NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.0
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.1
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.1
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.4
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.4
11001	Alfalfa seeds, sprouted, raw	33	1 cup	10.1
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.0
09011	Apples, dried, sulfured, uncooked	32	5 rings	1.0
09003	Apples, raw, with skin	138	1 apple	3.0
09004	Apples, raw, without skin	110	1 cup	0.7
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	1.5
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	1.2
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	5.7
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	5.4
09032	Apricots, dried, sulfured, uncooked	35	10 halves	1.1
09021	Apricots, raw	35	1 apricot	1.2
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	24.9
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	17.8
11015	Asparagus, canned, drained solids	72	4 spears	29.7
11012	Asparagus, cooked, boiled, drained	60	4 spears	30.4
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	48.0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	144.0
09038	Avocados, raw, California	28.35	1 oz	6.0
18005	Bagels, cinnamon-raisin	89	4" bagel	0.6
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.5
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.8
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	1.0
19078	Baking chocolate, unsweetened, squares	28.35	1 square	2.7
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.0
09040	Bananas, raw	118	1 banana	0.6
09040	Bananas, raw	150	1 cup	0.8
20006	Barley, pearled, cooked	157	1 cup	1.3
20005	Barley, pearled, raw	200	1 cup	4.4
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	2.0
16008	Beans, baked, canned, with franks	259	1 cup	2.6

NDB_N	o Description	Weight (g)	Common Measure	Content per Measure
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	2.0
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.3
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	10.5
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	14.9
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.1
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	6.0
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	52.5
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	20.0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	17.1
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	13.4
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	20.0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	17.1
16051	Beans, white, mature seeds, canned	262	1 cup	7.6
22905	Beef stew, canned entree	232	1 cup	14.4
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	1.7
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	1.4
13348	Beef, cured, corned beef, canned	85.05	3 oz	1.4
13350	Beef, cured, dried	28.35	1 oz	0.4
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	1.9
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	1.4
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	1.0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	1.4
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	1.4
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	1.2
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	1.6
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	1.4
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	1.2
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	3.3
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	697.0
11084	Beets, canned, drained solids	24	1 beet	0.0
11084	Beets, canned, drained solids	170	1 cup	0.3
11081	Beets, cooked, boiled, drained	50	1 beet	0.1
11081	Beets, cooked, boiled, drained	170	1 cup	0.3
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	1.8
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.5
09042	Blackberries, raw	144	1 cup	28.5
09055	Blueberries, frozen, sweetened	230	1 cup	40.7
09050	Blueberries, raw	145	1 cup	28.0
07008	Bologna, beef and pork	56.7	2 slices	0.2
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.9
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.9
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	55.2
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	13.7

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18027	Bread, egg	40	1/2" slice	0.4
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.2
18033	Bread, italian	20	1 slice	0.2
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.4
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.4
18039	Bread, oatmeal	27	1 slice	0.4
18040	Bread, oatmeal, toasted	25	1 slice	0.4
18041	Bread, pita, white, enriched	28	4" pita	0.1
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.1
18044	Bread, pumpernickel	32	1 slice	0.3
18045	Bread, pumpernickel, toasted	29	1 slice	0.3
18047	Bread, raisin, enriched	26	1 slice	0.4
18048	Bread, raisin, toasted, enriched	24	1 slice	0.5
18053	Bread, reduced-calorie, rye	23	1 slice	0.1
18055	Bread, reduced-calorie, wheat	23	1 slice	0.0
18057	Bread, reduced-calorie, white	23	1 slice	0.1
18060	Bread, rye	32	1 slice	0.4
18061	Bread, rye, toasted	24	1 slice	0.3
18064	Bread, wheat	25	1 slice	1.2
18065	Bread, wheat, toasted	23	1 slice	1.3
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.1
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.1
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.7
18075	Bread, whole-wheat, commercially prepared	28	1 slice	2.2
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	2.3
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	52.2
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	220.1
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	162.1
11090	Broccoli, raw	31	1 spear	31.5
11090	Broccoli, raw	88	1 cup	89.4
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	218.9
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	299.9
20011	Buckwheat flour, whole-groat	120	1 cup	8.4
20010	Buckwheat groats, roasted, cooked	168	1 cup	3.2
20013	Bulgur, cooked	182	1 cup	0.9
20012	Bulgur, dry	140	1 cup	2.7
01001	Butter, salted	14.2	1 tbsp	1.0
01145	Butter, without salt	14.2	1 tbsp	1.0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	57.8
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	163.1
11109	Cabbage, raw	70	1 cup	53.2
11112	Cabbage, red, raw	70	1 cup	26.7
11114	Cabbage, savoy, raw	70	1 cup	48.2
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.1
18090	Cake, boston cream pie, commercially prepared	92	1 piece	2.9

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	6.8
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.6
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	5.3
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	4.1
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.1
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.6
18139	Cake, white, prepared from recipe without frosting	74	1 piece	3.8
19074	Candies, caramels	10.1	1 piece	0.2
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.7
19071	Candies, carob, unsweetened	28.35	1 oz	2.2
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.2
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.3
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.1
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.1
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
19107	Candies, hard	3	1 small piece	0.0
19107	Candies, hard	6	1 piece	0.0
19108	Candies, jellybeans	28.35	10 large	0.0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.2
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.3
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	0.6
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	2.2
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.6
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	1.1
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.1
19116	Candies, marshmallows	50	1 cup	0.0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	2.5
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.6
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.4
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.1
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.8
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.2
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.9
19080	Candies, semisweet chocolate	168	1 cup	9.4
19087	Candies, white chocolate	170	1 cup	15.5
09060	Carambola, (starfruit), raw	108	1 cup	0.0
09060	Carambola, (starfruit), raw	91	1 fruit	0.0
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0

14157	Carbonated beverage, low calorie, other than cola or pepper, without caffeine Carbonated beverage, root beer	355	12 fl oz	
				0.0
14145		370	12 fl oz	0.0
11110	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.0
16055	Carob flour	8	1 tbsp	0.0
11655	Carrot juice, canned	236	1 cup	36.6
11960	Carrots, baby, raw	10	1 medium	0.9
11128	Carrots, canned, regular pack, drained solids	146	1 cup	14.3
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	21.4
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	19.9
11124	Carrots, raw	110	1 cup	14.5
11124	Carrots, raw	72	1 carrot	9.5
11935	Catsup	6	1 packet	0.2
11935	Catsup	15	1 tbsp	0.4
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	17.1
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	7.5
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	21.4
11135	Cauliflower, raw	13	1 floweret	2.0
11135	Cauliflower, raw	100	1 cup	15.5
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	14.2
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	56.7
11143	Celery, raw	40	1 stalk	11.7
11143	Celery, raw	120	1 cup	35.2
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	0.1
	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.4
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1.8
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.5
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.0
	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	2.3
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	1.5
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.2
	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.6
	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.2
	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.4
	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.2
	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.4
	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.3
	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	1.9
	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.3
	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.1
	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1.0
	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1.0
	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.5
	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.9
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	0.4
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	1.6
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.2
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.0
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.0
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.1
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.1
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	0.8
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	0.6
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.1
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.4
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.3
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.1
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	0.8
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.2
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.1
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.5
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	3.3
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.4
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.4
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.5
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.3
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.6
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.3
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.7
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.7
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.0
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	1.0
01164	Cheese sauce, prepared from recipe	243	1 cup	2.2
01048	Cheese spread, pasteurized process, American	28.35	1 oz	0.5

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01004	Cheese, blue	28.35	1 oz	0.7
01007	Cheese, camembert	38	1 wedge	0.8
01009	Cheese, cheddar	28.35	1 oz	0.8
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.0
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.9
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.2
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
01017	Cheese, cream	14.5	1 tbsp	0.4
01186	Cheese, cream, fat free	15.6	1 tbsp	0.0
01019	Cheese, feta	28.35	1 oz	0.5
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.2
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.4
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.7
01030	Cheese, muenster	28.35	1 oz	0.7
01031	Cheese, neufchatel	28.35	1 oz	0.5
01032	Cheese, parmesan, grated	5	1 tbsp	0.1
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	0.7
01044	Cheese, pasteurized process, swiss	28.35	1 oz	0.6
01035	Cheese, provolone	28.35	1 oz	0.6
01037	Cheese, ricotta, part skim milk	246	1 cup	1.7
01036	Cheese, ricotta, whole milk	246	1 cup	2.7
01040	Cheese, swiss	28.35	1 oz	0.7
18147	Cheesecake commercially prepared	80	1 piece	3.5
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	3.4
09070	Cherries, sweet, raw	68	10 cherries	1.4
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	3.5
07017	Chicken roll, light meat	56.7	2 slices	0.0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	3.4
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.3
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	1.5
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	2.0
05277	Chicken, canned, meat only, with broth	142	5 oz	2.6
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.0
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	4.3
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	6.6
22904	Chili con carne with beans, canned entree	222	1 cup	10.2
11156	Chives, raw	3	1 tbsp	6.4
14181	Chocolate syrup	18.75	1 tbsp	0.1
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	1.7
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.8
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.1
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.3

14390 Coccos mix, with asyartame, powder, prepared with water 192 1 serving 19165 Coccos, dry powder, unsweelened 5.4 1 tosp 19162 Coffee, brewed from grounds, prepared with tap water 178 61 c2 14210 Coffee, brewed, expressor, respared with uster 179 61 c2 14215 Coffee, brewed, expressor, respared with uster 179 61 c2 1162 Collards, frozen, chopped, cocked, boiled, driand, without sait 170 1 cup 63 11164 Collards, frozen, chopped, cocked, boiled, driand, without sait 170 1 cockie 105 11165 Cockies, brownies, dry mix, special dietary, prepared 22 1 brownie 105 11165 Cockies, chocolate cho, commercially prepared, regular, higher 10 1 cockie 1 11167 Cockies, chocolate cho, commercially prepared, regular, higher 10 1 cockie 1 11177 Cockies, chocolate chosen, fundases 15 1 cockie, mediases 1 1 118178 Cockies, graham crackers, plain or honey (includes cinnamon) 14 1 cockie 1 118177 Cockies, graham crackers, plain or honey (i	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19165 Cocoa, dry powder, unsweetened 5.4 1 thsp 14209 Coffee, brewed, episson, resturant prepared 60 2 fl oz 14210 Coffee, brewed, episson, resturant prepared 60 2 fl oz 14215 Coffee, instant, regular, prepared with water 179 6 fl oz 11162 Collards, cooked, boiled, drained, without sait 190 1 cup 83 11162 Colkies, brownies, commercially prepared, encided, boiled, drained, without sait 100 1 cookie 11165 Cookies, butter, commercially prepared, encided, boiled, drained, without sait 10 1 cookie 11165 Cookies, butter, commercially prepared, encided, boiled, cookies, boiled, contraet, boiled, encided 5 1 cookie 11165 Cookies, indiparation crackers, plain or honey (includes cinnamon) 14 2 squares 11177 Cookies, molasses 32 1 cookie 1 118176 Cookies, andiparat, commercially prepared, facular 15 1 cookie 118177 Cookies, andiparat, commercially prepared, regular 15 1 cookie 118177 Cookies, andiparat, commercially prepared, regular 15 1 cookie 118172 <td>14194</td> <td>Cocoa mix, powder, prepared with water</td> <td>206</td> <td>1 serving</td> <td>0.2</td>	14194	Cocoa mix, powder, prepared with water	206	1 serving	0.2
14209 Collee, brawed from grounds, prepared with tap water 178 6 fl oz 14210 Collee, brawed, espresso, restaurant-prepared 60 2 ll oz 14210 Collere, instaur, eguing, prepared with water 179 6 ll oz 11162 Collards, cooked, boiled, drianed, without salt 190 1 cup 83 11164 Collards, cooked, boiled, drianed, without salt 170 1 cup 105 11162 Colkies, brownie, commercially prepared, enriched 5 1 cookie 1 105 118150 Cookies, chocolate choic, commercially prepared, enriched 5 1 cookie 1 <td>14390</td> <td>Cocoa mix, with aspartame, powder, prepared with water</td> <td>192</td> <td>1 serving</td> <td>0.2</td>	14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.2
14210 Coffee, brewed, espresso, restauran-prepared 60 2 fl oz 14216 Colfee, instant, regular, prepared with water 179 6 fl oz 14216 Colfee, instant, regular, prepared with water 179 6 fl oz 11162 Collards, cooked, bolied, drained, without salt 170 1 cup 83 11164 Colkes, brownies, dry mis, special dietary, prepared 22 1 brownie 105 118155 Cookkes, brownies, dry mis, special dietary, prepared, englar, higher 10 1 cookie 118156 Cookkes, brownies, dry mis, special dietary, prepared, englar, higher 10 1 cookie 118156 Cookkes, brownies, dry mis, special dietary, prepared, regular 10 1 cookie 118176 Cookkes, fly arms 16 1 cookie 118173 Cookkes, oalases 15 1 cookie, anglase 16 11817 Cookkes, oalases 15 1 cookie, anglase 16 11817 Cookkes, oalased, commercially prepared, fal-free 1 1 cookie 11817 Cookkes, soalar, commercially prepared, regular 15 1 cookie <td>19165</td> <td>Cocoa, dry powder, unsweetened</td> <td>5.4</td> <td>1 tbsp</td> <td>0.1</td>	19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.1
14215 Coffee, instant, regular, propared with water 179 6 fl oz 11162 Collards, cocked, boiled, drained, without salt 190 1 cup 83 11164 Collards, cocked, boiled, drained, without salt 170 1 cup 105 11815 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 105 118157 Cookies, buter, commercially prepared, enviched 5 1 cookie 1 cookie 118158 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 1 cookie 118167 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 1 cookie 118170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 1 cookie 118177 Cookies, molasses 32 1 cookie, molaum 1 cookie 118177 Cookies, nolasses 32 1 cookie 1 cookie 118176 Cookies, notanta, commercially prepared, regular (ncludes 15 1 cookie 118172 Cookies, soatmaal, commercially prepared, regular (ncludes 15 1 cookie 118176 Cookies, spantim watene, commercially prepar	14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.2
11162 Collards, cooked, boiled, drained, without salt 190 1 cup 83 11164 Collards, cooked, boiled, drained, without salt 170 1 cup 105 11164 Collards, cooked, boiled, drained, without salt 170 1 cup 105 118151 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 105 118155 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 118165 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 118172 Cookies, optame rackers, plain or honey (includes cinnamon) 14 2 squares 118173 Cookies, andmam crackers, plain or honey (includes cinnamon) 14 1 cup 118174 Cookies, ontases 32 1 cookie 118175 Cookies, ontases 32 1 cookie 118175 Cookies, ontases 32 1 cookie 118174 Cookies, ontaseas 32 1 cookie 118175 Cookies, ontaseas 32 1 cookie 118175 Cookies, ontaseas 32 1 cookie 118175 Cookies, ontaseas 15 1 cookie 118175 Cookies, ontaseas 15 1 cookie 118185 Co	14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.1
11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 105 18151 Cockies, brownies, commercially prepared 56 1 brownie 18155 Cockies, brownies, dy mix, special dietary, prepared 22 1 brownie 18156 Cockies, brownies, dy mix, special dietary, prepared 5 1 cockie 18156 Cockies, brownies, dy mix, special dietary, prepared, regular, higher 10 1 cockie 18156 Cockies, fip bars 16 1 cockie 18170 Cockies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cockies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cockies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cockies, malasses 32 1 cockie 18178 Cockies, oatmeal, commercially prepared, fegular 15 1 cockie 18178 Cockies, spantbread, commercially prepared, regular 15 1 cockie 18186 Cockies, sugar, repared from recipe, made with margarine 14 1 cockie 18204 Cockies, sugar, refregerated dough, backed 15 1 cockie 18205 Cockies, sugar, refregerated dough, backed 15 1 cockie <t< td=""><td>14215</td><td>Coffee, instant, regular, prepared with water</td><td>179</td><td>6 fl oz</td><td>0.0</td></t<>	14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
18151 Cookies, brownies, commercially prepared 56 1 brownie 18197 Cookies, brownies, dry mix, special delary, prepared 22 1 brownie 18155 Cookies, brownies, dry mix, special delary, prepared, regular, higher 1 cookie 18156 Cookies, chocolate schip, commercially prepared, regular, higher 10 1 cookie 18170 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, molasses 15 1 cookie, large (3-1/2* to 18177 Cookies, oatmeal, commercially prepared, far-free 11 1 cookie 18178 Cookies, oatmeal, commercially prepared, regular 25 1 cookie 18178 Cookies, soatmeal, commercially prepared, regular 15 1 cookie 18186 Cookies, sugar, commercially prepared, regular 15 1 cookie 18187 Cookies, sugar, commercially prepared, regular 15 1 cookie 18182 Cookies, sugar, commercially prepared, regular 15 1 cookie 18182 Cookies, sugar, prepared from recipe, made with margarine <td>11162</td> <td>Collards, cooked, boiled, drained, without salt</td> <td>190</td> <td>1 cup</td> <td>836.0</td>	11162	Collards, cooked, boiled, drained, without salt	190	1 cup	836.0
18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 18155 Cookies, brownies, dry mix, special dietary, prepared, engular, higher 10 1 cookie 18156 Cookies, chocolate chip, commercially prepared, regular, higher 10 1 cookie 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, molasses 12 1 cookie, large (3-1/2' to 18173 Cookies, andiasses 32 1 cookie, large (3-1/2' to 18175 Cookies, coatmeal, commercially prepared, fargular 15 1 cookie 18176 Cookies, soatmeal, commercially prepared, regular 15 1 cookie 18178 Cookies, soatmeal, commercially prepared, regular 15 1 cookie 18182 Cookies, soatmeal, commercially prepared, regular 15 1 cookie 18182 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18204 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 <td>11164</td> <td>Collards, frozen, chopped, cooked, boiled, drained, without salt</td> <td>170</td> <td>1 cup</td> <td>1059.4</td>	11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1059.4
18155 Cookies, buter, commercially prepared, enriched 5 1 cookie 18159 Cookies, buter, commercially prepared, regular, higher 10 1 cookie 18166 Cookies, chocolate andwich, with creme filling, regular 10 1 cookie 18170 Cookies, fig bars 16 1 cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, nolasses 15 1 cookie, medium 18177 Cookies, nolasses 11 1 cookie, medium 18177 Cookies, nolasses 12 1 cookie, medium 18178 Cookies, notamedia, commercially prepared, fat-free 11 1 cookie 18178 Cookies, soutmeal, commercially prepared, regular 25 1 cookie 18185 Cookies, southead, commercially prepared, regular 15 1 cookie 18182 Cookies, southead, commercially prepared, regular (includes 15 1 cookie 18204 Cookies, suitar, commercially prepared, regular pater 14 1 cookie 18205 Cookies, suita andwich with creme filling 10 1 cookie 18206 Cookies, van	18151	Cookies, brownies, commercially prepared	56	1 brownie	3.6
18159 Cookies, chocolate chip, commercially prepared, regular, higher 10 1 cookie 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 18170 Cookies, fig bars 16 1 cookie 18173 Cookies, grapham crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, mediame crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookies, mediame crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookies, mediame crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookies, natmeal, commercially prepared, regular 15 1 cookie 18178 Cookies, autmeal, commercially prepared, regular 15 1 cookie 18185 Cookies, autmeal, commercially prepared, regular 15 1 cookie 18182 Cookies, sugar, refrigerated ducy, haked 15 1 cookie 18206 Cookies, vanilla sandwich with creme filling 10 1 cup 18201 Cookies, vanilla sandwich with creme filling 15 1 cupkie 18202 Cookies, vanilla sandwich with creme filling 10 1	18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.0
fat, anniched 10 1 cookie 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 18170 Cookies, fig bars 16 1 cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookies, molasses 32 1 cookie, medium 18177 Cookies, molasses 32 1 cookie, large (3-1/2* to 18456 Cookies, catmeal, commercially prepared, regular 25 1 cookie 18178 Cookies, soatmeal, commercially prepared, regular 15 1 cookie 18185 Cookies, sugar, commercially prepared, regular 15 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes 15 1 cookie 18208 Cookies, sugar, terfigerated dough, baked 15 1 cookie 18204 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18211 Cookies, vanilla sandwich with creme filling	18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.1
18170 Cookies, fig bars 16 1 cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookies, molasses 32 1 cookie, medium 18178 Cookies, catmeal, commercially prepared, fegular 25 1 cookie 18178 Cookies, catmeal, commercially prepared, regular 15 1 cookie 18185 Cookies, sugar, commercially prepared, regular 15 1 cookie 18182 Cookies, sugar, commercially prepared, regular (includes 15 1 cookie 18204 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18205 Cookies, vanilla sandwich with creme filling 10 1 cookie 18206 Cookies, vanilla sandwich with creme filling 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 18211 Cookies, vanilla sandwich with creme filling 15 1 cookie	18159		10	1 cookie	0.5
18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookies, molasses 15 1 cookie, medium 18177 Cookies, molasses 32 1 cookie, large (3-1/2" to 18177 Cookies, notameal, commercially prepared, regular 25 1 cookie 18178 Cookies, soutmeal, commercially prepared, regular 15 1 cookie 18185 Cookies, soutmercially prepared, regular 15 1 cookie 18192 Cookies, souther commercially prepared, regular (includes 1 cookie 18204 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18205 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18206 Cookies, vanilla sandwich with creme filling 10 1 cookie 18210 Cookies, vanilla sandwich with creme filling 16 1 cookie 18210 Cookies, vanilla wafers, lower fat 77 1 ear 11174 Corn, sweet, yellow, canned, cream style, regular pack 210 1 cup 1117	18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	2.3
18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 18177 Cookies, molasses 15 1 cookie, nedium 18177 Cookies, molasses 32 1 cookie, large (3-1/2* to 18178 Cookies, nonamedially prepared, flat-free 11 1 cookie 18178 Cookies, catmeal, commercially prepared, regular 25 1 cookie 18185 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes) 15 1 cookie 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18208 Cookies, vanilla sandwich with creme filling 10 1 cookie 18210 Cookies, vanilla sandwich with creme filling 16 1 cup 18211 Cookies, vanilla sandwich with creme filling 1 cup 1 cup 18212 Cookies, vanilla sandwich with creme filling 1 cup 1 cup 18214 Cookies, vanilla sandwich with creme filling 1 cup 1 cup 18214 Con, sweet, yellow, coaned, cream style, regular pack 210 1 cup 111176<	18170	Cookies, fig bars	16	1 cookie	0.9
18177Cookies, molasses151 cookie, medium18177Cookies, ontmeal, commercially prepared, fat-free111 cookie, large (3-1/2" to18166Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie18185Cookies, senut butter, commercially prepared, regular151 cookie18192Cookies, sugar, commercially prepared, regular151 cookie18204Cookies, sugar, commercially prepared, regular (includes151 cookie18205Cookies, sugar, refrigerated dough, baked151 cookie18206Cookies, vanilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla sandwich, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11175Corn, sweet, yellow, canned, cook, boiled, drained, without salt771 ear11179Corn, sweet, yellow, morzen, kernels on cob, cooked, boiled, drained, without salt1641 cup20022Cornmeal, degermed, enriched, yellow1381 cup20022Cornmeal, degermed, enriched, yellow1221 cup20022Cornmeal, degermed, enriched, yellow1651 cu	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.6
18177Cookies, molasses321 cookie, large (3-1/2" to18456Cookies, catmeal, commercially prepared, regular251 cookie18178Cookies, catmeal, commercially prepared, regular251 cookie18185Cookies, shortbread, commercially prepared, pellan81 cookie18192Cookies, shortbread, commercially prepared, pellan81 cookie18204Cookies, sugar, commercially prepared, pellan11 cookie18205Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla sandwich with creme filling151 cookie11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11174Corn, sweet, yellow, canned, vacuum pack, regular pack2561 cup11175Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11179Corn, sweet, yellow, frozen, kernels ou toff cob, boiled, drained,	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.9
18456Cookies, oatmeal, commercially prepared, fat-free11 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie18182Cookies, peanut butter, commercially prepared, regular151 cookie18192Cookies, shortbread, commercially prepared, regular (includes81 cookie18204Cookies, sugar, commercially prepared, regular (includes151 cookie18205Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18211Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla wafers, lower fat41 cookie18214Coon, sweet, yellow, canned, cream style, regular pack2101 cup11174Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11178Corn, sweet, yellow, frozen, kernels out off cob, boiled, drained, mithout salt771 ear11179Corn, sweet, yellow, frozen, kernels out off cob, boiled, drained, without salt1 cup120020Cornmeal, degremed, enriched, yellow1381 cup220020Courneal, whole-grain, yellow1651 cup420020Courses, (blackeyes), immature seeds, cooked, boiled, 1651 cup420021Courses, (blackeyes), immature seeds, frozen, cooked, boiled, 1701 cup620022C	18177	Cookies, molasses	15	1 cookie, medium	0.8
18456Cookies, oatmeal, commercially prepared, fat-free11 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie18182Cookies, peanut butter, commercially prepared, regular151 cookie18192Cookies, shortbread, commercially prepared, regular (includes81 cookie18204Cookies, sugar, commercially prepared, regular (includes151 cookie18205Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18211Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla wafers, lower fat41 cookie18214Coon, sweet, yellow, canned, cream style, regular pack2101 cup11174Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11178Corn, sweet, yellow, frozen, kernels out off cob, boiled, drained, mithout salt771 ear11179Corn, sweet, yellow, frozen, kernels out off cob, boiled, drained, without salt1 cup120020Cornmeal, degremed, enriched, yellow1381 cup220020Courneal, whole-grain, yellow1651 cup420020Courses, (blackeyes), immature seeds, cooked, boiled, 1651 cup420021Courses, (blackeyes), immature seeds, frozen, cooked, boiled, 1701 cup620022C	18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	1.8
18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18192 Cookies, shortbread, commercially prepared, plain 8 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes 15 1 cookie 18204 Cookies, sugar, commercially prepared, regular (includes 15 1 cookie 18206 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 18206 Cookies, sugar, refrigerated dough, baked 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 18214 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 11176 Corn, sweet, yellow, coaned, vacuum pack, regular pack 210 1 cup 11178 Corn, sweet, yellow, forzen, kernels cut off cob, boiled, drained, without salt 77 1 ear 11179 Corn, sweet, yellow, forzen, kernels on cob, cooked, boiled, drained, without salt 1 cup 1 cup 20022 Commeal, whole-grain, yellow 122 1 cup 2 cup 20020 Couscous, cooked	18456	Cookies, oatmeal, commercially prepared, fat-free	11		0.1
Bit ProductConversionBit ProductCookies, sugar, commercially prepared, regular (includes vanilla)151 cookieBit ProductCookies, sugar, commercially prepared, regular (includes vanilla)151 cookieBit ProductCookies, sugar, prepared from recipe, made with margarine tanilla)141 cookieBit ProductCookies, sugar, refrigerated dough, baked151 cookieBit ProductCookies, vanilla sandwich with creme filling101 cookieBit ProductCookies, vanilla sandwich with creme filling151 cookieBit ProductCookies, vanilla wafers, lower fat41 cookieBit ProductCook, consex, vanila wafers, lower fat41 cookieBit ProductCorn, sweet, vellow, canned, cream style, regular pack2561 cupBit ProductCorn, sweet, yellow, canned, vacuum pack, regular pack2101 cupBit ProductCorn, sweet, yellow, cooked, boiled, drained, without salt771 earBit ProductCorn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, 	18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.0
18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18208Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling151 cookie18213Cookies, vanilla wafers, lower fat41 cookie18214Cookies, vanilla wafers, lower fat41 cookie18215Cookies, vanilla wafers, lower fat41 cookie18216Corn, sweet, yellow, canned, cream style, regular pack2561 cup11174Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11178Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt1381 cup20022Commeal, whole-grain, yellow1221 cup20029Couscous, cooked1571 cup411192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1701 cup611194Cowpeas, (blackeyes, immature seeds, frozen, cooked, boiled, drained, without salt1701 cup611192Cowpeas, (blackeyes, immature seeds, frozen, cooked, boiled, drained, without salt </td <td>18185</td> <td>Cookies, peanut butter, commercially prepared, regular</td> <td>15</td> <td>1 cookie</td> <td>0.7</td>	18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.7
vanilla)vanilla18208Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla wafers, lower fat41 cookie11174Corn, sweet, white, cooked, boiled, drained, without salt771 ear11176Corn, sweet, yellow, canned, cream style, regular pack2561 cup11176Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, mithout salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, mithout salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, mithout salt1221 cup20022Cornmeal, whole-grain, yellow1381 cup20020Cornreal, whole-grain, yellow1221 cup20029Couscous, cooked1571 cup411192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, hithout salt1701 cup11194Cowpeas, clackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11195Cowpeas, clackeyes), immature seeds, frozen, cooked, boiled, draine	18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.8
B206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla wafers, lower fat41 cookie11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11176Corn, sweet, yellow, conked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained,1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained,631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20020Cornmeal, degermed, enriched, yellow1221 cup20020Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup20029Couscous, cooked1571 cup20029Couscous, cooked1571 cup2019Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup2029Couscous, cooked, boiled, without salt1701 cup2031Cowpeas, (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup2032Cowpeas, (blackeyes), immature seeds, frozen, cooked, boil	18204		15	1 cookie	1.3
HartholdCookies, vanilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla wafers, lower fat41 cookie11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11176Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained,1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled,631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20020Cornstarch8.0641 tbsp20021Courouscus, cooked1651 cup20022Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11192Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11196Cowpeas, coked, boiled, without salt1721 cup11181Crackers, cheese, regular1010 crackers11192Cowpeas, (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11196Cowpeas, (blackeyes), immature see	18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.6
National SectorCookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla wafers, lower fat41 cookie11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11176Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20027Cornstarch8.0641 bsp20029Couscous, cooked1571 cup11192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1701 cup11196Cowpeas, cohcked, boiled, without salt1701 cup11198Cowpeas, cooked, boiled, without salt1721 cup11194Cowpeas, cooked, boiled, without salt1701 cup11192Cowpeas, cooked, boiled, without salt1701 cup11194Cowpeas, cooked, boiled, without salt1701 cup11195Cowpeas, cooked, boiled, without salt1721 cup11196Cowpeas, cooked, boiled, without salt <td>18206</td> <td>Cookies, sugar, refrigerated dough, baked</td> <td>15</td> <td>1 cookie</td> <td>1.5</td>	18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.5
18212Cookies, vanilla wafers, lower fat41 cookie11101Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11178Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained,1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained,631 cup20022Cornmeal, degermed, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20021Cornstarch8.0641 tbsp20022Cowpeas (blackeyes), immature seeds, cooked, boiled, boiled, drained, without salt1 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1 cup11196Cowpeas, conton (blackeyes, crowder, southern), mature1721 cup11186Cowpeas, coromon (blackeyes, crowder, southern), mature1721 cup118214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.5
11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11188Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Cornmeal, degerned, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20021Constarch8.0641 tbsp20022Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1701 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11196Cowpeas, (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11196Cowpeas, cohees, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.8
11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11176Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained,1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled,631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20021Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup2011Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1701 cup11186Cowpeas, coheese, regular1010 crackers11212Crackers, cheese, regular101 sandwich	18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.2
11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup1118Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20020Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup20191Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup611196Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.3
11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20020Cornstarch1221 cup20020Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup11192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas, conmon (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1701 cup118214Crackers, cheese, regular1010 crackers118215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.0
11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20020Cornstarch1221 cup20020Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup11192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas, conmon (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1701 cup118214Crackers, cheese, regular1010 crackers118215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.0
11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Cornmeal, degermed, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20020Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup20029Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup16633Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	11168		77	1 ear	0.3
drained, without salt1381 cup20022Cornmeal, degermed, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20027Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup11192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas, (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich		Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained,	164	1 cup	0.5
20020Cornmeal, whole-grain, yellow1221 cup20027Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup11192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	11181		63	1 ear	0.3
20027Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup11192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.0
20029Couscous, cooked1571 cup11192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup411196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup611063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	20020	Cornmeal, whole-grain, yellow	122	1 cup	0.4
11192Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup411196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup616063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	20027	Cornstarch	8.064	1 tbsp	0.0
drained, without salt11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup616063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	20029	Couscous, cooked	157	1 cup	0.2
drained, without salt16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	11192		165	1 cup	43.9
seeds, cooked, boiled, without salt1010 crackers18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich		drained, without salt			62.6
18215 Crackers, cheese, sandwich-type with peanut butter filling 7 1 sandwich		seeds, cooked, boiled, without salt		·	2.9
· · · · · · · · · · · · · · · · · · ·					0.9
18217Crackers, matzo, plain28.351 matzo					0.8
	18217	Crackers, matzo, plain	28.35	1 matzo	0.1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18220	Crackers, melba toast, plain	20	4 pieces	0.2
18226	Crackers, rye, wafers, plain	11	1 wafer	0.6
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.8
18229	Crackers, standard snack-type, regular	12	4 crackers	5.1
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.6
18232	Crackers, wheat, regular	8	4 crackers	2.9
18235	Crackers, whole-wheat	16	4 crackers	4.4
14242	Cranberry juice cocktail, bottled	253	8 fl oz	2.5
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.8
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.4
01069	Cream substitute, powdered	2	1 tsp	0.2
01049	Cream, fluid, half and half	15	1 tbsp	0.2
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.5
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.3
01052	Cream, fluid, light whipping	15	1 tbsp	0.4
01056	Cream, sour, cultured	12	1 tbsp	0.2
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.1
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.1
18239	Croissants, butter	57	1 croissant	1.0
18243	Croutons, seasoned	40	1 cup	3.0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.3
15141	Crustaceans, crab, blue, canned	135	1 cup	0.4
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.3
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.0
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.0
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.9
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.5
11206	Cucumber, peeled, raw	119	1 cup	8.6
11206	Cucumber, peeled, raw	280	1 large	20.2
11205	Cucumber, with peel, raw	301	1 large	49.4
11205	Cucumber, with peel, raw	104	1 cup	17.1
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	579.0
18245	Danish pastry, cheese	71	1 danish	4.9
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.8
09087	Dates, deglet noor	178	1 cup	4.8
09087 01071	Dates, deglet noor Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup	41.5 4	5 dates 1 tbsp	1.1 0.1
	milk			
01072	Dessert topping, pressurized	4	1 tbsp	0.2
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.3
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.5
18248 18255	Doughnuts, cake-type, plain (includes unsugared, old-fashioned) Doughnuts, yeast-leavened, glazed, enriched (includes honey	47 60	1 medium 1 medium	4.9 6.9
18255	buns) Doughnuts, yeast-leavened, glazed, enriched (includes honey	13	1 hole	1.5
05142	buns) Duck domesticated meat only cooked roasted	221	1/2 duck	8.4
05142	Duck, domesticated, meat only, cooked, roasted		1/2 duck	8.4 17.5
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	1

D1128 Egg, whole, cooked, fried 46 1 large 2 01129 Egg, whole, cooked, hard-boled 50 1 large 60 01132 Egg, whole, cooked, scrambled 50 1 large 60 01132 Egg, whole, raw, fresh 58 1 extra large 60 01123 Egg, whole, raw, fresh 50 1 large 60 01124 Egg, whole, raw, fresh 50 1 large 60 01125 Egg, whole, raw, fresh 50 1 large 60 01126 Eggin, van, fresh 50 1 cop 60 011214 Engine multins, plain, enriched, with calcium 52 1 multin 60 11215 Engine multins, plain, toataet, onrienod, with calcium 52 1 multin 60 12005 Fast Foods, bunciu, with beans and beel 115.5 1 burnito 60 21061 Fast foods, bunciu, with beans and beel 113.5 1 burnito 60 21062 Fast foods, bunciu, with beans and beels 133 1 sandwich 60	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
Other Form Other Other <tho< td=""><td>01124</td><td>Egg, white, raw, fresh</td><td>33.4</td><td>1 large</td><td>0.0</td></tho<>	01124	Egg, white, raw, fresh	33.4	1 large	0.0
01131 Egg, whole, cocked, poached 50 1 large 0 01132 Egg, whole, cocked, scrambled 61 1 large 0 01132 Egg, whole, raw, fresh 58 1 strate large 0 01123 Egg, whole, raw, fresh 50 1 large 0 01125 Egg, whole, raw, fresh 50 1 large 0 01125 Egg, whole, raw, fresh 50 1 cop 0 01121 Endiker, raw 50 1 cop 0 11210 Edgish muffins, plain, enriched, with ca prop (includes 57 1 muffin 0 11216 Endiker, raw 50 1 silce 0 0 11205 English muffins, plain, toasted, enriched, with calcium 52 1 muffin 0 11205 Fast Food, Pitza, Chain, 14' pizza, papperoni topping, regular 106 1 silce 0 11206 Fast foods, burdiw, with beans and beese 93 1 burrito 2 12005 Fast foods, burdiw, with beans and beeses 93 1 burrito <td< td=""><td>01128</td><td>Egg, whole, cooked, fried</td><td>46</td><td>1 large</td><td>2.6</td></td<>	01128	Egg, whole, cooked, fried	46	1 large	2.6
D1132 Egg, whole, cooked, scrambled 61 1 large 2 D1123 Egg, whole, raw, fresh 58 1 extra large 0 D1123 Egg, whole, raw, fresh 50 1 large 0 D1124 Egg, whole, raw, fresh 50 1 large 0 D1125 Egg, whole, raw, fresh 50 1 large 0 D1126 Egg, whole, raw, fresh 50 1 cup 0 D1121 Endfw, raw 50 1 cup 0 D1121 Endfw, raw 50 1 cup 0 D1125 Endfw, raw 50 1 cup 0 D1126 Egg, whole, raw, fresh 50 1 cup 0 D1128 Endfw, raw 50 1 cup 0 D1205 Fast foods, black, chrished, aniched, with ca prop (includes 57 1 mulfin 0 D1205 Fast foods, burnito, with beans and cheese 93 1 burnito 2 2 D1005 Fast foods, burnito, with beans and cheese 93	01129	Egg, whole, cooked, hard-boiled	50	1 large	0.2
D1123 Egg, whole, raw, fresh 58 1 extra large 0 D1123 Egg, whole, raw, fresh 44 1 medium 0 D1124 Egg, whole, raw, fresh 16.6 1 large 0 D1125 Egg, vlok, raw, fresh 16.6 1 large 0 D1124 Egg, vlok, raw, fresh 16.6 1 large 0 D1125 Egg, vlok, raw, fresh 16.6 1 large 0 D1121 Endive, raw 50 1 cup 112 B2059 English muffins, plan, enriched, with ca prop (includes 57 1 muffin 0 D1230 Fast Food, Pizza Chain, 14* pizza, pepperoni topping, regular 106 1 slice 0 D1050 Fast Food, burito, with beans and cheese 93 1 burito 2 D1050 Fast foods, burito, with oga nd susage 113 1 sandwich 0 D1050 Fast foods, burito, with beans and cheese 93 1 burito 2 D1050 Fast foods, burito, with eag not, cheese, and canadian 13 1 cup <td< td=""><td>01131</td><td>Egg, whole, cooked, poached</td><td>50</td><td>1 large</td><td>0.2</td></td<>	01131	Egg, whole, cooked, poached	50	1 large	0.2
D1123 Egg, whole, raw, fresh 44 1 medium 0 D1125 Egg, whole, raw, fresh 50 1 large 0 01125 Egg, whole, raw, fresh 16.6 1 large 0 01057 Eggnog 254 1 cup 0 11210 Endpilen huffins, plain, enriched, with out sait 99 1 cup 111 11235 Endpilen huffins, plain, insated, enriched, with cal prop (includes 57 1 muffin 0 118258 Endpilen huffins, plain, insated, enriched, with calcium 52 1 muffin 0 118259 Endpilen huffins, plain, insated, enriched, with calcium 52 1 muffin 0 118250 Endpilen huffins, plain, insated, enriched, with calcium 52 1 burrin 0 118250 Fast Foods, biscuit, with beg and sausage 180 1 biscuit 0 11050 Fast Foods, biscuit, with beg and sausage 183 1 sandwich 0 121250 Fast foods, hurino, with beans and thees 93 1 burrino 0 121264 Fast foods, hu	01132	Egg, whole, cooked, scrambled	61	1 large	2.4
01123 Egg, whole, raw, fresh 50 1 large 0 01125 Egg, yolk, raw, fresh 16.6 1 large 0 01057 Eggnog 254 1 cup 0 011210 Eggnog 1 cup 111 11213 Endive, raw 60 1 cup 111 11214 Endive, raw 60 1 cup 111 112858 Englight muffins, plain, toasted, enriched, with ca prop (includes 50 1 muffin 0 11210 Englight muffins, plain, toasted, enriched, with calcium 52 1 muffin 0 11202 Fast Food, Pitza Chain, 14* pitzas, pepperoni topping, regular 106 1 slice 0 11203 Fast foods, buscuit, with eag and sausage 180 1 burito 2 12004 Fast foods, cheicke, heraded and fried, boneless pieces, plain 106 6 pieces 7 12104 Fast foods, cheicke, heraded and fried, boneless pieces, plain 106 6 pieces 7 12102 Fast foods, coleslaw 99 3/cup 7	01123	Egg, whole, raw, fresh	58	1 extra large	0.2
Ot125 Egy jolk, raw, fresh 16.6 1 large 0 01057 Eggrog 254 1 cup 0 11210 Eggplant, cooked, bolled, drained, without salt 99 1 cup 1 11213 Endiesh muffins, plain, encided, with ca prop (includes 57 1 muffin 1 11225 English muffins, plain, encided, enriched, with calcium 52 1 muffin 0 11230 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular 106 1 slice 6 21005 Fast foods, burrito, with begans and beef 115.5 1 burrito 2 21005 Fast foods, burrito, with beans and beef 113 1 sandwich 6 21090 Fast foods, burrito, with beans and beef 113 1 sandwich 6 21090 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 6 6 21127 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 1 sandwich 6 21127 Fast foods, plain, unstred, swith eagle plain, and the sandwich 6 6 7 <td>01123</td> <td>Egg, whole, raw, fresh</td> <td>44</td> <td>1 medium</td> <td>0.1</td>	01123	Egg, whole, raw, fresh	44	1 medium	0.1
D1057 Egging 254 1 cup 2 D11210 Egginal, cooked, bolied, drained, without salt 99 1 cup 2 D11213 Endike, raw 50 1 cup 112 B1213 Endike, raw 50 1 cup 112 B1258 English muffins, plain, costed, enriched, with calcium 52 1 muffin 0 B1259 English muffins, plain, toasted, enriched, with calcium 52 1 muffin 0 21030 Fast Food, Pizza Chain, 14" pizza, peperoni topping, regular 106 1 slice 6 21031 Fast Foods, bourrito, with beans and beef 115.5 1 burrito 2 21040 Fast foods, bourrito, with beans and cheese 93 1 burrito 2 21040 Fast foods, colestaw 99 3/4 cup 70 21042 Fast foods, bamburger, single, regular patry, with condiments 106	01123	Egg, whole, raw, fresh	50	1 large	0.2
11210 Eggplant, cooked, boiled, drained, without salt 99 1 cup 12 11213 Endive, raw 50 1 cup 11 118258 English muffins, plain, enriched, with calcoum 52 1 muffin 6 118259 English muffins, plain, toasted, enriched, with calcoum 52 1 muffin 6 118259 English muffins, plain, toasted, enriched, with calcoum 52 1 muffin 6 11202 Fast Food, Fizza Chain, 14" pizza, pepperoni topping, regular 106 1 slice 6 11203 Fast foods, burito, with beans and beef 115.5 1 burito 3 11204 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 6 6 11204 Fast foods, chicken, breaded and fried, boneless pieces, plain 108 6 6 11217 Fast foods, french toast sticks 141 5 sticks 2 2 11212 Fast foods, potato, french fried in vegetable oil 166 1 sandwich 6 11212 Fast foods, potato, french fried in vegetable oil 164 6-8 shrimp 7 11212 Fast foods, potato, french fried	01125	Egg, yolk, raw, fresh	16.6	1 large	0.1
11213 Endive, raw 50 1 cup 1121 11213 Endive, raw 50 1 cup 1121 112258 English muffins, plain, notsked, enriched, with ca prop (includes 57 1 muffin 0 11202 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust 106 1 slice 0 21005 Fast Foods, biscuit, with egg and sausage 180 1 biscuit 2 21006 Fast foods, burrito, with beans and beef 115.5 1 burrito 2 21006 Fast foods, checkeburger, single, regular pathy, with condiments 113 1 sandwich 2 21009 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 6 pieces 2 21021 Fast foods, colesiaw 99 3/4 cup 70 21021 Fast foods, neighth muffin, with egg, cheese, and canadian 137 1 muffin 2 21021 Fast foods, neighth muffin, with egg, cheese, and canadian 137 1 muffin 2 21024 Fast foods, neighth muffin, with egg, cheese, and canadian 137 1 muffin 2 21024 Fast foods, prench toast sticks <t< td=""><td>01057</td><td>Eggnog</td><td>254</td><td>1 cup</td><td>0.8</td></t<>	01057	Eggnog	254	1 cup	0.8
18258 English muffins, plain, enriched, with ca prop (includes 57 1 muffin 0 18259 English muffins, plain, toasted, enriched, with calcium 52 1 muffin 0 18259 English muffins, plain, toasted, enriched, with calcium 52 1 muffin 0 21302 Fast Food, Fizza, Chain, 14" pizza, pepperoni topping, regular 106 1 slice 0 21005 Fast Foods, burnito, with beans and beef 115.5 1 burnito 2 21090 Fast foods, burnito, with beans and cheese 93 1 burnito 2 21090 Fast foods, cheeseburger, single, regular paty, with condiments 113 1 sandwich 6 21092 Fast foods, cheeseburger, single, regular paty, with condiments 106 6 pieces 7 21042 Fast foods, cheeseburger, single, regular paty, with condiments 106 1 sandwich 6 21042 Fast foods, french toast sticks 141 5 sticks 20 21042 Fast foods, potato, french fried in vegetable oil 85 1 sandwich 5 21129 Fast foods, potato, french fried in vegetable oil 169 1 large 4	11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.9
sourdough) sourdough) faile hurdlins, plain, toasted, enriched, with calcium 52 1 muffin 0 121302 Fast Food, Pizza Chain, 14* pizza, pepperoni topping, regular 106 1 slice 6 121002 Fast Foods, biscuit, with egg and sausage 180 1 biscuit 7 121061 Fast foods, burrito, with beans and beef 115.5 1 burrito 2 121081 Fast foods, cheeseburger; single, regular patty, with condiments 113 1 sandwich 6 121029 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 6 pieces 7 121021 Fast foods, chili con carme 253 1 cup 7 121024 Fast foods, chili con carme 253 1 cup 7 121024 Fast foods, fench toast sicks 141 5 sticks 20 121024 Fast foods, fench toast sicks 141 5 sticks 20 121127 Fast foods, plato, french fried in vegetable oil 85 1 samall 6 121128 Fast foods, potato, french fried in vegetable oil 166 1 large 16 121138 Fast foods, potato, french fr	11213	Endive, raw	50	1 cup	115.5
propionate (includes sourdough) respinate (includes sourdough) 21302 Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular allog 106 1 slice 6 21005 Fast foods, bucrit, with begg and sausage 180 1 biscuit 7 21005 Fast foods, burrito, with beans and beef 93 1 burrito 2 21061 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 6 pieces 7 21042 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 6 pieces 7 21042 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 6 pieces 7 21042 Fast foods, french toast sticks 141 5 sticks 20 21024 Fast foods, humbruger, single, regular patty; with condiments 106 1 sandwich 6 21129 Fast foods, humbruger, single, regular patty; with condiments 106 1 sandwich 6 21129 Fast foods, potato, french fried in vegetable oil 85 1 sandwich 6 21138 Fast foods, potato, french fried in vegetable oil 164	18258	•	57	1 muffin	0.7
crust 21005 Fast Foods, biscuit, with egg and sausage 180 1 biscuit 102 21063 Fast foods, burrito, with beans and beef 115.5 1 burrito 20 21061 Fast foods, churito, with beans and cheese 93 1 burrito 20 21090 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 6 pieces 70 212127 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 6 pieces 70 21021 Fast foods, children, breaded and fried, boneless pieces, plain 106 6 pieces 70 21021 Fast foods, children, breaded and fried, boneless pieces, plain 106 1 sandwich 70 21021 Fast foods, coleslaw 99 3/4 cup 77 21024 Fast foods, french toast sticks 141 5 sticks 22 2108 Fast foods, hamburger, single, regular patty, with condiments 106 1 sandwich 5 21129 Fast foods, potato, french fried in vegetable oil 85 1 small 5 21138 Fast foods, potato, french fried in vegetable oil 169 1 large 16 21138		propionate (includes sourdough)			0.7
21063Fast foods, burrito, with beans and beef115.51 burrito221061Fast foods, burrito, with beans and cheese931 burrito321090Fast foods, cheeseburger, single, regular patty, with condiments1131 sandwich621229Fast foods, chilcen, breaded and fried, boneless pieces, plain1066 pieces721042Fast foods, chilicon carne2531 cup521021Fast foods, coleslaw993/4 cup7021021Fast foods, infin, with egg, cheese, and canadian1371 muffin721024Fast foods, hamburger, single, regular patty; with condiments1061 sandwich521138Fast foods, potato, french toast sticks1415 sticks2021138Fast foods, potato, french fried in vegetable oil851 sandwich521138Fast foods, potato, french fried in vegetable oil1691 large1621139Fast foods, potato, french fried in vegetable oil1341 medium1621139Fast foods, potato, french fried in vegetable oil1646-8 shrimp721050Fast foods, sharhed brown721/2 cup7721052Fast foods, nashed brown1031 cone021052Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone021052Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone021052Fish, fish portions and sticks, f		crust			6.8
Part foods, burrito, with beans and cheese931 burrito21090Fast foods, cheeseburger; single, regular patty, with condiments1131 sandwich21229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces21042Fast foods, chill con came2531 cup25321021Fast foods, coleslaw993/4 cup7021021Fast foods, english muffin, with egg, cheese, and canadian1371 muffin7021024Fast foods, french toast sticks1415 sticks2421129Fast foods, humburger; single, regular patty; with condiments1061 sandwich521129Fast foods, humburger; single, regular patty; with condiments1061 sandwich521129Fast foods, hub puppies785 pieces221138Fast foods, potato, french fried in vegetable oil1691 large1621138Fast foods, potato, french fried in vegetable oil1341 medium1621139Fast foods, potato, french fried in vegetable oil1341 medium1621139Fast foods, potato, mashed801/3 cup7721026Fast foods, potato, mashed1646-8 shrimp721028Fast foods, taco with beef, cheese and lettuce, hard shell1711 small2621029Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone621020Fast foods, vanilla, light, soft-serve ice cream, with cone103 <td></td> <td></td> <td></td> <td></td> <td>7.9</td>					7.9
P21090Fast foods, cheeseburger; single, regular patty, with condiments1131 sandwich621229Fast foods, chicken, breaded and fried, boneless pieces, plain1066 pieces721042Fast foods, chili con carne2531 cup521021Fast foods, coleslaw993/4 cup721021Fast foods, english muffin, with egg, cheese, and canadian bacon1371 muffin721024Fast foods, french toast sticks1415 sticks2421128Fast foods, hush puppies785 pieces2221138Fast foods, potato, french fried in vegetable oil851 small521138Fast foods, potato, french fried in vegetable oil1691 large1621138Fast foods, potato, mashed801/3 cup7721059Fast foods, potato, mashed brown721/2 cup7721054Fast foods, staco with beef, cheese and lettuce, hard shell1711 small2621052Fast foods, staco with beef, cheese and lettuce, hard shell2631 large421054Fast foods, shaning, breaded and fried1646-8 shrimp7721052Fast foods, shaned, cheese and lettuce, hard shell2631 large421054Fast foods, shaned, solids and liquid853 oz0121055Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone021054Fast foods, vanilla, light, s	21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	2.8
21229 Fast foods, chicken, breaded and fried, boneless pieces, plain 106 6 pieces 7 21042 Fast foods, chili con carne 253 1 cup 5 21127 Fast foods, coleslaw 99 3/4 cup 70 21021 Fast foods, english muffin, with egg, cheese, and canadian 137 1 muffin 7 21024 Fast foods, french toast sticks 141 5 sticks 20 21084 Fast foods, hamburger; single, regular patty; with condiments 106 1 sandwich 5 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 5 21138 Fast foods, potato, french fried in vegetable oil 169 1 large 16 21139 Fast foods, potato, french fried in vegetable oil 134 1 medium 16 21139 Fast foods, potato, mashed 80 1/3 cup 7 21026 Fast foods, potato, mashed 80 1/3 cup 7 21028 Fast foods, taco with beef, cheese and lettuce, hard shell 171 1 small 26 21028 Fast foods, taco with beef, cheese and lettuce, hard shell 263 <td< td=""><td>21061</td><td>Fast foods, burrito, with beans and cheese</td><td>93</td><td>1 burrito</td><td>3.0</td></td<>	21061	Fast foods, burrito, with beans and cheese	93	1 burrito	3.0
21042Fast foods, chili con carne2531 cup521127Fast foods, coleslaw993/4 cup7021021Fast foods, english muffin, with egg, cheese, and canadian bacon1371 muffin7021024Fast foods, french toast sticks1415 sticks222103Fast foods, humburger; single, regular patty; with condiments1061 sandwich521129Fast foods, humburger; single, regular patty; with condiments1061 sandwich521138Fast foods, potato, french fried in vegetable oil851 small521138Fast foods, potato, french fried in vegetable oil1691 large1621138Fast foods, potato, french fried in vegetable oil1341 medium1621138Fast foods, potato, french fried in vegetable oil1341 medium1621138Fast foods, potato, french fried in vegetable oil1341 medium1621138Fast foods, potato, french fried in vegetable oil1341 medium1621026Fast foods, potatoes, hashed brown721/2 cup7021059Fast foods, taco with beef, cheese and lettuce, hard shell1711 small2221082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021084Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021085Fast foods, taco with beef, cheese and lettuce, hard shell2631 cone60 <t< td=""><td>21090</td><td>Fast foods, cheeseburger; single, regular patty, with condiments</td><td>113</td><td>1 sandwich</td><td>6.2</td></t<>	21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	6.2
21127 Fast foods, coleslaw 99 3/4 cup 77 21021 Fast foods, english muffin, with egg, cheese, and canadian bacon 137 1 muffin 1 21024 Fast foods, french toast sticks 141 5 sticks 20 21028 Fast foods, hamburger, single, regular patty; with condiments 106 1 sandwich 5 21129 Fast foods, potato, french fried in vegetable oil 85 1 small 5 21138 Fast foods, potato, french fried in vegetable oil 169 1 large 16 21138 Fast foods, potato, french fried in vegetable oil 134 1 medium 16 21138 Fast foods, potato, french fried in vegetable oil 134 1 medium 16 21138 Fast foods, potato, mashed 80 1/3 cup 4 21026 Fast foods, potatoes, hashed brown 72 1/2 cup 7 21082 Fast foods, taco with beef, cheese and lettuce, hard shell 171 1 small 26 21082 Fast foods, taco with beef, cheese and lettuce, hard shell 263 1 large 4 21082 Fast foods, staco with beef, cheeses and lettuce, hard sh	21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	7.4
21021 Fast foods, english muffin, with egg, cheese, and canadian bacon 137 1 muffin 2 21024 Fast foods, french toast sticks 141 5 sticks 20 21018 Fast foods, hamburger; single, regular patty; with condiments 106 1 sandwich 5 21129 Fast foods, hush puppies 78 5 pieces 2 21138 Fast foods, potato, french fried in vegetable oil 85 1 sandwich 5 21138 Fast foods, potato, french fried in vegetable oil 134 1 medium 16 21138 Fast foods, potato, french fried in vegetable oil 134 1 medium 16 21139 Fast foods, potato, mashed 80 1/3 cup 4 21026 Fast foods, potato, mashed 80 1/3 cup 4 21082 Fast foods, taco with beef, cheese and lettuce, hard shell 171 1 small 26 21082 Fast foods, vanilla, light, soft-serve ice cream, with cone 103 1 cone 6 21082 Fast foods, vanilla, light, soft-serve ice cream, with cone 103 1 cone 6 21082 Fast foods, vanilla, light, soft-serve ice cream,	21042	Fast foods, chili con carne	253	1 cup	5.1
baconbacon21024Fast foods, french toast sticks1415 sticks2021186Fast foods, hamburger; single, regular patty; with condiments1061 sandwich621129Fast foods, hush puppies785 pieces221138Fast foods, potato, french fried in vegetable oil851 small621138Fast foods, potato, french fried in vegetable oil1691 large1621138Fast foods, potato, french fried in vegetable oil1341 medium1621139Fast foods, potato, french fried in vegetable oil1341 medium1621139Fast foods, potato, mashed801/3 cup421026Fast foods, potato, shashed brown721/2 cup721059Fast foods, taco with beef, cheese and lettuce, hard shell1711 small2621082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021028Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone621039Fish, cod, Atlantic, canned, solids and liquid853 oz621037Fish, cod, Atlantic, canned, solids and liquid853 oz62027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")62032Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")32032Fish, fish portions and sticks, frozen, preheated283 oz6 <td>21127</td> <td>Fast foods, coleslaw</td> <td>99</td> <td>3/4 cup</td> <td>70.2</td>	21127	Fast foods, coleslaw	99	3/4 cup	70.2
21108Fast foods, hamburger, single, regular patty, with condiments1061 sandwich521129Fast foods, hush puppies785 pieces221138Fast foods, potato, french fried in vegetable oil851 small921138Fast foods, potato, french fried in vegetable oil1691 large1821138Fast foods, potato, french fried in vegetable oil1341 medium1621139Fast foods, potato, french fried in vegetable oil1341 medium1621139Fast foods, potato, mashed801/3 cup421026Fast foods, potato, mashed801/2 cup721059Fast foods, taco with beef, cheese and lettuce, hard shell1711 small2621082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021084Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone621085Fisk foods, vanilla, light, soft-serve ice cream, with cone1031 cone621086Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")621087Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")621089Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")621089Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")621099Fish, fish fish (flounder and sole species), cooked, dry heat<	21021		137	1 muffin	1.1
21129Fast foods, hush puppies785 pieces221138Fast foods, potato, french fried in vegetable oil851 small921138Fast foods, potato, french fried in vegetable oil1691 large1821138Fast foods, potato, french fried in vegetable oil1341 medium1621139Fast foods, potato, mashed801/3 cup421026Fast foods, potato, mashed801/3 cup421026Fast foods, potatoes, hashed brown721/2 cup721059Fast foods, stoco with beef, cheese and lettuce, hard shell1711 small2621082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021082Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone021084Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone021085Fish, cod, Atlantic, canned, solids and liquid853 oz021086Fish, cod, Pacific, cooked, dry heat853 oz021087Fish, fish portions and sticks, frozen, preheated571 portion (4" x 1" x 1/2")321087Fish, fiahfish (flounder and sole species), cooked, dry heat853 oz021089Fish, fiahfish (flounder and sole species), cooked, dry heat853 oz021089Fish, fiahfish (flounder and sole species), cooked, dry heat853 oz021089Fish, fiahfish (flounder a	21024	Fast foods, french toast sticks	141	5 sticks	20.4
1138Fast foods, potato, french fried in vegetable oil851 small921138Fast foods, potato, french fried in vegetable oil1691 large1621138Fast foods, potato, french fried in vegetable oil1341 medium1621139Fast foods, potato, mashed801/3 cup421026Fast foods, potato, mashed801/2 cup721026Fast foods, potatoes, hashed brown721/2 cup721059Fast foods, shrimp, breaded and fried1646-8 shrimp721082Fast foods, taco with beef, cheese and lettuce, hard shell1711 small2621082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021083Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone021084Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone021059Fish, cod, Atlantic, canned, solids and liquid853 oz021050Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")6210517Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")3210529Fish, fish fish follounder and sole species), cooked, dry heat853 oz021052Fish, fish fish fish (flounder and sole species), cooked, dry heat853 oz021052Fish, fiatfish (flounder and sole species), cooked, dry heat1271 fillet<	21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	5.2
21138Fast foods, potato, french fried in vegetable oil1691 large1821138Fast foods, potato, french fried in vegetable oil1341 medium1621139Fast foods, potato, mashed801/3 cup421026Fast foods, potatoes, hashed brown721/2 cup721059Fast foods, shrimp, breaded and fried1646-8 shrimp721082Fast foods, taco with beef, cheese and lettuce, hard shell1711 small2621082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021084Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone6021085Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone6021086Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone6021087Fish, cod, Atlantic, canned, solids and liquid853 oz6021519Fish, cod, Pacific, cooked, dry heat853 oz60215027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")60215029Fish, fish fortions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")60215029Fish, fiatfish (flounder and sole species), cooked, dry heat853 oz6021503Fish, fiatfish (flounder and sole species), cooked, dry heat1271 fillet6021503Fish, haddock, cooked, dry heat853 oz60 <td>21129</td> <td>Fast foods, hush puppies</td> <td>78</td> <td>5 pieces</td> <td>2.3</td>	21129	Fast foods, hush puppies	78	5 pieces	2.3
Table 1Tast foods, potato, french fried in vegetable oil1341 medium1521138Fast foods, potato, mashed801/3 cup421139Fast foods, potatos, hashed brown721/2 cup721059Fast foods, shrimp, breaded and fried1646-8 shrimp721082Fast foods, taco with beef, cheese and lettuce, hard shell1711 small2621082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021084Fast foods, taco with beef, cheese and lettuce, hard shell2631 cone6621028Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone6621028Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone6621029Fish, cod, Atlantic, canned, solids and liquid853 oz6621027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")6615027Fish, fish portions and sticks, frozen, preheated281 stick (4* x 1" x 1/2")6715029Fish, fish portions and sticks, frozen, preheated283 oz6715029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz6715034Fish, haddock, cooked, dry heat853 oz6715034Fish, haddock, cooked, dry heat1501 fillet67	21138	Fast foods, potato, french fried in vegetable oil	85	1 small	9.5
21139Fast foods, potato, mashed801/3 cup421026Fast foods, potatoes, hashed brown721/2 cup721059Fast foods, shrimp, breaded and fried1646-8 shrimp721082Fast foods, taco with beef, cheese and lettuce, hard shell1711 small2621082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021084Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone621085Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone6200994Figs, dried, uncooked382 figs621017Fish, cod, Atlantic, canned, solids and liquid853 oz621027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")621029Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")621029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz621029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet621029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet621029Fish, haddock, cooked, dry heat853 oz621029Fish, haddock, cooked, dry heat1271 fillet621029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet621029Fi	21138	Fast foods, potato, french fried in vegetable oil	169	1 large	18.9
21026Fast foods, potatoes, hashed brown721/2 cup7221059Fast foods, shrimp, breaded and fried1646-8 shrimp7221082Fast foods, taco with beef, cheese and lettuce, hard shell1711 small2621082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021028Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone6621028Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone66200994Figs, dried, uncooked382 figs6615017Fish, cod, Atlantic, canned, solids and liquid853 oz6615027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")6615029Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")6615029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz6615034Fish, haddock, cooked, dry heat1271 fillet6615034Fish, haddock, cooked, dry heat1501 fillet67	21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	15.0
21059Fast foods, shrimp, breaded and fried1646-8 shrimp721082Fast foods, taco with beef, cheese and lettuce, hard shell1711 small2621082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021084Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021085Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone6009094Figs, dried, uncooked382 figs5015017Fish, cod, Atlantic, canned, solids and liquid853 oz6015027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")6015029Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")6015029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz6015029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet6015034Fish, haddock, cooked, dry heat853 oz6015034Fish, haddock, cooked, dry heat1501 fillet60	21139	Fast foods, potato, mashed	80	1/3 cup	4.7
21082Fast foods, taco with beef, cheese and lettuce, hard shell1711 small2621082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021028Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone6009094Figs, dried, uncooked382 figs515017Fish, cod, Atlantic, canned, solids and liquid853 oz615027Fish, cod, Pacific, cooked, dry heat853 oz615027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")615029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz615034Fish, haddock, cooked, dry heat853 oz615034Fish, haddock, cooked, dry heat1271 fillet6	21026	Fast foods, potatoes, hashed brown	72	1/2 cup	7.1
21082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large4021028Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone009094Figs, dried, uncooked382 figs515017Fish, cod, Atlantic, canned, solids and liquid853 oz015192Fish, cod, Pacific, cooked, dry heat853 oz015027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")615029Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")515029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz015034Fish, haddock, cooked, dry heat1501 fillet015034Fish, haddock, cooked, dry heat1501 fillet0	21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	7.7
21028Fast foods, vanilla, light, soft-serve ice cream, with cone1031 cone09094Figs, dried, uncooked382 figs515017Fish, cod, Atlantic, canned, solids and liquid853 oz015192Fish, cod, Pacific, cooked, dry heat853 oz015027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")615027Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")315029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz015029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet015034Fish, haddock, cooked, dry heat853 oz015034Fish, haddock, cooked, dry heat1501 fillet0	21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	26.2
09094Figs, dried, uncooked382 figs515017Fish, cod, Atlantic, canned, solids and liquid853 oz015192Fish, cod, Pacific, cooked, dry heat853 oz015027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")615027Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")315029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz015029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet015034Fish, haddock, cooked, dry heat853 oz015034Fish, haddock, cooked, dry heat1501 fillet0	21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	40.2
15017Fish, cod, Atlantic, canned, solids and liquid853 oz015192Fish, cod, Pacific, cooked, dry heat853 oz015027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")615027Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")315029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz015029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet015034Fish, haddock, cooked, dry heat853 oz015034Fish, haddock, cooked, dry heat1501 fillet0	21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	0.5
15192Fish, cod, Pacific, cooked, dry heat853 oz015027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")615027Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")315029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz015029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet015034Fish, haddock, cooked, dry heat853 oz015034Fish, haddock, cooked, dry heat1501 fillet0	09094	Figs, dried, uncooked	38	2 figs	5.9
15027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")615027Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")315029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz015029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet015034Fish, haddock, cooked, dry heat853 oz015034Fish, haddock, cooked, dry heat1501 fillet0	15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.1
15027Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")315029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz015029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet015034Fish, haddock, cooked, dry heat853 oz015034Fish, haddock, cooked, dry heat1501 fillet0	15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.0
15029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz015029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet015034Fish, haddock, cooked, dry heat853 oz015034Fish, haddock, cooked, dry heat1501 fillet0	15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	6.1
15029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet015034Fish, haddock, cooked, dry heat853 oz015034Fish, haddock, cooked, dry heat1501 fillet0	15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	3.0
15034Fish, haddock, cooked, dry heat853 oz15034Fish, haddock, cooked, dry heat1501 fillet	15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.1
15034Fish, haddock, cooked, dry heat1501 fillet	15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.1
	15034	Fish, haddock, cooked, dry heat	85	3 oz	0.1
15037Fish, halibut, Atlantic and Pacific, cooked, dry heat1591/2 fillet	15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.2
	15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.0
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.2
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.1
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.1
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.1
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.1
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.0
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.9
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.1
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	0.4
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.1
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.2
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	2.2
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.1
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.1
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.1
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	37.4
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.2
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2.1
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.1
07023	Frankfurter, beef and pork	45	1 frank	0.8
07022	Frankfurter, beef, unheated	45	1 frank	0.8
07024	Frankfurter, chicken	45	1 frank	0.0
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	4.9
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.7
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.0
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.2
19294	Fruit butters, apple	17	1 tbsp	0.2
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	6.4
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	6.2
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.0
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	1.3
35142	Frybread, made with lard (Navajo)	90	5" bread	0.7
11215	Garlic, raw	3	1 clove	0.1
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
14277	Grape drink, canned	250	8 fl oz	0.0
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	1.0
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	3.0
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	1.0
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.0
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.0
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.2
09128	Grapefruit juice, white, raw	247	1 cup	0.0
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.0
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.0
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	7.3
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	23.4
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.1
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.1
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.0
07027	Ham, chopped, not canned	21	2 slices	0.0
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.0
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.0
19296	Honey	21	1 tbsp	0.0
02055	Horseradish, prepared	5	1 tsp	0.1
19270	Ice creams, chocolate	66	1/2 cup	0.2
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.8
19095	Ice creams, vanilla	66	1/2 cup	0.2
19088	Ice creams, vanilla, light	66	1/2 cup	0.3
19089	Ice creams, vanilla, rich	74	1/2 cup	1.0
19297	Jams and preserves	20	1 tbsp	0.0
19300	Jellies	19	1 tbsp	0.1
11226	Jerusalem-artichokes, raw	150	1 cup	0.2
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1062.1
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1146.6
09148	Kiwifruit, green, raw	76	1 medium	30.6
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.2
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.6
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.1
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	4.1
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.3
04002	Lard	12.8	1 tbsp	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.0
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.0
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	26.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.0
09153	Lemon juice, canned or bottled	244	1 cup	0.0
09152	Lemon juice, raw	47	juice of 1 lemon	0.0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.0
09150	Lemons, raw, without peel	58	1 lemon	0.0
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.4
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	166.7
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.7
11251	Lettuce, cos or romaine, raw	56	1 cup	57.4
11251	Lettuce, cos or romaine, raw	10	1 leaf	10.3
11253	Lettuce, green leaf, raw	10	1 leaf	12.6
11253	Lettuce, green leaf, raw	56	1 cup	70.7
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	129.9
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	13.3
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1.9
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	9.4
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	8.7
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	3.8
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	1.2
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.1
09160	Lime juice, raw	38	juice of 1 lime	0.2
22247	Macaroni and Cheese, canned entree	252	1 cup	0.5
22970	Macaroni and cheese, frozen entree	283	1 package	14.4
20100	Macaroni, cooked, enriched	140	1 cup	0.0
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.1
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.8
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.2
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	1.1
09176	Mangos, raw	207	1 mango	8.7
09176	Mangos, raw	165	1 cup	6.9
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	13.0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	13.0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	12.3
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	4.9
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	14.5
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	4.9
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	3.6
09181	Melons, cantaloupe, raw	160	1 cup	4.0
09181	Melons, cantaloupe, raw	69	1/8 melon	1.7
09184	Melons, honeydew, raw	160	1/8 melon	4.6
09184	Melons, honeydew, raw	170	1 cup	4.9
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.6

15160Mollusks, clam, mixed species, canned, drained solids853 oz15157Mollusks, clam, mixed species, raw853 oz15167Mollusks, oyster, eastern, wild, raw846 medium18274Muffins, blueberry, commercially prepared (Includes mini- muffins)571 muffin18279Muffins, corn, commercially prepared (Includes mini- muffins)571 muffin18283Muffins, corn, commercially prepared571 muffin18284Muffins, wheat bran, toaster-type with raisins, toasted341 muffin11044Mug beans, mature seeds, sprouted, cooked, boiled, drained, without salt1241 cup11043Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt1661 cup11264Mushrooms, canned, drained solids1561 cup11269Mushrooms, shiitake, cooked, boiled, drained, without salt1561 cup11260Mushrooms, shiitake, dried3.61 cup111261Mushrooms, white, raw701 cup41260Mushrooms, shiitake, dried, drained, without salt1401 cup412710Nosdles, chinese, chow mein51 tsp or 1 packet112811Noodles, egg, cooked, enriched1601 cup120112Noodles, egg, spinach, cooked, enriched1601 cup120113Noodles, egg, spinach, cooked, enriched28.351 oz (24 nuts)120114Noodles, egg, spinach, cooked, enriched28.35	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01088Milk, buttermilk, fluid, cultured, lowfat2451 cup01097Milk, canned, exponented, nortat, with added vitamin A and vitamin A2661 cup01098Milk, canned, exponented, nortat, with added vitamin A and vitamin A2601 cup01010Milk, choclate, fluid, commercial, lowfat, with added vitamin A2501 cup01103Milk, choclate, fluid, commercial, educed fat, with added vitamin A2501 cup01102Milk, choclate, fluid, commercial, whole, with added vitamin A2501 cup01020Milk, choclate, fluid, commercial, whole, with added vitamin A2501 cup01020Milk, choclate, fluid, commercial, whole, with added vitamin A2501 cup01020Milk, choclate, fluid, commercial, whole, with added vitamin D2441 cup01030Milk, reduced fat, luid, 3% milkfat, with added vitamin A2441 cup01032Milk, reduced fat, luid, 3% milkfat, with added vitamin D2441 cup01032Milk, reduced fat, luid, 3% milkfat, with added vitamin D2441 cup01035Milk, whole, 325% milkfat, with added vitamin D2441 cup01034Mulks, colam, mick species, canned, drained Solfa853 cz015157Mollusk, clam, mick species, canned, drained Solfa853 cz11517Mollusk, clam, mick species, canned, drained Solfa341 mulfin12828Mulfins, cut, commercially prepared571 mulfin12829Mulfins, cut, commercially prepared1641 cup <td>01111</td> <td>Milk shakes, thick vanilla</td> <td>313</td> <td>11 fl oz</td> <td>0.6</td>	01111	Milk shakes, thick vanilla	313	11 fl oz	0.6
01095Milk, canned, condensed, sweetened3661 cup01097Milk, canned, evaporated, nonlat, with added vitamin A and 2662661 cup01098added vitamin A2521 cup01098Milk, canned, evaporated, with added vitamin D and without2521 cup01103Milk, chocolate, fuid, commercial, lowdat, with added vitamin A2501 cup01103Milk, chocolate, fuid, commercial, whole, with added vitamin D231 cup01102Milk, chocolate, fuid, commercial, whole, with added vitamin D231 cup01092Milk, dry, nortat, instant, with added vitamin A and vitamin D2441 cup01082Milk, covat, fuid, 37% milkfat, with added vitamin A and vitamin D2441 cup01083Milk, nordat, fuid, with added vitamin A and vitamin D2441 cup01097Milk, nordat, fuid, with added vitamin A and2441 cup01097Milk, nordat, fuid, with added vitamin A and2441 cup01097Milk, whole, 3.25% milkfat, with added vitamin A and2441 cup01097Milk, whole, 3.25% milkfat, with added vitamin A and2441 cup01097Milk, whole, 3.25% milkfat, with added vitamin A3 cu1 cup01097Milk, whole, 3.25% milkfat, with added vitamin A2441 cup01097Milk, whole, 3.25% milkfat, with added vitamin A3 cu1 cup01097Milk, whole, 3.25% milkfat, with added vitamin A2441 cup01097Milk, whole, 3.25% milkfat, with added vitamin	01094	Milk, buttermilk, dried	6.5	1 tbsp	0.0
01097Milk: carner, vaporated, nonfat, with added vitamin A and witamin D.2561 cup01098milk: carner, vaporated, with added vitamin D and without vitamin D.2521 cup01104milk: chocolate, fluid, commercial, lowfat, with added vitamin A vitamin D.2501 cup01103milk: chocolate, fluid, commercial, reduced fat, with added vitamin A2501 cup01102milk: chocolate, fluid, commercial, whole, with added vitamin A vitamin D2501 cup01102Milk: chocolate, fluid, commercial, whole, with added vitamin D2313 cup01082Milk: choro, norta, instant, with added vitamin A and vitamin D2441 cup01085Milk, confat, linkitat, with added vitamin A and vitamin D2441 cup01076Milk: fowfat, fluid, 2% milkfat, with added vitamin A and vitamin D2441 cup01077Milk: Mole, 3.2% milkfat, with added vitamin A and2441 cup01077Milk: Mole, 3.2% milkfat, with added vitamin A2441 cup01077Milk mole, 3.2% milkfat, with added vitamin A2441 cup01077Milkit, with added vitamin A2441 cup01077Milkit, with added vitamin A2441 cup01078Milkit, cour, commercial, prepared2571 mulfitn </td <td>01088</td> <td>Milk, buttermilk, fluid, cultured, lowfat</td> <td>245</td> <td>1 cup</td> <td>0.2</td>	01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.2
vitamin D vitamin D 010966 Mik, canned, ovaporated, with added vitamin D and without 252 1 cup 010104 Mik, chocolate, fluid, commercial, lowfat, with added vitamin A 250 1 cup 01102 Mik, chocolate, fluid, commercial, reduced fat, with added vitamin A 250 1 cup 01102 Mik, chocolate, fluid, commercial, whole, with added vitamin A 250 1 cup 01102 Mik, chocolate, fluid, commercial, whole, with added vitamin D 23 1/2 cup 01082 Mik, chocolate, fluid, commercial, whole, with added vitamin D 244 1 cup 01082 Mik, fluid, 1% mikfat, with added vitamin A and vitamin D 244 1 cup 01070 Mik, krohz, adz%, mikfat, with added vitamin A and 244 1 cup 01077 Mik, whole, 325% mikfat, with added vitamin D 244 1 cup 1 01070 Mik, whole, 325% mikfat, with added vitamin D 244 1 cup 1 01077 Mik, whole, 325% mikfat, with added vitamin A and 267 1 cup 1 01077 Mik, whole, 325% mikfat, with added vitamin A 3 oz 1 <td< td=""><td>01095</td><td>Milk, canned, condensed, sweetened</td><td>306</td><td>1 cup</td><td>1.8</td></td<>	01095	Milk, canned, condensed, sweetened	306	1 cup	1.8
added vitamin A 1 cup 01104 Mik, chocolase, fluid, commercial, lowfat, with added vitamin A 260 1 cup 01103 Mik, chocolase, fluid, commercial, reduced fat, with added vitamin A 260 1 cup 01102 Mik, chocolase, fluid, commercial, whole, with added vitamin A 260 1 cup 01102 Mik, chocolase, fluid, commercial, whole, with added vitamin D 23 1 cup 01082 Mik, chocolase, fluid, 1% milkfat, with added vitamin A and vitamin D 244 1 cup 01082 Mik, kit, cutod fat, fluid, 2% milkfat, with added vitamin A and vitamin D 244 1 cup 01077 Mik, kit, kit, kitd, sith added vitamin D 244 1 cup 01077 Mik, kit, kitd, sith added vitamin D 244 1 cup 01077 Mik, kit, kitd, sith added vitamin D 244 1 cup 11012 Miso 68.75 1 cup 11017 Milks, kith added vitamin D 244 1 cup 11018 Millosks, calam, mixed species, canned, drained solids 85 3 oz 11017 Milks, kith added vitamin D 24 1 cup	01097		256	1 cup	0.0
and vitamin D and vitamin D 01103 Mik, chocolate, fuid, commercial, whole, with added vitamin A 250 1 cup 01102 Mik, chocolate, fuid, commercial, whole, with added vitamin A 250 1 cup 01092 Mik, chocolate, fuid, commercial, whole, with added vitamin D 23 1/3 cup 01092 Mik, chocolate, fuid, commercial, with added vitamin A and vitamin D 244 1 cup 01092 Mik, chocale, fuid, 1% mikfat, with added vitamin A and vitamin D 244 1 cup 01093 Mik, reduced fat, fluid, 2% mikfat, with added vitamin A and 244 1 cup 01077 Mik, whole, 3.25% mikfat, with added vitamin D 244 1 cup 244 01077 Mik, whole, 3.25% mikfat, with added vitamin D 244 1 cup 245 01077 Mik, whole, 3.25% mikfat, with added vitamin A 68.75 3 oz 255 15167 Mollusks, clam, mixed species, canned, drained solids 85 3 oz 1517 Mollusks, clam, mixed species, raw 84 6 molum 24 15167 Mollusks, cup, commercially prepared (Includes mini- muffin 57	01096		252	1 cup	1.3
vitamin A and vitamin D vitamin A and vitamin D vitamin A and vitamin D 01102 Milk, chocolast, fuld, commercial, whole, with added vitamin D 23 1/3 cup 01092 Milk, chocolast, fuld, vith added vitamin A and vitamin D 244 1 cup 01092 Milk, chocolast, fuld, vith added vitamin A and vitamin D 244 1 cup 01093 Milk, reducad fat, fluid, 2% milkfat, with added vitamin A and 244 1 cup 01077 Milk, whole, 3.25% milkfat, with added vitamin D 244 1 cup 1 01077 Milk, whole, 3.25% milkfat, with added vitamin D 244 1 cup 1 01077 Milk, whole, 3.25% milkfat, with added vitamin D 68.75 3 oz 1 16112 Miso 65 3 oz 1 1 16112 Miso 9 3 oz 1 1 16112 Miso 9 3 oz 1 1 16112 Miso 9 1 9 1 1 1 1 1 1 1 1 1 1	01104		250	1 cup	0.3
and vitamin D 23 1/3 cup 01092 Milk, dryn, nonfat, instant, with added vitamin A and vitamin D 244 1 cup 01098 Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D 244 1 cup 01098 Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D 244 1 cup 01079 Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and 244 1 cup 01077 Milk, whole, 3.25% milkfat, with added vitamin D 244 1 cup 244 01077 Milk, whole, 3.25% milkfat, with added vitamin A and vitamin D 244 1 cup 244 01077 Milk, whole, 3.25% milkfat, with added vitamin A and vitamin D 244 1 cup 245 01017 Milk, whole, 3.25% milkfat, with added vitamin A and vitamin D 244 1 cup 245 01018ks, clam, mixed species, canned, drained solids 85 3 oz 1516 Mollusks, clam, mixed species, raw 84 6 medium 245 18274 Muffins, outstard prens, tature species, raw 84 1 muffin 18274 Muffins, outstard prens, tature species, sprouted, coco	01103		250	1 cup	0.5
01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D 244 1 cup 01085 or sim) 1 cup 1 cup 01079 Milk, notfat, fluid, 1% milkfat, with added vitamin A and vitamin D 244 1 cup 01079 Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D 244 1 cup 01077 Milk, whole, 3.25% milkfat, with added vitamin A and vitamin D 244 1 cup 01077 Milk, whole, 3.25% milkfat, with added vitamin A and vitamin D 244 1 cup 15160 Mollusks, clam, mixed species, canned, drained solids 85 3 oz 15167 Mollusks, clam, mixed species, raw 84 6 medium 18274 Muffins, corn, commercially prepared (Includes mini- muffins) 57 1 muffin 18283 Muffins, wheet bran, toaster-type with raisins, toasted 34 1 muffin 18284 Muffins, wheter bran, toaster-type with raisins, toasted 14 1 cup 2 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt 166 1 cup 1 11286 Mushrooms, shitake, dried <	01102			1 cup	0.8
D1085Milk. nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)2451 cupD1079Milk. nonfat, fluid, 2% milkfat, with added vitamin A and vitamin D2441 cupD1077Milk. roduca flat, fluid, 2% milkfat, with added vitamin D2441 cup18112Miso68.751 cup218112Miso68.751 cup218112Molusks, clam, mixed species, canned, drained solids653 oz315157Mollusks, clam, mixed species, raw853 oz318274Muffins, bluebery, commercially prepared (Includes mini- muffins)571 muffin218279Muffins, cont, commercially prepared (Includes mini- 	01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.0
or skimvitik01079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and2441 cup01077Milk, whole, 3.25% milkfat, with added vitamin D2441 cup16112Miso68.751 cup16112Miso68.753 oz16100Mollusks, clam, mixed species, canned, drained solids853 oz15157Mollusks, oyster, eastern, wild, raw846 medium18274Muffins, blueberry, commercially prepared (Includes mini- muffins)571 muffin18279Muffins, com, commercially prepared (Includes mini- muffins)571 muffin18283Muffins, com, commercially prepared (Includes mini- muffins)571 muffin18284Muffins, wat bran571 muffin18285Muffins, toaster-type with raisins, toasted341 muffin11044Mung beans, mature seeds, sprouted, cooked, bolied, drained, without salt1241 cup11043Mung beans, mature seeds, sprouted, raw1041 cup11264Mushrooms, shiitake, cooked, without salt1561 cup11269Mushrooms, shiitake, dried3.61 mushroom11261Mushrooms, shiitake, dried, drained, without salt1401 cup11264Mushrooms, white, raw701 cup11265Mushrooms, white, raw1361 nectarine11266Mushrooms, white, raw1361 nectarine11271Mustard, prepared, yellow51 tsp or 1 packet12081 </td <td>01082</td> <td>Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D</td> <td>244</td> <td>1 cup</td> <td>0.2</td>	01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	0.2
vitamin D vitamin D 244 1 cup 01077 Milk, whole, 3.25% milkfat, with added vitamin D 244 1 cup 16112 Miso 68.75 1 cup 1 15160 Mollusks, clam, mixed species, raw 85 3 oz 1 15177 Mollusks, oyster, eastern, wild, raw 84 6 medium 1 15187 Mollusks, oyster, eastern, wild, raw 84 6 medium 1 18274 Muffins, corn, commercially prepared (Includes mini- muffins) 57 1 muffin 1 18283 Muffins, wheat bran, toaster-type with raisins, toasted 34 1 muffin 1 18283 Muffins, mature seeds, sprouted, cooked, boiled, drained, without sait 124 1 cup 1 11044 Mung beans, mature seeds, sprouted, raw 104 1 cup 1 11264 Mushrooms, shiitake, cooked, without sait 156 1 cup 1 11268 Mushrooms, white, cooked, boiled, drained, without sait 140 1 cup 1 11269 Mushrooms, white, cooked, boiled, drained, without sait	01085		245	1 cup	0.0
HereHereHere16112MisoNollusks, clam, mixed species, canned, drained solids853 oz15167Mollusks, clam, mixed species, raw853 oz15167Mollusks, cyster, eastern, wild, raw846 medium18274Muffins, blueberry, commercially prepared (Includes mini- muffins)571 muffin18279Muffins, corn, commercially prepared (Includes mini- muffins)571 muffin18283Muffins, oat bran571 muffin18284Muffins, wheat bran, toaster-type with raisins, toasted341 muffin11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt1241 cup11043Mung beans, mature seeds, sprouted, raw1041 cup11264Mushrooms, canned, drained solids1561 cup11265Mushrooms, shitake, cooked, without salt1451 cup11266Mushrooms, white, cooked, boiled, drained, without salt1561 cup11260Mushrooms, white, cooked, boiled, drained, without salt1401 cup11260Mushrooms, white, raw701 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup11280Mushrooms, childe, cooked, nirched1601 cup11291Noodles, egg, spinach, cooked, enriched1601 cup11201Noodles, egg, spinach, cooked, enriched1601 cup120110Noodles, egg, spinach, cooked, with salt added28.351 oz (14 nuts) </td <td>01079</td> <td></td> <td>244</td> <td>1 cup</td> <td>0.5</td>	01079		244	1 cup	0.5
15160Mollusks, clam, mixed species, canned, drained solids853 oz15157Mollusks, oyster, eastern, wild, raw846 medium18274Muffins, blueberry, commercially prepared (Includes mini- muffins)571 muffin18279Muffins, oorn, commercially prepared571 muffin18283Muffins, oat bran, toaster-type with raisins, toasted341 muffin18388Muffins, oat bran, toaster-type with raisins, toasted341 cup11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt1241 cup11043Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt1661 cup11264Mushrooms, canned, drained solids1561 cup11265Mushrooms, shiltake, dried3.61 cup11266Mushrooms, socked, boiled, drained, without salt1401 cup11267Mushrooms, socked, boiled, drained, without salt1401 cup11268Mushrooms, white, raw701 cup11260Mushrooms, cooked, boiled, drained, without salt1401 cup11261Mushrooms, cooked, boiled, drained, without salt1401 cup11271Mustard greense, cooked, enriched1601 cup11281Noodles, chinese, chow mein28.351 oz (24 nuts)12910Noodles, chinese, chow mein28.351 oz (6-8 nuts)12955Nuts, brazilnuts, dried, unblanched28.351 oz (18 nuts)12964Nuts, brazilnuts, dried, wi	01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	0.7
15157Mollusks, clam, mixed species, raw853 oz15167Mollusks, oyster, eastern, wild, raw846 medium18274Muffins, blueberry, commercially prepared (Includes mini- muffins)571 muffin18279Muffins, oart bran571 muffin18283Muffins, oart bran571 muffin18284Muffins, wheat bran, toaster-type with raisins, toasted341 muffin11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without sait1241 cup11043Mung beans, mature seeds, sprouted, cooked, boiled, drained, without sait1661 cup11264Mushrooms, canned, frained solids1561 cup11265Mushrooms, shiitake, dried3.61 mushroom11261Mushrooms, white, cooked, boiled, drained, without salt1401 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup11264Mushrooms, white, raw701 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup11280Mushrooms, white, raw1361 nectarine11291Noodles, egg, cooked, enriched1601 cup11313Noodles, egg, cooked, enriched1601 cup12014Nuts, almonds28.351 oz (6-8 nuts)12078Nuts, chrasen, roasted28.351 oz (6-8 nuts)12179Nuts, cashew nuts, dri roasted, with salt added28.351 oz (74 nuts)12167Nuts, cashew n	16112	Miso	68.75	1 cup	20.1
TotalMollusks, oyster, eastern, wild, raw846 medium18274Muffins, blueberry, commercially prepared (Includes mini- muffins)571 muffin218279Muffins, con, commercially prepared571 muffin218283Muffins, oat bran571 muffin118283Muffins, wheat bran, toaster-type with raisins, toasted341 muffin11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without sait1241 cup211043Mung beans, mature seeds, sprouted, cooked, boiled, drained, without sait1661 cup211264Mushrooms, canned, drained solids1561 cup111268Mushrooms, shiitake, cooked, drained, without salt1451 cup411261Mushrooms, white, cooked, boiled, drained, without salt1401 cup411260Mushrooms, white, raw701 cup411261Mushrooms, white, raw1361 nectarine111261Mustard, prepared, yellow51 tsp or 1 packet1120110Noodles, egg, cooked, enriched1601 cup1112011Noodles, egg, spinach, cooked, enriched28.351 oz (24 nuts)112078Nuts, cashew nuts, dir oasted, with salt added28.351 oz (16 nuts)112078Nuts, cashew nuts, dir oasted, with salt added28.351 oz (18 nuts)112079Nuts, cashew nuts, dir oasted, with salt added28.351 oz (18 nuts) <td>15160</td> <td>Mollusks, clam, mixed species, canned, drained solids</td> <td>85</td> <td>3 oz</td> <td>0.3</td>	15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.3
B2274Muffins, bluebery, commercially prepared (Includes mini- muffins)571 muffin18279Muffins, corn, commercially prepared571 muffin18283Muffins, coat bran571 muffin18388Muffins, oat bran571 muffin11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt1241 cup11043Mug beans, mature seeds, sprouted, cooked, boiled, drained, without salt1241 cup11264Mushrooms, canned, drained solids1561 cup11269Mushrooms, shiitake, cooked, without salt1451 cup11264Mushrooms, shiitake, dried3.61 mushroom11265Mushrooms, shiitake, cooked, boiled, drained, without salt1451 cup11261Mushrooms, white, cooked, boiled, drained, without salt1401 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup20113Noodles, chinese, chow mein451 cup20110Noodles, eigg, cooked, enriched1601 cup1120420112Noodles, eigg, spinach, cooked, enriched28.351 oz (24 nuts)20112Noodles, eigg, spinach, cooked, with salt added28.351 oz (18 nuts)20112Noodles, eigg, spinach, cooked, with salt added28.351 oz (18 nuts)21285Nuts, cashew nuts, dir oasted, with salt added28.351 oz (18 nuts)21286 <td>15157</td> <td>Mollusks, clam, mixed species, raw</td> <td>85</td> <td>3 oz</td> <td>0.2</td>	15157	Mollusks, clam, mixed species, raw	85	3 oz	0.2
mutfins)https://withut.st18279Mutfins, com, commercially prepared571 mutfin18283Mutfins, oat bran571 mutfin18388Mutfins, wheat bran, toaster-type with raisins, toasted341 mutfin11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt1241 cup11043Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt1041 cup11264Mushrooms, canned, drained solids1561 cup11268Mushrooms, shitake, cooked, without salt1451 cup11268Mushrooms, shitake, dried3.61 mushroom11261Mushrooms, shitake, dried3.61 cup11270Mustard greens, cooked, boiled, drained, without salt1561 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup1280Mushrooms, white, raw701 cup12010Noodles, chinese, raw1361 nectarine20110Noodles, edg, cooked, enriched1601 cup20112Noodles, edg, cooked, enriched1601 cup20112Noodles, edg, spinach, cooked, enriched28.351 oz (24 nuts)12054Nuts, cashew nuts, driv auth salt added28.351 oz (18 nuts)12165Nuts, cashew nuts, driv auth salt added28.351 oz (18 nuts)12166Nuts, cashew nuts, drived, with salt added28.351 oz (18 nuts)12167Nuts, cashew nuts, drived (desiccated), sweetened, s	15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.8
NumberNumberNumberNumber18283Muffins, wheat bran, toaster-type with raisins, toasted341 muffin11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt1241 cup11043Mung beans, mature seeds, sprouted, raw1041 cup311264Mushrooms, canned, drained solids1561 cup311269Mushrooms, shiitake, cooked, without salt1451 cup311261Mushrooms, shiitake, dried3.61 mushroom1126111260Mushrooms, white, cooked, boiled, drained, without salt1561 cup41260Mushrooms, shiitake, dried3.61 cup41260Mushrooms, white, raw701 cup41261Mustard greens, cooked, boiled, drained, without salt1401 cup41262Mustard, prepared, yellow51 tsp or 1 packet412010Nodles, chinese, chow mein451 cup1012011Noodles, egg, cooked, enriched1601 cup1012012Noodles, egg, spinach, cooked, enriched28.351 oz (24 nuts)1012078Nuts, drazilnuts, dried, unblanched28.351 oz (18 nuts)112078Nuts, cashew nuts, dri orasted, with salt added28.351 oz (18 nuts)112167Nuts, ceshun uts, dri orasted, with salt added28.351 oz (18 nuts)112168Nuts, cashew nuts, dri orasted, with salt added28.351 oz	18274		57	1 muffin	22.3
18388Muffins, wheat bran, toaster-type with raisins, toasted341 muffin11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt1241 cup211043Mung beans, mature seeds, sprouted, raw1041 cup311264Mushrooms, canned, drained solids1561 cup311269Mushrooms, shitake, cooked, without salt1451 cup311264Mushrooms, shitake, cooked, boiled, drained, without salt1561 cup311261Mushrooms, white, cooked, boiled, drained, without salt1561 cup411260Mushrooms, white, raw701 cup41271Mustard greens, cooked, boiled, drained, without salt1401 cup412046Mustard, prepared, yellow51 tsp or 1 packet312011Noodles, chinese, chow mein451 cup120112Noodles, egg, cooked, enriched1601 cup120112Noodles, egg, spinach, cooked, enriched28.351 oz (24 nuts)120112Nuts, almonds28.351 oz (42 nuts)112078Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)112167Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)112179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup112179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup1 </td <td>18279</td> <td>Muffins, corn, commercially prepared</td> <td>57</td> <td>1 muffin</td> <td>1.3</td>	18279	Muffins, corn, commercially prepared	57	1 muffin	1.3
11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt1241 cup11043Mung beans, mature seeds, sprouted, raw1041 cup111264Mushrooms, canned, drained solids1561 cup111269Mushrooms, shiitake, cooked, without salt1451 cup111268Mushrooms, shiitake, dried3.61 mushroom111260Mushrooms, shiitake, dried, drained, without salt1561 cup111261Mushrooms, white, cooked, boiled, drained, without salt1561 cup411260Mushrooms, white, raw701 cup402046Mustard greens, cooked, boiled, drained, without salt1401 cup402046Mustard, prepared, yellow51 tsp or 1 packet102011Nocdles, chinese, chow mein451 cup120110Noodles, egg, cooked, enriched1601 cup112011Nuts, almonds28.351 oz (24 nuts)112078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)112078Nuts, cashew nuts, oir oasted, with salt added28.351 oz (18 nuts)112167Nuts, chestnuts, european, roasted1431 cup112179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup112179Nuts, coconut meat, araw1451 piece1	18283	Muffins, oat bran	57	1 muffin	7.4
without salt1041 cup11043Mung beans, mature seeds, sprouted, raw1041 cup11264Mushrooms, canned, drained solids1561 cup11269Mushrooms, shiitake, cooked, without salt1451 cup11268Mushrooms, shiitake, dried3.61 mushroom11261Mushrooms, white, cooked, boiled, drained, without salt1561 cup11260Mushrooms, white, raw701 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup20246Mustard, prepared, yellow51 tsp or 1 packet02046Mustard, prepared, yellow51 cup20113Noodles, chinese, chow mein451 cup20110Noodles, egg, cooked, enriched1601 cup20112Noodles, egg, spinach, cooked, enriched28.351 oz (24 nuts)20278Nuts, almonds28.351 oz (24 nuts)12078Nuts, cashew nuts, driy coasted, with salt added28.351 oz (18 nuts)12585Nuts, cashew nuts, driy coasted, with salt added28.351 oz (18 nuts)1267Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12179Nuts, coconut meat, raw451 cup	18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	5.9
Nuch rooms, canned, drained solids1561 cup11264Mushrooms, shiitake, cooked, without salt1451 cup11268Mushrooms, shiitake, dried3.61 mushroom11261Mushrooms, white, cooked, boiled, drained, without salt1561 cup11260Mushrooms, white, raw701 cup11261Mushrooms, white, raw701 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup11271Mustard greens, cooked, boiled, drained, without salt1361 nectarine02046Mustard, prepared, yellow51 tsp or 1 packet09191Nectarines, raw1361 cup20113Noodles, chinese, chow mein451 cup20114Noodles, egg, cooked, enriched1601 cup20115Noodles, egg, spinach, cooked, enriched28.351 oz (24 nuts)20116Nuts, almonds28.351 oz (6-8 nuts)21278Nuts, brazilnuts, dried, unblanched28.351 oz (18 nuts)12585Nuts, cashew nuts, dri orasted, with salt added28.351 oz (18 nuts)12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)12167Nuts, chestnuts, european, roasted1431 cup12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12179Nuts, coconut meat, raw451 piece	11044	S	124	1 cup	28.1
11269Mushrooms, shiitake, cooked, without salt1451 cup11268Mushrooms, shiitake, dried3.61 mushroom11261Mushrooms, white, cooked, boiled, drained, without salt1561 cup11260Mushrooms, white, raw701 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup on 1 cup11271Mustard, prepared, yellow51 tsp or 1 packet02046Mustard, prepared, yellow51 tsp or 1 packet02017Nectarines, raw1361 nectarine20118Noodles, chinese, chow mein451 cup20110Noodles, egg, cooked, enriched1601 cup20112Noodles, egg, spinach, cooked, enriched28.351 oz (24 nuts)21078Nuts, almonds28.351 oz (6-8 nuts)21278Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)21264Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)21279Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup21204Nuts, coconut meat, raw451 piece	11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	34.3
11268Mushrooms, shiitake, dried3.61 mushroom11261Mushrooms, white, cooked, boiled, drained, without salt1561 cup11260Mushrooms, white, raw701 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup02046Mustard, prepared, yellow51 tsp or 1 packet02110Nectarines, raw1361 nectarine20113Noodles, chinese, chow mein451 cup20110Noodles, egg, cooked, enriched1601 cup20112Noodles, egg, spinach, cooked, enriched1601 cup20113Nuts, almonds28.351 oz (24 nuts)12078Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)12167Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, araw451 cup	11264	Mushrooms, canned, drained solids	156	1 cup	0.0
11261Mushrooms, white, cooked, boiled, drained, without salt1561 cup11260Mushrooms, white, raw701 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup02046Mustard, prepared, yellow51 tsp or 1 packet02110Nectarines, raw1361 nectarine20113Noodles, chinese, chow mein451 cup20110Noodles, egg, cooked, enriched1601 cup20112Noodles, egg, spinach, cooked, enriched1601 cup20113Nuts, almonds28.351 oz (24 nuts)12078Nuts, cashew nuts, driy roasted, with salt added28.351 oz (18 nuts)12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)12167Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 cup	11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.0
11260Mushrooms, white, raw701 cup11271Mustard greens, cooked, boiled, drained, without salt1401 cup402046Mustard, prepared, yellow51 tsp or 1 packet402140Nectarines, raw1361 nectarine20113Noodles, chinese, chow mein451 cup420110Noodles, egg, cooked, enriched1601 cup120112Noodles, egg, spinach, cooked, enriched1601 cup112061Nuts, almonds28.351 oz (24 nuts)112078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)112585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)11267Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)112167Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup112104Nuts, coconut meat, raw451 piece1	11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.0
11271Mustard greens, cooked, boiled, drained, without salt1401 cup402046Mustard, prepared, yellow51 tsp or 1 packet100191Nectarines, raw1361 nectarine120113Noodles, chinese, chow mein451 cup120110Noodles, egg, cooked, enriched1601 cup120112Noodles, egg, spinach, cooked, enriched1601 cup120113Nuts, almonds28.351 oz (24 nuts)112061Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)112585Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)112674Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup112104Nuts, coconut meat, araw451 cup1	11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.0
02046Mustard, prepared, yellow51 tsp or 1 packet00191Nectarines, raw1361 nectarine20113Noodles, chinese, chow mein451 cup20110Noodles, egg, cooked, enriched1601 cup20112Noodles, egg, spinach, cooked, enriched1601 cup20113Nuts, almonds28.351 oz (24 nuts)12061Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)12585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)12167Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 piece	11260	Mushrooms, white, raw	70	1 cup	0.0
Nectarines, raw1361 nectarine20113Noodles, chinese, chow mein451 cup20110Noodles, egg, cooked, enriched1601 cup20112Noodles, egg, spinach, cooked, enriched1601 cup20112Noodles, egg, spinach, cooked, enriched28.351 oz (24 nuts)12061Nuts, almonds28.351 oz (6-8 nuts)12078Nuts, cashew nuts, dried, unblanched28.351 oz (6-8 nuts)12585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)12167Nuts, chestnuts, european, roasted1431 cup12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 piece	11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	419.3
20113Noodles, chinese, chow mein451 cup20110Noodles, egg, cooked, enriched1601 cup20112Noodles, egg, spinach, cooked, enriched1601 cup20113Nuts, almonds28.351 oz (24 nuts)12061Nuts, almonds28.351 oz (6-8 nuts)12078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)12585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)12167Nuts, chestnuts, european, roasted1431 cup12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 piece	02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.1
20110Noodles, egg, cooked, enriched1601 cup20112Noodles, egg, spinach, cooked, enriched1601 cup16012061Nuts, almonds28.351 oz (24 nuts)16012078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)1258512585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)12167Nuts, chestnuts, european, roasted1431 cup12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 piece	09191	Nectarines, raw	136	1 nectarine	3.0
20112Noodles, egg, spinach, cooked, enriched1601 cup16012061Nuts, almonds28.351 oz (24 nuts)12078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)12585Nuts, cashew nuts, dry roasted, with salt added28.351 oz12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)12167Nuts, chestnuts, european, roasted1431 cup12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 piece	20113	Noodles, chinese, chow mein	45	1 cup	3.0
12061Nuts, almonds28.351 oz (24 nuts)12078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)12585Nuts, cashew nuts, dry roasted, with salt added28.351 oz12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)12167Nuts, chestnuts, european, roasted1431 cup12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 piece	20110	Noodles, egg, cooked, enriched	160	1 cup	0.0
12078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)12585Nuts, cashew nuts, dry roasted, with salt added28.351 oz12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)12167Nuts, chestnuts, european, roasted1431 cup12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 piece	20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	161.8
12585Nuts, cashew nuts, dry roasted, with salt added28.351 oz12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)12167Nuts, chestnuts, european, roasted1431 cup12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 piece	12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.0
12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)12167Nuts, chestnuts, european, roasted1431 cup12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 piece	12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.0
12167Nuts, chestnuts, european, roasted1431 cup12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 piece	12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	9.8
12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup12104Nuts, coconut meat, raw451 piece	12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	9.8
12104 Nuts, coconut meat, raw 45 1 piece	12167	Nuts, chestnuts, european, roasted	143	1 cup	11.2
	12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.3
12120Nuts, hazelnuts or filberts28.351 oz	12104	Nuts, coconut meat, raw	45	1 piece	0.1
	12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.7
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.6
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.0
12147	Nuts, pine nuts, dried	8.6	1 tbsp	4.6
12147	Nuts, pine nuts, dried	28.35	1 oz	15.3
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	3.7
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.8
20033	Oat bran, raw	94	1 cup	3.0
04582	Oil, canola	14	1 tbsp	10.0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.3
04053	Oil, olive, salad or cooking	13.5	1 tbsp	8.1
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.1
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	1.0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	1.8
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	3.4
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	3.4
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.7
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	64.0
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	88.0
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.3
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.5
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	1.1
11284	Onions, dehydrated flakes	5	1 tbsp	0.2
11282	Onions, raw	110	1 whole	0.4
11282	Onions, raw	14	1 slice	0.1
11282	Onions, raw	160	1 cup	0.6
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	207.0
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	31.1
09207	Orange juice, canned, unsweetened	249	1 cup	0.2
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.0
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.2
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.9
09206	Orange juice, raw	86	juice from 1 orange	0.1
09206	Orange juice, raw	248	1 cup	0.2
09200	Oranges, raw, all commercial varieties	180	1 cup	0.0
09200	Oranges, raw, all commercial varieties	131	1 orange	0.0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	2.3
09226	Papayas, raw	304	1 papaya	7.9
09226	Papayas, raw	140	1 cup	3.6
11297	Parsley, fresh	10	10 sprigs	164.0
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.6
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	2.8
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	1.7
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	4.5
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	4.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.7
09246	Peaches, dried, sulfured, uncooked	39	3 halves	6.1
09250	Peaches, frozen, sliced, sweetened	250	1 cup	5.5
09236	Peaches, raw	170	1 cup	4.4
09236	Peaches, raw	98	1 peach	2.5
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.1
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.1
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.0
09340	Pears, asian, raw	122	1 pear	5.5
09340	Pears, asian, raw	275	1 pear	12.4
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.8
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.2
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.2
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.7
09252	Pears, raw	166	1 pear	7.5
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	40.0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	48.3
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	62.6
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	38.4
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	9.8
11670	Peppers, hot chili, green, raw	45	1 pepper	6.4
11819	Peppers, hot chili, red, raw	45	1 pepper	6.3
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	3.4
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	13.3
11333	Peppers, sweet, green, raw	10	1 ring	0.7
11333	Peppers, sweet, green, raw	149	1 cup	11.0
11333	Peppers, sweet, green, raw	119	1 pepper	8.8
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	6.9
11821	Peppers, sweet, red, raw	149	1 cup	7.3
11821	Peppers, sweet, red, raw	119	1 pepper	5.8
11945	Pickle relish, sweet	15	1 tbsp	12.6
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	25.4
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	59.0
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	9.8
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	26.6
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.4
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	4.1
18305	Pie, blueberry, commercially prepared	117	1 piece	12.3
18308	Pie, cherry, commercially prepared	117	1 piece	8.9
18319	Pie, fried pies, fruit	128	1 pie	5.2
18320	Pie, lemon meringue, commercially prepared	113	1 piece	2.4
18324	Pie, pecan, commercially prepared	113	1 piece	17.5
18326	Pie, pumpkin, commercially prepared	109	1 piece	14.4
11943	Pimento, canned	12	1 tbsp	1.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.3
)9273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.8
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.8
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.1
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.1
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.7
09266	Pineapple, raw, all varieties	155	1 cup	1.1
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	4.2
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	6.5
09278	Plantains, cooked	154	1 cup	1.1
09277	Plantains, raw	179	1 medium	1.3
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	11.1
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	2.0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	10.8
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	2.0
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	64.7
09291	Plums, dried (prunes), uncooked	42	5 prunes	25.0
09279	Plums, raw	66	1 plum	4.2
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.4
07064	Pork sausage, fresh, cooked	26	2 links	0.1
07064	Pork sausage, fresh, cooked	27	1 patty	0.1
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.0
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.0
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.0
11672	Potato pancakes	76	1 pancake	2.1

NDB_N	lo Description	Weight (g)	Common Measure	Content per Measure
11399	Potato puffs, frozen, oven-heated	79	10 puffs	3.2
11674	Potato, baked, flesh and skin, without salt	202	1 potato	4.0
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.5
11364	Potatoes, baked, skin, without salt	58	1 skin	1.0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.9
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.8
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	3.3
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	1.3
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.1
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.8
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	3.2
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.8
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	12.6
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.0
09294	Prune juice, canned	256	1 cup	8.7
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.3
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.7
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.2
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.5
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.7
11424	Pumpkin, canned, without salt	245	1 cup	39.2
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.0
11429	Radishes, raw	4.5	1 radish	0.1
09298	Raisins, seedless	14	1 packet	0.5
09298	Raisins, seedless	145	1 cup	5.1
09306	Raspberries, frozen, red, sweetened	250	1 cup	16.3
09302	Raspberries, raw	123	1 cup	9.6
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	5.8
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	50.6
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.5
20037	Rice, brown, long-grain, cooked	195	1 cup	1.2
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.2
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.2
18342	Rolls, dinner, plain, commercially prepared (includes brown-and- serve)	28	1 roll	3.0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.3
18353	Rolls, hard (includes kaiser)	57	1 roll	0.3
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.5
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	13.1
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	18.9
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	2.9
04134	Salad dressing, home recipe, cooked	16	1 tbsp	2.2

04135 Salad dressing, home recipe, vinegar and oil 15.6 1 tbsp 04114 Salad dressing, italian dressing, commercial, regular 14.7 1 tbsp 04021 Salad dressing, italian dressing, reduced fat 15 1 tbsp 04025 Salad dressing, mayonnaise, soybean oil, with salt 13.8 1 tbsp 04015 Salad dressing, russian dressing 15.3 1 tbsp 04022 Salad dressing, russian dressing, low calorie 16.3 1 tbsp 04023 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 04024 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 04017 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 04017 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 07078 Salatin, dry or hard, pork, beef 20 2 slices 07073 Sandwich spread, pork, beef 15 1 tbsp 06150 Sauce, barbecue 15.75 1 tbsp 06166 Sauce, barbecue 16 1 tbsp 06168 Sauce, pasta, spaghetti/marinara, ready-to-serve <	15.4 8.2 1.9 5.8 8.2 1.1 4.2
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14346Shake, fast food, chocolate33316 fl oz	0.8
	0.9
14347 Shake fast food vanilla 333 16 fl.oz	5.0
	1.3
11677Shallots, raw101 tbsp	0.1
19097 Sherbet, orange 74 1/2 cup	0.0
04031 Shortening, household, soybean (partially hydrogenated)- 12.8 1 tbsp cottonseed (partially hydrogenated)	5.5
19410Snack, potato chips, made from dried potatoes, plain28.351 oz	2.0
19002Snacks, beef jerky, chopped and formed19.81 large piece	0.5
19003Snacks, corn-based, extruded, chips, plain28.351 oz	1.8
19008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz	0.4
19013Snacks, fruit leather, pieces28.351 oz	5.2
19014Snacks, fruit leather, rolls211 large	3.8
19015Snacks, granola bars, hard, plain28.351 bar	4.1
19026 Snacks, granola bars, soft, coated, milk chocolate coating, 28.35 1 bar peanut butter	3.7
19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar	4.6
19441Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit371 bar	5.7
19031Snacks, oriental mix, rice-based28.351 oz (about 1/4 cup)	
19034Snacks, popcorn, air-popped81 cup	0.7

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19036	Snacks, popcorn, cakes	10	1 cake	0.1
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.6
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	4.4
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.5
19041	Snacks, pork skins, plain	28.35	1 oz	0.0
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	5.7
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	2.0
19411	Snacks, potato chips, plain, salted	28.35	1 oz	6.3
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	6.3
19422	Snacks, potato chips, reduced fat	28.35	1 oz	3.8
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.3
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.2
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.4
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	5.9
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	3.0
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.2
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	2.0
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.0
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	3.5
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.2
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	4.1
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	19.4
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	6.6
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.2
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	2.2
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	2.0
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	14.0
06094	Soup, onion, dry, mix	39	1 packet	0.5
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.2
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.5
06174	Soup, stock, fish, home-prepared	233	1 cup	0.0
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	4.0
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	3.7
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	6.8
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	5.1
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.5
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.0
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	33.0
16120	Soymilk, original and vanilla, unfortified	245	1 cup	7.4
22401	Spaghetti with meat sauce, frozen entree	283	1 package	2.0
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.0
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02007	Spices, celery seed	2	1 tsp	0.0
02009	Spices, chili powder	2.6	1 tsp	2.7
02010	Spices, cinnamon, ground	2.3	1 tsp	0.7
02015	Spices, curry powder	2	1 tsp	2.0
02020	Spices, garlic powder	2.8	1 tsp	0.0
02026	Spices, onion powder	2.1	1 tsp	0.1
02027	Spices, oregano, dried	1.5	1 tsp	9.3
02028	Spices, paprika	2.1	1 tsp	1.7
02029	Spices, parsley, dried	1.3	1 tbsp	17.7
02030	Spices, pepper, black	2.1	1 tsp	3.4
11658	Spinach souffle	136	1 cup	172.0
11461	Spinach, canned, regular pack, drained solids	214	1 cup	987.8
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	888.5
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1027.3
11457	Spinach, raw	10	1 leaf	48.3
11457	Spinach, raw	30	1 cup	144.9
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	6.3
11641	Squash, summer, all varieties, raw	113	1 cup	3.4
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	9.0
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.3
09316	Strawberries, raw	12	1 strawberry	0.3
09316	Strawberries, raw	18	1 strawberry	0.4
09316	Strawberries, raw	166	1 cup	3.7
19334	Sugars, brown	3.2	1 tsp	0.0
19335	Sugars, granulated	4.2	1 tsp	0.0
19336	Sugars, powdered	8	1 tbsp	0.0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	5.1
11512	Sweet potato, canned, vacuum pack	255	1 cup	5.6
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	3.4
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	3.3
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	2.6
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.5
19350	Syrups, corn, light	20	1 tbsp	0.0
19353	Syrups, maple	20	1 tbsp	0.0
19129	Syrups, table blends, pancake	20	1 tbsp	0.0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.0
18360	Taco shells, baked	13.3	1 medium	1.1
09223	Tangerine juice, canned, sweetened	249	1 cup	0.0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.0
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.0
20068	Tapioca, pearl, dry	152	1 cup	0.0
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
4371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.0
4367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
8362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	3.0
6126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	1.9
6127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.4
1954	Tomatillos, raw	34	1 medium	3.4
1540	Tomato juice, canned, with salt added	243	1 cup	5.6
1546	Tomato products, canned, paste, without salt added	262	1 cup	29.9
1547	Tomato products, canned, puree, without salt added	250	1 cup	8.5
1549	Tomato products, canned, sauce	245	1 cup	6.9
1531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	7.0
1533	Tomatoes, red, ripe, canned, stewed	255	1 cup	6.1
1529	Tomatoes, red, ripe, raw, year round average	20	1 slice	1.6
1529	Tomatoes, red, ripe, raw, year round average	180	1 cup	14.2
1529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	9.7
1529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1.3
1955	Tomatoes, sun-dried	2	1 piece	0.9
8363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.0
8364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	1.1
)5292	Turkey patties, breaded, battered, fried	64	1 patty	9.9
)5296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.6
)5188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.3
)5172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.9
)5186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.0
)5168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	5.2
)5180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	5.6
1569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	529.3
1575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	851.0
1565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.2
2050	Vanilla extract	4.2	1 tsp	0.0
7095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	6.0
1578	Vegetable juice cocktail, canned	242	1 cup	12.8
1581	Vegetables, mixed, canned, drained solids	163	1 cup	29.7
1584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	42.8
2048	Vinegar, cider	15	1 tbsp	0.0
8403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	2.2
4429	Water, tap, municipal	237	8 fl oz	0.0
1590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.3
9326	Watermelon, raw	286	1 wedge	0.3
9326	Watermelon, raw	152	1 cup	0.2
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.4
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.4
20083	Wheat flour, white, bread, enriched	137	1 cup	0.4
20084	Wheat flour, white, cake, enriched	137	1 cup	0.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20089	Wild rice, cooked	164	1 cup	0.8
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.2
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.5
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.5
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.5