00
6212	roasted	0.64	3	0.64	3	0.64
6215	Pork, cured, ham, slice, bone-in, separable lean only, unheated	0.00	1	0.00	1	0.00
6262	Fish, steelhead trout, boiled, canned	0.00	1	0.00	1	0.00
6285	Beef, composite cuts, stewing beef, 0mm (0") trim, raw	0.00	1	0.00	1	0.00
6286	Beef, composite cuts, stewing beef, 0mm (0") trim, cooked	0.00	1	0.00	1	0.00
6288	Pork, composite cuts, leg, loin and shoulder, lean and fat, cooked	0.00	1	0.00	1	0.00
6318	Chicken breast tenders, breaded, cooked in conventional oven	0.41	3	0.41	3	0.41
6646	Chicken, broiler, breast, meat, cooked, rotisserie, with seasoning	0.00	1	0.00	1	0.00
6647	seasoning	0.00	1	0.00	1	0.00
6648	Chicken, broiler, skin, cooked, rotisserie, with seasoning	0.00	1	0.00	1	0.00
6649	Chicken, broiler, thigh, meat, cooked, rotisserie, with seasoning	0.00	1	0.00	1	0.00
6652	seasoning	0.00	1	0.00	1	0.00
6653	Chicken, broiler, drumstick, meat and skin, cooked, rotisserie, with seasoning	0.00	1	0.00	1	0.00
6654	seasoning	0.00	1	0.00	1	0.00
6655	seasoning	0.00	1	0.00	1	0.00
6713	Fish, cod (scrod), Atlantic, dried and salted, soaked in water	0.00	1	0.00	1	0.00
6865	Turkey, all classes, breast, meat only, raw	0.00	1	0.00	1	0.00
6867	Turkey, all classes, drumstick, meat only, raw	0.00	1	0.00	1	0.00
6870	Turkey, all classes, drumstick, meat and skin, roasted	0.00	1	0.00	1	0.00
6871	Turkey, all classes, thigh, meat and skin, roasted	0.00	1	0.00	1	0.00
6872	Turkey, all classes, breast, meat only, roasted	0.00	1	0.00	1	0.00
6873	Turkey, all classes, leg, meat only, roasted	0.00	1	0.00	1	0.00
6874	Turkey, all classes, drumstick, meat only, roasted	0.00	1	0.00	1	0.00
6875	Turkey, all classes, thigh, meat only, roasted	0.00	1	0.00	1	0.00
6877	Turkey, all classes, wing, meat only, roasted	0.00	1	0.00	1	0.00
6901	Turkey, all classes, back, meat only, roasted	0.00	1	0.00	1	0.00
6926	Pork, composite cuts, leg, loin and shoulder, lean and fat, raw	0.00	1	0.00	1	0.00
6932	Fish, salmon, red (sockeye), native, filets with skin, smoked	0.00	1	0.00	1	0.00
6944	Pork, composite cuts, leg, loin and shoulder, lean, raw	0.00	1	0.00	1	0.00
6945	Pork, composite cuts, leg, loin and shoulder, lean, cooked	0.00	1	0.00	1	0.00
7190	Ham, flaked, canned	0.00	1	0.00	1	0.00
7321	Chicken, broiler, breast, skinless, boneless, meat, braised	0.00	1	0.00	1	0.00
7322	Chicken, broiler, breast, skinless, boneless, meat, grilled	0.00	1	0.00	1	0.00
7328	Chicken, broiler, drumstick, meat, braised	0.00	1	0.00	1	0.00
7329	Chicken, broiler, thigh, meat, braised	0.00	1	0.00	1	0.00
7330	Chicken, broiler, thigh, meat and skin, braised	0.00	1	0.00	1	0.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
7352	Beef, chuck, short ribs, boneless, lean, 0mm trim, braised	0.00	1	0.00	1	0.00
7354	Beef, chuck, short ribs, boneless, lean, 0mm trim, raw	0.00	1	0.00	1	0.00
7358	Beef, chuck, short ribs, boneless, lean and fat, 0mm trim, braised	0.00	1	0.00	1	0.00
7424	Meatball, Italian style, frozen	3.47	3	3.47	3	3.47
7431	Lamb, New Zealand, leg, chop / steak, lean, fast fried	0.00	1	0.00	1	0.00
7432	Lamb, New Zealand, tenderloin, lean and fat, fast fried	0.00	1	0.00	1	0.00
7434	Lamb, New Zealand, tenderloin, lean, fast fried	0.00	1	0.00	1	0.00
7435	Lamb, New Zealand, tenderloin, lean, raw	0.00	1	0.00	1	0.00
7437	Veal, foreshank, osso buco, lean and fat, braised	0.00	1	0.00	1	0.00
7438	Veal, ground, pan-fried	0.00	1	0.00	1	0.00
403813	KINGFISH, COOKED	0.00	1	0.00	1	0.00
403821	SARDINES, PACIFIC: RAW	0.00	1	0.00	1	0.00
403887	BEEF, SALTED	0.00	1	0.00	1	0.00
Sausages and luncheon meats						
1139	Sausage, Beerwurst, beer salami, pork	0.00	1	0.00	1	0.00
1143	Wiener (cheesefurter), cheddar smokie	1.45	3	1.45	3	1.45
1144	Chicken spread, canned	0.47	7	0.47	7	0.47
1147	Wiener (frankfurter), turkey	2.25	3	2.25	3	2.25
1151	Deli-meat, sandwich spread, ham	0.00	1	0.00	1	0.00
1152	Sausage, Italian, pork, raw	1.14	3	1.14	3	1.14
1154	Deli-meat, roast beef, cooked, sliced	0.29	3	0.29	3	0.29
1157	Deli-meat, olive loaf, pork	0.00	1	0.00	1	0.00
1166	Deli-meat, sandwich spread, unspecified meat	0.00	1	0.00	1	0.00
1167	Sausage, smoked, pork, pre-cooked	1.16	3	1.16	3	1.16
1171	Deli-meat, thuringer, cervelat, beef and pork	0.85	3	0.85	3	0.85
1172	Deli-meat, turkey breast, cooked, sliced	0.34	3	0.34	3	0.34
1174	Sausage, Vienna (cocktail), canned, chicken, beef and pork	0.00	1	0.00	1	0.00
1175	Sausage, Italian, pork, cooked	1.14	3	1.14	3	1.14
1179	Deli-meat, bologna (baloney), beef	1.61	3	1.61	3	1.61
1182	Sausage, Bratwurst, pork, cooked	1.63	3	1.63	3	1.63
1185	Wiener (frankfurter), beef	1.47	3	1.47	3	1.47
1187	Wiener (frankfurter), chicken	0.42	3	0.42	3	0.42
1190	Deli-meat, headcheese, pork	0.00	1	0.00	1	0.00
1196	Deli-meat, pickle and pimiento loaf, pork	6.90	3	6.90	3	6.90
1198	Sausage, breakfast links or rounds, pork, raw	1.10	3	1.10	3	1.10
1199	Sausage, breakfast links or rounds, pork, cooked	1.66	3	1.66	3	1.66
1200	Deli-meat, salami, cooked, beef	0.68	3	0.68	3	0.68
1202	Deli-meat, salami, cooked, turkey	1.12	3	1.12	3	1.12

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1207	Deli-meat, chicken, cooked, sliced	0.02	3	0.02	3	0.02
1212	Deli-meat, mock chicken loaf	0.79	3	0.79	3	0.79
1216	Deli-meat, bologna (baloney), chicken	0.47	3	0.47	3	0.47
1217	Sausage, ham, pre cooked	1.17	3	1.17	3	1.17
1220	Deli-meat, chicken breast, cooked, extra lean	0.37	3	0.37	3	0.37
2706	Beef, cured, breakfast strips, cooked	0.00	1	0.00	1	0.00
2789	Beef, cured, corned beef, brisket, raw	0.00	1	0.00	1	0.00
2790	Beef, cured, corned beef, brisket, cooked	0.00	1	0.00	1	0.00
2791	Beef, cured, corned beef, canned	0.00	1	0.00	1	0.00
2792	Deli-meat, pastrami, beef, sliced	0.10	3	0.10	3	0.10
5002	Deli-meat, turkey breast, cooked, fat free, sliced	0.59	3	0.59	3	0.59
5376	Wiener (frankfurter), beef, pork, and turkey, fat free	0.00	1	0.00	1	0.00
5378	Pork and ham, canned	0.00	1	0.00	1	0.00
5384	Sausage, breakfast links or rounds, beef, cooked	1.40	3	1.40	3	1.40
5486	Wiener (frankfurter), reduced fat	0.55	3	0.55	3	0.55
5499	Sausage, smoked, pork, pre-cooked, reduced fat	1.21	3	1.21	3	1.21
5613	Wiener (frankfurter), reduced fat and sodium	0.70	3	0.70	3	0.70
5674	Sausage, Polish, smoked, pre-cooked	1.68	3	1.68	3	1.68
5680	Sausage, Bratwurst, beef and pork, smoked	0.00	1	0.00	1	0.00
5681	Sausage, Bratwurst, chicken, cooked	0.00	1	0.00	1	0.00
5682	Sausage, Bratwurst, pork, beef and turkey, smoked, reduced fat	1.57	3	1.57	3	1.57
5683	Deli-meat, pastrami, beef, extra lean, sliced	0.00	1	0.00	1	0.00
5685	Sausage, Italian, turkey, smoked	3.20	3	3.20	3	3.20
5687	Sausage, smoked, turkey, hot	3.20	3	3.20	3	3.20
5691	Deli-meat, chicken breast, oven-roasted, fat free, sliced	1.29	3	1.29	3	1.29
5692	Sausage, Kielbasa (kolbassa), turkey	0.05	3	0.05	3	0.05
5693	Deli-meat, chicken breast, oven-roasted, sliced	1.03	3	1.03	3	1.03
5694	Deli-meat, Bologna (baloney), reduced fat	0.00	1	0.00	1	0.00
5696	Deli-meat, honey ham, smoked, extra lean, sliced	0.00	1	0.00	1	0.00
5699	Deli-meat, salami, Italian, pork and beef, reduced sodium	0.00	1	0.00	1	0.00
5702	Deli-meat, turkey breast, oven roasted, sliced	0.34	3	0.34	3	0.34
5705	Wiener (frankfurter), regular, mixed meats	1.15	3	1.15	3	1.15
6306	Deli-meat, prosciutto (parma ham) dry-cured	0.17	3	0.17	3	0.17
6708	Cretons	0.20	5	0.20	5	0.32
7091	prepared	7.54	3	7.54	3	7.54
7146	Wiener (frankfurter), low fat	1.06	3	1.06	3	1.06
7149	Deli-meat, bologna (baloney), low fat	1.17	3	1.17	3	1.17
7150	Deli-meat, ham, cooked, fat free, sliced	1.74	3	1.74	3	1.74

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
7151	Deli-meat, black forest ham	0.97	3	0.97	3	0.97
7152	Deli-meat, prosciutto (cotto ham), extra lean	1.90	3	1.90	3	1.90
7153	Deli-meat, corned beef, shaved	0.15	3	0.15	3	0.15
7154	Deli-meat, corned beef, extra lean, sliced	0.33	3	0.33	3	0.33
7155	Deli-meat, Old fashioned smoked brisket, sliced	0.05	3	0.05	3	0.05
7156	Deli-meat, Montreal smoked meat, extra lean	0.42	3	0.42	3	0.42
7157	Deli-meat, capicollo (cappocollo)	0.26	3	0.26	3	0.26
7158	Sausage, kielbasa (kolbassa)	0.47	3	0.47	3	0.47
7159	Sausage, kielbasa (kolbassa), extra lean	0.48	3	0.48	3	0.48
7160	Deli-meat, salami (Hungarian), pork and beef, cooked	0.76	3	0.76	3	0.76
7161	Deli-meat, salami (Genoa), dry cured	0.01	3	0.01	3	0.01
7162	Deli-meat, summer sausage	0.81	3	0.81	3	0.81
7163	Deli-meat, mortadella	0.87	3	0.87	3	0.87
7164	Deli-meat, pepperoni	1.33	3	1.33	3	1.33
7165	Deli-meat, pepperoni, turkey, reduced fat	0.00	1	0.00	1	0.00
7169	Pate, country style peppercorn, glazed	0.10	5	0.10	5	1.31
7170	Pate, all flavours, reduced fat and sodium	0.00	5	0.00	5	1.60
7171	Cretons, veal	0.35	5	0.35	5	0.35
7284	Deli-meat, composite	0.88	3	0.88	3	0.88
7285	Deli-meat, ham, sliced, composite	1.39	3	1.39	3	1.39
7287	Deli-meat, bologna (baloney), composite	1.10	3	1.10	3	1.10
7316	Sausage, breakfast links or rounds, turkey, cooked	0.70	3	0.70	3	0.70
7318	Sausage, chorizo, cooked	0.69	3	0.69	3	0.69
7319	Sausage, Chorizo, semi-dried (Spanish style), cured	0.98	3	0.98	3	0.98
7333	Sausage, Italian, pork, reduced fat and sodium, cooked	0.49	3	0.49	3	0.49
7335	Sausage, Italian, turkey, cooked	0.35	3	0.35	3	0.35
7339	Sausage, blood sausage (Blood pudding), cooked	1.68	5	1.68	5	1.68
7341	Sausage, Polish, smoked, pre-cooked, reheated	1.95	3	1.95	3	1.95
7343	Sausage, Merguez, lamb, cooked	1.98	3	1.98	3	1.98
7350	Sausage, smoked, pork, pre-cooked, reheated	1.22	3	1.22	3	1.22
7351	Sausage, smoked, pork, pre-cooked, reheated, reduced fat	1.28	3	1.28	3	1.28
7353	Sausage, smoked, with cheddar cheese, pre-cooked, reheated	1.48	5	1.48	5	1.62
Nuts and seeds						
2511	Seeds, chia seeds, dried	0.00	1	0.00	1	0.00
2515	Seeds, lotus seeds, dried	0.00	1	0.00	1	0.00
2516	Seeds, pumpkin and squash seed kernels, dried	0.00	2	0.00	2	1.40
2517	Seeds, pumpkin and squash seed kernels, roasted	0.00	2	0.00	2	1.29
2521	Seeds, sesame seeds, whole, roasted and toasted	0.00	2	0.00	2	0.30

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2522	Seeds, sesame seed kernels, toasted, shelled	0.00	2	0.00	2	0.48
2526	Seeds, sunflower seed kernels, dried	0.00	2	0.00	2	2.62
2527	Seeds, sunflower seed kernels, dry roasted	0.00	2	0.00	2	2.73
2529	Seeds, sunflower seed butter	10.54	3	10.54	3	10.54
2534	Nuts, almonds, dried, unblanched, unroasted	0.00	2	0.00	2	4.35
2535	Nuts, almonds, dried, blanched, unroasted	0.00	2	0.00	2	4.63
2536	Nuts, almonds, dry roasted, unblanched	0.00	2	0.00	2	4.86
2537	Nuts, almonds, oil roasted, unblanched	0.00	2	0.00	2	4.55
2539	Nuts, almonds, toasted, unblanched	0.00	2	0.00	2	4.79
2540	Nuts, almond paste, sweetened	36.25	3	36.25	3	36.25
2544	Nuts, brazilnuts, dried, unblanched	0.00	2	0.00	2	2.33
2545	Nuts, butternuts (long walnuts), dried	0.00	2	0.00	2	1.09
2546	Nuts, cashew nuts, dry roasted	0.00	2	0.00	2	5.01
2547	Nuts, cashew nuts, oil roasted	0.00	2	0.00	2	5.01
2548	Nuts, cashew butter, plain	8.76	3	8.76	3	8.76
2558	Nuts, coconut meat, raw	0.00	2	0.00	2	6.23
2559	Nuts, coconut meat, desiccated, unsweetened	0.00	2	0.00	2	7.35
2560	Nuts, coconut meat, desiccated, sweetened, flaked, packaged	31.73	4	31.73	4	36.75
2567	Nuts, filberts or hazelnuts, dried	0.00	2	0.00	2	4.34
2569	Nuts, filberts or hazelnuts, dry roasted, unblanched	0.00	2	0.00	2	4.89
2574	Nuts, hickory nuts, dried	0.00	2	0.00	2	8.33
2575	Nuts, macadamia (bushnuts, queensland), raw	0.00	2	0.00	2	4.57
2576	Nuts, macadamia (bushnuts, queensland), oil roasted	0.00	2	0.00	2	9.17
2577	Nuts, mixed nuts, dry roasted with peanuts	0.00	2	0.00	2	4.80
2578	Nuts, mixed nuts, oil roasted with peanuts	0.00	2	0.00	2	4.15
2579	Nuts, mixed nuts, oil roasted without peanuts	0.00	2	0.00	2	5.28
2582	Nuts, pecans, dried	0.00	2	0.00	2	3.97
2583	Nuts, pecans, dry roasted	0.00	2	0.00	2	4.06
2584	Nuts, pecans, oil roasted	0.00	2	0.00	2	3.97
2586	Nuts, pine nuts, pignolia, dried	0.00	2	0.00	2	3.59
2588	Nuts, pistachio nuts, dry roasted	0.00	2	0.00	2	7.74
2589	Nuts, walnuts, black, dried	0.00	2	0.00	2	1.10
2590	Nuts, walnuts, English or Persian, dried	0.00	2	0.00	2	2.61
2594	Nuts, European chestnuts (sweet), roasted	0.00	2	0.00	2	10.60
2599	Seeds, watermelon seed kernels, dried	0.00	1	0.00	1	0.00
2603	Nuts, coconut meat, desiccated, sweetened, shredded	38.66	4	38.66	4	43.17
2605	Nuts, almond butter, plain	4.36	3	4.36	3	4.43
2607	Nuts, almond meal, partially defatted	0.00	2	0.00	2	4.81

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2608	Seeds, sesame butter, tahini, from raw and stoneground kernels	0.47	3	0.47	3	0.47
2611	Seeds, sesame seed kernels, dried, shelled	0.00	2	0.00	2	0.48
2616	Nuts, almonds, honey roasted, unblanched	11.33	4	11.33	4	15.64
2617	Nuts, mixed nuts, dry roasted with peanuts, salted	0.00	2	0.00	2	4.80
2618	Nuts, mixed nuts, oil roasted with peanuts, salted	0.00	2	0.00	2	4.15
2619	Seeds, pumpkin and squash seed kernels, roasted, salted	0.00	2	0.00	2	1.29
2620	Seeds, sunflower seed kernels, dry roasted, salted	0.00	2	0.00	2	2.73
2624	Nuts, almonds, dry roasted, unblanched, salted	0.00	2	0.00	2	4.86
2625	Nuts, almonds, oil roasted, unblanched, salted	0.00	2	0.00	2	4.55
2627	Nuts, cashew nuts, dry roasted, salted	0.00	2	0.00	2	5.01
2628	Nuts, cashew nuts, oil roasted, salted	0.00	2	0.00	2	5.01
2633	Nuts, mixed nuts, oil roasted without peanuts, salted	0.00	2	0.00	2	4.38
2637	Nuts, pistachio nuts, dry roasted, salted	0.00	2	0.00	2	7.74
2644	Nuts, pistachio nuts, raw	0.00	2	0.00	2	7.66
3302	Peanuts, all types, dry-roasted, salted	0.00	2	0.00	2	4.90
3309	Peanut butter, chunk type, fat, sugar and salt added	8.41	3	8.41	3	8.41
3362	Peanuts, all types, dry roasted	0.00	2	0.00	2	4.90
3366	Peanut butter, chunk type, fat and sugar added	8.41	3	8.41	3	8.41
3396	Peanuts, all types, raw	0.00	2	0.00	2	4.72
3398	Peanuts, all types, oil-roasted, salted	0.00	2	0.00	2	4.18
3399	Peanut butter, smooth type, fat, sugar and salt added	10.49	3	10.49	3	10.49
3413	Peanuts, all types, oil-roasted	0.00	2	0.00	2	4.18
3414	Peanut butter, smooth type, fat and sugar added	10.49	3	10.49	3	10.49
4528	Seeds, flaxseed (linseed), whole and ground	0.00	2	0.00	2	1.55
4975	Nuts, macadamia, dry roasted, unsalted	0.00	2	0.00	2	4.14
4976	Nuts, macadamia, dry roasted, salted	0.00	2	0.00	2	4.14
5428	Peanut butter, smooth, reduced fat	9.28	3	9.28	3	9.28
5509	Peanut butter, reduced sodium	9.29	3	9.29	3	9.29
5709	Nuts, cashew nuts, raw	0.00	2	0.00	2	5.91
6220	Peanut butter, lower sugar	3.34	3	3.34	3	3.34
6289	Peanut butter, natural	4.18	3	4.18	3	4.18
6538	Seeds, sesame seed kernels, toasted, shelled, with salt	0.00	2	0.00	2	0.48
7221	Nuts, walnuts, glazed	30.32	4	30.32	4	32.14
7428	Nuts, almonds, oil roasted, lightly salted	0.00	2	0.00	2	4.55
7568	Seeds, hemp seeds, hulled	0.00	2	0.00	2	1.87
Vegetables						
212	Basil, fresh	0.00	2	0.00	2	0.30
1982	Alfalfa seeds, sprouted, raw	0.00	2	0.00	2	0.20

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1985	Amaranth leaves, boiled, drained	0.00	2	0.00	2	2.48
1989	Artichoke (Globe, French), frozen, boiled, drained	0.00	2	0.00	2	0.84
1990	Asparagus, raw	0.00	2	0.00	2	1.88
1991	Asparagus, boiled, drained	0.00	2	0.00	2	1.30
1994	Asparagus, frozen, boiled, drained	0.00	2	0.00	2	0.32
1995	Balsam-pear (bitter melon, bitter melon), leafy tips, raw	0.00	2	0.00	2	0.92
1996	drained	0.00	2	0.00	2	1.04
1997	Balsam-pear (bitter melon, bitter melon), pods, raw	0.00	2	0.00	2	1.74
1998	Balsam-pear (bitter melon, bitter melon), pods, boiled, drained	0.00	2	0.00	2	1.95
1999	Bamboo shoots, raw	0.00	2	0.00	2	3.00
2000	Bamboo shoots, boiled, drained	0.00	2	0.00	2	1.33
2003	Beans, lima, raw	0.00	2	0.00	2	1.48
2004	Beans, lima, boiled, drained	0.00	2	0.00	2	1.63
2006	Beans, lima (fordhook), frozen, unprepared	0.00	2	0.00	2	1.39
2007	Beans, lima (fordhook), frozen, boiled, drained	0.00	2	0.00	2	1.34
2008	Beans, mung, mature seeds, sprouted, bean sprouts, raw	0.00	2	0.00	2	4.13
2009	drained	0.00	2	0.00	2	2.84
2010	fat added	0.00	2	0.00	2	6.76
2014	Beans, pinto, frozen, boiled, drained	0.00	2	0.00	2	0.39
2019	Beans, snap (Italian, green or yellow), frozen, boiled, drained	0.00	2	0.00	2	1.23
2020	Beets, canned, solids and liquid	0.00	2	0.00	2	6.53
2021	Beet greens, raw	0.00	2	0.00	2	0.50
2022	Beet greens, boiled, drained	0.00	2	0.00	2	0.60
2023	Broadbeans (fava beans), fresh, raw	0.00	2	0.00	2	1.20
2024	Broadbeans (fava beans), fresh, boiled, drained	0.00	2	0.00	2	1.03
2026	Broccoli, frozen, spears, boiled, drained	0.00	2	0.00	2	1.47
2028	Brussels sprouts, frozen, boiled, drained	0.00	2	0.00	2	2.08
2034	Cabbage, red, raw	0.00	2	0.00	2	3.83
2035	Cabbage, red, boiled, drained	0.00	2	0.00	2	3.32
2036	Cabbage, savoy, raw	0.00	2	0.00	2	2.27
2037	Cabbage, savoy, boiled, drained	0.00	2	0.00	2	2.02
2038	Bok choy, pak-choi, raw	0.00	2	0.00	2	1.18
2039	Bok choy, pak-choi, boiled drained	0.00	2	0.00	2	0.83
2040	Cabbage, Chinese (pe-tsai), raw	0.00	2	0.00	2	1.41
2041	Cabbage, Chinese (pe-tsai), boiled, drained	0.00	2	0.00	2	1.23
2045	Cassava (manioc), raw	0.00	2	0.00	2	1.70
2046	Cauliflower, boiled, drained	0.00	2	0.00	2	2.08
2047	Cauliflower, frozen, unprepared	0.00	2	0.00	2	2.22

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2048	Cauliflower, frozen, boiled, drained	0.00	2	0.00	2	1.05
2049	Celeriac, raw	0.00	2	0.00	2	1.60
2050	Celeriac, boiled, drained	0.00	2	0.00	2	1.03
2051	Celtuce, raw	0.00	2	0.00	2	0.77
2052	Chard, swiss, raw	0.00	2	0.00	2	1.10
2053	Chard, swiss, boiled, drained	0.00	2	0.00	2	1.10
2055	Chayote, fruit, boiled, drained	0.00	2	0.00	2	1.89
2056	Belgium endive (chicory, witloof), raw	0.00	2	0.00	2	0.25
2057	Chicory greens (cichorium intybus), raw	0.00	2	0.00	2	0.70
2058	Chicory roots (cichorium intybus), raw	0.00	2	0.00	2	8.73
2059	Chives, raw	0.00	2	0.00	2	1.85
2061	Chrysanthemum, garland, boiled, drained	0.00	2	0.00	2	2.01
2063	Collards, raw	0.00	2	0.00	2	0.46
2064	Collards, boiled, drained	0.00	2	0.00	2	0.40
2067	Coriander (cilantro), raw	0.00	2	0.00	2	0.87
2068	Corn, sweet, yellow, on or off the cob, boiled, drained	0.00	2	0.00	2	4.54
2070	Corn, sweet, canned, brine pack, drained solids	0.00	2	0.00	2	2.42
2073	Cornsalad (lamb's lettuce), raw	0.00	2	0.00	2	1.72
2075	Cowpeas (black-eyed peas), immature seeds, boiled, drained	0.00	2	0.00	2	3.23
2080	Beans, yardlong, (asparagus bean or cowpea), raw	0.00	2	0.00	2	0.97
2081	Beans, yardlong, (asparagus bean or cowpea), boiled, drained	0.00	2	0.00	2	1.34
2084	Cress, garden, raw	0.00	2	0.00	2	4.40
2085	Cress, garden, boiled, drained	0.00	2	0.00	2	3.11
2086	Dandelion greens, raw	0.00	2	0.00	2	0.71
2088	Eggplant (aubergine, brinjal), raw	0.00	2	0.00	2	3.53
2089	Eggplant (aubergine, brinjal), boiled, drained	0.00	2	0.00	2	3.20
2090	Escarole or endive (cichorium endivia), raw	0.00	2	0.00	2	0.25
2091	Ginger root, raw	0.00	2	0.00	2	1.70
2097	Drumstick (horseradish-tree, moringa), leaves, boiled, drained	0.00	2	0.00	2	1.00
2100	Jerusalem artichoke (sunchoke), raw	0.00	2	0.00	2	9.60
2104	Jute, potherb, boiled, drained	0.00	2	0.00	2	1.00
2105	Kale, boiled, drained	0.00	2	0.00	2	1.25
2107	Kale, frozen, boiled, drained	0.00	2	0.00	2	1.34
2109	Kohlrabi, raw	0.00	2	0.00	2	2.60
2110	Kohlrabi, boiled, drained	0.00	2	0.00	2	2.80
2111	Lambsquarters, raw	0.00	2	0.00	2	0.83
2113	Lentils, sprouted, raw	0.00	2	0.00	2	14.59
2115	Lettuce, butterhead (Boston, bibb)	0.00	2	0.00	2	0.94

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2116	Lettuce, cos or romaine	0.00	2	0.00	2	1.19
2117	Lettuce, looseleaf	0.00	2	0.00	2	0.78
2118	Lotus root, raw	0.00	2	0.00	2	0.56
2119	Lotus root, boiled, drained	0.00	2	0.00	2	0.50
2123	Mushroom, boiled, drained	0.00	2	0.00	2	2.33
2124	Mushroom, shiitake, dried	0.00	2	0.00	2	2.21
2125	Mushroom, shiitake, cooked	0.00	2	0.00	2	3.84
2126	Mustard greens, raw	0.00	2	0.00	2	1.32
2127	Mustard greens, boiled, drained	0.00	2	0.00	2	1.41
2134	Okra (gumbo), raw	0.00	2	0.00	2	1.48
2135	Okra (gumbo), boiled, drained	0.00	2	0.00	2	2.40
2136	Okra (gumbo), frozen, unprepared	0.00	2	0.00	2	2.97
2137	Okra (gumbo), frozen, boiled, drained	0.00	2	0.00	2	2.87
2138	Onion, dehydrated flakes	0.00	2	0.00	2	37.41
2141	Onion, frozen, chopped, boiled, drained	0.00	2	0.00	2	2.90
2144	Onion, spring (green) or scallion (includes tops and bulb), raw	0.00	2	0.00	2	2.33
2146	Peas, edible-podded (snow peas), boiled, drained	0.00	2	0.00	2	3.99
2148	Peas, edible-podded (snow peas), frozen, boiled, drained	0.00	2	0.00	2	4.82
2151	Peas, green, frozen, unprepared	0.00	2	0.00	2	5.00
2152	Peas, mature seeds, sprouted, raw	0.00	2	0.00	2	17.07
2154	Peas and carrots, canned, solids and liquid	0.00	2	0.00	2	2.83
2156	Peas and carrots, frozen, boiled, drained	0.00	2	0.00	2	4.36
2159	Peas and onions, frozen, boiled, drained	0.00	2	0.00	2	3.77
2160	Pepper, hot chili, red or green, canned, solids and liquid	0.00	2	0.00	2	3.12
2161	Pepper, sweet, green, canned, solids and liquid	0.00	2	0.00	2	2.16
2163	Peas, pigeon, boiled, drained	0.00	2	0.00	2	2.48
2177	Potato, au gratin, dry mix, unprepared	0.00	2	0.00	2	3.49
2189	Pumpkin flowers, boiled, drained	0.00	2	0.00	2	2.40
2192	Pumpkin, canned	0.00	2	0.00	2	3.30
2196	Radish, oriental (daikon), raw	0.00	2	0.00	2	2.50
2197	Radish, oriental (daikon), boiled, drained	0.00	2	0.00	2	1.83
2201	Sauerkraut, canned, solids and liquid	0.00	2	0.00	2	1.78
2202	Seaweed, agar, raw	0.00	2	0.00	2	0.28
2203	Seaweed, irishmoss, raw	0.00	2	0.00	2	0.61
2204	Seaweed, kelp (kombu, tangle), raw	0.00	2	0.00	2	0.60
2205	Seaweed, dulse (laver, nori), raw	0.00	2	0.00	2	0.49
2208	Soybeans, green (edamame), raw	0.00	2	0.00	2	1.93
2209	Soybeans, green (edamame), boiled, drained	0.00	2	0.00	2	1.61

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2210	Soybeans, mature seeds, sprouted, bean sprouts, raw	0.00	2	0.00	2	1.68
2211	Soybeans, mature seeds, sprouted, bean sprouts, steamed	0.00	2	0.00	2	0.52
2213	Spinach, raw	0.00	2	0.00	2	0.42
2214	Spinach, boiled, drained	0.00	2	0.00	2	0.43
2216	Spinach, frozen, unprepared	0.00	2	0.00	2	0.65
2217	Spinach, frozen, boiled, drained	0.00	2	0.00	2	0.51
2222	Squash, summer, crookneck, frozen, boiled, drained	0.00	2	0.00	2	2.33
2225	Squash, summer, zucchini, raw	0.00	2	0.00	2	2.50
2226	Squash, summer, zucchini, boiled, drained	0.00	2	0.00	2	1.71
2228	Squash, summer, zucchini, frozen, boiled, drained	0.00	2	0.00	2	1.69
2235	Succotash, frozen, boiled, drained	0.00	2	0.00	2	2.21
2237	drained	0.00	2	0.00	2	0.47
2238	Sweet potato leaves, raw	0.00	2	0.00	2	5.61
2239	Sweet potato leaves, steamed	0.00	2	0.00	2	5.48
2240	Sweet potato, raw	0.00	2	0.00	2	4.18
2241	Sweet potato, baked, skin removed after baking	0.00	2	0.00	2	6.48
2242	Sweet potato, boiled without skin	0.00	2	0.00	2	5.74
2243	Sweet potato, canned, vacuum pack	0.00	2	0.00	2	5.00
2244	Sweet potato, canned, mashed	0.00	2	0.00	2	5.45
2246	Sweet potato, frozen, baked	0.00	2	0.00	2	9.17
2247	Taro, raw	0.00	2	0.00	2	0.40
2249	Taro leaves, raw	0.00	2	0.00	2	3.01
2250	Taro leaves, steamed	0.00	2	0.00	2	1.72
2262	Turnip, boiled, drained	0.00	2	0.00	2	2.99
2263	Turnip greens, raw	0.00	2	0.00	2	0.81
2264	Turnip greens, boiled, drained	0.00	2	0.00	2	0.53
2265	Turnip greens, canned, solids and liquid	0.00	2	0.00	2	0.31
2267	Turnip greens, frozen, boiled, drained	0.00	2	0.00	2	0.75
2269	Turnip greens and turnips, frozen, boiled, drained	0.00	2	0.00	2	1.07
2272	Vegetables, mixed, frozen, boiled, drained	0.00	2	0.00	2	3.12
2274	Waterchestnuts, Chinese, raw	0.00	2	0.00	2	4.80
2275	Waterchestnuts, Chinese, canned, solids and liquid	0.00	2	0.00	2	2.46
2276	Watercress, raw	0.00	2	0.00	2	0.20
2277	Waxgourd (Chinese preserving melon), raw	0.00	2	0.00	2	1.18
2278	Waxgourd (Chinese perserving melon), boiled, drained	0.00	2	0.00	2	1.18
2283	Yam, raw	0.00	2	0.00	2	0.50
2284	Yam, boiled, drained or baked	0.00	2	0.00	2	0.49
2285	Yambean (jimaca), tuber, raw	0.00	2	0.00	2	1.80

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2286	Yambean (jimaca), tuber, boiled, drained	0.00	2	0.00	2	1.80
2299	drained	0.00	2	0.00	2	1.34
2303	Squash, summer, all varieties, raw	0.00	2	0.00	2	2.20
2304	Squash, summer, all varieties, boiled, drained	0.00	2	0.00	2	2.59
2305	Squash, winter, all varieties, raw	0.00	2	0.00	2	2.20
2306	Squash, winter, all varieties, baked	0.00	2	0.00	2	3.30
2307	Sweet potato, canned, syrup pack, solids and liquid	7.70	8	7.70	8	15.40
2318	Seaweed, agar, dried	0.00	2	0.00	2	2.97
2320	Seaweed, spirulina, dried	0.00	2	0.00	2	3.10
2321	Seaweed, wakame, raw	0.00	2	0.00	2	0.65
2322	Pepper, hot chili, red or green, raw	0.00	2	0.00	2	5.10
2326	Shallot, raw	0.00	2	0.00	2	7.87
2337	Pickles, cucumber, sweet	18.27	5	18.27	5	18.27
2338	Pickles, cucumber, sour	1.06	7	1.06	7	1.06
2340	Pickle relish, sweet	22.95	6	22.95	6	29.13
2341	Pickles, cucumber, sour, low sodium	1.06	7	1.06	7	1.06
2342	Pickles, cucumber, sweet, low sodium	26.68	7	26.68	7	26.68
2344	Pepper, sweet, yellow, raw	0.00	2	0.00	2	3.66
2345	Radicchio, raw	0.00	2	0.00	2	0.60
2350	Fennel, bulb, raw	0.00	2	0.00	2	3.93
2352	Arugula, raw	0.00	2	0.00	2	2.05
2353	Carrot, baby, raw	0.00	2	0.00	2	4.76
2354	Hearts of palm, canned	0.00	2	0.00	2	4.18
2355	Pepper, hot chili, red, sun-dried	0.00	2	0.00	2	41.06
2358	Cauliflower, green, raw	0.00	2	0.00	2	3.03
2361	Cabbage, raw	0.00	2	0.00	2	3.20
2362	Cabbage, boiled, drained	0.00	2	0.00	2	2.79
2363	Cucumber, raw	0.00	2	0.00	2	1.67
2364	Artichoke (Globe, French), raw	0.00	2	0.00	2	0.99
2365	Artichoke (Globe, French), boiled, drained	0.00	2	0.00	2	0.99
2366	Asparagus, canned, drained solids	0.00	2	0.00	2	1.06
2367	Bamboo shoots, canned, drained solids	0.00	2	0.00	2	1.89
2368	Beans, lima, baby, frozen, unprepared	0.00	2	0.00	2	1.72
2370	Beans, snap (Italian, green or yellow), raw	0.00	2	0.00	2	3.26
2371	Beans, snap (Italian, green or yellow), boiled, drained	0.00	2	0.00	2	1.55
2372	Beans, snap (Italian, green or yellow), canned, drained solids	0.00	2	0.00	2	0.78
2373	Beets, canned, drained solids	0.00	2	0.00	2	5.51
2374	Broccoli, raw	0.00	2	0.00	2	1.70

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2375	Broccoli, boiled, drained	0.00	2	0.00	2	1.39
2376	Broccoli, frozen, chopped, unprepared	0.00	2	0.00	2	1.35
2377	Broccoli, frozen, chopped, boiled, drained	0.00	2	0.00	2	1.47
2378	Brussels sprouts, raw	0.00	2	0.00	2	2.20
2379	Brussels sprouts, boiled, drained	0.00	2	0.00	2	1.74
2380	Carrot, raw	0.00	2	0.00	2	4.74
2381	Carrot, boiled, drained	0.00	2	0.00	2	3.45
2382	Carrot, canned, drained solids	0.00	2	0.00	2	2.48
2383	Carrot, frozen, unprepared	0.00	2	0.00	2	4.76
2384	Carrot, frozen, boiled, drained	0.00	2	0.00	2	4.08
2385	Cauliflower, raw	0.00	2	0.00	2	1.91
2386	Celery, raw	0.00	2	0.00	2	1.34
2387	Celery, boiled, drained	0.00	2	0.00	2	2.37
2388	Corn, sweet, yellow, raw	0.00	2	0.00	2	6.26
2389	Corn, sweet, canned, cream style	3.23	5	3.23	5	3.23
2390	Corn, sweet, canned, vacuum pack, niblets	0.00	2	0.00	2	3.56
2391	Corn, sweet, yellow, frozen, kernels cut off the cob, unprepared	0.00	2	0.00	2	2.50
2392	drained	0.00	2	0.00	2	3.07
2394	Garlic, raw	0.00	2	0.00	2	1.00
2395	Kale, raw	0.00	2	0.00	2	2.26
2396	Leeks (bulb and lower-leaf portion), raw	0.00	2	0.00	2	3.90
2397	Leeks (bulb and lower-leaf portion), boiled, drained	0.00	2	0.00	2	2.11
2398	Lettuce, iceberg	0.00	2	0.00	2	1.97
2399	Mushroom, white, raw	0.00	2	0.00	2	1.98
2400	Mushroom, canned, drained solids	0.00	2	0.00	2	1.95
2401	Onion, raw	0.00	2	0.00	2	4.24
2402	Onion, boiled, drained	0.00	2	0.00	2	4.73
2405	Parsley, fresh	0.00	2	0.00	2	0.85
2406	Parsnip, raw	0.00	2	0.00	2	4.80
2407	Parsnip, boiled, drained	0.00	2	0.00	2	4.80
2408	Peas, edible-podded (snow peas), raw	0.00	2	0.00	2	4.00
2409	Peas, green, raw	0.00	2	0.00	2	5.67
2410	Peas, green, boiled, drained	0.00	2	0.00	2	5.93
2411	Peas, green, canned, drained solids	0.00	2	0.00	2	2.99
2412	Peas, green, frozen, boiled, drained	0.00	2	0.00	2	4.65
2413	Pepper, sweet, green, raw	0.00	2	0.00	2	2.40
2414	Pepper, sweet, green, boiled, drained	0.00	2	0.00	2	3.19
2416	Pepper, sweet, green, frozen, chopped, boiled, drained	0.00	2	0.00	2	2.16

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2417	Potato, flesh, raw	0.00	2	0.00	2	0.78
2419	Potato, flesh, baked	0.00	2	0.00	2	1.70
2420	Potato, skin, baked	0.00	2	0.00	2	1.40
2421	Potato, boiled with skin, flesh	0.00	2	0.00	2	0.87
2422	Potato, boiled without skin, flesh	0.00	2	0.00	2	0.85
2426	Potato, mashed, flakes without milk, dry	0.00	2	0.00	2	3.36
2431	Potato, hashed brown, frozen, plain, prepared	0.00	2	0.00	2	0.27
2433	Potato puff, frozen, prepared	0.00	2	0.00	2	0.27
2434	Potato, french-fried, frozen, unprepared	0.00	2	0.00	2	0.20
2435	Potato, french-fried, frozen, all types, salt added in processing, home-prepared, heated in oven	0.00	2	0.00	2	0.37
2441	Pumpkin, raw	0.00	2	0.00	2	2.76
2442	Pumpkin, boiled, drained	0.00	2	0.00	2	2.08
2443	Radish, raw	0.00	2	0.00	2	1.86
2444	Rutabaga (swede), raw	0.00	2	0.00	2	4.46
2445	Rutabaga (swede), boiled, drained	0.00	2	0.00	2	3.95
2447	Spinach, canned, drained solids	0.00	2	0.00	2	0.40
2448	Squash, winter, acorn, raw	0.00	2	0.00	2	2.59
2449	Squash, winter, acorn, baked	0.00	2	0.00	2	4.99
2450	Squash, winter, acorn, boiled, mashed	0.00	2	0.00	2	2.20
2451	Squash, winter, butternut, raw	0.00	2	0.00	2	5.02
2452	Squash, winter, butternut, baked	0.00	2	0.00	2	1.97
2454	Squash, winter, butternut, frozen, boiled	0.00	2	0.00	2	1.94
2456	Squash, winter, hubbard, baked	0.00	2	0.00	2	4.90
2458	Squash, winter, spaghetti, raw	0.00	2	0.00	2	2.76
2459	Squash, winter, spaghetti, baked or boiled, drained	0.00	2	0.00	2	2.53
2470	Turnip, raw	0.00	2	0.00	2	3.80
2472	Turnip, frozen, boiled, drained	0.00	2	0.00	2	2.35
2474	Vegetables, mixed, canned, drained solids	0.00	2	0.00	2	2.41
2476	Beets, pickled, canned, solids and liquid	7.55	4	7.55	4	13.59
2477	Pepper, jalapeno, canned, solids and liquid	0.00	2	0.00	2	2.14
2478	Potato, flesh and skin, baked	0.00	2	0.00	2	1.18
2484	Pepper, sweet, red, raw	0.00	2	0.00	2	4.20
2486	Pepper, sweet, red, boiled, drained	0.00	2	0.00	2	4.39
2495	Pickles, cucumber, dill (includes Kosher and Polish)	1.07	5	1.07	5	1.07
2496	Pimento, canned	0.00	2	0.00	2	2.71
2497	Pickles, cucumber, dill, low sodium	1.07	5	1.07	5	1.07
2499	Seaweed, dulce (laver, nori), dried	0.00	2	0.00	2	0.49

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
2500	Beets, raw	0.00	2	0.00	2	6.76
2501	Beets, boiled, drained	0.00	2	0.00	2	7.96
2505	Potato, flesh and skin, raw	0.00	2	0.00	2	0.78
2506	Potato, boiled, flesh and skin	0.00	2	0.00	2	0.87
3243	Beans, adzuki, raw	0.00	2	0.00	2	3.87
3244	Beans, adzuki, boiled	0.00	2	0.00	2	1.50
3248	Beans, baked, canned, plain or vegetarian	5.19	6	5.19	6	7.96
3250	Beans, baked, canned, with wieners	3.27	8	3.27	8	6.53
3252	Beans, black turtle, mature seeds, raw	0.00	2	0.00	2	2.12
3253	Beans, black turtle, mature seeds, boiled	0.00	2	0.00	2	0.32
3255	Beans, cranberry (roman), raw	0.00	2	0.00	2	2.56
3256	Beans, cranberry (roman), boiled	0.00	2	0.00	2	0.91
3260	Beans, great northern, boiled	0.00	2	0.00	2	0.79
3265	Beans, kidney, dark red, canned, solids and liquid	0.00	2	0.00	2	1.85
3266	Beans, navy, canned, solids and liquid	0.00	2	0.00	2	0.28
3267	Beans, pink, raw	0.00	2	0.00	2	2.14
3268	Beans, pink, boiled	0.00	2	0.00	2	0.36
3269	Beans, pinto, raw	0.00	2	0.00	2	2.11
3270	Beans, pinto, boiled	0.00	2	0.00	2	0.34
3271	Beans, pinto, canned, solids and liquid	0.00	2	0.00	2	1.02
3276	Beans, white, canned, solids and liquid, no salt added	0.00	2	0.00	2	0.29
3282	Black-eyed peas (cowpeas, crowder, southern), common, mature seeds, raw	0.00	2	0.00	2	6.90
3283	Black-eyed peas (cowpeas, crowder, southern)), common, mature seeds, boiled	0.00	2	0.00	2	3.30
3288	Beans, lima, dry, large, raw	0.00	2	0.00	2	8.50
3289	Beans, lima, dry, large, boiled	0.00	2	0.00	2	2.90
3297	Beans, legumes, mung (green gram), raw	0.00	2	0.00	2	6.60
3298	Beans, legumes, mung (green gram), boiled	0.00	2	0.00	2	2.00
3300	Beans, mungo, raw	0.00	2	0.00	2	6.49
3301	Beans, mungo, boiled	0.00	2	0.00	2	2.01
3312	Peas, pigeon (red gram), raw	0.00	2	0.00	2	7.57
3313	Peas, pigeon (red gram), boiled	0.00	2	0.00	2	2.70
3314	Refried beans, canned	0.00	6	0.00	6	0.54
3315	Meatless, bacon	0.00	1	0.00	1	0.00
3316	Meatless, sausage	0.00	1	0.00	1	0.00
3328	Soy protein isolate (prepared with sodium)	0.00	1	0.00	1	0.00
3334	Beans, yardlong, mature seeds, raw	0.00	2	0.00	2	1.40
3338	Hummus, homemade	0.27	6	0.27	6	0.27

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
3340	Beans, adzuki, boiled, salted	0.00	1	0.00	1	0.00
3341	Beans, black, mature seeds, boiled, salted	0.00	2	0.00	2	0.82
3342	Beans, black turtle, mature seeds, boiled, salted	0.00	2	0.00	2	0.32
3343	Beans, cranberry (roman), boiled, salted	0.00	2	0.00	2	0.91
3352	Broadbeans (fava beans), dry, boiled, with salt	0.00	2	0.00	2	1.82
3354	salted	0.00	2	0.00	2	3.30
3356	Beans, lima, dry, large, boiled, salted	0.00	2	0.00	2	2.90
3360	Beans, legumes, mung (green gram), boiled, salted	0.00	2	0.00	2	2.00
3373	Beans, winged (goa beans), dry, boiled, with salt	0.00	2	0.00	2	0.32
3375	Beans, baked, canned, with pork and tomato sauce	5.13	7	5.67	7	5.67
3376	Beans, black, mature seeds, raw	0.00	2	0.00	2	2.12
3381	Beans, kidney, dark red, raw	0.00	2	0.00	2	2.10
3382	Beans, kidney, dark red, boiled	0.00	2	0.00	2	0.32
3383	Beans, navy, raw	0.00	2	0.00	2	3.88
3384	Beans, navy, boiled	0.00	2	0.00	2	0.37
3385	Beans, white, raw	0.00	2	0.00	2	2.11
3386	Beans, white, boiled	0.00	2	0.00	2	0.34
3387	Broadbeans (fava beans), dry, raw	0.00	2	0.00	2	5.70
3388	Broadbeans (fava beans), dry, boiled	0.00	2	0.00	2	1.82
3389	Chickpeas (garbanzo beans, bengal gram), raw	0.00	2	0.00	2	10.70
3390	Chickpeas (garbanzo beans, bengal gram), boiled	0.00	2	0.00	2	4.80
3391	Chili with beans, canned	1.19	7	1.19	7	1.19
3392	Lentils, raw	0.00	2	0.00	2	2.03
3393	Lentils, boiled	0.00	2	0.00	2	1.80
3394	Peas, split, raw	0.00	2	0.00	2	8.00
3395	Peas, split, boiled	0.00	2	0.00	2	2.90
3400	Soybeans, dry, raw	0.00	2	0.00	2	3.99
3401	Soybeans, dry, boiled	0.00	2	0.00	2	3.00
3404	Tofu, regular, firm or extra firm, raw (prepared with calcium sulphate and magnesium chloride)	0.00	2	0.00	2	0.60
3408	Beans, navy, boiled, salted	0.00	2	0.00	2	0.37
3409	Beans, white, boiled, salted	0.00	2	0.00	2	0.34
3410	Chickpeas (garbanzo beans, bengal gram), boiled, salted	0.00	2	0.00	2	4.80
3411	Lentils, boiled, salted	0.00	2	0.00	2	1.80
3412	Peas, split, boiled, salted	0.00	2	0.00	2	2.90
4556	Fast foods, breakfast, potatoes, hashed brown	0.00	6	0.00	6	0.56
4848	Cucumber, peeled, raw	0.00	2	0.00	2	1.38
4851	Broccoli, chinese, cooked	0.00	2	0.00	2	0.84

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
4855	Grape leaves (vine leaves), raw	0.00	2	0.00	2	6.30
4858	Pepper, serrano, raw	0.00	2	0.00	2	3.83
4860	Pepper, jalapeno, raw	0.00	2	0.00	2	4.12
4870	Hummus, commercial	0.43	5	0.43	5	0.43
4882	Cabbage, napa, cooked	0.00	2	0.00	2	0.27
4884	Mushroom, fungi, Cloud ears, dried	0.00	2	0.00	2	2.21
4973	Mushroom, portabella (portobello), raw	0.00	2	0.00	2	2.50
4974	Mushroom, brown, Italian (crimini), raw	0.00	2	0.00	2	1.72
5410	Broccoli raab (rapini), raw	0.00	2	0.00	2	0.38
5411	Broccoli raab (rapini), cooked	0.00	2	0.00	2	0.62
5412	Lettuce, red leaf	0.00	2	0.00	2	0.48
5413	Onion, young green, tops only	0.00	2	0.00	2	3.91
5414	Onion, sweet, raw	0.00	2	0.00	2	5.02
5415	Pepper, sweet, green, sauteed	0.00	2	0.00	2	2.17
5417	Pepper, sweet, red, sauteed	0.00	2	0.00	2	4.28
5419	Pickles, chowchow, with cauliflower onion mustard, sweet	11.94	8	11.94	8	23.88
5534	Beans, chili, barbecue, ranch style, cooked	2.63	8	2.63	8	5.25
5537	Meatless, chicken	0.00	1	0.00	1	0.00
5538	Meatless, fish sticks	0.80	3	0.80	3	0.80
5539	Wiener (frankfurter), meatless	0.00	1	0.00	1	0.00
5540	Meatless, luncheon slices	2.22	3	2.22	3	2.22
5541	Meatless, meatballs	1.25	3	1.25	3	1.25
5543	Vegetarian fillets, meatless	0.80	3	0.80	3	0.80
5546	Vegetarian meat loaf or patty, meatless	1.20	3	1.20	3	1.20
5547	Radish, hawaiian style, pickled	2.00	7	2.00	7	2.00
5548	Cabbage, japanese style, fresh, pickled	0.00	6	0.00	6	1.30
5550	Eggplant, pickled	4.80	7	4.80	7	4.80
5554	Meatless, bacon bits	0.00	1	0.00	1	0.00
5572	Soybean, curd cheese	0.00	2	0.00	2	1.60
5574	Vegetables, mixed, canned, unsalted	0.00	7	0.00	7	2.41
5582	Sauerkraut, canned, low sodium	0.00	7	0.00	7	1.78
5599	Hearts of palm, raw	0.00	2	0.00	2	17.16
5606	Meatless, chicken, breaded, fried	0.00	1	0.00	1	0.00
5609	Beans, baked, canned, no salt added	5.07	6	5.07	6	7.78
5936	Netted willow, native, leaves, raw	0.00	1	0.00	1	0.00
5957	Mushroom, portabella (portobello), grilled	0.00	2	0.00	2	2.26
5958	Mushroom, white, stir-fried, no fat added	0.00	1	0.00	1	0.00
5968	Veggie / soy burger patty, unprepared	1.07	3	1.07	3	1.07

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
6218	Soybeans, green (edamame), frozen, prepared	0.00	2	0.00	2	2.18
6298	Artichoke, marinated	1.22	4	1.22	4	2.20
6304	Cabbage, napa, raw	0.00	2	0.00	2	1.42
6372	unsalted	0.00	2	0.00	2	0.78
6398	Carrot, canned, drained solids, unsalted	0.00	2	0.00	2	2.48
6399	Carrot, canned, solids and liquid, unsalted	0.00	2	0.00	2	2.46
6409	Corn, sweet, canned, cream style, unsalted	3.23	5	3.23	5	3.23
6411	Corn, sweet, canned, vacuum pack, niblets, unsalted	0.00	2	0.00	2	3.56
6479	Peas, green, canned, drained solids, no salt added	0.00	2	0.00	2	4.16
6484	Pepper, sweet, red, canned, solids and liquid	0.00	2	0.00	2	3.28
6487	Pepper, sweet, red, frozen, chopped, boiled, drained	0.00	2	0.00	2	2.86
6488	Pepper, sweet, red, frozen, chopped, unprepared	0.00	2	0.00	2	3.26
6577	Tofu, fried	0.00	2	0.00	2	2.72
6613	Vegetables, broccoli and cauliflower, frozen, boiled, drained	0.00	2	0.00	2	1.25
6616	Lettuce, spring mix (mesclun)	0.00	2	0.00	2	0.82
6617	Fiddlehead greens (ferns), frozen, boiled, drained	0.00	2	0.00	2	2.22
6618	Artichoke, canned	0.00	2	0.00	2	0.99
6904	Mushroom, shiitake, raw	0.00	2	0.00	2	2.38
7060	Chickpeas (garbanzo beans, bengal gram), canned, drained solids	0.00	2	0.00	2	4.01
7081	Beans, kidney, red, canned, drained solids	0.00	2	0.00	2	3.80
7083	Beans, pinto, canned, drained solids	0.00	2	0.00	2	0.54
7134	Seaweed, Canadian cultivated EMI-TSUNOMATA, dried	0.00	2	0.00	2	2.64
7135	Seaweed, Canadian cultivated EMI-TSUNOMATA, rehydrated	0.00	2	0.00	2	0.32
7243	Refried beans, canned, reduced sodium	0.00	6	0.00	6	0.54
7449	Refried beans	0.00	6	0.00	6	0.78
401422	Beans, snap, yellow, frozen, boiled	0.00	2	0.00	2	1.23
Fruits						
1487	Apple, canned, sweetened, sliced, heated	5.27	4	5.27	4	14.84
1488	Apple, dehydrated (low moisture), sulphured, uncooked	0.00	2	0.00	2	81.13
1490	Apple, dried, sulphured, uncooked	0.00	2	0.00	2	57.19
1491	Apple, dried, sulphured, stewed, no added sugar	0.00	2	0.00	2	13.32
1493	Apple, frozen, sliced, unsweetened, unheated	0.00	2	0.00	2	10.10
1494	Apple, frozen, sliced, unsweetened, heated	0.00	2	0.00	2	9.89
1498	Apricot, raw	0.00	2	0.00	2	9.24
1499	Apricot, canned halves with skin, water pack, solids and liquid	0.00	2	0.00	2	4.79
1501	Apricot, canned halves with skin, juice pack, solids and liquid	0.00	2	4.74	7	10.74
1504	liquid	12.77	7	12.77	7	19.87
1507	Apricot, dried, sulphured, uncooked	0.00	2	0.00	2	53.44

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1508	Apricot, dried, sulphured, cooked without added sugar	0.00	2	0.00	2	19.57
1510	Apricot, frozen, sweetened	15.30	4	15.30	4	23.12
1511	Avocado, raw, all commercial varieties	0.00	2	0.00	2	0.66
1514	Banana, dehydrated or banana powder	0.00	2	0.00	2	47.30
1515	Blackberry, raw	0.00	2	0.00	2	4.88
1516	Blackberry, canned, heavy syrup pack, solids and liquid	16.53	7	16.53	7	19.70
1517	Blackberry, frozen, unsweetened	0.00	2	0.00	2	10.67
1518	Blueberry, canned, heavy syrup pack, solids and liquid	14.00	7	14.00	7	20.46
1519	Blueberry, frozen, sweetened	12.31	4	12.31	4	19.72
1521	Boysenberry, frozen, unsweetened	0.00	2	0.00	2	6.89
1522	Breadfruit, raw	0.00	2	0.00	2	11.00
1523	Carambola (star fruit), raw	0.00	2	0.00	2	3.98
1526	Cherry, sour, red, raw	0.00	2	0.00	2	8.49
1527	Cherry, sour, red, canned, water pack, solids and liquid	0.00	2	0.00	2	7.60
1530	Cherry sour, red, frozen, unsweetened	0.00	2	0.00	2	9.02
1531	Cherry, sweet, raw	0.00	2	0.00	2	12.82
1532	Cherry, sweet, canned, water pack, solids and liquid	0.00	2	0.00	2	10.26
1533	Cherry, sweet, canned, juice pack, solids and liquid	0.00	2	4.48	7	12.31
1534	Cherry, sweet, canned, heavy syrup pack	8.35	7	8.35	7	16.18
1536	Cherry, sweet, frozen, sweetened	8.53	4	8.53	4	20.26
1538	Cranberry, raw	0.00	2	0.00	2	4.04
1539	Sauce, cranberry, canned, sweetened	35.28	6	37.90	3	37.90
1542	Currant, zante, dried	0.00	2	0.00	2	67.28
1547	Fig, canned, heavy syrup pack, solids and liquid	10.13	7	10.13	7	20.70
1549	Fig, dried, uncooked	0.00	2	0.00	2	47.92
1550	Fig, dried, cooked	0.00	2	0.00	2	23.35
1551	Fruit cocktail (peach, pear, apricot, pineapple, cherry, grape), canned, water pack, solids and liquid	0.00	2	7.51	3	7.51
1552	Fruit cocktail (peach, pear, apricot, pineapple, cherry, grape), canned, juice pack, solids and liquid	0.00	2	10.86	3	10.86
1553	Fruit cocktail (peach, pear, apricot, pineapple, cherry, grape), canned, extra light syrup pack, solids and liquid	2.42	4	9.75	3	9.75
1554	Fruit cocktail (peach, pear, apricot, pineapple, cherry, grape), canned, light syrup pack, solids and liquid	6.94	4	13.93	3	13.93
1555	Fruit cocktail (peach, pear, apricot, pineapple, cherry, grape), canned, heavy syrup pack, solids and liquid	11.24	4	17.91	3	17.91
1567	Grapefruit, canned, waterpack, solids and liquid	0.00	2	0.00	2	8.75
1568	Grapefruit, canned, juice pack, solids and liquid	0.00	2	4.22	7	8.80
1569	Grapefruit, canned, light syrup pack, solids and liquid	10.46	7	10.46	7	15.04

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1577	Groundcherry, raw	0.00	2	0.00	2	35.08
1578	Guava, common, raw	0.00	2	0.00	2	8.92
1580	Guava sauce, cooked	2.94	8	2.94	8	5.88
1581	Jackfruit, raw	0.00	2	0.00	2	19.08
1584	Jujube (chinese date), dried	0.00	2	0.00	2	60.71
1585	Kiwi fruit, raw	0.00	2	0.00	2	8.99
1587	Lemon, raw, without peel	0.00	2	0.00	2	2.50
1592	Lemon peel, raw	0.00	2	0.00	2	4.17
1593	Lime, raw	0.00	2	0.00	2	1.69
1596	Lychee (litchi), raw	0.00	2	0.00	2	15.23
1598	Loganberry, frozen	0.00	2	0.00	2	7.70
1599	Longan, raw	0.00	2	0.00	2	13.85
1603	Mango, raw	0.00	2	0.00	2	13.66
1605	Melon, honeydew, raw	0.00	2	0.00	2	8.12
1606	Melon balls, frozen (cantaloupe and honeydew)	0.00	2	0.00	2	4.40
1610	Mulberry, raw	0.00	2	0.00	2	8.10
1611	Nectarine, raw	0.00	2	0.00	2	7.89
1613	Olive, ripe, canned, small to extra large	0.00	1	0.00	1	0.00
1614	Olive, ripe, canned, jumbo to super colossal	0.00	1	0.00	1	0.00
1618	Orange, with peel, raw	0.00	2	0.00	2	12.53
1621	Orange peel, raw	0.00	2	0.00	2	8.61
1623	Tangerine (mandarin), raw	0.00	2	0.00	2	10.58
1628	Papaya, raw	0.00	2	0.00	2	7.82
1630	Passion fruit, purple, raw	0.00	2	0.00	2	11.20
1633	Peach, canned halves or slices, juice pack, solids and liquid	0.00	2	4.97	7	10.27
1635	Peach, canned halves or slices, heavy syrup pack, solids and liquid	12.09	7	12.09	7	18.64
1640	Peach, dried halves, sulphured, uncooked	0.00	2	0.00	2	41.74
1641	Peach, dried halves, sulphured, cooked, no added sugar	0.00	2	0.00	2	16.99
1643	Peach, frozen sliced, sweetened	15.05	4	15.05	4	22.18
1645	Pear, canned halves, juice pack, solids and liquid	0.00	2	3.54	7	9.70
1649	Pear, dried halves, sulphured, uncooked	0.00	2	0.00	2	62.20
1650	Pear, dried halves, sulphured, cooked, no added sugar	0.00	2	0.00	2	27.41
1651	Pear, dried halves, sulphured, cooked, added sugar	6.00	4	6.00	4	31.77
1653	Persimmon, japanese, raw	0.00	2	0.00	2	12.53
1655	Persimmon, native, raw	0.00	2	0.00	2	22.73
1656	Pineapple, frozen chunks, sweetened	12.48	4	12.48	4	21.10
1661	Plantain, raw	0.00	2	0.00	2	15.00
1662	Plantain, cooked	0.00	2	0.00	2	14.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1663	Plum, canned, purple, water pack, solids and liquid	0.00	2	0.00	2	10.10
1664	Plum, canned, purple, juice pack, solids and liquid	0.00	2	8.19	7	14.22
1665	Plum, canned, purple, heavy syrup pack, solids and liquid	14.55	7	14.55	7	22.31
1667	Pomegranate, raw	0.00	2	0.00	2	13.67
1668	Prickly pear, raw	0.00	2	0.00	2	1.00
1669	Prune, canned, heavy syrup pack, solids and liquid	5.61	7	5.61	7	13.37
1672	Prune, dried, cooked, added sugar	6.52	4	6.52	4	29.87
1674	Pummelo, raw	0.00	2	0.00	2	8.29
1676	Raspberry, canned, heavy syrup pack, solids and liquid	17.19	7	17.19	7	20.06
1677	Raspberry, frozen, sweetened	18.14	4	18.14	4	21.76
1678	Rhubarb, frozen, uncooked	0.00	2	0.00	2	1.10
1679	Rhubarb, frozen, cooked, added sugar	27.60	4	27.60	4	28.70
1685	Strawberry, canned, heavy syrup pack, solids and liquid	19.56	7	19.56	7	21.83
1686	Strawberry, frozen, sweetened, whole	14.72	4	14.72	4	18.61
1687	Strawberry, frozen, sweetened, sliced	20.38	4	20.38	4	24.01
1689	Tamarind, raw	0.00	2	0.00	2	38.80
1691	Watermelon, raw	0.00	2	0.00	2	6.20
1693	Pear, asian, raw	0.00	2	0.00	2	7.05
1696	Apple, raw, with skin	0.00	2	0.00	2	10.39
1697	Apple, raw, without skin	0.00	2	0.00	2	10.10
1699	Apple, canned, sweetened, sliced, unheated	5.45	4	5.45	4	15.00
1700	Applesauce, canned, unsweetened	0.00	2	9.39	3	9.39
1701	Applesauce, canned, sweetened	5.83	4	14.67	3	14.67
1704	Banana, raw	0.00	2	0.00	2	12.23
1705	Blueberry, raw	0.00	2	0.00	2	9.96
1706	Blueberry, frozen, unsweetened	0.00	2	0.00	2	8.45
1708	Cherry, sweet, canned, light syrup pack	7.96	7	7.96	7	15.79
1709	Currant, red and white, raw	0.00	2	0.00	2	7.37
1710	Date, domestic, natural and dry	0.00	2	0.00	2	63.35
1711	Fig, raw	0.00	2	0.00	2	16.26
1712	Fruit salad (peach, pear, apricot, pineapple, cherry), canned, juice pack, solids and liquid	0.00	2	10.53	4	11.80
1713	Fruit salad (peach, pear, apricot, pineapple, cherry), canned, light syrup pack, solids and liquid	12.54	4	12.54	4	14.17
1714	Grapefruit, pink, red or white, all areas, raw	0.00	2	0.00	2	20.23
1715	Grapefruit, white, all areas, raw	0.00	2	0.00	2	7.31
1718	Grape, red or green (European type, such as Thompson seedless), adherent skin, raw	0.00	2	0.00	2	15.48
1721	Melon, cantaloupe, raw	0.00	2	0.00	2	7.86

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1722	Orange, all commercial varieties, raw	0.00	2	0.00	2	9.35
1726	Tangerine (mandarin), canned, juice pack, solids and liquid	0.00	2	1.99	7	8.87
1727	Tangerine (mandarin), canned, light syrup pack, solids and liquid	8.61	7	8.61	7	15.49
1728	Peach, raw	0.00	2	0.00	2	8.39
1729	Peach, canned halves or slices, water pack, solids and liquid	0.00	2	0.00	2	4.81
1730	Peach, canned halves or slices, light syrup pack, solids and liquid	8.87	4	8.87	4	13.25
1731	Pear, raw, with skin	0.00	2	0.00	2	9.75
1732	Pear, canned halves, water pack, solids and liquid	0.00	2	0.00	2	6.10
1733	Pear, canned halves, light syrup pack, solids and liquid	5.94	7	5.94	7	12.10
1734	Pineapple, raw	0.00	2	0.00	2	9.85
1735	Pineapple, canned, water pack, solids and liquid	0.00	2	0.00	2	7.50
1736	Pineapple, canned, juice pack, solids and liquid	0.00	2	8.01	7	14.45
1737	Pineapple, canned, light syrup pack, solids and liquid	6.18	7	6.18	7	12.65
1738	Pineapple, canned heavy syrup pack, solids and liquid	10.43	7	10.43	7	16.90
1739	Pineapple, canned, extra heavy syrup pack, solids and liquid	13.76	7	13.76	7	20.23
1740	Plum, raw	0.00	2	0.00	2	9.92
1741	Plum, canned, purple, light syrup pack, solids and liquid	5.84	4	5.84	4	15.35
1742	Prune, dried, uncooked	0.00	2	0.00	2	38.13
1743	Prune, dried, cooked, no added sugar	0.00	2	0.00	2	24.98
1744	Raisin, golden seedless	0.00	2	0.00	2	59.19
1745	Raisin, seedless (sultana)	0.00	2	0.00	2	59.19
1746	Raisin, seeded	0.00	2	0.00	2	58.41
1747	Raspberry, raw	0.00	2	0.00	2	4.42
1748	Rhubarb, raw	0.00	2	0.00	2	1.10
1749	Strawberry, raw	0.00	2	0.00	2	4.89
1750	Strawberry, frozen, unsweetened	0.00	2	0.00	2	4.56
2258	Tomato products, canned, paste, no added salt	0.00	2	12.18	3	12.18
2259	Tomato products, canned, puree, no salt added	0.00	2	4.83	3	4.83
2348	Tomato, sun-dried	0.00	2	0.00	2	37.59
2349	Tomato, sun-dried, packed in oil, drained	0.00	2	0.00	2	31.03
2356	Nopales (prickly pear), raw	0.00	2	0.00	2	1.15
2357	Nopales (prickly pear), cooked	0.00	2	0.00	2	1.12
2460	Tomato, red, ripe, raw, year round average	0.00	2	0.00	2	2.63
2461	Tomato, red, ripe, boiled	0.00	2	0.00	2	2.49
2462	Tomato, red, ripe, canned, whole	0.00	2	0.00	2	2.55
2463	Tomato, red, ripe, canned, stewed	1.76	8	1.76	8	3.52
2465	Tomato products, canned, sauce	3.22	6	3.56	3	3.56
4304	Sweets, pie fillings, canned, cherry	11.96	8	23.92	3	23.92

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
4396	Candied foods, maraschino cherries, jar, solids and liquid	17.03	6	17.03	6	17.89
4397	Candied foods, cherries	80.85	6	80.85	6	84.94
4398	Candied foods, citron	39.34	8	39.34	8	78.68
4401	Candied foods, grapefruit peel	39.59	8	39.59	8	79.18
4403	Candied foods, orange peel	39.59	8	39.59	8	79.18
4405	Candied foods, pineapple	33.97	8	33.97	8	67.94
4878	Rambutan, canned, syrup pack	14.37	7	14.37	7	20.76
5390	Cranberry, dried, sweetened	61.10	6	61.10	6	65.00
5391	Olive, pickled, canned or bottled, green	0.00	7	0.00	7	0.54
5392	Candied, maraschino cherries, jar, drained	36.90	6	36.90	6	38.77
5393	Fruit cocktail (peach, pear, apricot, pineapple, cherry, grape), canned, heavy syrup, drained	10.41	4	17.14	3	17.14
5394	Pineapple, canned, juice pack, drained	0.00	2	6.76	4	14.26
5395	Apricot, canned, heavy syrup, drained	10.37	4	10.37	4	18.65
5396	Cherry, sweet, canned, heavy syrup, drained	3.85	4	3.85	4	16.18
5397	Peach, canned, heavy syrup, drained	6.84	4	6.84	4	14.66
5400	Tangerine, (mandarin), canned, juice pack, drained	0.00	2	1.37	4	8.25
5401	Date, medjool	0.00	2	0.00	2	66.47
5402	Candied fruit	40.34	8	40.34	8	80.68
5939	Cloudberry (bakeapple), native	0.00	2	0.00	2	7.64
5956	Clementine, raw	0.00	2	0.00	2	9.19
6379	Blackberry, wild, raw	0.00	2	0.00	2	3.65
6381	Blueberry, wild, raw	0.00	2	0.00	2	6.46
6416	Cranberry (lingonberry), wild, raw	0.00	2	0.00	2	4.04
6530	Raspberry, wild, raw	0.00	2	0.00	2	5.54
6579	Tomato products, canned paste, with salt	0.00	2	12.18	3	12.18
6580	Tomato products, canned, puree, with salt	0.00	2	4.83	3	4.83
6659	Blueberry, wild, frozen	0.00	2	0.00	2	7.04
7208	Cherries, tart, dried, sweetened	35.08	4	35.08	4	67.15
7209	Blueberry, dried, sweetened	33.75	8	33.75	8	67.50
7210	Cherry, sour, canned, water pack, drained	0.00	2	0.00	2	6.99
7426	Raspberry, frozen, unsweetened	0.00	2	0.00	2	4.42
403948	SASKATOON BERRIES, RAW	0.00	2	0.00	2	12.59
403992	PARTRIDGEBERRIES, RAW	0.00	2	0.00	2	0.21
404291	Dragon fruit (Pitahaya, pitaya)	0.00	2	0.00	2	15.25
Snacks						
3317	Soybean kernels, roasted, salted	0.00	2	0.00	2	4.20
4086	Snacks, beef jerky, chopped and formed	9.00	3	9.00	3	9.00
4087	Snacks, corn-based, extruded, chips, plain	0.23	6	0.23	6	0.27

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
4089	Snacks, corn-based, extruded, cones, plain	0.00	6	0.00	6	0.26
4091	Snacks, corn-based, extruded, onion	0.00	6	0.00	6	4.83
4092	Snacks, corn-based, extruded, puffs or twists, cheese	0.00	5	0.00	5	3.19
4093	Snacks, corn nuts, plain	0.00	2	0.00	2	0.61
4108	Snacks, oriental mix, rice-based	1.50	8	1.50	8	3.00
4110	Snacks, popcorn, air-popped	0.00	5	0.00	5	0.87
4111	trans fat	0.00	5	0.00	5	0.46
4113	Snacks, popcorn, caramel-coated, with peanuts	45.36	7	45.36	7	45.36
4114	Snacks, popcorn, caramel-coated, without peanuts	53.19	7	53.19	7	53.19
4115	Snacks, popcorn, cheese flavour	0.00	7	0.00	7	0.79
4116	Snacks, pork skins, plain	0.00	1	0.00	1	0.00
4119	Snacks, potato chips, dried potatoes, light	0.00	6	0.00	6	0.63
4124	Snacks, rice cakes, brown rice, plain	0.00	2	0.00	2	0.88
4127	Snacks, tortilla chips, plain	0.00	5	0.00	5	0.78
4128	Snacks, tortilla chips, nacho	0.00	6	0.00	6	2.59
4132	Snacks, trail mix, tropical	17.25	8	17.25	8	34.49
4351	Snacks, banana chips	17.72	6	17.72	6	35.34
4358	Meat sticks, beef, non-refrigerated, smoked	0.00	1	0.00	1	0.00
4360	Snacks, potato chips, dried potatoes, plain	0.67	5	0.67	5	0.76
4364	Snacks, potato sticks	0.00	7	0.00	7	0.22
4366	Snacks, sesame sticks, wheat-based, salted	0.00	2	0.00	2	0.19
4367	Snacks, corn cakes	23.47	3	23.47	3	23.47
4386	Snacks, pretzels, hard, plain, unsalted	0.00	2	0.00	2	2.21
4391	Snacks, sesame sticks, wheat-based, unsalted	0.00	2	0.00	2	0.19
4392	Snacks, trail mix, regular, unsalted	5.45	6	5.45	6	30.26
4393	Snacks, trail mix, regular with chocolate chips, unsalted	17.88	7	17.88	7	23.88
4394	Snacks, pretzels, hard, plain, salted	0.00	2	0.00	2	2.21
4407	Snacks, potato chips, plain, salted	0.33	5	0.33	5	0.33
5442	fat	0.00	6	0.00	6	7.29
5449	Snacks, tortilla chips, unsalted, low fat	0.00	6	0.00	6	0.85
5493	Snacks, rice cakes, crackers (include mini rice cakes)	0.88	3	0.88	3	0.88
5501	Snacks, popcorn, oil-popped, unsalted	0.00	6	0.00	6	0.54
5507	Snacks, potato chips, white, restructured, baked	5.01	6	5.01	6	5.01
5533	Snacks, pretzels, soft	0.00	2	0.00	2	0.25
5585	Snacks, tortilla chips, unsalted	0.00	6	0.00	6	1.00
5608	Snacks, corn-based, extruded, chips, unsalted	1.19	6	1.19	6	1.41
5615	Snacks, tortilla chips, light (baked with less oil)	0.00	6	0.00	6	0.53
5616	Snacks, popcorn, microwave, low fat and sodium	0.54	6	0.54	6	0.54

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
6255	Snacks, popcorn, microwave, lower in fat	0.65	5	0.65	5	0.65
6257	Snacks, sweet potato chips, unsalted	0.00	7	0.00	7	8.82
6258	Snacks, multigrain chips, plain	7.20	5	7.20	5	7.20
6348	Snacks, popcorn, microwave, butter flavour	0.00	6	0.00	6	0.55
6349	Snacks, pretzels, soft, unsalted	0.00	2	0.00	2	0.25
6679	Snacks, plantain chips	0.46	6	0.46	6	0.92
6810	Snacks, vegetable chips	3.64	6	3.64	6	4.04
7037	Snacks, bars, performance energy bar, all flavours	31.62	6	31.62	6	31.62
7246	Snacks, brown rice chips	0.28	6	0.28	6	0.60
7247	Snacks, pretzels, hard, chocolate coated	37.42	4	37.42	4	38.80
7248	Snacks, potato chips, lightly salted	0.00	2	0.00	2	0.34
7346	Meat stick, mixed meats, refrigerated	0.22	3	0.22	3	0.22
7347	Meat stick, chicken/turkey, refrigerated	1.33	3	1.33	3	1.33
7349	Meat stick, pepperoni, non-refrigerated	3.11	3	3.11	3	3.11
404267	Energy bar	33.15	3	33.15	3	33.15
404270	Protein bar	17.89	3	17.89	3	17.89
404271	Protein bar with added nutrients	8.49	3	8.49	3	8.49
404272	Energy bar with added nutrients	35.42	3	35.42	3	35.42
Fruit juice						
1495	Apple juice, canned or bottled, without added vitamin C	0.00	2	9.62	3	9.62
1496	Apple juice, frozen concentrate, undiluted, without vitamin C	0.00	2	38.83	3	38.83
1497	C	0.00	2	10.93	3	10.93
1570	Grapefruit juice, canned, sweetened	2.12	4	11.03	3	11.03
1571	Grapefruit juice, frozen concentrate, undiluted	0.00	2	34.16	3	34.16
1572	Grapefruit juice, white, raw	0.00	2	9.10	3	9.10
1576	Grape juice, canned or bottled, without added vitamin C	0.00	2	14.20	3	14.20
1589	Lemon juice, raw	0.00	2	2.52	3	2.52
1590	Lemon juice, canned or bottled	0.00	2	2.40	3	2.40
1591	Lemon juice, frozen	0.00	2	2.40	3	2.40
1594	Lime juice, raw	0.00	2	1.69	3	1.69
1595	Lime juice, canned or bottled	0.00	2	1.37	3	1.37
1619	Orange juice, raw	0.00	2	8.40	3	8.40
1620	Orange juice, chilled, includes from concentrate	0.00	2	8.31	3	8.31
1622	Orange grapefruit juice, canned	0.00	2	10.18	3	10.18
1624	Tangerine (mandarin) juice, raw	0.00	2	9.90	3	9.90
1629	Papaya nectar, canned	9.55	6	13.91	3	13.91
1631	Passion fruit juice, purple, raw	0.00	2	13.40	3	13.40
1632	Passion fruit juice, yellow, raw	0.00	2	15.76	3	15.76

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1644	Peach nectar, canned	9.14	6	13.32	3	13.32
1652	Pear nectar, canned	10.40	6	15.16	3	15.16
1657	Pineapple juice, canned, added vitamin C	0.00	2	9.98	3	9.98
1658	Pineapple juice, frozen concentrate, unsweetened, undiluted	0.00	2	43.60	3	43.60
1659	Pineapple juice, frozen concentrate, diluted	0.00	2	12.47	3	12.47
1673	Prune juice, canned	0.00	2	16.45	3	16.45
1694	Apricot nectar, canned	9.46	6	13.79	3	13.79
1716	Grapefruit juice, canned, no added sugar	0.00	2	8.86	3	8.86
1717	Grapefruit juice, frozen concentrate, diluted	0.00	2	9.63	3	9.63
1719	undiluted	29.91	4	44.07	3	44.07
1720	diluted	8.59	6	12.65	3	12.65
1723	Orange juice, canned	0.00	2	8.76	3	8.76
1724	Orange juice, frozen concentrate, undiluted	0.00	2	29.68	3	29.68
1725	Orange juice, frozen concentrate, diluted	0.00	2	7.42	3	7.42
1752	Apple juice, canned or bottled, added vitamin C	0.00	2	9.62	3	9.62
1754	Apple juice, frozen concentrate, diluted, added vitamin C	0.00	2	10.93	3	10.93
2464	Juice, tomato, canned	0.00	2	2.58	3	2.58
5287	Juice drink, mixed vegetable and fruit	0.00	2	2.10	3	2.10
5389	Blackberry juice, canned	0.00	2	7.70	3	7.70
5472	Orange-strawberry-banana juice	0.00	2	9.58	3	9.58
5593	Cranberry juice, unsweetened	0.00	2	12.10	3	12.10
6203	Orange juice, chilled, includes from concentrate, fortified with added calcium and vitamin D	0.00	2	7.46	3	7.46
6204	Guava, nectar, canned	8.49	6	12.37	3	12.37
6205	Mango, nectar, canned	8.54	6	12.45	3	12.45
6440	Grapefruit juice, pink, raw	0.00	2	9.20	3	9.20
6660	vitamin C	0.00	2	14.20	3	14.20
6661	Pomegranate juice, ready-to-drink	0.00	2	12.65	3	12.65
6662	Juice, apple and grape, with added vitamin C	0.00	2	10.92	3	10.92
7051	Orange pineapple juice	0.00	2	10.57	3	10.57
7419	Apple juice, canned or bottled, unsweetened, calcium and Vitamin C and D added	0.00	2	9.47	3	9.47
7573	Orange juice, frozen concentrate, diluted, with added calcium and Vitamin D	0.00	2	8.02	3	8.02
404283	FRUIT JUICE BLEND, 100% JUICE, WITH VITAMINS AND MINERALS	0.00	2	11.40	3	11.40
Soups, sauces and gravies						
13	Vinegar, cider	0.00	2	0.00	2	0.40
14	Vinegar, distilled (white)	0.00	2	0.00	2	0.04
101	Cheese sauce, homemade	0.07	5	0.07	5	0.19

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
214	Salt, table	0.00	1	0.00	1	0.00
415	Sandwich spread, with chopped pickle, regular, unspecified oil	0.00	7	0.00	7	15.18
428	Salad dressing, oil and vinegar, homemade	2.50	6	2.50	6	2.50
524	Salad dressing, russian, commercial, regular	17.68	7	17.68	7	17.68
525	Salad dressing, russian, commercial, low calorie	21.87	7	21.87	7	21.87
526	Salad dressing, thousand island, commercial, regular	15.18	5	15.18	5	15.18
527	Salad dressing, mayonnaise type, commercial, regular	10.02	5	10.02	5	10.02
528	Salad dressing, french, commercial, low calorie	16.86	6	16.86	6	16.86
529	Salad dressing, italian, commercial, low Calorie	9.16	5	9.16	5	9.16
530	Salad dressing, thousand island, commercial, low calorie	17.31	5	17.31	5	17.31
531	Salad dressing, mayonnaise, commercial, regular	0.57	5	0.57	5	0.57
532	Salad dressing, italian, commercial, regular	10.77	5	10.77	5	10.77
533	Salad dressing, french, commercial, regular	15.95	5	15.95	5	15.95
534	Salad dressing, blue or roquefort cheese, commercial, regular	0.00	7	0.00	7	3.48
923	Soup, cream, asparagus, canned, condensed	0.72	6	0.72	6	0.72
926	Soup, bean with ham, ready-to-serve	2.27	6	2.27	6	2.27
927	Soup, broth, beef, ready-to-serve	0.20	5	0.20	5	0.24
928	Soup, beef noodle, canned, condensed	0.00	7	0.00	7	2.06
929	Soup, cream, celery, canned, condensed	0.55	5	0.55	5	1.10
930	Soup, cheddar cheese, canned, condensed	0.45	5	0.45	5	0.99
931	Soup, broth, chicken, canned, condensed	0.19	5	0.19	5	0.21
932	Soup, chicken chowder (a la king), ready-to-serve	0.98	5	0.98	5	1.04
933	Soup, cream, chicken, canned, condensed	0.56	5	0.56	5	1.49
934	Soup, chicken gumbo, canned, condensed	1.81	6	1.81	6	1.93
935	Soup, chicken noodle, ready-to-serve	0.41	5	0.41	5	0.41
936	Soup, chicken noodle, canned, condensed	0.20	5	0.20	5	0.20
937	Soup, chicken rice, ready-to-serve	0.29	5	0.29	5	0.29
938	Soup, chicken rice, canned, condensed	0.41	5	0.41	5	0.41
939	Soup, chicken vegetable (includes gumbo), ready-to-serve	1.14	5	1.14	5	1.14
944	Soup, broth (consomme), beef, canned, condensed	0.62	5	0.62	5	0.62
946	Soup, minestrone, ready-to-serve	2.01	5	2.01	5	2.01
947	Soup, minestrone, canned, condensed	1.50	6	1.50	6	1.50
948	Soup, mushroom barley, canned, condensed	4.63	7	4.63	7	5.78
949	Soup, cream, mushroom, canned, condensed	0.30	5	0.30	5	0.87
951	Soup, cream, onion, canned, condensed	0.00	7	0.00	7	3.64
953	Soup, cream, potato, canned, condensed	0.00	7	0.00	7	1.44
957	Soup, tomato rice, canned, condensed	3.62	7	5.90	7	5.90
958	Soup, turkey, ready-to-serve	0.35	8	0.35	8	0.70

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
961	Soup, mixed vegetable (with pasta), ready-to-serve	2.08	5	2.08	5	2.08
963	Soup, beef and vegetable, ready-to-serve	1.15	5	1.15	5	1.15
964	Soup, vegetable with beef broth, canned, condensed	4.17	5	4.17	5	4.17
966	Soup, bean with bacon, dehydrated	0.51	6	0.51	6	0.51
967	Soup, broth, beef, dehydrated	13.93	6	13.93	6	16.71
968	Soup, broth, beef, cubed, dehydrated	12.09	6	12.09	6	14.51
969	Soup, beef noodle, dehydrated	0.00	7	0.00	7	5.10
970	Soup, cauliflower, dehydrated	4.08	8	4.08	8	8.17
972	Soup, broth, chicken, dehydrated	17.36	6	17.36	6	17.36
974	Soup, cream, chicken, dehydrated	1.18	6	1.18	6	9.89
975	Soup, chicken rice, dehydrated	4.46	6	4.46	6	4.46
976	Soup, chicken vegetable, dehydrated	6.71	6	6.71	6	7.15
980	Soup, leek, dehydrated	7.97	7	7.97	7	10.23
981	Soup, minestrone, dehydrated	7.90	6	7.90	6	7.90
984	Soup, pea, green or split, dehydrated	5.99	7	5.99	7	7.70
986	Soup, tomato vegetable, dehydrated	1.89	8	1.89	8	3.77
988	Soup, cream, vegetable, dehydrated	0.00	7	0.00	7	17.51
997	Sauce, teriyaki, ready-to-serve	7.05	8	7.05	8	14.10
999	Gravy, au jus, canned	0.00	1	0.00	1	0.00
1000	Gravy, au jus, dehydrated	0.00	1	0.00	1	0.00
1001	Gravy, beef, canned	0.18	6	0.18	6	0.21
1002	Gravy, beef, dehydrated	1.25	6	1.25	6	1.45
1003	Gravy, chicken, canned	0.67	6	0.67	6	0.78
1004	Gravy, chicken, dehydrated	3.22	6	3.22	6	3.76
1005	Gravy, mushroom, canned	0.50	6	0.50	6	0.50
1006	Gravy, mushroom, dehydrated	2.79	6	2.79	6	3.26
1007	Gravy, onion, dehydrated	0.00	1	0.00	1	0.00
1008	Gravy, pork, dehydrated	21.20	6	21.20	6	24.73
1009	Gravy, turkey, canned	0.18	6	0.18	6	0.21
1010	Gravy, turkey, dehydrated	1.30	6	1.30	6	1.51
1011	Gravy, unspecified, dehydrated	2.64	6	2.64	6	3.08
1012	Soup, chicken noodle, dehydrated	1.90	5	1.90	5	1.90
1017	Sauce, barbecue, ready-to-serve	33.24	5	33.24	5	33.24
1025	Sauce, salsa, ready-to-serve	3.94	5	3.94	5	3.94
1026	Sauce, white, thin, 2% milk, homemade	0.00	6	0.00	6	4.78
1027	Sauce, white, medium, 2% milk, homemade	0.00	6	0.00	6	4.38
1028	Sauce, white, thick, homemade	0.00	6	0.00	6	3.98
1029	Sauce, pepper or hot, ready-to-serve	0.60	6	0.60	6	1.26

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1047	Soup, bean with bacon, canned, condensed, water added	1.06	5	1.06	5	1.06
1049	Soup, beef noodle, canned, condensed, water added	1.03	7	1.03	7	1.03
1050	Soup, cream, celery, canned, condensed, water added	0.28	5	0.28	5	0.56
1051	Soup, cheddar cheese, canned, condensed, water added	0.23	5	0.23	5	0.51
1052	Soup, broth, chicken, canned, condensed, water added	0.10	5	0.10	5	0.11
1055	Soup, chicken noodle, canned, condensed, water added	0.10	5	0.10	5	0.10
1056	Soup, chicken rice, canned, condensed, water added	0.21	5	0.21	5	0.21
1057	Soup, chicken vegetable, canned, condensed, water added	0.51	6	0.51	6	0.54
1060	Soup, broth (consomme), beef, canned, condensed, water added	0.32	5	0.32	5	0.32
1061	Soup, minestrone, canned, condensed, water added	0.75	6	0.75	6	0.75
1063	Soup, cream, mushroom, canned, condensed, water added	0.16	5	0.16	5	0.45
1064	Soup, onion, canned, condensed, water added	1.30	6	1.30	6	1.33
1067	Soup, cream, potato, canned, condensed, water added	0.26	6	0.26	6	0.58
1071	Soup, tomato rice, canned, condensed, water added	1.80	7	2.95	7	2.95
1075	added	2.17	5	2.17	5	2.17
1078	Soup, broth, beef, dehydrated, water added	0.17	6	0.17	6	0.20
1079	Soup, broth, beef, cubed, dehydrated, water added	0.17	6	0.17	6	0.20
1080	Soup, beef noodle, dehydrated, water added	0.23	7	0.23	7	0.25
1081	Soup, cauliflower, dehydrated, water added	0.24	7	0.24	7	0.31
1083	Soup, broth, chicken, dehydrated, water added	0.29	6	0.29	6	0.29
1084	Soup, broth, chicken, cubed, dehydrated, water added	0.00	1	0.00	1	0.00
1085	Soup, cream, chicken, dehydrated, water added	0.19	6	0.19	6	1.59
1087	Soup, chicken vegetable, dehydrated, water added	0.26	6	13.40	6	0.41
1088	Soup, consomme, dehydrated, water added	0.45	7	0.45	7	0.45
1089	Soup, leek, dehydrated, water added	0.59	7	0.59	7	0.76
1090	Soup, minestrone, dehydrated, water added	0.68	6	0.68	6	0.68
1091	Soup, mushroom, dehydrated, water added	0.09	8	0.09	8	0.18
1093	Soup, pea, green or split, dehydrated, water added	0.00	7	0.00	7	1.06
1094	Soup, tomato, dehydrated, water added	2.90	6	3.90	7	3.90
1095	Soup, tomato vegetable, dehydrated, water added	0.99	7	0.99	7	0.99
1096	Soup, vegetable beef, dehydrated, water added	0.36	6	0.36	6	0.36
1097	Soup, cream, vegetable, dehydrated, water added	0.00	7	0.00	7	0.17
1108	Soup, chicken noodle, dehydrated, water added	0.18	6	0.18	6	0.31
1116	Soup, pea, green, canned, condensed	6.52	6	6.52	6	6.52
1117	Soup, split pea with ham, ready-to-serve	0.22	5	0.22	5	0.22
1118	Soup, split pea with ham, canned, condensed	0.59	6	0.59	6	0.59
1119	Soup, vegetable with beef (and barley), canned, condensed	0.94	5	0.94	5	0.94
1120	Soup, onion, dehydrated	4.65	5	4.65	5	4.65

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
1121	Soup, tomato, canned, condensed	4.37	6	7.12	6	7.12
1124	Soup, pea, green, canned, condensed, water added	3.19	6	3.19	6	3.19
1125	Soup, split pea with ham, canned, condensed, water added	0.31	6	0.31	6	0.31
1126	added	0.49	5	0.49	5	0.49
1127	Soup, onion, dehydrated, water added	0.19	6	0.19	6	0.20
1128	Soup, tomato, canned, condensed, water added	2.28	6	3.75	6	3.75
1130	Sauce, steak, tomato based, ready-to-serve	8.89	7	9.82	3	9.82
1131	Sauce, tartar, ready-to-serve	4.25	7	4.25	7	4.25
1133	Sauce, worcestershire, ready-to-serve	9.26	6	9.26	6	10.03
1135	Sauce, mustard, brown, ready-to-serve	18.20	6	18.20	6	18.20
2255	Tomato, green, raw	0.00	2	0.00	2	4.00
2494	Tomato ketchup (catsup)	20.93	7	21.27	3	21.27
2498	Tomato ketchup (catsup), low sodium	20.93	6	21.27	3	21.27
2564	canned	51.50	7	51.50	7	51.50
2565	Nuts, coconut milk (liquid from grated meat and water), canned	0.00	2	0.00	2	2.86
2643	Nuts, coconut milk (liquid from grated meat and water), raw	0.00	2	0.00	2	3.34
3319	Soybean, fermented products, miso	0.00	7	0.00	7	6.20
3320	Soybean, fermented products, natto	0.00	7	0.00	7	4.89
3329	Soy sauce (made from soy), tamari	0.00	2	0.00	2	1.70
3330	Soy sauce (made with hydrolyzed vegetable protein)	0.00	2	0.00	2	1.30
3403	Soy sauce (made with soy and wheat), shoyu, regular	0.00	2	0.00	2	0.40
3416	Soy sauce (made with soy and wheat), shoyu, sodium reduced	0.00	2	0.00	2	0.50
4727	Sauce, plum, ready-to-serve	37.47	6	39.95	3	39.95
4728	Soup, stock, fish, homemade	0.00	1	0.00	1	0.00
4729	Sauce, hoisin, ready-to-serve	26.28	6	26.28	6	27.26
4730	Sauce, oyster, ready-to-serve	0.00	1	0.00	1	0.00
4731	Sauce, fish, ready-to-serve	3.64	6	3.64	6	3.64
4734	Sauce, cheese, ready-to-serve	0.00	6	0.00	6	0.42
4735	Sauce, pasta, spaghetti or marinara, ready-to-serve	4.98	6	5.50	7	5.50
4868	Wasabi, root, (Japanese horseradish), raw	0.00	2	0.00	2	4.93
4891	Horseradish, prepared	0.00	2	0.00	2	7.99
4905	Sauce, Alfredo, dehydrated	2.70	8	2.70	8	5.40
4970	Sauce, mustard, yellow, ready-to-serve	0.92	5	0.92	5	0.92
5258	Soup, cream, chicken, canned, condensed, 2% M.F. milk added	0.26	5	0.26	5	3.23
5260	added	0.15	5	0.15	5	2.94
5261	Soup, cream, onion, canned, condensed, 2% M.F. milk added	0.55	6	0.55	6	4.36
5263	Soup, cream, potato, canned, condensed, 2% M.F. milk added	0.00	6	0.00	6	1.92
5267	Soup, tomato, canned, condensed, 2% M.F. milk added	2.81	6	3.70	5	6.13

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
5306	Salad dressing, french, fat free	16.45	6	16.45	6	16.45
5327	Salad dressing, thousand island dressing, fat free	15.72	5	15.72	5	16.83
5328	Salad dressing, italian, fat free	8.70	5	8.70	5	8.85
5329	Salad dressing, ranch dressing, fat free	3.90	5	3.90	5	5.35
5330	Salad dressing, ranch dressing, commercial, regular	3.32	5	3.32	5	4.69
5331	Salad dressing, ranch dressing, reduced fat	2.73	5	2.73	5	3.77
5332	Salad dressing, mayonnaise, reduced fat	3.56	5	3.56	5	3.56
5336	Soup, stock, beef, homemade	0.54	7	0.54	7	0.54
5337	Soup, stock, chicken, homemade	1.58	7	1.58	7	1.58
5338	Soup, minestrone, ready-to-serve, reduced sodium	2.21	5	2.21	5	2.21
5339	Soup, cream, mushroom, canned, condensed, reduced sodium	0.37	5	0.37	5	1.01
5340	Soup, broth, chicken, ready to serve, reduced sodium	0.43	5	0.43	5	0.48
5347	Soup, ramen noodles, any flavour, dry	1.42	5	1.42	5	1.98
5348	Soup, broccoli cheese, canned, condensed	1.06	8	1.06	8	2.12
5350	Soup, tomato, canned, condensed, reduced sodium	0.36	6	7.12	6	7.12
5354	Sauce, chili, peppers, hot, chili, mature red, canned	2.48	6	2.48	6	2.55
5355	Sauce, chili, peppers, hot, chili, immature green, canned	2.48	6	2.48	6	2.55
5356	Soup, broth, fish	0.02	6	0.02	6	0.09
5357	Soup, tomato, low sodium, water added	3.95	6	3.95	6	3.97
5358	Soup, pea, low sodium, water added	3.19	6	3.19	6	3.19
5361	Soup, cream, mushroom, ready-to-serve, reduced sodium	0.10	5	0.10	5	0.34
5363	Soup, broth, chicken, ready-to-serve, no salt added	0.36	5	0.36	5	0.36
5364	Sauce, tomato chili sauce, bottled, salted	9.52	6	10.54	3	10.54
5368	Sauce, pasta, spaghetti or marinara, ready-to-serve, low sodium	4.98	7	4.98	7	5.50
5369	Gravy, meat or poultry, prepared, low sodium	0.01	6	0.01	6	0.01
5373	Soup, bouillon cubes and granules, low sodium, dry	6.39	6	6.39	6	14.47
5458	Salad dressing, creamy, made with sour cream and/or buttermilk and oil, calorie-reduced	4.09	6	4.09	6	5.65
5466	Salad dressing, peppercorn dressing, commercial, regular	1.23	8	1.23	8	2.45
5469	Salad dressing, italian, calorie-reduced	1.94	6	1.94	6	1.94
5473	Salad dressing, blue or roquefort cheese dressing, calorie-reduced	0.00	7	0.00	7	3.60
5475	Salad dressing, creamy, made with sour cream and/or buttermilk and oil, calorie-reduced, fat free	3.87	6	3.87	6	5.35
5476	Salad dressing, creamy, made with sour cream and/or buttermilk and oil, calorie-reduced, cholesterol-free	2.38	6	2.38	6	3.28
5478	Salad dressing, french, calorie-reduced	25.92	6	25.92	6	25.92
5480	Salad dressing, mayonnaise, made with tofu	0.85	6	0.85	6	0.85
5489	Salad dressing, blue or roquefort cheese dressing, fat free	0.00	7	0.00	7	7.44
5490	Salad dressing, mayonnaise and mayonnaise type, fat free	10.30	6	10.30	6	10.30

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
5496	Salad dressing, coleslaw dressing, reduced fat	38.27	6	38.27	6	38.73
5515	Salad dressing, caesar dressing, regular	2.75	6	2.75	6	2.81
5516	Salad dressing, coleslaw	20.03	6	20.03	6	20.11
5517	Salad dressing, green goddess, regular	3.34	8	3.34	8	6.67
5520	Salad dressing, blue or roquefort cheese, low calorie	0.00	7	0.00	7	2.82
5521	Salad dressing, caesar, low Calorie	15.98	6	15.98	6	16.32
5556	Salad dressing, buttermilk, light	2.73	5	2.73	5	3.77
5578	Salad dressing, mayonnaise and mayonnaise-type, low calorie	4.34	6	4.34	6	4.34
5579	Salad dressing, bacon and tomato	1.00	8	2.00	3	2.00
5605	Yeast extract spread	0.00	2	0.00	2	1.60
6196	Vinegar, balsamic	0.00	2	0.00	2	14.95
6197	Sauce, pizza, canned, ready-to-serve	3.78	7	3.78	7	3.78
6312	Seasoning mix, taco, dry mix	10.83	3	10.83	3	10.83
6313	Salad dressing, honey mustard, calorie-reduced	0.63	6	0.63	6	18.33
6323	Soup, red pepper and black bean, ready-to-serve, reduced sodium	1.49	5	1.49	5	1.49
6324	Soup, butternut squash, ready-to-serve	2.15	5	2.15	5	2.78
6533	Salad dressing, mayonnaise, imitation, soybean	6.00	6	6.00	6	6.00
6534	Salad dressing, sesame seed, regular	7.84	6	7.84	6	8.32
6535	Salad dressing, sweet and sour	1.85	8	1.85	8	3.70
6541	Soup, broth, chicken, ready-to-serve	0.20	5	0.20	5	0.20
6734	Soup, cream of vegetable, made with 2% M.F. milk, homemade	0.00	6	0.00	6	1.89
6822	Gravy, beef, dehydrated, prepared with water	2.01	6	2.01	3	2.01
6903	Sauce, Hollandaise (butter sauce)	0.36	5	0.36	5	0.40
6940	Soup, black bean, ready-to-serve	0.89	5	0.89	5	0.89
7020	Sauce, sweet and sour, ready to serve	16.82	6	16.82	6	18.75
7039	Soup, clam chowder, New England, ready-to-serve	0.51	5	0.51	5	0.56
7042	Soup, chicken noodle, ready-to-serve, reduced sodium	0.38	5	0.38	5	0.38
7043	Sauce, duck, ready-to-serve	10.53	6	10.53	6	30.54
7045	Salad dressing, honey mustard, regular	0.54	6	0.54	6	15.84
7046	Salad dressing, poppy seed, creamy	21.80	6	21.80	6	23.39
7047	Salad dressing, caesar, fat free	8.64	6	8.64	6	8.82
7049	Salad dressing, honey mustard, fat free	0.61	6	0.61	6	17.75
7084	Sauce, cocktail, ready-to-serve	10.39	6	10.39	6	11.83
7365	Soup (sauce), stock, cream, ready-to-serve	0.47	5	0.47	5	0.93
7366	Soup, beef barley, ready-to-serve	1.23	5	1.23	5	1.23
7367	Soup, beef barley, ready-to-serve, reduced sodium	1.36	5	1.36	5	1.37
7368	Soup, clam chowder, manhattan, ready-to-serve	1.67	5	1.67	5	1.67
7369	Soup, vegetable beef, ready-to-serve, Calorie-reduced	0.62	5	0.62	5	0.62

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
7371	Soup, broth, beef, ready-to-serve, reduced sodium	0.17	5	0.17	5	0.20
7373	Soup, split pea with ham, ready-to-serve, reduced sodium	0.19	5	0.19	5	0.19
7374	Soup, broth, vegetable, ready-to-serve	0.66	5	0.66	5	0.66
7375	Soup, butternut squash, ready-to-serve, reduced sodium	2.21	5	2.21	5	2.33
7376	Soup, chicken noodle, canned, condensed, reduced sodium	0.46	5	0.46	5	0.46
7377	sodium	0.24	5	0.24	5	0.24
7378	Soup, broth, vegetable, ready-to-serve, reduced sodium	0.43	5	0.43	5	0.43
7379	Soup, chicken rice, ready-to-serve, reduced sodium	0.36	5	0.36	5	0.36
7381	sodium	0.49	5	0.49	5	0.49
7383	Soup, cream, broccoli, canned, condensed	1.39	5	1.39	5	1.73
7384	Soup, cream, broccoli, canned, condensed, water added	0.71	5	0.71	5	0.88
7386	Soup, cream, broccoli, canned, condensed, reduced fat	1.41	5	1.41	5	2.01
7391	Soup, cream, chicken, canned, condensed, reduced fat	0.28	5	0.28	5	0.89
7392	added	0.15	5	0.15	5	0.46
7394	Soup, cream, chicken, ready-to-serve	0.97	5	0.97	5	1.34
7395	Soup, cream, mushroom, canned, condensed, reduced sodium, water added	0.24	5	0.24	5	0.52
7396	Soup, cream, mushroom, canned, condensed, reduced fat, 2% M.F. milk added	0.09	5	0.09	5	2.78
7397	Soup, cream, mushroom, canned, condensed, reduced fat	0.12	5	0.12	5	0.56
7398	Soup, cream, mushroom, canned, condensed, reduced sodium, 2% M.F. milk added	0.26	5	0.26	5	3.01
7399	Soup, cream, mushroom, ready-to-serve	0.20	5	0.20	5	0.35
7401	Soup, cream, potato, ready-to-serve	0.72	5	0.72	5	1.01
7402	Soup, Italian wedding, ready-to-serve	0.36	5	0.36	5	0.36
7403	Soup, lentil, ready-to-serve	0.64	5	0.64	5	0.64
7404	Soup, cream, asparagus, ready-to-serve	0.76	5	0.76	5	0.76
7406	Soup, split pea, ready-to-serve	0.42	5	0.42	5	0.42
7407	Soup, tomato noodle, ready-to-serve	1.47	7	2.41	7	2.41
7408	Soup, tomato, canned, condensed, reduced sodium, water added	2.20	6	3.61	6	3.61
7413	Soup, tomato, ready-to-serve	2.28	6	5.70	6	5.70
7414	Soup, tomato and red pepper, ready-to-serve, low sodium	2.18	8	2.18	8	4.35
7415	Soup, wonton (won ton), canned, ready-to-serve	0.88	5	0.88	5	0.88
7450	Soup, broth, chicken, canned, condensed, reduced sodium	0.35	5	0.35	5	0.35
7451	sodium	0.18	5	0.18	5	0.18
7455	Soup, broccoli cheese, canned, condensed, water added	0.52	8	0.52	8	1.04
403942	Salad dressing, mayonnaise and mustard blend	4.30	6	4.30	6	4.30
403974	SOUP, DEHYDRATED, CHICKEN NOODLE, 40% LESS SALT	1.02	5	1.02	5	1.80
404153	Sauce, curry, dehydrated	3.63	5	3.63	5	3.63

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
Babyfoods						
232	Babyfood, snack, biscuit, mixed grain	18.98	5	18.98	5	19.19
283	Babyfood, cereal, barley, with milk powder, dry	7.73	5	7.73	5	33.20
285	Babyfood, cereal, mixed grain, dry	24.10	5	24.10	5	31.28
286	milk	4.84	8	4.84	8	9.68
287	Babyfood, cereal, mixed grain, with milk powder and fruit, dry	16.26	8	18.51	5	32.51
291	Babyfood, cereal, oat, dry	28.92	5	28.92	5	28.92
293	Babyfood, cereal, rice, with milk powder and fruit, dry	14.54	8	16.27	5	29.08
394	Babyfood, cereal, rice, dry	20.87	5	20.87	5	20.87
7204	Babyfood, snack, biscuit, rice	29.25	5	29.25	5	29.25
7380	Babyfood, mixed fruit with oatmeal cereal, all stages	0.00	7	13.87	5	14.02
7410	Babyfood, juice, apple, all stages	0.00	2	10.28	3	10.28
7412	Babyfood, juice, pear, all stages	0.00	2	8.50	3	8.50
7416	Babyfood, meat, jarred and frozen, beef, puree	0.00	1	0.00	1	0.00
7482	Babyfood, fruit, jarred, apple (applesauce), all stages	0.61	4	9.94	3	9.94
7483	Babyfood, fruit, jarred, banana, all stages	0.00	2	0.00	2	17.05
7484	Babyfood, fruit, jarred, apple and berries (blueberries, raspberries or strawberries), all stages	0.00	2	0.00	2	11.68
7485	Babyfood, fruit, jarred, apple and other fruit (plum, mango, kiwi, pear, banana, apricot and/or pineapple), all stages	0.00	2	0.00	2	11.60
7486	Babyfood, fruit, jarred, apricot and other fruit	0.00	2	0.00	2	10.86
7488	Babyfood, fruit, jarred, mixed fruit	0.00	2	0.00	2	13.14
7489	Babyfood, fruit, jarred, peach, all stages	0.00	2	0.00	2	11.10
7490	Babyfood, fruit, jarred, pear, all stages	0.00	2	0.00	2	9.91
7491	Babyfood, fruit, jarred, prunes	0.00	2	0.00	2	12.14
7492	Babyfood, dessert, jarred, strawberry	0.00	7	6.68	3	6.68
7494	Babyfood, dessert, jarred, apricot, all stages	0.00	7	13.82	3	13.82
7497	Babyfood, dessert, jarred, fruit	0.00	7	15.84	3	15.84
7498	Babyfood, dessert, jarred, banana graham pie	0.00	7	11.58	3	11.58
7499	Babyfood, meat, jarred and frozen, chicken, puree	0.00	1	0.00	1	0.00
7503	Babyfood, meat, turkey, puree	0.00	1	0.00	1	0.00
7504	Babyfood, meat, veal, puree	0.00	1	0.00	1	0.00
7506	Babyfood, dinner, jarred or frozen, beef with pasta and vegetables, all stages	1.87	5	1.87	5	1.93
7507	stages	1.19	5	1.19	5	1.46
7508	Babyfood, dinner, jarred or frozen, chicken with rice or barley and vegetables, all stages	1.37	5	1.37	5	1.53
7509	stages	1.47	5	1.47	5	1.65
7512	Babyfood, dinner, jarred, chicken with vegetables and fruit	3.13	5	3.13	5	3.13

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
7514	Babyfood, dinner, jarred, turkey with vegetables, all stages	2.04	5	2.04	5	2.59
7515	Babyfood, dinner, jarred or frozen, turkey with rice or barley and vegetables, all stages	1.17	5	1.17	5	1.17
7518	Babyfood, dinner, jarred, pasta with cheese and vegetables	2.06	5	2.06	5	2.43
7519	Babyfood, vegetables, jarred, carrots, all stages	0.00	2	0.00	2	3.27
7520	Babyfood, vegetables, jarred, creamed corn	0.00	2	0.00	2	3.95
7521	Babyfood, vegetables, jarred, green beans, all stages	0.00	2	0.00	2	1.46
7522	Babyfood, vegetables, jarred, mixed vegetables, all stages	0.00	2	0.00	2	1.94
7523	Babyfood, vegetables, peas and carrots, all stages	0.00	2	0.00	2	3.51
7524	Babyfood, vegetables, jarred, peas, all stages	0.00	2	0.00	2	3.07
7525	Babyfood, vegetables, jarred, squash, all stages	0.00	2	0.00	2	3.42
7526	Babyfood, vegetables, jarred, sweet potato, all stages	0.00	2	0.00	2	5.97
7527	Babyfood, vegetables and fruit, jarred, green beans and apple	0.00	2	3.75	5	3.75
7529	Babyfood, vegetable and grain, jarred, creamed corn with rice	0.00	7	0.00	7	3.96
7532	Babyfood, snack, biscuit, wheat with milk powder	23.40	5	23.40	5	26.85
7534	Babyfood, cereal, ready to eat, 'O' shaped	1.26	5	1.26	5	1.26
7537	water	5.96	5	5.96	5	13.05
7541	Babyfood, cereal, mixed grain, with biscuit, milk powder and fruit, prepared with water	5.80	8	7.79	5	11.59
7542	Babyfood, cereal, mixed grain, with milk powder and fruit, prepared with water	5.08	8	5.78	5	10.15
7545	Babyfood, cereal, mixed grain, with fruit, dry	14.84	8	25.98	5	29.68
7547	Babyfood, cereal, mixed grain, with fruit, prepared with formula or breast milk	3.63	8	3.63	8	7.25
7548	Babyfood, cereal, oat, with milk powder, dry	25.48	5	25.48	5	35.98
7550	water	4.36	8	5.25	5	8.72
7552	water	5.24	8	7.22	5	10.48
7554	Babyfood, cereal, Rice, with milk powder, prepared with water	5.05	5	5.05	5	9.10
7557	Babyfood, cereal, wheat, dry	22.61	5	22.61	5	22.61
7559	Babyfood, cereal, wheat, with milk powder and fruit, dry	16.27	8	22.37	5	32.53
7560	with water	4.94	8	6.79	5	9.88
7561	Babyfood, cereal, soya, with fruit, dry	4.68	8	9.36	3	9.36
7564	water	3.78	8	4.44	5	7.56
7567	Babyfood, cereal, wheat, with milk powder, prepared with water	6.96	5	6.96	5	10.97
404194	FLAVOURS	11.39	7	11.39	7	20.00
404195	BABYFOOD, BABYFOOD PRODUCT, TODDLER SNACKS CRUNCHIES, ALL FLAVOURS	0.00	1	0.00	1	0.00
404197	BABYFOOD, BABYFOOD PRODUCT, TODDLER SNACKS CEREAL TWISTS, ALL FLAVOURS	20.00	8	20.00	8	40.00

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
404198	BABYFOOD, BABYFOOD PRODUCT, TODDLER SNACKS YOGOURT MELTS, ALL FLAVOURS	28.58	8	28.58	8	57.16
404199	BABYFOOD, BABYFOOD PRODUCT, TODDLER SNACKS FRUIT AND VEGGIE MELTS, ALL FLAVOURS	28.58	8	28.58	8	57.16
404305	Babyfood, infant formula, with or without omega, concentrated liquid, not reconstituted	0.00	7	0.00	7	13.24
404306	Babyfood, infant formula, with or without omega, powder, not reconstituted	0.00	7	0.00	7	31.98
404307	Babyfood, infant formula, with or without omega, ready to feed	0.00	7	0.00	7	5.41
404308	Babyfood, infant formula for toddlers, with or without omega, concentrated liquid, not reconstituted	0.00	7	0.00	7	14.36
404309	Babyfood, infant formula for toddlers, with or without omega, powder, not reconstituted	0.00	7	0.00	7	24.06
404310	Babyfood, infant formula, soy, with or without omega, powder, not reconstituted	49.58	7	49.58	7	49.58
404311	Babyfood, infant formula, soy, with or without omega, concentrated liquid, not reconstituted	16.80	7	16.80	7	16.80
404312	Babyfood, infant formula for toddler, soy, with or without omega, powder, not reconstituted	5.81	7	5.81	7	5.81
404313	Babyfood, infant formula, lower iron, powder, not reconstituted	0.00	7	0.00	7	32.48
404314	Babyfood, infant formula, lower iron, concentrate liquid, not reconstituted	0.00	7	0.00	7	13.34
Spices						
169	Spices, allspice, ground	0.00	1	0.00	1	0.00
171	Spices, basil, dried	0.00	2	0.00	2	1.71
173	Spices, caraway seed	0.00	2	0.00	2	0.64
175	Spices, celery seed	0.00	2	0.00	2	0.67
177	Spices, chili powder	0.00	2	0.00	2	7.19
178	Spices, cinnamon, ground	0.00	2	0.00	2	2.17
179	Spices, cloves, ground	0.00	2	0.00	2	2.38
180	Spices, coriander leaf (cilantro), dried	0.00	2	0.00	2	7.27
182	Spices, cumin seed	0.00	2	0.00	2	2.25
183	Spices, curry powder	0.00	2	0.00	2	2.76
184	Spices, dill seed	0.00	2	0.00	2	9.01
186	Spices, fennel seed	0.00	1	0.00	1	0.00
188	Spices, garlic powder	0.00	2	0.00	2	2.43
189	Spices, ginger, ground	0.00	2	0.00	2	3.39
190	Spices, mace, ground	0.00	2	0.00	2	2.71
191	Spices, marjoram, dried	0.00	2	0.00	2	4.09

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
192	Spices, mustard seed, yellow	0.00	2	0.00	2	6.79
193	Spices, nutmeg, ground	0.00	2	0.00	2	2.99
194	Spices, onion powder	0.00	2	0.00	2	6.63
195	Spices, oregano, ground	0.00	2	0.00	2	4.09
196	Spices, paprika	0.00	2	0.00	2	10.34
197	Spices, parsley, dried	0.00	2	0.00	2	7.27
198	Spices, pepper, black	0.00	2	0.00	2	0.64
199	Spices, pepper, red or cayenne	0.00	2	0.00	2	10.34
200	spices, pepper, white	0.00	2	0.00	2	0.75
202	Spices, poultry seasoning	0.00	2	0.00	2	1.80
203	Spices, pumpkin pie spice	0.00	2	0.00	2	7.76
205	Spices, saffron	0.00	1	0.00	1	0.00
206	Spices, sage, ground	0.00	2	0.00	2	1.71
207	Spices, savory, ground	0.00	1	0.00	1	0.00
210	Spices, thyme, dried	0.00	2	0.00	2	1.71
211	Spices, turmeric, ground	0.00	2	0.00	2	3.21
4725	Spices, spearmint, fresh	0.00	1	0.00	1	0.00
Eggs						
83	Egg, chicken, dried, whole	0.00	2	0.00	2	0.30
87	Egg, chicken, yolk, dried	0.00	2	0.00	2	0.07
88	Egg, duck, whole, fresh, raw	0.00	2	0.00	2	0.93
90	Egg, quail, whole, fresh, raw	0.00	2	0.00	2	0.40
125	Egg, chicken, whole, fresh or frozen, raw	0.00	2	0.00	2	0.77
126	Egg, chicken, white, fresh or frozen, raw	0.00	2	0.00	2	0.71
127	Egg, chicken, yolk, fresh or frozen, raw	0.00	2	0.00	2	0.56
129	Egg, chicken, whole, cooked, fried	0.00	2	0.00	2	0.84
130	Egg, chicken, whole, cooked, boiled in shell, hard-cooked	0.00	2	0.00	2	0.77
132	Egg, chicken, whole, cooked, poached	0.00	2	0.00	2	0.77
133	Egg, chicken, whole, cooked, scrambled or omelet	0.00	2	0.00	2	1.39
4721	Egg, chicken, white, dried	0.00	2	0.00	2	5.40
6420	Egg substitute, liquid, fat free	0.00	2	0.00	2	2.00
6421	Egg substitute, powder	0.00	2	0.00	2	21.80
6605	Egg, chicken, white, fresh or frozen, cooked	0.00	2	0.00	2	0.71
6718	Egg, chicken, yolk, cooked	0.00	2	0.00	2	0.56
Others						
56	Coffee whitener (non dairy), liquid	11.38	3	11.38	3	11.38
122	Coffee whitener (non dairy), powdered	54.88	3	54.88	3	54.88
216	Vanilla extract	0.00	2	0.00	2	12.65
218	Vanilla extract, imitation, without alcohol	0.00	2	0.00	2	14.40

Food ID	Food name	Added sugar (g/100g)	Calculation step of added sugar	Free sugar (g/100g)	Calculation step of free sugar	Total sugar (g/100g)
219	Grains, barley, malt extract, dried	0.00	2	0.00	2	0.19
2979	Instant breakfast, powder	20.02	6	20.02	6	70.09
4002	Leavening agent, baking powder, double acting, sodium, aluminium sulfate	0.00	1	0.00	1	0.00
4003	Leavening agent, baking powder, double acting, phosphate	0.00	1	0.00	1	0.00
4005	Leavening agent, baking soda	0.00	1	0.00	1	0.00
4006	Leavening agent, cream of tartar	0.00	1	0.00	1	0.00
4007	Leavening agent, yeast, baker's, compressed	0.00	1	0.00	1	0.00
4008	Leavening agent, yeast, baker's, active, dry	0.00	1	0.00	1	0.00
4223	Sweets, cocoa, powder, unsweetened	0.00	2	0.00	2	1.75
4224	Sweets, cocoa, powder, unsweetened, dutch process	0.00	2	0.00	2	1.76
4234	Sweets, gelatin, dry powder, unsweetened	0.00	1	0.00	1	0.00
5465	Coffee whitener (non dairy), powdered, light	73.40	3	73.40	3	73.40
5470	Coffee whitener, liquid, light	9.10	3	9.10	3	9.10
5553	Instant breakfast, powder, chocolate	18.80	6	18.80	6	65.80
5555	Butter replacement, without fat, powder	0.00	2	0.00	2	5.30
5558	sweetener	0.00	2	0.00	2	39.00
403757	ADDED CALCIUM	0.00	1	0.00	1	0.00
403768	ADDED VITAMIN C (ASCORBIC ACID)	0.00	1	0.00	1	0.00
403781	YEAST: TORULA	0.00	1	0.00	1	0.00
404269	Meal replacement, bar	9.23	6	9.23	6	22.96
501044	Sandwich, turkey, with spread (Sliced, roast turkey sandwich)	3.37	7	3.37	7	3.37