

	<u>USDA Food Description</u>	<u>Additional Information</u>	<u>Calories Per 100g</u>
Chicken Breast	Nutrient data for 05062, Chicken, broilers or fryers, breast, meat only, raw		114
	Nutrient data for 05063, Chicken, broilers or fryers, breast, meat only, cooked, fried	Fried w/o batter	187
	Nutrient data for 05058, Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	Fried with batter	260
	Nutrient data for 21469, Fast Foods, Fried Chicken, Breast, meat and skin and breading	Breaded & Fried	252 (Breaded is listed separately from battered w/o explanation)
	Nutrient data for 21464, Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	Chicken Breast Skin and Breading Removed	152
KFC	Nutrient data for 21437, KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	Original Recipe w/Breading and Skin	286 (Included because it was interesting and in the database)
	Nutrient data for 21428, KENTUCKY FRIED CHICKEN, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed a	Original Recipe w/Breading and Skin Removed	218
	Nutrient data for 21441, KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	Extra Crispy w/Breading and Skin	337
	Nutrient data for 21433, KENTUCKY FRIED CHICKEN, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	Extra Crispy w/Breading and Skin Removed	236
Potatoes	Nutrient data for 11354, Potatoes, white, flesh and skin, raw	Raw	69
	Nutrient data for 11402, Potatoes, french fried, all types, salt added in processing, frozen, unprepared	Frozen with salt	147
	Nutrient data for 11842, Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	Frozen w/o salt	150
	Nutrient data for 11410, USDA Commodity, Potato wedges, frozen	Frozen fries - Generic Commodity	123
	Nutrient data for 21238, McDONALD'S, French Fries	For Comparison Small Fries is 71g (MD Website)	323
	Nutrient data for 21249, BURGER KING, French Fries	For Comparison Small Fries is 81g (BK Website)	280
	Nutrient data for 21247, WENDY'S, French Fries	For Comparison Small Fries is 113g (USDA Website)	301
Fish	Nutrient data for 15268, Fish, cod, Pacific, untreated, raw	Raw Cod	72 (They did not fry unbreaded fish, so this is here for information only)
	Nutrient data for 15066, Fish, pollock, Alaska, raw	This is the fish mostly used in the Filet-O-Fish (With Batter) w/Breading and Skin Removed	56
	Nutrient data for 21047, Entrees, fish fillet, battered or breaded, and fried	Breaded & Fried - Generic	232
	Nutrient data for 21258, BURGER KING, Premium Fish Sandwich	Sandwich is 220g and 572 Cal. (USDA Website)	260
	Nutrient data for 21382, McDONALD'S, FILET-O-FISH (without tartar sauce)	Sandwich is 124g and 301 Cal. (USDA Website)	243
Nutrient data for 21232, McDONALD'S, FILET-O-FISH (With Tatar Sauce)	Sandwich is 134g and 378 Cal. (USDA Website)	282	
Corn Tortillas	Nutrient data for 18363, Tortillas, ready-to-bake or -fry, corn	Raw Corn Tortilla	218
	Nutrient data for 19056, Snacks, tortilla chips, plain, white corn	Fried Corn Chips	489
	Tostitos Original Restaurant Style Tortilla Chips (For Comparison)	Tostitos Says Serving is 1oz, 7 chips 140 cal (Frito)	494
Shrimp	Nutrient data for 21059, Fast foods, shrimp, breaded and fried	Breaded and Fried	308 (They did not fry unbreaded shrimp so this is here for information only)
	Nutrient data for 15149, Crustaceans, shrimp, mixed species, raw	Raw	71
Chicken Wings	Nutrient data for 05100, Chicken, broilers or fryers, wing, meat and skin, raw	Raw Chicken Wings w/Skin	222
	Nutrient data for 05103, Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	Unbreaded Roasted Chicken Wings w/Skin	290
	Nutrient data for 05106, Chicken, broilers or fryers, wing, meat only, cooked, fried	Unbreaded Fried Chicken Wings w/Skin	211
	Nutrient data for 05101, Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	Battered Fried Chicken Wings w/Skin	324
	Nutrient data for 05102, Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	Floured Fried Chicken Wings w/Skin	321
	Nutrient data for 21472, Fast Foods, Fried Chicken, Wing, meat and skin and breading	Breaded Fried Chicken Wings w/Skin	319 (Breaded is listed separately from battered w/o explanation)
	Nutrient data for 21467, Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	Breading Removed from Fried Wings	228