18336Pie crust, standard-type, prepared from recipe, baked1801 pie shell18330Pie crust, cookie-type, prepared from recipe, graham cracker, baked2391 pie shell19062Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds1461 cup21059Fast foods, shrimp, breaded and fried1646-8 shrimp	I 27.174 19.768 p 19.568 17.973 I 17.088
baked 19062 Snacks, trail mix, regular, with chocolate chips, salted nuts and 146 1 cup seeds	19.768 p 19.568 17.973 Il 17.088 12 nuts) 16.804
seeds	p 19.568 17.973 Il 17.088 12 nuts) 16.804
21059Fast foods, shrimp, breaded and fried1646-8 shrim	17.973 Il 17.088 12 nuts) 16.804
	I 17.088 12 nuts) 16.804
21005Fast Foods, biscuit, with egg and sausage1801 biscuit	12 nuts) 16.804
18335Pie crust, standard-type, frozen, ready-to-bake, enriched, baked1261 pie shell	,
12632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-2000)	16.743
19080Candies, semisweet chocolate1681 cup	
21015Fast foods, danish pastry, cheese911 pastry	15.601
19087Candies, white chocolate1701 cup	15.465
21111 Fast foods, hamburger; double, regular patty; with condiments 215 1 sandwid	ch 14.128
18325Pie, pecan, prepared from recipe1221 piece	13.641
21126Fast foods, submarine sandwich, with tuna salad2561 sandwide	ch, 6" roll 13.402
21024Fast foods, french toast sticks1415 sticks	13.398
21138Fast foods, potato, french fried in vegetable oil1691 large	13.190
12120Nuts, hazelnuts or filberts28.351 oz	12.942
18310Pie, chocolate creme, commercially prepared1131 piece	12.562
21082Fast foods, taco with beef, cheese and lettuce, hard shell2631 large	11.601
12142 Nuts, pecans 28.35 1 oz (20 h)	nalves) 11.567
01164Cheese sauce, prepared from recipe2431 cup	11.506
10089Pork, fresh, spareribs, separable lean and fat, cooked, braised853 oz	11.458
21043Fast foods, clams, breaded and fried1153/4 cup	11.440
21113 Fast foods, hamburger; single, large patty; with condiments and 218 1 sandwid vegetables	ch 11.423
06166 Sauce, homemade, white, medium 250 1 cup	11.050
17031 Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, 85 3 oz choice, cooked, roasted	10.642
21097 Fast foods, cheeseburger; single, large patty; with condiments 195 1 sandwid and bacon 195	ch 10.583
21138Fast foods, potato, french fried in vegetable oil1341 medium	n 10.459
21102Fast foods, chicken fillet sandwich, plain1821 sandwid	ch 10.410
21114 Fast foods, hamburger; double, large patty; with condiments 226 1 sandwid and vegetables	ch 10.328
13826Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to853 oz1/8" fat, all grades, cooked, roasted	10.268
13826Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to853 oz1/8" fat, all grades, cooked, roasted	10.268
04511 Oil, safflower, salad or cooking, high oleic (primary safflower oil 13.6 1 tbsp of commerce)	10.230
15041Fish, herring, Atlantic, pickled85.053 oz	10.161
21017Fast foods, danish pastry, fruit941 pastry	10.096
13818Beef, chuck, blade roast, separable lean and fat, trimmed to853 oz1/8" fat, choice, cooked, braised	10.013
04053Oil, olive, salad or cooking13.51 tbsp	9.850
18309Pie, cherry, prepared from recipe1801 piece	9.565
18444Pie, fried pies, cherry1281 pie	9.535
18319Pie, fried pies, fruit1281 pie	9.535
18324Pie, pecan, commercially prepared1131 piece	9.398
21012Fast foods, croissant, with egg, cheese, and bacon1291 croissant	nt 9.176
21120Fast foods, hotdog, with corn flour coating (corndog)1751 corn do	g 9.109
21092Fast foods, cheeseburger; double, regular patty; plain1551 sandwid	ch 8.981

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01036	Cheese, ricotta, whole milk	246	1 cup	8.922
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	8.919
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	8.900
04582	Oil, canola	14	1 tbsp	8.859
12061	Nuts, almonds	28.35	1 oz (24 nuts)	8.757
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	8.653
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	8.526
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	8.456
18302	Pie, apple, prepared from recipe	155	1 piece	8.359
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	8.312
11370	Potatoes, hashed brown, home-prepared	156	1 cup	8.266
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	8.245
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	8.226
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	8.175
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	8.076
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	8.065
18245	Danish pastry, cheese	71	1 danish	8.032
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	8.029
21078	Fast foods, nachos, with cheese	113	6-8 nachos	7.994
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	7.897
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	7.809
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	7.744
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	7.704
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	7.644
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	7.543
18306	Pie, blueberry, prepared from recipe	147	1 piece	7.528
01095	Milk, canned, condensed, sweetened	306	1 cup	7.427
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	7.364
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	7.349
16008	Beans, baked, canned, with franks	259	1 cup	7.330
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	7.313
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	7.218
05172 18246	Turkey, all classes, giblets, cooked, simmered, some giblet fat Danish pastry, fruit, enriched (includes apple, cinnamon, raisin,	145 71	1 cup 1 danish	7.183 7.118
18321	lemon, raspberry, strawberry) Pie, lemon meringue, prepared from recipe	127	1 piece	7.089
21023	Fast foods, french toast with butter	135	2 slices	7.039
35142		160	10-1/2" bread	7.074
	Frybread, made with lard (Navajo)			
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	6.999
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	6.985
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	6.985
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	6.959
18147	Cheesecake commercially prepared	80	1 piece	6.907
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	6.867
21118	Fast foods, hotdog, plain	98	1 sandwich	6.853
18308	Pie, cherry, commercially prepared	117	1 piece	6.829

12652 Nuts, platachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 1 123573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled 85 3 oz 1 10151 Pork, cured, ham, whole, separable lean and fat, roasted 85 3 oz 1 10009 Pork, fresh, leg (ham), whole, separable lean and fat, roasted 85 3 oz 1 1130 Fast foods, onion rings, breaded and fried 83 8-9 rings 1 21138 Fast foods, onion rings, breaded and fried 83 8-9 rings 1 21138 Fast foods, onion rings, breaded and fried 85 3 oz 1 21139 Fast foods, onion rings, breaded, par fried, frozen, prepared, heated in oven 60 10 rings 1 12050 Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, brainad 85 3 oz 1 12057 Eckins, custard-filled with chocolate glaze, prepared from recipe 100 1 eclair 1 121074 Fast foods, houthag, with cheese 163 1 euch-hiada 1 121074 Fast foods, houthag, houthag 13.5 1 tusp 1 1	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled 85 3 oz 10161 Pork, cured, ham, whole, separable lean and fat, cooked, 85 3 oz 10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, 85 3 oz 21130 Fast foods, onion rings, breaded and fried 83 8-9 rings 21130 Fast foods, onion rings, breaded and fried 83 8-9 rings 21131 Fast foods, onion rings, breaded and fried 85 1 smail 21132 Fast foods, hotdog, with chili 114 1 sandwich 11286 Orion rings, breaded, par fried, frozen, prepared, heated in oven 60 10 rings 10205 Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, bread and pork 85 1 eachildata 10207 Fast foods, choled, beef and pork 66.7 2 slices 1 11414 Potato salad, home-prepared 135 1 thsp 1 11414 Potato salad, home-prepared 250 1 cup 1 1129 Fast foods, hush puppies 78 5 pieces 1 12129	21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	6.804
10151Pork, rured, ham, whole, separable lean and fat, roasted853 oz10009Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted853 oz21130Fast foods, onion rings, breaded and fried838-9 rings21138Fast foods, potato, french fried in vegetable oil851 small1119Fast foods, holds, with chili1141 sandwich11286Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11205Pork, fresh, loin, country style ribs, separable lean and fat, coulded, breised853 oz12074Fast foods, oncol, country style ribs, separable lean and fat, coulded, breised663 oz21074Fast foods, enchilada, with chocolate glaze, prepared from recipe1001 eleair121074Fast foods, enchilada, with chocolate glaze, prepared from recipe1631 enchilada121074Fast foods, enchilada, with chocolate glaze, prepared from recipe1631 eleair121074Fast foods, hush puppies785 pieces121129Fast foods, hush puppies785 pieces121129Fast foods, hush puppies785 pieces121129Fast foods, vanilla33316 fl oz12129Bolgna, beef and pork6672 slices12131Cake, fineapple upside-down, prepared from recipe1151 piece121414Doughnuts, vast-leavened, glazed, enriched (includes honey 	12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	6.712
10009 Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted 85 3 oz 1 21130 Fast foods, noino rings, breaded and fried 83 8-9 rings 1 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 1 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 1 11296 Onion rings, breaded, par fried, frozen, prepared, heated in oven 60 10 rings 1 12025 Pork, fresh, lin, country-style ribs, separable lean and fat, cooked, braited 85 3 oz 1 21074 Fast foods, enchilada, with cheese 163 1 enchilada 1 21074 Fast foods, hoed on cooking 3.5 1 frank 1 21074 Fast foods, hush puppies 766.7 2 slices 1 21141 Potato salad, home-prepared 250 1 cup 1 21129 Fast foods, hush puppies 78 5 pieces 1 21129 Fast foods, hush puppies 78 5 pieces 1 21245	23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	6.701
roasiedName21130Fast foods, onion rings, breaded and fried838-9 rings121138Fast foods, potato, french fried in vegetable oil851 small121119Fast foods, hotdog, with chili1141 sandwich111286Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11205Pork, fresh, loin, country-style ribs, separable lean and fat, cocked, braised853 oz12027Eclairs, custard-filled with chocolate glaze, prepared from recipe1001 eclair121074Fast foods, enchlada, with cheese1631 enchlada121074Fast foods, enchlada, with cheese1631 enchlada121074Fast foods, hoth oprix56.72 slices121129Fast foods, hush puppes13.51 tbsp111414Potato salad, home-prepared2501 cup12129Fast foods, hush puppies785 pieces112129Fast foods, hush puppies785 pieces112255Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium112354Sloten, braised ody, vanilia33316 floz112443Shake, fast food, vanilia33316 floz112444Shake, fast food, vanilia33316 floz112455Doughnuts, veast-leavened, glazed, enriched (includes honey burs)501 cup112474Shake,	10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	6.698
21138 Fast foods, notato, french fried in vegetable oil 85 1 small 1 21119 Fast foods, hotdog, with chili 114 1 sandwich 1 11296 Onion rings, breaded, par fried, frozen, prepared, heated in oven 60 10 rings 1 11205 Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised 3 oz 3 oz 118257 Eclairs, custard-filled with chocolate glaze, prepared from recipe 100 1 eclair 1 07069 Salami, cooked, beef and pork 56.7 2 slices 1 07020 Frankfurter, beef and pork 45 1 frank 1 07022 Frankfurter, beef and pork 45 1 frank 1 11814 Potato salad, nome-prepared 250 1 cup 1 11814 Potato salad, nome-prepared 78 5 pieces 1 11825 Doughnuts, vast-leavened, glazed, enriched (Includes honey 60 1 medium 1 11814 Cake, prieaeple upside-down, prepared from recipe 115 1 piece 1 11814 Fish, tuna salad 205 1 cup 1	10009		85	3 oz	6.698
21119Fast foods, holdog, with chili1141 sandwich11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings12025Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised3 oz12026Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised3 oz12027Eclairs, custard-filled with chocolate glaze, prepared from recipe1001 eclair12074Fast foods, enchilada, with cheese1631 enchilada07069Salami, cooked, beef and pork56.72 slices07023Frankfurter, beef and pork451 frank11414Potato salad, home-prepared2501 cup07023Frankfurter, beef and pork451 frank21129Fast foods, hush puppies785 pieces18248Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium18255Doughnuts, vask-leavened, glazed, enriched (includes honey buns)601 medium1819Cake, pineapple upside-down, prepared from recipe1151 piece17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, noasted3316 fl oz2905Beef stew, canned entree2321 cup12905Beef stew, canned entree2321 cup2905Beef stew, canned entree2321 cup2905Beef stew, canned entree2321 cup2905Beef stew, canned	21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	6.651
11296Onion ings, breaded, par fried, frozen, prepared, heated in oven6010 rings10205Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised853 oz18257Eclairs, custard-filled with chocolate glaze, prepared from recipe1001 eclair21074Fast foods, enchilada, with cheese1631 enchilada07069Salami, cooked, beef and pork56.72 slices04042Oil, peanut, salad or cooking13.51 tbsp07023Frankturter, beef and pork451 frank21129Fast foods, hush puppies785 pieces18248Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium18255Doughnuts, vasa-leavened, glazed, enriched (includes honey buns)601 medium18119Cake, pineapple upside-down, prepared from recipe1151 piece17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, timmed to 1/4 rat, choice, cooked, roasted30 oz17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, timmed to 1/4 rat, choice, cooked, roasted3 oz17015Candies, REESE'S Peanut Butter Cups451 cup17016Candies, REESE'S Peanut Butter Cups451 package (contains 2)17016Candies, REESE'S Peanut Butter Cups451 package (contains 2)17015Candies, REESE'S Peanut Butter Cups451 tbsp17016Candies, RESE'S Peanut Butter Cups451 cup17017 <td< td=""><td>21138</td><td>Fast foods, potato, french fried in vegetable oil</td><td>85</td><td>1 small</td><td>6.634</td></td<>	21138	Fast foods, potato, french fried in vegetable oil	85	1 small	6.634
10205Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised853 oz10205Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised1001 eclair10207Fast foods, enchilada, with cheese1631 enchilada100107089Salami, cooked, beef and pork56.72 slices10007099Salami, cooked, beef and pork56.72 slices10007023Frankturler, beef and pork2501 cup10007023Frankturler, beef and pork451 frank10007023Frankturler, beef and pork461 frank10018248Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium10218255Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium10218119Cake, pineapple upside-down, prepared from recipe1151 piece11417012Balogna, beef and pork56.72 slices1217012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4' fat, choice, cooked, roasted33316 fl oz1217012Lamb, domestic, leg, with added vitamin D and without added vitamin A2521 cup1219150Candies, REESE'S Peanut Butter Cups451 package (contains 2)1219160Candies, netESE'S Peanut Butter Cups451 package (contains 2)1219160Candies, REESE'S Peanut Butter Cups451 package (c	21119	Fast foods, hotdog, with chili	114	1 sandwich	6.595
cooked, braisedfiled with chocolate glaze, prepared from recipe1001 eclair18257Eclairs, custard-filed with chocolate glaze, prepared from recipe1001 eclair21074Fast foods, enchilada, with cheese1631 enchilada07069Salami, cooked, beef and pork56.72 slices04042Oil, peanut, salad or cooking13.51 tbsp11414Potato salad, home-prepared2501 cup07023Frankfurter, beef and pork451 frank21129Fast foods, hush puppies785 picees18248Doughnuts, veak-type, plain (includes unsugared, old-fashioned)471 medium18255Doughnuts, veak-tevened, glazed, enriched (includes honey buns)601 medium18119Cake, pineapple upside-down, prepared from recipe1151 piece17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted30 oz17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted30 oz19150Candies, REESE'S Peanut Butter Cups451 package (contains 2)19150Candies, REESE'S Peanut Butter Cups451 cup04034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp04034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp18191Cake, chocolate, prepared from recipe1551 piece18192Chicken, horiers o	1296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	6.520
21074Fast foods, enchilada, with cheese1631 enchilada07069Salami, cooked, beef and pork56.72 slices04042Oil, peanut, salad or cooking13.51 tbsp11414Potato salad, home-prepared2501 cup07023Frankfurter, beef and pork451 frank21129Fast foods, hush puppies785 pieces18248Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium18255Doughnuts, eake-type, plain (includes unsugared, old-fashioned)471 medium18254Doughnuts, eake-type, plain (includes unsugared, old-fashioned)471 medium18255Doughnuts, eake-type, plain (includes unsugared, old-fashioned)471 medium18256Doughnuts, eake-type, plain (includes unsugared, old-fashioned)472 slices18199Cake, pineapple upside-down, prepared from recipe1151 piece18199Cake, fast food, vanilla33316 fl oz17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4' rit, choice, cooked, roasted3221 cup19150Candies, REESE'S Peanut Butter Cups451 package (contains 2)104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp118101Cake, chocolate, prepared from recipe1551 piece118139Cake, chocolate, pr	10205		85	3 oz	6.506
07069Salami, cooked, beef and pork56,72 slices04042Oil, peanut, salad or cooking13.51 tbsp11414Potato salad, home-prepared2501 cup07023Frankfurter, beef and pork451 frank21129Fast foods, hush puppies785 pieces18248Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium18255Doughnuts, yeast-leavened, glazed, enriched (includes honey burs)601 medium18119Cake, pineapple upside-down, prepared from recipe1151 piece170708Bologna, beef and pork56.72 slices18128Fish, tuna salad2051 cup17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz17013Candies, REESE'S Peanut Butter Cups451 cup119150Candies, REESE'S Peanut Butter Cups451 cup104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp104031Cake, chocclate, prepared from recipe1551 piece118101Cake, chocclate, prepared from recipe without frosting951 piece119150Candies, REESE'S Peanut Butter Cups15.61 tbsp119150Candies, REESE'S Peanut Butter Cups451 cup119150 </td <td>18257</td> <td>Eclairs, custard-filled with chocolate glaze, prepared from recipe</td> <td>100</td> <td>1 eclair</td> <td>6.484</td>	18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	6.484
04042Oil, peanut, salad or cooking13.51 tbsp11414Potato salad, home-prepared2501 cup07023Frankfurter, beef and pork451 frank21129Fast foods, hush puppies785 pieces18248Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium18255Doughnuts, cake-type, plain (includes unsugared, old-fashioned)601 medium1819Cake, pineapple upside-down, prepared from recipe1151 piece17008Bologna, beef and pork56.72 slices17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted33316 fl oz17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted3 oz1 cup19150Candies, REESE'S Peanut Butter Cups451 package (contains 2)104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp104034Oil, soybean, salad or cooking, (partially hydrogenated)861 piece104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp104034O	21074	Fast foods, enchilada, with cheese	163	1 enchilada	6.311
11414Potato salad, home-prepared2501 cup07023Frankfurter, beef and pork451 frank121129Fast foods, hush puppies785 pieces118248Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium118255Doughnuts, vast-leavened, glazed, enriched (includes honey) buns)601 medium118119Cake, pineapple upside-down, prepared from recipe1151 piece107008Bologna, beef and pork56.72 slices117012Lamb, domestic, leg, whole (shank and sirioin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted33316 fl oz117012Lamb, domestic, leg, whole (shank and sirioin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted30 oz1119150Candies, REESE'S Peanut Butter Cups451 package (contains 2)101096Milk, canned, evaporated, with added vitamin D and without added vitamin A2521 cup104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp105092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh118101Cake, chocolate, prepared from recipe1551 piece118316Pie, coconut custard, commercially prepared1041 piece118316Pie, coconut custard, commercially prepared1041 piece118316Pie, coconu	07069	Salami, cooked, beef and pork	56.7	2 slices	6.309
O7023Frankfurter, beef and pork451 frank21129Fast foods, hush puppies785 pieces18248Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium18219Cake, pineapple upside-down, prepared from recipe1151 piece18119Cake, pineapple upside-down, prepared from recipe1151 piece17018Bologna, beef and pork56.72 slices14347Shake, fast food, vanilla33316 fl oz15128Fish, tuna salad2051 cup17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4' fat, choice, cooked, roasted853 oz19150Candies, REESE'S Peanut Butter Cups451 package (contains 2)101096Milk, canned, evaporated, with added vitamin D and without added vitamin A2521 cup104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp105092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 piece118101Cake, chocolate, prepared from recipe without frosting951 piece118316Pie, coconut custard, commercially prepared1041 piece118316Pie, coconut custard, commercially prepared1041 piece104031Shortening, household, soybean (partially hydrogenated)- cotonseed (04042	Oil, peanut, salad or cooking	13.5	1 tbsp	6.237
21129Fast foods, hush puppies785 pieces18248Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium18119Cake, pineapple upside-down, prepared from recipe1151 piece17010Bologna, beef and pork56.72 slices11712Shake, fast food, vanilla33316 fl oz117012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted3 oz117013Candies, REESE'S Peanut Butter Cups451 package (contains 2)119150Candies, REESE'S Peanut Butter Cups451 cup104034Oli, soybean, salad or cooking, (partially hydrogenated)13.61 tusp104002Lard12.81 tusp105092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh118101Cake, chocolate, prepared from recipe1551 piece118327Pie, ourder, dommercially prepared1041 piece118336Pie, coconut custard, commercially prepared1041 piece118336Pie, coconut custard, commercially prepared1041 piece118336Pie, coconut custard, commer	1414	Potato salad, home-prepared	250	1 cup	6.200
18248Doughnuts, cake-type, plain (includes unsugared, old-fashioned)471 medium18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium18119Cake, pineapple upside-down, prepared from recipe1151 piece17008Bologna, beef and pork56.72 slices14347Shake, fast food, vanilla33316 fl oz15128Fish, tuna salad2051 cup17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz22905Beef stew, canned entree2321 cup119150Candies, REESE'S Peanut Butter Cups451 package (contains 2)101096Mik, canned, evaporated, with added vitamin D and without added vitamin A2521 cup104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 thsp105092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh118101Cake, chocolate, prepared from recipe without frosting951 piece118327Pie, pumpkin, prepared from recipe1551 piece118327Pie, pumpkin, prepared from recipe without frosting951 piece118327Pie, coconut custard, commercially prepared1041 piece118316Pie, coconut custard, commercially prepared1041 piece118316Pie, coconut custard, commercially	07023	Frankfurter, beef and pork	45	1 frank	6.152
18255Doughuts, yeast-leavened, glazed, enriched (includes honey buns)601 medium18119Cake, pineapple upside-down, prepared from recipe1151 piece07008Bologna, beef and pork56.72 slices14347Shake, fast food, vanilla33316 fl oz15128Fish, tuna salad2051 cup17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz22905Beef stew, canned entree2321 cup119150Candies, REESE'S Peanut Butter Cups451 package (contains 2)101096Milk, canned, evaporated, with added vitamin D and without added vitamin A2521 cup104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp105092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh118101Cake, chocolate, prepared from recipe1551 piece118327Pie, pumpkin, prepared from recipe1551 piece118316Pie, coconut custard, commercially prepared1041 piece104031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)-12.81 tbsp	21129	Fast foods, hush puppies	78	5 pieces	6.089
buns)18119Cake, pineapple upside-down, prepared from recipe1151 piece07008Bologna, beef and pork56.72 slices14347Shake, fast food, vanilla33316 fl oz15128Fish, tuna salad2051 cup17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz22905Beef stew, canned entree2321 cup119150Candies, REESE'S Peanut Butter Cups451 package (contains 2)101096Milk, canned, evaporated, with added vitamin D and without added vitamin A2521 cup104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp105092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh118101Cake, chocolate, prepared from recipe without frosting batter951 piece118327Pie, pumpkin, prepared from recipe1041 piece118316Pie, coconut custard, commercially prepared1041 piece104031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)-12.81 tbsp	18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	5.984
O7008Bologna, beef and pork56.72 slices14347Shake, fast food, vanilla33316 fl oz15128Fish, tuna salad2051 cup17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz22905Beef stew, canned entree2321 cup919150Candies, REESE'S Peanut Butter Cups451 package (contains 2)901096Milk, canned, evaporated, with added vitamin D and without added vitamin A2521 cup904034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp905092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh918101Cake, chocolate, prepared from recipe without frosting batter951 piece918327Pie, pumpkin, prepared from recipe1551 piece918316Pie, coconut custard, commercially prepared1041 piece904031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	18255		60	1 medium	5.976
14347Shake, fast food, vanilla33316 fl oz15128Fish, tuna salad2051 cup1701217012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz22905Beef stew, canned entree2321 cup1219150Candies, RESE'S Peanut Butter Cups451 package (contains 2)1201096Milk, canned, evaporated, with added vitamin D and without added vitamin A2521 cup1204034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp1205092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh1118101Cake, chocolate, prepared from recipe without frosting951 piece1218316Pie, coconut custard, commercially prepared1041 piece1304031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	5.973
15128Fish, tuna salad2051 cup17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz22905Beef stew, canned entree2321 cup119150Candies, REESE'S Peanut Butter Cups451 package (contains 2)101096Milk, canned, evaporated, with added vitamin D and without added vitamin A2521 cup104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp104002Lard12.81 thigh105092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh118101Cake, chocolate, prepared from recipe without frosting951 piece118327Pie, pumpkin, prepared from recipe1551 piece118316Pie, coconut custard, commercially prepared1041 piece104031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	07008	Bologna, beef and pork	56.7	2 slices	5.968
17012Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted853 oz22905Beef stew, canned entree2321 cup919150Candies, REESE'S Peanut Butter Cups451 package (contains 2)901096Milk, canned, evaporated, with added vitamin D and without added vitamin A2521 cup904034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp904002Lard12.81 tbsp905092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh918101Cake, chocolate, prepared from recipe without frosting951 piece918327Pie, pumpkin, prepared from recipe1551 piece918316Pie, coconut custard, commercially prepared1041 piece904031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	14347	Shake, fast food, vanilla	333	16 fl oz	5.944
and fat, trimmed to 1/4" fat, choice, cooked, roasted22905Beef stew, canned entree2321 cup119150Candies, REESE'S Peanut Butter Cups451 package (contains 2)101096Milk, canned, evaporated, with added vitamin D and without added vitamin A2521 cup104034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp104002Lard12.81 tbsp105092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh118101Cake, chocolate, prepared from recipe without frosting951 piece118327Pie, pumpkin, prepared from recipe1551 piece118316Pie, coconut custard, commercially prepared1041 piece104031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	15128	Fish, tuna salad	205	1 cup	5.918
19150Candies, REESE'S Peanut Butter Cups451 package (contains 2)01096Milk, canned, evaporated, with added vitamin D and without added vitamin A2521 cup04034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp04002Lard12.81 tbsp05092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh18101Cake, chocolate, prepared from recipe without frosting951 piece18327Pie, pumpkin, prepared from recipe1551 piece18316Pie, coconut custard, commercially prepared1041 piece04031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	17012		85	3 oz	5.916
01096Milk, canned, evaporated, with added vitamin D and without added vitamin A2521 cup04034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp04002Lard12.81 tbsp05092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh18101Cake, chocolate, prepared from recipe without frosting951 piece18327Pie, pumpkin, prepared from recipe1551 piece18316Pie, coconut custard, commercially prepared1041 piece04031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	22905	Beef stew, canned entree	232	1 cup	5.900
added vitamin A04034Oil, soybean, salad or cooking, (partially hydrogenated)13.61 tbsp04002Lard12.81 tbsp05092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh18101Cake, chocolate, prepared from recipe without frosting951 piece18327Pie, pumpkin, prepared from recipe1551 piece18316Pie, coconut custard, commercially prepared1041 piece04031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	5.895
04002Lard12.81 tbsp205092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh218101Cake, chocolate, prepared from recipe without frosting951 piece218327Pie, pumpkin, prepared from recipe1551 piece218316Pie, coconut custard, commercially prepared1041 piece204031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	01096		252	1 cup	5.884
05092Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter861 thigh18101Cake, chocolate, prepared from recipe without frosting951 piece18327Pie, pumpkin, prepared from recipe1551 piece18316Pie, coconut custard, commercially prepared1041 piece04031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	5.848
batter18101Cake, chocolate, prepared from recipe without frosting951 piece18327Pie, pumpkin, prepared from recipe1551 piece18316Pie, coconut custard, commercially prepared1041 piece04031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	04002	Lard	12.8	1 tbsp	5.773
18327Pie, pumpkin, prepared from recipe1551 piece18316Pie, coconut custard, commercially prepared1041 piece04031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp)5092		86	1 thigh	5.762
18316Pie, coconut custard, commercially prepared1041 piece04031Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated)12.81 tbsp	18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	5.737
04031 Shortening, household, soybean (partially hydrogenated)- cottonseed (partially hydrogenated) 12.8 1 tbsp	18327	Pie, pumpkin, prepared from recipe	155	1 piece	5.730
cottonseed (partially hydrogenated)	18316	Pie, coconut custard, commercially prepared	104	1 piece	5.715
01037 Cheese, ricotta, part skim milk 246 1 cup	04031		12.8	1 tbsp	5.696
	01037	Cheese, ricotta, part skim milk	246	1 cup	5.692
21090 Fast foods, cheeseburger; single, regular patty, with condiments 113 1 sandwich	21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	5.690
05126 Chicken, stewing, meat only, cooked, stewed 140 1 cup	05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	5.670
23568Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled853 oz	23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	5.663
22907Pasta with meatballs in tomato sauce, canned entree2521 cup	22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	5.584
04610 Margarine, regular, 80% fat, composite, stick, with salt 14 1 tbsp	04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	5.443
07022 Frankfurter, beef, unheated 45 1 frank	07022	Frankfurter, beef, unheated	45	1 frank	5.422
04058Oil, sesame, salad or cooking13.61 tbsp	04058	Oil, sesame, salad or cooking	13.6	1 tbsp	5.399
12147 Nuts, pine nuts, dried 28.35 1 oz	12147	Nuts, pine nuts, dried	28.35	1 oz	5.320
18116Cake, gingerbread, prepared from recipe741 piece	18116	Cake, gingerbread, prepared from recipe	74	1 piece	5.272
21025Fast foods, pancakes with butter and syrup2322 pancakes	21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	5.269

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	5.265
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.256
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	5.247
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.245
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	5.174
19126	Candies, milk chocolate coated peanuts	40	10 pieces	5.168
21083	Fast foods, taco salad	198	1-1/2 cups	5.160
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	5.134
13348	Beef, cured, corned beef, canned	85.05	3 oz	5.069
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	5.041
11658	Spinach souffle	136	1 cup	5.022
18151	Cookies, brownies, commercially prepared	56	1 brownie	5.020
18326	Pie, pumpkin, commercially prepared	109	1 piece	5.014
18305	Pie, blueberry, commercially prepared	117	1 piece	4.965
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	4.956
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	4.915
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	4.904
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	4.871
05292	Turkey patties, breaded, battered, fried	64	1 patty	4.781
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	4.769
11399	Potato puffs, frozen, oven-heated	79	10 puffs	4.764
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	4.700
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	4.656
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	4.653
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	4.630
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	4.624
18140	Cake, yellow, commercially prepared, with chocolate frosting, in- store bakery	64	1 piece	4.617
19078	Baking chocolate, unsweetened, squares	28.35	1 square	4.566
19411	Snacks, potato chips, plain, salted	28.35	1 oz	4.536
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	4.489
05277	Chicken, canned, meat only, with broth	142	5 oz	4.473
07065	Pork and beef sausage, fresh, cooked	26	2 links	4.467
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	4.464
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	4.461
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	4.390
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	4.378
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	4.304
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	4.301
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	4.263
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	4.242
21088	Tostada with guacamole	130.5	1 tostada	4.241

NDB_	_No	Description	Weight (g)	Common Measure	Content per Measure
19041		Snacks, pork skins, plain	28.35	1 oz	4.190
15173		Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	4.183
18090		Cake, boston cream pie, commercially prepared	92	1 piece	4.180
18016		Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	4.158
18102		Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.135
21302		Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	4.084
22970		Macaroni and cheese, frozen entree	283	1 package	4.055
19143		Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	4.019
18361		Toaster pastries, brown-sugar-cinnamon	50	1 pastry	4.016
04543		Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	4.012
15168		Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	3.997
35142		Frybread, made with lard (Navajo)	90	5" bread	3.970
11371		Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	3.946
18126		Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	3.929
18139		Cake, white, prepared from recipe without frosting	74	1 piece	3.929
18141		Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.908
21021		Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	3.877
16098		Peanut butter, smooth style, with salt	16	1 tbsp	3.875
06007		Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	3.839
18082		Bread stuffing, bread, dry mix, prepared	100	1/2 cup	3.808
18243		Croutons, seasoned	40	1 cup	3.799
10011		Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	3.783
21063		Fast foods, burrito, with beans and beef	115.5	1 burrito	3.762
15111		Fish, swordfish, cooked, dry heat	106	1 piece	3.757
04518		Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	3.750
16097		Peanut butter, chunk style, with salt	16	1 tbsp	3.700
05044		Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	3.629
17027		Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.621
10038		Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	3.587
14346		Shake, fast food, chocolate	333	16 fl oz	3.580
10124		Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	3.519
21086		Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	3.512
13878		Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	3.499
19061		Snacks, trail mix, tropical	140	1 cup	3.486
20113		Noodles, chinese, chow mein	45	1 cup	3.460
10185		Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	3.451
18173		Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.432
05059		Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	3.430
19226		Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	3.428
21042		Fast foods, chili con carne	253	1 cup	3.408
16109		Soybeans, mature cooked, boiled, without salt	172	1 cup	3.407
07064		Pork sausage, fresh, cooked	27	1 patty	3.342
18362		Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	3.330

01057 Eggnog	254 74	1 cup	3.307
40000 les encens ::::::::::::::::::::::::::::::::::::	74		3.307
19089 Ice creams, vanilla, rich		1/2 cup	3.300
15088 Fish, sardine, Atlantic, canned in oil, drained solids with	n bone 85.05	3 oz	3.291
06416 Soup, cream of chicken, canned, prepared with equal v water	rolume 244	1 cup	3.270
10051 Pork, fresh, loin, center rib (roasts), bone-in, separable only, cooked, roasted	lean 85	3 oz	3.256
15150 Crustaceans, shrimp, mixed species, cooked, breaded	and fried 85	3 oz	3.240
07064 Pork sausage, fresh, cooked	26	2 links	3.218
10078 Pork, fresh, shoulder, arm picnic, separable lean only, o braised	cooked, 85	3 oz	3.202
19120 Candies, milk chocolate	44	1 bar (1.55 oz)	3.162
18239 Croissants, butter	57	1 croissant	3.149
08218 Cereals ready-to-eat, QUAKER, QUAKER 100% Natura Granola with Oats, Wheat, Honey, and Raisins	al 51	1/2 cup	3.135
22904 Chili con carne with beans, canned entree	222	1 cup	3.135
19183 Puddings, chocolate, ready-to-eat	113	4 oz	3.086
18023 Bread, cornbread, dry mix, prepared	60	1 piece	3.084
12166 Seeds, sesame butter, tahini, from roasted and toasted (most common type)	kernels 15	1 tbsp	3.045
12537 Seeds, sunflower seed kernels, dry roasted, with salt ac	dded 32	1/4 cup	3.042
18320 Pie, lemon meringue, commercially prepared	113	1 piece	3.034
15111 Fish, swordfish, cooked, dry heat	85	3 oz	3.012
19090 Ice creams, french vanilla, soft-serve	86	1/2 cup	3.001
01001 Butter, salted	14.2	1 tbsp	2.985
01145 Butter, without salt	14.2	1 tbsp	2.985
19008 Snacks, corn-based, extruded, puffs or twists, cheese-f	lavor 28.35	1 oz	2.980
11387 Potatoes, scalloped, dry mix, prepared with water, whol and butter	e milk 245	1 cup	2.972
07072 Salami, dry or hard, pork, beef	20	2 slices	2.971
18269 French toast, prepared from recipe, made with low fat (2	2%) milk 65	1 slice	2.941
18274 Muffins, blueberry, commercially prepared (Includes min muffins)	ni- 57	1 muffin	2.937
18164 Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	2.927
04133 Salad dressing, french, home recipe	14	1 tbsp	2.898
17014 Lamb, domestic, leg, whole (shank and sirloin), separat only, trimmed to 1/4" fat, choice, cooked, roasted		3 oz	2.882
11385 Potatoes, au gratin, dry mix, prepared with water, whole and butter		1 cup	2.879
18356 Sweet rolls, cinnamon, commercially prepared with rais		1 roll	2.878
19218 Puddings, tapioca, ready-to-eat	113	4 oz	2.868
01128 Egg, whole, cooked, fried	46	1 large	2.844
05306 Poultry food products, ground turkey, cooked	82	1 patty	2.836
11672 Potato pancakes	76	1 pancake	2.835
19031 Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	2.795
19811 Snacks, potato chips, plain, unsalted	28.35	1 oz	2.790
09038 Avocados, raw, California	28.35	1 oz	2.778
11379 Potatoes, mashed, dehydrated, prepared from flakes w milk, whole milk and butter added		1 cup	2.751
23605 Beef, round, bottom round, steak, separable lean only, to 1/8" fat, all grades, cooked, braised		3 oz	2.746
01111 Milk shakes, thick vanilla	313	11 fl oz	2.739
01132 Egg, whole, cooked, scrambled	61	1 large	2.709
04025 Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	2.705

NDB_	_No	Description	Weight (g)	Common Measure	Content per Measure
18482		Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	2.704
06243		Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	2.696
12537		Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	2.695
18019		Bread, banana, prepared from recipe, made with margarine	60	1 slice	2.688
19004		Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	2.688
21224		Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	2.675
07024		Frankfurter, chicken	45	1 frank	2.669
01007		Cheese, camembert	38	1 wedge	2.669
01009		Cheese, cheddar	28.35	1 oz	2.662
05068		Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	2.656
04506		Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	2.652
05180		Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	2.645
21127		Fast foods, coleslaw	99	3/4 cup	2.644
18367		Waffles, plain, prepared from recipe	75	1 waffle	2.641
18280		Muffins, corn, dry mix, prepared	50	1 muffin	2.625
21077		Fast foods, frijoles with cheese	167	1 cup	2.617
19077		Baking chocolate, unsweetened, liquid	28.35	1 oz	2.617
18193		Cookies, shortbread, commercially prepared, pecan	14	1 cookie	2.608
19201		Puddings, vanilla, ready-to-eat	113	4 oz	2.583
10176		Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	2.574
11372		Potatoes, scalloped, home-prepared with butter	245	1 cup	2.546
19424		Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	2.537
12155		Nuts, walnuts, english	28.35	1 oz (14 halves)	2.533
15119		Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	2.508
18178		Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.506
01102		Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	2.475
01030		Cheese, muenster	28.35	1 oz	2.470
07029		Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.469
19109		Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.454
18015		Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	2.420
06930		Sauce, cheese, ready-to-serve	63	1/4 cup	2.408
15027		Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	2.400
21047		Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	2.348
01013		Cheese, cottage, creamed, with fruit	226	1 cup	2.341
01110		Milk shakes, thick chocolate	300	10.6 fl oz	2.340
01042		Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	2.335
21033		Fast foods, sundae, hot fudge	158	1 sundae	2.331
04135		Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	2.309
18177		Cookies, molasses	32	1 cookie, large (3-1/2" to	2.282
10042		Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	2.247
19003		Snacks, corn-based, extruded, chips, plain	28.35	1 oz	2.243
19002		Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.238
20033		Oat bran, raw	94	1 cup	2.233
18358		Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	2.226
15086		Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	2.220

NDB_	No Description	Weight (g)	Common Measure	Content per Measure
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	2.205
01004	Cheese, blue	28.35	1 oz	2.205
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	2.181
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	2.176
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	2.166
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	2.160
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	2.151
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	2.125
01123	Egg, whole, raw, fresh	58	1 extra large	2.122
19270	Ice creams, chocolate	66	1/2 cup	2.119
01035	Cheese, provolone	28.35	1 oz	2.096
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	2.085
01040	Cheese, swiss	28.35	1 oz	2.062
01129	Egg, whole, cooked, hard-boiled	50	1 large	2.039
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	2.032
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	2.027
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	2.019
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	2.009
6404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	2.006
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	2.006
9057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	2.003
9410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	1.998
1044	Cheese, pasteurized process, swiss	28.35	1 oz	1.998
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	1.981
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	1.981
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.975
19095	Ice creams, vanilla	66	1/2 cup	1.960
8206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.952
)1125	Egg, yolk, raw, fresh	16.6	1 large	1.949
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	1.941
9056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	1.925
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	1.914
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	1.879
01026	Cheese, mozzarella, whole milk	28.35	1 oz	1.863
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	1.855
19042 19026	Snacks, potato chips, barbecue-flavor Snacks, granola bars, soft, coated, milk chocolate coating,	28.35 28.35	1 oz 1 bar	1.854 1.854
19230	peanut butter Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	1.847
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	1.836
)1123	Egg, whole, raw, fresh	50	1 large	1.829
)1131	Egg, whole, cooked, poached	50	1 large	1.822
8110	Cake, fruitcake, commercially prepared	43	1 piece	1.806
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.782
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	1.775

NDB_	No Description	Weight (g)	Common Measure	Content per Measure
01048	Cheese spread, pasteurized process, American	28.35	1 oz	1.763
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	1.758
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	1.752
09193	Olives, ripe, canned (small-extra large)	22	5 large	1.735
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.735
15077	Fish, salmon, chinook, smoked	85.05	3 oz	1.721
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	1.715
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.689
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	1.675
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.660
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.655
18120	Cake, pound, commercially prepared, butter	28	1 piece	1.652
01031	Cheese, neufchatel	28.35	1 oz	1.640
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	1.634
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	1.622
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	1.619
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	1.617
12147	Nuts, pine nuts, dried	8.6	1 tbsp	1.614
01123	Egg, whole, raw, fresh	44	1 medium	1.610
01053	Cream, fluid, heavy whipping	15	1 tbsp	1.603
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	1.584
09039	Avocados, raw, Florida	28.35	1 oz	1.563
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	1.561
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	1.540
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	1.517
22247	Macaroni and Cheese, canned entree	252	1 cup	1.512
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	1.500
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	1.500
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.490
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.480
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.452
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.426
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	1.424
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	1.404
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.402
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.395
05286	Turkey and gravy, frozen	142	5-oz package	1.377
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	1.375
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	1.366
01052	Cream, fluid, light whipping	15	1 tbsp	1.364
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.361
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	1.360
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	1.325
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	1.316

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01019	Cheese, feta	28.35	1 oz	1.311
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	1.295
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	1.291
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.274
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	1.266
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	1.260
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	1.260
01017	Cheese, cream	14.5	1 tbsp	1.250
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	1.242
19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.242
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	1.229
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	1.217
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	1.208
18268	French toast, frozen, ready-to-heat	59	1 slice	1.204
18279	Muffins, corn, commercially prepared	57	1 muffin	1.199
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1.198
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.190
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	1.179
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.170
20020	Cornmeal, whole-grain, yellow	122	1 cup	1.157
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.147
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	1.145
20011	Buckwheat flour, whole-groat	120	1 cup	1.139
07073	Sandwich spread, pork, beef	15	1 tbsp	1.138
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	1.138
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.133
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	1.130
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.123
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.085
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	1.079
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.074
18177	Cookies, molasses	15	1 cookie, medium	1.070
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.067
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	1.066
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	1.066
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	1.033
07027	Ham, chopped, not canned	21	2 slices	1.028
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	1.024
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.021
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	1.020
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	1.018
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.014
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	1.007
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1.006

NDB_N	lo Description	Weight (g)	Common Measure	Content per Measure
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	1.001
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.993
18134	Cake, sponge, prepared from recipe	63	1 piece	0.993
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	0.990
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.990
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.982
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.977
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.967
18283	Muffins, oat bran	57	1 muffin	0.966
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.963
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	0.960
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.956
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.943
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.934
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.930
20110	Noodles, egg, cooked, enriched	160	1 cup	0.930
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	0.929
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.928
18027	Bread, egg	40	1/2" slice	0.921
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.911
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.910
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.907
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.905
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	0.902
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.896
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.892
18360	Taco shells, baked	13.3	1 medium	0.855
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.855
16112	Miso	68.75	1 cup	0.854
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.850
11159	Coleslaw, home-prepared	120	1 cup	0.850
19088	Ice creams, vanilla, light	66	1/2 cup	0.845
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.844
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.837
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.834
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.833
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	0.828
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.825
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.819
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.805
18229	Crackers, standard snack-type, regular	12	4 crackers	0.798
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.795
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.789

NDB_	_No	Description	Weight (g)	Common Measure	Content per Measure
18230		Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.788
18292		Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.787
08263		Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.782
06471		Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.781
07028		Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.769
18388		Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.755
01104		Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	0.750
19101		Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.741
04020		Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.736
19047		Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.733
19348		Syrups, chocolate, fudge-type	19	1 tbsp	0.733
18159		Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.728
08045		Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.723
08012		Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.716
16011		Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.701
06440		Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.699
06121		Gravy, mushroom, canned	59.6	1/4 cup	0.697
15071		Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.694
18288		Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.681
21054		Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.678
01082		Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin \ensuremath{D}	244	1 cup	0.676
06177		Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	0.675
01121		Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.674
04128		Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.670
15126		Fish, tuna, white, canned in water, drained solids	85	3 oz	0.666
06230		Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.665
11659		Sweet potato, cooked, candied, home-prepared	105	1 piece	0.658
01016		Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.658
08123		Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.655
19212		Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.647
18353		Rolls, hard (includes kaiser)	57	1 roll	0.646
12104		Nuts, coconut meat, raw	45	1 piece	0.641
20037		Rice, brown, long-grain, cooked	195	1 cup	0.638
20034		Oat bran, cooked	219	1 cup	0.637
01088		Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.622
18158		Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.610
01056		Cream, sour, cultured	12	1 tbsp	0.608
04134		Salad dressing, home recipe, cooked	16	1 tbsp	0.608
18048		Bread, raisin, toasted, enriched	24	1 slice	0.599
18047		Bread, raisin, enriched	26	1 slice	0.596
20025		Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.592
01168		Cheese, low fat, cheddar or colby	28.35	1 oz	0.590
18013		Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.587

Careal, Hong Wat Careal ready-tools, GENERAL MILLS, CHEERIOS 30 1 cup 0.575 18214 Crackers, cheese, regular 10 10 crackers 0.575 18214 Crackers, cheese, regular 14 1 dap 0.565 18155 Cockers, cheese, regular 14 1 dap 0.565 06223 Careals ready-to-eart, GENERAL MILLS, HONEY NUT 55 1 cup 0.565 15029 Fish, flatish flounder and sole spacies), cooked, dy heat 86 3 oz 0.555 15020 Fish, flatish flounder and sole spacies), cooked, dy heat 86 3 oz 0.555 15021 Careals ready-to-eart, GENERAL MILLS, COCOA PUFFS 30 1 cup 0.555 15133 Snacks, KELLOGG, KELLOGG SINCE KRISPIES TREATS 22 1 bar 0.557 15143 Soup, stock, flah, home-prepared 23.3 1 cup 0.527 1515 Grauckers, whole-wheat 66.7 1 dup 0.527 1525 Crackers, whole-wheat 56.7 2 sloes 0.501 1525 Crackers, whole-whea	NDB_	No Description	Weight (g)	Common Measure	Content per Measure
9013Creaks regular901 cup9.7718214Crackers, obeese, regular1010 crackers0.5718215Cockers, obeese, regular141 tapa0.56318216Hummus, commercial141 tapa0.56318218Hummus, commercial141 tapa0.56318219Fish, faffah (founder and sole species), cocked, dy heat55.201 dcup0.55818271Cercals ready-to-sarce58.251 dcup0.55818272Cercals ready-to-sarce58.251 dcup0.55818273Beer, varley meets and by-products, leve, cocked, pan-fried853 oz0.55818383Spacks, KELLOGG, KELLOGG SRICE KRISPIES TREATS221 bar0.55618484Spacks, KELLOGG, KELLOGG SRICE KRISPIES TREATS231 cup0.55218475Crackers, utuber, commercially prepared (includes brown-and eve)281 roll0.52718256Crackers, utuber, commercially prepared (includes brown-and eve)1 fst1 tapp0.52018255Crackers, utuber, commercially prepared (includes brown-and eve)2 sliese0.5672 sliese0.56718256Crackers, utuber, commercially prepared (includes brown-and 	08219		49	1 cup	0.584
18214 Crackers, cheese, regular 10 10 crackers 0.574 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0.572 16156 Humsus, commercial 14 1 thep 0.566 06116 Gravy, beer, canned, ready-to-serve 58.25 1/4 cup 0.566 15029 Fish, flatfish (flounder and sole species), cooked, ghan-fried 85 3 oz 0.556 15327 Beer, variety meets and by-cookids, liver, cooked, ghan-fried 85 3 oz 0.556 15327 Beer, variety meets and by-cookids, liver, cooked, pan-fried 85 3 oz 0.556 15327 Beer, variety meets and by-cookids, liver, cooked, pan-fried 233 1 cup 0.556 16126 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 0.520 16125 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 0.520 16126 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 0.520 16126 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup	21139	Fast foods, potato, mashed	80	1/3 cup	0.576
18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 1 thep 0.572 18156 Hummus, commercial 14 1 thep 0.562 08243 Cereals ready-to-est, GENRAL MILLS, HONEY NUT 55 1/4 cup 0.562 05116 Gruxy, bedr, canned, ready-to-serve 58.25 1/4 cup 0.566 05229 Fish, flatfish (founder and sole species), cooked, day heat 85 3 cz 0.556 05271 Cereals ready-to-est, GENERAL MILLS, COCOA PUFFS 30 1 cup 0.556 05433 Snacks, KELLOGG, KELLOGG, SERICE KRISPIES TREATS 22 1 bar 0.556 05434 Solup, stock, fish, home-proparid 233 1 cup 0.556 05615 Graw, turkey, canned, ready-to-serve 26.6 1/4 cup 0.527 05625 Graw, binken modie, dyn, mic, prepared (includes brow-nand 28.2 1 tosp 0.520 05625 Grackers, whole-wheat 15 1 basp 0.520 05625 Graw, binken modie, dyn, mic, prepared with water 25.2 1 cup 0.521 <td< td=""><td>08013</td><td>Cereals ready-to-eat, GENERAL MILLS, CHEERIOS</td><td>30</td><td>1 cup</td><td>0.575</td></td<>	08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.575
18158 Hummus, commercial 14 1 tbsp 0.565 08243 Clereals ready-to-eat, GENERAL MILLS, HONEY NUT 55 1 cup 0.566 06116 Gravy, beef, canned, ready-to-serve 58.25 1/4 cup 0.566 05271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS 30 1 cup 0.556 058271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS 30 1 cup 0.550 05827 Beef, variety meats and by-products, liver, cooked, pan-field 85 3 cz 0.555 05828 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 0.550 06174 Soup, stock, fish, home-prepared 15 1 tbsp 0.520 01625 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 0.520 01555 Cream, sour, reduced fat, cultured 15 1 tbsp 0.520 01635 Ceream, sour, reduced fat, cultured 252.3 1 cup 0.501 0177 Chicken roll, light meat 56.7 2 sloces 0.502 01635 Grave, turkey, conclast, prepared with water 252.3 1 cup 0.503	18214	Crackers, cheese, regular	10	10 crackers	0.574
B2833 Cherals markyto-eat, GENERAL MILLS, HONEY NUT 55 1 cup 0.562 06116 Grwy, beel, canned, ready-to-serve 58.25 1/4 cup 0.560 15029 Fish, flattish flounder and sels species), cooked, dry heat 85 3 oz 0.568 15029 Fish, flattish flounder and sels species), cooked, pan-firled 85 3 oz 0.558 13327 Beaf, variety meats and by-products, liver, cooked, pan-firled 85 3 oz 0.558 13438 Spaces 1/4 cup 0.558 15125 Grav, turkey, canned, ready-to-serve 58.6 1/4 cup 0.558 15263 Crav, turkey, canned, ready-to-serve 16 4 crackers 0.520 15255 Crasen, sour, reduced fat, cultured 15 1 tup 0.520 15255 Crackers, whole-wheat 15.1 1 tup 0.501 15056 Creaens, sour, reduced fat, cultured 56.7 2 slices 0.501 17017 Chicken roll, light meat 56.7 2 slices 0.501 17017 Chicken roll, light, meat <td>18173</td> <td>Cookies, graham crackers, plain or honey (includes cinnamon)</td> <td>14</td> <td>2 squares</td> <td>0.572</td>	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.572
CLUSTERS	16158	Hummus, commercial	14	1 tbsp	0.565
15029 Fish, flatfish (flounder and sole species), cooked, dry heat 85 3 oz 0.558 06271 Cereals ready-to-eat, CENERAL MILS, COCOA PUFFS 30 1 cup 0.555 1327 Beer variery mest and by-products, liver, cooked, pan-fied 85 3 oz 0.555 19438 Sracks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS 22 1 bar 0.550 06172 Sony, stock, fish, home-prepared 233 1 cup 0.553 06125 Gravy, turky, canned, ready-to-serve 59.6 1/4 cup 0.532 18342 Rolis, dinner, plain, commercially prepared (includes brown-and-serve) 28 1 bisp 0.520 18255 Crackers, whole-wheat 16 4 crackers 0.520 06558 Soup, chicken no.0die, dry, mix, prepared with water 25.2 1 bisp 0.500 07071 Chicken roli, light mest 56.7 2 slices 0.500 07072 Chicken roli, light mest 15 1 bisp 0.493 19100 Candies, tudge, chocolate, prepared-from-recipe 17 1 picea 0.500 19101 Candies, tudge, chocolate, prepared-from-recipe 15	08243		55	1 cup	0.562
08271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS 30 1 cup 0.556 13327 Bef, variety meats and by-products, liver, cocked, pan-fried 85 3 cz 0.556 13438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS 233 1 cup 0.550 06174 Soup, stock, lish, home-prepared 233 1 cup 0.550 06175 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 0.527 07055 Cream, sour, reduced fat, cultured 15 1 bap 0.521 18235 Crackers, whole-wheat 66.7 2 slices 0.505 08025 Coreals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 30 3/4 cup 0.501 01049 Cream, fluid, half and half 15 1 bap 0.498 19100 Cardies, Ludge, chocolate, prepared/-from-recipe 17 1 piece 0.498 19173 Puddings, rice, ready-to-eat 113.4 4 oz 0.498 19183 Puddings, rice, ready-to-eat, commercially prepared, toasted 25 1 slice 0.477	06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.560
13327 Beef, variety meats and by-products, liver, cooked, pan-fried 85 3 oz 0.555 19438 Spacks, KELLOGO, KELLOGG'S RICE KRISPIES TREATS 22 1 bar 0.550 06174 Soup, stock, fish, home-prepared 233 1 cup 0.550 06125 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 0.536 0552 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 0.532 0553 Crackers, whole-wheat 16 4 crackers 0.520 18235 Crackers, whole-wheat 56.7 2 slicces 0.500 07017 Chicken roll, light meat 56.7 2 slicces 0.500 07017 Chicken roll, light meat 15 1 tipsp 0.498 19100 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.500 19139 Puddings, rice, ready-to-eat 1 13.4 4 oz 0.498 15056 Fish, ocean perch, Atlantic, cooked, dry heat 85 3 oz 0.498 15057 Fish, halbut, Atlantic, and Pacific	15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.558
19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS 22 1 bar 0.550 06174 Sourses 233 1 cup 0.550 06174 Sourses 5.6 14 cup 0.550 06125 Gravy, turkey, canned, ready-to-serve 5.6 14 cup 0.527 081342 Rolis, dimer, plain, commercially prepared (includes brown-and- serve) 28 1 tosp 0.520 01055 Cream, sour, reduced fat, cultured 16 4 crackers 0.520 01628 Soup, chicken noodle, dry, mix, prepared with water 252.3 1 cup 0.511 07077 Chicken roil, light meat 56.7 2 slices 0.500 05065 Creals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 30 34 cup 0.460 19100 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.500 19139 Puddings, rice, ready-to-eat 15 1 filsp 0.493 15058 Fish, ocean perch, Atlantic, cooked, dry heat 85 3 oz 0.493 15057 Fish, diatut, Atlantic and Pacific, cooked, dry heat 85 3 oz 0.490	08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.556
Squares Squares 6074 Soup, stock, fish, home-prepared 233 1 cup 0.550 6125 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 0.523 818342 Rolls, dinner, plain, commercially prepared (includes brown-and- gerve) 28 1 roll 0.527 01055 Cream, sour, reduced fat, cultured 16 4 crackers 0.520 01052 Creakers, whole-wheat 66.7 2 slices 0.500 05628 Soup, chicken noolle, dry, mix, prepared with water 25.3 1 cup 0.500 01049 Creakers, whole-wheat, ColDEN GRAHAMS 30 3/4 cup 0.500 01049 Creaker addy-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 30 3/4 cup 0.497 19100 Cardies, fudge, chocolate, prepared, toasted 15 1 tusp 0.498 19133 Puddings, rice, ready-to-eat 113.4 4 oz 0.497 18076 Fish, halibut, Atlantic cooked, dry heat 85 3 oz 0.489 15037 Fish, halibut, Atlantic coked, GY ELLOGG'S RICE KRISPIES 302	13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.555
Off125 Grav, turkey, canned, ready-to-serve 59.6 1/4 cup 0.536 18342 Rolls, dinner, plain, commercially prepared (includes brown-and- serve) 28 1 roll 0.527 01055 Cream, sour, reduced fat, cultured 15 1 tbsp 0.520 18235 Crackers, whole-wheat 16 4 crackers 0.520 06528 Soup, chicken nodle, dry, mix, prepared with water 252.3 1 cup 0.501 07017 Chicken roll, light meat 56.7 2 slices 0.500 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 30 3/4 cup 0.501 19100 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.500 19139 Puddings, rice, ready-to-eat 113.4 4 oz 0.493 15056 Fish, ocean perch, Altantic, cooked, dry heat 85 3 oz 0.489 15037 Fish, halibut, Atlantic and Pacific, cooked, fry heat 85 1 cup 0.477 1600 Cookies, fig bars 16 1 cookie 0.489 1510 <td>19438</td> <td></td> <td>22</td> <td>1 bar</td> <td>0.550</td>	19438		22	1 bar	0.550
Bit Rolls, dinner, plain, commercially prepared (includes brown-and-serve) 28 1 roll 0.527 1055 Cream, sour, reduced fat, cultured 15 1 tbsp 0.520 18235 Crackers, whole-wheat 16 4 crackers 0.520 06528 Soup, chicken noodle, dry, mix, prepared with water 252.3 1 cup 0.517 07017 Chicken roll, light meat 56.7 2 slices 0.500 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 30 34 cup 0.501 19100 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.500 19133 Puddings, rice, ready-to-eat 113.4 4 oz 0.497 18076 Bread, whole-wheat, commercially prepared, toasted 25 1 slice 0.498 15037 Fish, halibut, Atlantic, and Pacific, cooked, dry heat 85 3 oz 0.480 1608 Fish, cosen perch, Atlantic, cooked, dry heat 85 1 cup 0.477 18076 Bread, viacket, KELLOGG, KELLOGG'S RICE KRISPIES 30 24 cup 0.470	06174	Soup, stock, fish, home-prepared	233	1 cup	0.550
serve) Structure 15 1 tbsp 0.520 01055 Creakers, whole-wheat 16 4 crackers 0.520 08528 Soup, chicken noodle, dry, mix, prepared with water 252.3 1 cup 0.517 07017 Chicken noodle, dry, mix, prepared with water 252.3 1 cup 0.507 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 30 3/4 cup 0.500 01049 Cradies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.500 01049 Cream, fluid, half and half 15 1 tbsp 0.498 19193 Puddings, rice, ready-to-eat 113.4 4 oz 0.497 18076 Bread, whole-wheat, commercially prepared, toasted 25 3 oz 0.488 15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 85 3 oz 0.480 08288 Creaits ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES 30 2044 0.477 18075 Bread, cracked-wheat 25 1 slice 0.477 18025 Creaits ready	06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.536
18235 Crackers, whole-wheat 16 4 crackers 0.520 06528 Soup, chicken noodle, dry, mix, prepared with water 252.3 1 cup 0.517 07017 Chicken noodle, dry, mix, prepared with water 252.3 1 cup 0.517 07017 Chicken noodle, dry, mix, prepared with water 25.3 1 piece 0.500 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 30 3/4 cup 0.501 01049 Crandes, fudge, chocolate, prepared-from-recipe 17 1 piece 0.500 01049 Cream, fluid, half and half 15 1 bbsp 0.498 19130 Puddings, rice, ready-to-eat 113.4 4 oz 0.493 15058 Fish, halibut, Atlantic and Pacific, cooked, dry heat 85 3 oz 0.488 15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 85 1 cup 0.480 08288 Cereals ready-to-eat, CLGG, KELLOGG'S RICE KRISPIES 30 3/4 cup 0.472 2046 Rice, white, long-grain, parboiled, enriched, dry 185 1 cup 0.472 08164 Turkey, all classes, light meat, cooked, roasted	18342		28	1 roll	0.527
06528 Soup, chicken noodle, dry, mix, prepared with water 252.3 1 cup 0.517 07017 Chicken rooll, light meat 56.7 2 slices 0.505 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 30 3/4 cup 0.501 19100 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.500 01049 Cream, fluid, half and half 15 1 thsp 0.498 19130 Puddings, rice, ready-to-eat 113.4 4 oz 0.497 18076 Bread, whole-wheat, commercially prepared, toasted 25 1 slice 0.493 15058 Fish, coean perch, Atlantic, cooked, dry heat 85 3 oz 0.488 16077 Fish, halibut, Atlantic and Pacific, cooked, dry heat 85 3 oz 0.488 16170 Cookies, fig bars 16 1 cookie 0.488 16280 Cereals ready-to-eat, KELLOGG, KELLOGG's RICE KRISPIES 30 3/4 cup 0.477 18025 Bread, cracked-wheat 25 1 slice 0.477 08048 <t< td=""><td>01055</td><td>Cream, sour, reduced fat, cultured</td><td>15</td><td>1 tbsp</td><td>0.520</td></t<>	01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.520
Chicken roll, light meat 56.7 2 slices 0.505 08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 30 3/4 cup 0.501 19100 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.500 01049 Crean, fluid, half and half 15 1 tbsp 0.498 19133 Puddings, rice, ready-to-eat 113.4 4 oz 0.497 18076 Bread, whole-wheat, commercially prepared, toasted 25 1 slice 0.438 15058 Fish, halibut, Atlantic, cooked, dry heat 85 3 oz 0.489 15037 Fish, halibut, Atlantic, cooked, dry heat 85 3 oz 0.480 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES 30 3/4 cup 0.477 18025 Bread, whole-vheat Coreals, ready-to-eat, QUAKER, QUAKER OAT LIFE, plain 32 3/4 cup 0.477 18026 Gereals ready-to-eat, GENERAL MILLS, TRIX 30 1 cup 0.468 06018 Soup, chunky chicken noodle, canned, ready-to-serve 240 1 cup 0.464	18235	Crackers, whole-wheat	16	4 crackers	0.520
Normal Name Number of the second	06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.517
19100 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.500 01049 Cream, fluid, half and half 15 1 tbsp 0.498 19193 Puddings, rice, ready-to-eat 113.4 4 oz 0.497 18076 Bread, whole-wheat, commercially prepared, toasted 25 1 slice 0.493 15058 Fish, ocean perch, Atlantic, cooked, dry heat 85 3 oz 0.480 15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 85 3 oz 0.480 15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 85 3 oz 0.480 18170 Cookies, fig bars 16 1 cookie 0.480 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES 30 3/4 cup 0.477 18025 Bread, cracked-wheat 25 1 slice 0.477 18025 Bread, cracked-wheat 25 1 slice 0.477 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX 30 1 cup 0.466 08011 Bagels, plain, enric	07017	Chicken roll, light meat	56.7	2 slices	0.505
Old49Cream, fluid, half and half15I bsp0.498819133Puddings, rice, ready-to-eat113.44 oz0.49718076Bread, whole-wheat, commercially prepared, toasted251 slice0.49315058Fish, cocean perch, Atlantic, cooked, dry heat853 oz0.48815037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz0.48815037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz0.48806228Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES303/4 cup0.48020046Rice, white, long-grain, parboiled, enriched, dry1851 cup0.47718025Bread, cracked-wheat251 slice0.47718025Bread, cracked-wheat251 slice0.47008049Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.46806018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46606018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46606030Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck0.44708210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON323/4 cup0.43319164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43219164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.42218030Bread, oatmeal, toasted251 slice <t< td=""><td>08035</td><td>Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS</td><td>30</td><td>3/4 cup</td><td>0.501</td></t<>	08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.501
19193 Puddings, rice, ready-to-eat 113.4 4 oz 0.497 18076 Bread, whole-wheat, commercially prepared, toasted 25 1 slice 0.493 15058 Fish, ocean perch, Atlantic, cooked, dry heat 85 3 oz 0.489 15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 85 3 oz 0.489 15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 85 3 oz 0.480 08288 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES 30 2046 1 cup 0.477 18025 Bread, cracked-wheat 25 1 slice 0.477 18025 Bread, cracked-wheat 25 1 slice 0.477 18025 Bread, cracked-wheat 25 1 slice 0.477 08049 Cereals ready-to-eat, GUAKER, QUAKER OAT LIFE, plain 3 oz 0.470 0.470 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX 30 1 cup 0.468 08018 Soup, chunky chicken noodle, canned, iready-to-serve 240 1 cup 0.466 18075 Bread, whole-wheat, commercially prepared 28 1 slice </td <td>19100</td> <td>Candies, fudge, chocolate, prepared-from-recipe</td> <td>17</td> <td>1 piece</td> <td>0.500</td>	19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.500
18076Bread, whole-wheat, commercially prepared, toasted251 slice0.493315058Fish, ocean perch, Atlantic, cooked, dry heat853 oz0.48915037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz0.48718170Cookies, fig bars161 cookie0.48008288Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES303/4 cup0.47720046Rice, white, long-grain, parboiled, enriched, dry1851 cup0.47718025Bread, cracked-wheat251 slice0.47608049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup0.47205186Turkey, all classes, light meat, cooked, roasted843 oz0.47008078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.46806018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel0.44708210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup0.43319164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43218039Bread, oatmeal, toasted251 slice0.42218040Bread, oatmeal, toasted271 slice0.42218039Bread, oatmeal, toasted271 slice0.42218030Bread, oatmeal, toasted271 slice <td>01049</td> <td>Cream, fluid, half and half</td> <td>15</td> <td>1 tbsp</td> <td>0.498</td>	01049	Cream, fluid, half and half	15	1 tbsp	0.498
15058Fish, ocean perch, Atlantic, cooked, dry heat853 oz0.48915037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz0.48718170Cookies, fig bars161 cookie0.48008288Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES303/4 cup0.48020046Rice, white, long-grain, parboiled, enriched, dry1851 cup0.47718025Bread, cracked-wheat251 slice0.47708049Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.46608018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46608018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46608010Bagels, plain, enriched, with calcium propionate (includes onion, popy, sesame)894" bagel0.44708210Cireals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup0.43318164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43318164Bread, oatmeal, toasted251 slice0.4471839Bread, oatmeal, toasted251 slice0.42918040Bread, oatmeal, toasted251 slice0.42318040Bread, oatmeal, toasted251 slice0.42218040Bread, oatmeal, toasted251 slice0.42218040Bread, oatmeal, toasted261 slice0.42218040Bread, oatme	19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.497
Bish, halibut, Atlantic and Pacific, cooked, dry heat853 oz0.48718037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz0.48018170Cookies, fig bars161 cookie0.48008288Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES303/4 cup0.47720046Rice, white, long-grain, parboiled, enriched, dry1851 cup0.47718025Bread, cracked-wheat251 slice0.47608049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup0.47205186Turkey, all classes, light meat, cooked, roasted843 oz0.47008078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.46806018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46418001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel0.44705090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck0.43319164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43219164Candies, SPECIAL DARK Chocolate Bar8.41 nice0.4221930Bread, oatmeal, toasted251 slice0.4221933Snacks, fruit leather, pieces28.351 oz0.4201934Bread, oatmeal271 slice0.4221933Bread, oatmeal271 slice0.4221934 <td>18076</td> <td>Bread, whole-wheat, commercially prepared, toasted</td> <td>25</td> <td>1 slice</td> <td>0.493</td>	18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.493
18170Cookies, fig bars161 cookie0.480008288Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES303/4 cup0.480020046Rice, white, long-grain, parboiled, enriched, dry1851 cup0.47718025Bread, cracked-wheat251 slice0.47608049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup0.47205186Turkey, all classes, light meat, cooked, roasted843 oz0.47008078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.48606018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel0.44705900Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck0.47318075Bread, whole-wheat, commercially prepared281 slice0.44708210Carelas ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup0.43319164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43218040Bread, oatmeal, toasted251 slice0.42018039Bread, oatmeal271 slice0.42019030Snacks, fruit leather, pieces28.351 oz0.42019030Bread, oatmeal271 slice0.42019030Bread, oatmeal28.351 oz0.42019030 <td>15058</td> <td>Fish, ocean perch, Atlantic, cooked, dry heat</td> <td>85</td> <td>3 oz</td> <td>0.489</td>	15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.489
Description Description <thdescription< th=""> <thdescription< th=""></thdescription<></thdescription<>	15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.487
TREATS Cereal 1 cup 0.477 20046 Rice, white, long-grain, parboiled, enriched, dry 185 1 cup 0.477 18025 Bread, cracked-wheat 25 1 slice 0.476 08049 Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain 32 3/4 cup 0.472 05186 Turkey, all classes, light meat, cooked, roasted 84 3 oz 0.470 08078 Cereals ready-to-eat, GENERAL MILLS, TRIX 30 1 cup 0.466 18001 Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) 89 4" bagel 0.464 05090 Chicken, broilers or fryers, neck, meat only, cooked, simmered 18 1 neck 0.457 08210 Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON 32 3/4 cup 0.433 19164 Candies, SPECIAL DARK Chocolate Bar 8.4 1 miniature 0.432 18030 Bread, oatmeal, toasted 27 1 slice 0.426 19030 Bread, oatmeal, toasted 27 1 slice 0.420 19030 Bread, oatmeal<	18170	Cookies, fig bars	16	1 cookie	0.480
Based, cracked-wheat251 slice0.47608049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup0.47205186Turkey, all classes, light meat, cooked, roasted843 oz0.47008078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.46806018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel0.46405090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck0.45718075Bread, whole-wheat, commercially prepared281 slice0.44708210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup0.43319164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43218039Bread, oatmeal, toasted251 slice0.42019013Snacks, fruit leather, pieces28.351 oz0.42018060Bread, rye321 slice0.42001032Cheese, parmesan, grated51 tbsp0.419	08288		30	3/4 cup	0.480
08049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup0.47205186Turkey, all classes, light meat, cooked, roasted843 oz0.47008078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.46806018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel0.45718075Bread, whole-wheat, commercially prepared281 neck0.45708210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup0.43218040Bread, oatmeal, toasted251 slice0.42918039Bread, oatmeal, toasted271 slice0.42019013Snacks, fruit leather, pieces28.351 oz0.42018060Bread, rye321 slice0.42019032Cheese, parmesan, grated51 bipp0.419	20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.477
05186Turkey, all classes, light meat, cooked, roasted843 oz0.47008078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.46806018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel0.46405090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck0.45718075Bread, whole-wheat, commercially prepared281 slice0.43219164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43218039Bread, oatmeal, toasted271 slice0.42019013Snacks, fruit leather, pieces28.351 oz0.42018060Bread, rye321 slice0.42001032Cheese, parmesan, grated51 tbsp0.419	18025	Bread, cracked-wheat	25	1 slice	0.476
08078Cereals ready-to-eat, GENERAL MILLS, TRIX301 cup0.46806018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel0.46405090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck0.45718075Bread, whole-wheat, commercially prepared281 slice0.44708210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup0.43319164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43218039Bread, oatmeal, toasted251 slice0.42619013Snacks, fruit leather, pieces28.351 oz0.42018060Bread, rye321 slice0.42001032Cheese, parmesan, grated51 tbsp0.419	08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.472
06018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup0.46618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel0.46405090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck0.45718075Bread, whole-wheat, commercially prepared281 slice0.44708210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup0.43319164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.42918039Bread, oatmeal, toasted251 slice0.42019013Snacks, fruit leather, pieces28.351 oz0.42018060Bread, rye321 slice0.42001032Cheese, parmesan, grated51 tbsp0.419	05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.470
18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel0.46405090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck0.45718075Bread, whole-wheat, commercially prepared281 slice0.44708210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup0.43319164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43218040Bread, oatmeal, toasted251 slice0.42018039Bread, oatmeal271 slice0.42019013Snacks, fruit leather, pieces28.351 oz0.42018060Bread, rye321 slice0.4201032Cheese, parmesan, grated51 tbsp0.419	08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.468
onion, poppy, sesame)oniononionoppy, sesame)oniononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononiononio	06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.466
18075Bread, whole-wheat, commercially prepared281 slice0.44708210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup0.43319164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43218040Bread, oatmeal, toasted251 slice0.42918039Bread, oatmeal2771 slice0.42019013Snacks, fruit leather, pieces28.351 oz0.42018060Bread, rye321 slice0.42001032Cheese, parmesan, grated51 tbsp0.410	18001		89	4" bagel	0.464
08210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup0.43319164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43218040Bread, oatmeal, toasted251 slice0.42918039Bread, oatmeal271 slice0.42619013Snacks, fruit leather, pieces28.351 oz0.42018060Bread, rye321 slice0.42001032Cheese, parmesan, grated51 tbsp0.419	05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.457
LIFE19164Candies, SPECIAL DARK Chocolate Bar8.41 miniature0.43218040Bread, oatmeal, toasted251 slice0.42918039Bread, oatmeal271 slice0.42619013Snacks, fruit leather, pieces28.351 oz0.42018060Bread, rye321 slice0.42001032Cheese, parmesan, grated51 tbsp0.419	18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.447
18040 Bread, oatmeal, toasted 25 1 slice 0.429 18039 Bread, oatmeal 27 1 slice 0.426 19013 Snacks, fruit leather, pieces 28.35 1 oz 0.420 18060 Bread, rye 32 1 slice 0.420 01032 Cheese, parmesan, grated 5 1 tbsp 0.419	08210		32	3/4 cup	0.433
18039 Bread, oatmeal 27 1 slice 0.426 19013 Snacks, fruit leather, pieces 28.35 1 oz 0.420 18060 Bread, rye 32 1 slice 0.420 01032 Cheese, parmesan, grated 5 1 tbsp 0.419		Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.432
19013 Snacks, fruit leather, pieces 28.35 1 oz 0.420 18060 Bread, rye 32 1 slice 0.420 01032 Cheese, parmesan, grated 5 1 tbsp 0.419	18040	Bread, oatmeal, toasted	25	1 slice	0.429
18060 Bread, rye 32 1 slice 0.420 01032 Cheese, parmesan, grated 5 1 tbsp 0.419	18039	Bread, oatmeal	27	1 slice	0.426
01032 Cheese, parmesan, grated 5 1 tbsp 0.419	19013	Snacks, fruit leather, pieces	28.35	1 oz	0.420
	18060	Bread, rye	32	1 slice	0.420
20022Cornmeal, degermed, enriched, yellow1381 cup0.413	01032	Cheese, parmesan, grated	5	1 tbsp	0.419
	20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.413

		Weight (g)	Common Measure	Measure
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	0.401
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	238	1 serving	0.400
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.396
19097	Sherbet, orange	74	1/2 cup	0.392
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.387
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.381
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.377
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.376
18003	Bagels, egg	89	4" bagel	0.374
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.373
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.370
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.370
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.368
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.366
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.364
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.363
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.358
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.350
18061	Bread, rye, toasted	24	1 slice	0.346
18232	Crackers, wheat, regular	8	4 crackers	0.344
20080	Wheat flour, whole-grain	120	1 cup	0.340
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.335
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.334
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.329
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.323
02007	Spices, celery seed	2	1 tsp	0.319
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.316
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.315
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.313
19014	Snacks, fruit leather, rolls	21	1 large	0.311
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.309
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.302
18044	Bread, pumpernickel	32	1 slice	0.298
18003	Bagels, egg	71	3-1/2" bagel	0.298
20005	Barley, pearled, raw	200	1 cup	0.298
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.297
18045	Bread, pumpernickel, toasted	29	1 slice	0.297
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.290
09176	Mangos, raw	207	1 mango	0.290
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.288
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.288
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.288
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.285
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.278
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.276
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.270

NDB_	_No	Description	Weight (g)	Common Measure	Content per Measure
18069		Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.270
18212		Cookies, vanilla wafers, lower fat	4	1 cookie	0.262
11657		Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.260
11956		Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.260
16038		Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.258
18259		English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.249
18057		Bread, reduced-calorie, white	23	1 slice	0.248
19165		Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.247
20012		Bulgur, dry	140	1 cup	0.242
16006		Beans, baked, canned, plain or vegetarian	254	1 cup	0.241
13350		Beef, cured, dried	28.35	1 oz	0.238
01058		Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.235
18065		Bread, wheat, toasted	23	1 slice	0.234
09176		Mangos, raw	165	1 cup	0.231
16043		Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.227
19103		Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.224
09226		Papayas, raw	304	1 papaya	0.219
18258		English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.218
14175		Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.218
06075		Soup, beef broth or bouillon, powder, dry	6	1 packet	0.217
15148		Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.215
06559		Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.215
15167		Mollusks, oyster, eastern, wild, raw	84	6 medium	0.213
08001		Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.201
14315		Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.200
09292		Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.198
18036		Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.198
18035		Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.198
01054		Cream, whipped, cream topping, pressurized	3	1 tbsp	0.193
20083		Wheat flour, white, bread, enriched	137	1 cup	0.192
20121		Spaghetti, cooked, enriched, without added salt	140	1 cup	0.183
20100		Macaroni, cooked, enriched	140	1 cup	0.183
18363		Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.180
18374		Leavening agents, yeast, baker's, compressed	17	1 cake	0.178
08060		Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.178
11546		Tomato products, canned, paste, without salt added	262	1 cup	0.176
18070		Bread, white, commercially prepared, toasted	22	1 slice	0.175
11299		Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.175
15141		Crustaceans, crab, blue, canned	135	1 cup	0.174
08143		Cereals, WHEATENA, cooked with water	243	1 cup	0.173
08010		Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.173
18375		Leavening agents, yeast, baker's, active dry	4	1 tsp	0.172
09284		Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.170
15160		Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.168
08011		Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.163

NDB_	No Description	Weight (g)	Common Measure	Content per Measure
18033	Bread, italian	20	1 slice	0.162
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	0.162
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.161
18064	Bread, wheat	25	1 slice	0.161
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.159
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	0.159
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.157
18220	Crackers, melba toast, plain	20	4 pieces	0.156
18005	Bagels, cinnamon-raisin	89	4" bagel	0.156
19074	Candies, caramels	10.1	1 piece	0.156
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.155
18053	Bread, reduced-calorie, rye	23	1 slice	0.155
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.154
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.154
20028	Couscous, dry	173	1 cup	0.154
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.151
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.150
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.150
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.150
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.147
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.147
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.146
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	0.145
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.144
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.139
19071	Candies, carob, unsweetened	28.35	1 oz	0.137
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.136
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.135
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.135
09340	Pears, asian, raw	275	1 pear	0.135
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.131
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.130
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.130
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.127
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.124
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.124
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.124
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	0.122
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.122
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size and little bites	55	1 cup	0.121
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	0.121
18055	Bread, reduced-calorie, wheat	23	1 slice	0.120

NDB	_No	Description	Weight (g)	Common Measure	Content per Measure
08058		Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.120
09250		Peaches, frozen, sliced, sweetened	250	1 cup	0.120
09191		Nectarines, raw	136	1 nectarine	0.120
15221		Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.117
08019		Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	0.117
14017		Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.116
01014		Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.115
15067		Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.114
09236		Peaches, raw	170	1 cup	0.114
16034		Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	0.113
01118		Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.111
02015		Spices, curry powder	2	1 tsp	0.111
15034		Fish, haddock, cooked, dry heat	150	1 fillet	0.111
08093		Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.111
16064		Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.110
15140		Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.110
20081		Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.109
01094		Milk, buttermilk, dried	6.5	1 tbsp	0.108
09246		Peaches, dried, sulfured, uncooked	39	3 halves	0.108
08064		Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.108
20082		Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.108
08084		Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.107
09326		Watermelon, raw	286	1 wedge	0.106
15017		Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.105
20125		Spaghetti, whole-wheat, cooked	140	1 cup	0.105
11196		Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.102
15157		Mollusks, clam, mixed species, raw	85	3 oz	0.102
11269		Mushrooms, shiitake, cooked, without salt	145	1 cup	0.102
09226		Papayas, raw	140	1 cup	0.101
20084		Wheat flour, white, cake, enriched	137	1 cup	0.100
15138		Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.099
09403		Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.095
08077		Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.094
19051		Snacks, rice cakes, brown rice, plain	9	1 cake	0.093
08065		Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.092
19036		Snacks, popcorn, cakes	10	1 cake	0.092
15152		Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.092
09241		Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.092
08105		Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.091
11424		Pumpkin, canned, without salt	245	1 cup	0.091
08089		Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.090
20006		Barley, pearled, cooked	157	1 cup	0.089
09206		Orange juice, raw	248	1 cup	0.089
09279		Plums, raw	66	1 plum	0.088
19034		Snacks, popcorn, air-popped	8	1 cup	0.088
18029		Bread, french or vienna (includes sourdough)	25	1/2" slice	0.087

00027 Apricots, canned, heavy syrup pack, with Skin, solids and liquids 288 1 cup 09189 Fruit, mixed, (peach and cherry-sweet and raspherry 250 1 cup 02009 Spices, chill powder 2.6 1 tsp 02009 Spices, chill powder 2.6 1 tsp 02019 Spices, chill powder 2.6 1 tsp 02021 Spices, chill powder 2.6 1 tsp 02019 Wilk rice, crozen concentrate, unsweetened, undiluted 2.13 6-floc can 16015 Beans, black, mature seeds, cocked, doiry heat 60 1 fillet 03022 Raspberries, raw 123 1 cup 11547 Tornato products, canned, puree, without salt added 250 1 cup 10022 Dessert topring, pressurized 4 1 tbsp 10032 Compass common, blackweps, crowder, southern), mature 85 3 oz 10302 Corals ready-ro-aci, EdN-FRAL MILLS, Wheat CHEX 30 1 cup 11513 Tornatose, red, reag, roads, dividu tsalt 145 1 cup 11521 Okr, foze	IDB_No	Description	Weight (g)	Common Measure	Content per Measure
and grape and boyenberry, frozen, sweetened 2.6 1 spn 20099 Wild rice, cooked 164 1 cup 20091 Wild rice, cooked 123 6-force can 00151 Beans, black, mainer seeds, cooked, bolled, without salt 172 1 cup 15067 Fish, policik, walleye, cooked, bolled, without salt 60 1 fillet 03032 Raspberries, raw 123 1 cup 11647 Tomato products, canned, puree, without salt added 4 1 bsp 01072 Dessert topping, pressurized 4 1 cup 01082 Corwpeas, controm (blackwys, crowder, southern), mature 3 cz 01082 Rerels ready-to-set, GENERAL, MILLS, Wheat CHEX 30 3 cz 01282 Raisins, seedless 145 1 cup 11533 Tomatos, read, GNERAL, MILLS, Wheat CHEX 30 1 cup 11634 Mailed drink mix, natural, with added nutrients, powder 21 4-5 heaping tsp 01281 Okrin, frozen, coaked, bolled, drinked, without salt 177 1 cup 11333 Bears, binker, mature seeds, coake	027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.085
20089Wild rice, cooked1641 cup00214Orange juice, frozen concentrate, unsweetened, undiluted2136-f-oz can18015Beans, black, mature seeds, cooked, boiled, without salt1721 cup18016Beans, black, mature seeds, cooked, boiled, without salt1231 cup00302Raspberries, raw1231 cup11547Tonato products, canned, puree, without salt added2501 cup1072Dessert topping, pressurized41 bsp1083Cowpeas, common (blackeyse, crowder, southern), mature1721 cup11512Fish, cod, Pacific, cooked, dry heat853 oz108028Cereals ready-to-eat, GENERAL MLLS, Wheat CHEX301 cup11533Tomatoes, red, ripe, canned, stewed2551 cup11534Tomatoes, red, ripe, canned, stewed2661 cup11535Tomatoes, red, ripe, canned, without salt1661 cup11630Beans, kinder, red, matura, with added nutiments, powder2511 cup11631Beans, kinder, red, mature, seeds, cooked, boiled, without salt1771 cup108030Beans, kinder, red, mature seeds, cooked, boiled, without salt1451 cup11631Beans, white, mature seeds, cooked, boiled, without salt1771 cup108031Beans, kinder, red, mature seeds, cooked, boiled, without salt1451 cup11631Beans, white, mature seeds, cooked, boiled, without salt1661 cup11642I bacberries, raw144 <td>9189</td> <td></td> <td>250</td> <td>1 cup</td> <td>0.085</td>	9189		250	1 cup	0.085
09214Orange juice, frozen concentrate, unsweetened, undituted2136-bo can16015Beans, black, mature seeds, cooked, boiled, without salt1721 cup15087Fish, pollock, walleye, cooked, dy heat601 fuilet08020Raspberries, raw1231 cup11547Tornato products, canned, puree, without salt added2501 cup01072Dessent topping, pressurized41 tbsp1683Cowpeas, common (blackeyes, crowder, southern), mature1721 cup16843Cowpeas, connon (blackeyes, crowder, southern), mature853 cz08022Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX301 cup11231Dikri, cod, Pacific, cooked, dy heat851 cup11241Okra, frozen, cooked, boiled, drained, without salt1841 cup11230Baras, kaned, heavy syrup pack, solids and liquids2661 cup11331Careals, CREAM OF WHEAT, regular (10 minute), cooked with ure, without salt1211 cup11430Careals, CREAM OF WHEAT, regular (10 minute), cooked with ure, without salt1241 cup11633Beans, kinle, mature seeds, caoned2621 cup11644I cup1441 cup11631Beans, white, mature seeds, caoned2621 cup11645Beans, white, mature seeds, caoned, saw2441 cup11644Careals ready-to-eat, GENERAL MILLS, TOTAL Corn Flake3 cup11645Dessent topping, semi solid, frozen3 cup1 cup <td>2009</td> <td>Spices, chili powder</td> <td>2.6</td> <td>1 tsp</td> <td>0.083</td>	2009	Spices, chili powder	2.6	1 tsp	0.083
16015Bears, black, mature seeds, cooked, boiled, without salt1721 cup15067Fish, pollock, walleye, cooked, dry heat601 fillet03002Raspberries, raw1231 cup11547Tomato products, canned, puree, without salt added2501 cup01072Dessent topping, pressurized41 thsp16063Cowpeas, cormon (blackeyes, crowder, southern), mature1721 cup15192Fish, cod, Pacific, cooked, dry heat853 oz00922Ceresis ready-read, cooked, bried, drained, without salt1451 cup11533Tomatoes, red, ripe, canned, stewed2551 cup11211Okra, frozen, cooked, boiled, drained, without salt1841 cup11231Okra, frozen, cooked, boiled, drained, without salt1841 cup02377Pearls, canned, heavy syrup pack, solids and liquids2661 cup02378Rears, kinder, ed., mature seeds, cooked with2511 cup03030Blueberries, raw1451 cup03030Blueberries, raw1451 cup03040Chearlis, canned, heavy syrup pack, solids and liquids2661 cup03030Blueberries, raw1441 cup11549Tomato products, canned, sauce2451 cup03040Blackberries, raw1441 cup11549Tomato products, canned, water pack, solids and liquids2441 cup03040Cereals ready-to-ead, EENERAL MILLS, TOTAL Corn Flakes30 oz1 cup<	089	Wild rice, cooked	164	1 cup	0.082
15067Fish, pollock, wallaye, cooked, dry heat601 fillet08302Raspberries, raw1231 cup11547Tomato products, canned, puree, without salt added2501 cup10720Dessent toping, pressurized41 thsp10863Cowpeas. common (blackwegs, crowder, southern), mature seeds, cooked, boiled, without salt853 oz15192Fish, cod, Pacific, cocked, dry heat853 oz10803Cereals ready-to-est, GENERAL MILLS, Wheat CHEX301 cup11231Okra, frozen, cocked, boiled, drained, without salt1841 cup11231Okra, frozen, cocked, boiled, drained, without salt1841 cup11333Tomatoes, red, ripe, canned, stewed2661 cup02557Pears, canned, heavy syrup pack, solids and liquids2661 cup08103Cereals, CREAM OF WHEAT, regular (10 minute), cooked with wer, without salt1771 cup10033Beans, kidney, red, mature seeds, conhed, boiled, without salt1771 cup10044Blackberries, raw1451 cup10514Beans, withe, mature seeds, canned2621 cup09042Blackberries, raw981 peach10534Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09044Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09045Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09054Cereals ready-to-eat, GENERAL MILLS, TO	9214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.081
93302Raspberries, raw1231 cup11547Tomato products, canned, puree, without salt added2501 cup01072Dessent topping, pressurized41 cup1683Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup15120Fish, cod, Pacific, cooked, dy heat853 oz08082Cereais ready-to-eat, GENERAL MILLS, Wheat CHEX301 cup08123Caradis, cooked, boiled, drained, without salt1841 cup11334Tomatose, red, ripe, canned, stewed2551 cup114309Malted dinkin mix, natural, with added nutrients, powdar214-5 heaping tsp08257Pears, canned, heavy syrup pack, solids and liquids2661 cup08316Strawberries, raw1661 cup08330Beans, klidney, red, mature seeds, cooked, boiled, without salt1771 cup18034Beans, klidney, red, mature seeds, cooked, boiled, without salt1771 cup18035Beans, klidney, red, mature seeds, conked, boiled, without salt1721 cup18036Beans, klidney, red, mature seeds, canned2621 cup18045Beans, klidney, red, mature seeds, canned241 cup18046Cereais, canned, water pack, solids and liquids241 cup18047Tomato products, canned, water pack, solids and liquids1601 cup18048Cereais, raw301 cup18049Cereais ready-to-eat, GENERAL MILLS, TOTAL Com Flakes	6015		172	1 cup	0.081
11647Toniato products, canned, puree, without salt added2501 cup01072Dessert topping, pressurized41 bsp16063Cowpeas, common (blackeyes, crowder, souther), mature seeds, cooked, bolied, without salt1721 cup15182Fish, cod, Pacific, cooked, dry heat853 oz060822Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX301 cup11281Okra, frozen, cooked, bolied, drianed, without salt1451 cup11281Okra, frozen, cooked, bolied, drianed, without salt1641 cup11299Malted drink mix, natural, with added nutrients, powder214 5 heaping tsp09257Pears, canned, heavy syrup pack, solids and liquids2661 cup09316Strawberries, raw1661 cup09316Brank, naturel seeds, cooked, bolied, without salt1771 cup18033Beans, kidney, red, mature seeds, cooked, bolied, without salt1771 cup18034Beans, withe, mature seeds, cooked, bolied, without salt1771 cup18051Beans, withe, mature seeds, conned2621 cup190524Blackberries, raw1451 cup190545Peaches, raw2441 cup190546Cherries, sour, red, canned, water pack, solids and liquids2441 cup190547Dates, dejet noor1781 cup190548Cereals ready-to-eat, GENERAL MILLS, TOTAL Com Flakes301-1/3 cup190740Dates, dejet noor1661 cup <td< td=""><td>5067</td><td>Fish, pollock, walleye, cooked, dry heat</td><td>60</td><td>1 fillet</td><td>0.080</td></td<>	5067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.080
01072Dessert topping, pressurized41 thsp16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cocked, bolled, without saft1721 cup15192Fish, cod, Pacific, cocked, dry heat853 oz08082Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX301 cup09298Raisins, seedless1451 cup11531Tomatoes, red, ripe, canned, stewed2551 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup14309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp09257Pears, canned, heavy syrup pack, solids and liquids2661 cup08163Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt1771 cup16031Beans, kidrey, red, mature seeds, cooked, boiled, without salt1771 cup16033Beans, kidrey, red, mature seeds, coaked, boiled, without salt1771 cup16034Beans, kidrey, red, mature seeds, coaked, solids and liquids2441 cup16035Beans, kidrey, red, mature seeds, coaked, solids and liquids2441 cup16044Cherries, sour, red, canned, sauce2451 cup16054Cherries, sour, red, canned, water pack, solids and liquids2441 cup16067Dessert topping, semi solid, frozen41 bsp16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup16073Dessert topping, semi solid, frozen<	302	Raspberries, raw	123	1 cup	0.079
18063Cowpeas, common (blackeys, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup15192Fish, cod, Pacific, cooked, dy heat853 oz08082Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX301 cup02288Raisins, seedless1451 cup11533Tomatoes, red, ripe, canned, stewed2551 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup14309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp029376Pears, canned, heavy syrup pack, solids and liquids2661 cup03013Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt1771 cup03030Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup03040Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup03050Blueberries, raw1441 cup11549Tomato products, canned, sauce2451 cup03040Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cheries, canned)2441 cup03050Blueberries, raw441 cup03064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cheries, canned)2441 cup03050Dessert topping, semi solid, frozen41 cup03064Creates, dedy-to-eat, GENERAL MILLS, TOTAL Com Filaks3 oz03070Deates, delle-	547	Tomato products, canned, puree, without salt added	250	1 cup	0.078
seeds, cooked, boiled, without salt853 oz15192Fish, cod, Pacific, cooked, dry heat853 oz08082Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX1 cup09298Raisins, seedless1451 cup11533Tomatoes, red, ripe, canned, stewed2551 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup11399Malted drink mix, natural, with added nutrients, powder214 5 heaping tsp09257Pears, canned, heavy syrup pack, solids and liquids2661 cup09316Strawberries, raw1661 cup08133Cereals, CREAM OF WHEAT, regular (10 minute), cooked with vater, without salt1771 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup09050Blueberries, raw1441 cup11549Tomato products, canned, sauce2461 cup09044Cherries, sour, red, canned, water pack, solids and liquids (reludes USDA commodity red tart cherries, canned)2441 cup09057Dessent topping, semi solid, frozen41 cup09058Cereals ready-to-eat, GENERAL MILLS, TOTAL Com Flakes30 cup09057Dates, deglet noor1781 cup11603Bease, huite, enriched606-1/2' pita11604Strawberries, canned1621 cup09050Dates, deglet noor1781 cup116072Lima beans, large, mature seeds, cooked, boiled, drained, without salt<	072	Dessert topping, pressurized	4	1 tbsp	0.077
08082Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX301 cup09288Raisins, seedless1451 cup09288Raisins, seedless1641 cup11533Tomatoes, red, ripe, canned, stewed2551 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup09257Pears, canned, heavy syrup pack, solids and liquids2661 cup09316Strawberries, raw1661 cup08103Cereals, CREAM OF WHEAT, regular (10 minute), cooked with2511 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16051Beans, kidney, red, mature seeds, canned2621 cup09042Blackberries, raw1441 cup1554Tomato products, canned, sauce2441 cup09054Cherries, sour, red, canned, water pack, solids and liquids2441 cup09054Cherries, sour, red, canned, water pack, solids and liquids2441 cup09057Dessent topping, semi solid, frozen301 cup09057Dates, deglet noor1781 cup18041Fread, pita, white, enriched606-1/2' pita18042Freish, haddock, cooked, toy heat1606-1/2' pita18043Fish, haddock, cooked, dry heat1601 cup18044Bread, pita, white, enriched606-1/2' pita18045Freish, haddock, cooked, dry heat1601 cup18044Bread, pita, white,		seeds, cooked, boiled, without salt			0.076
09298Raisins, seedless1451 cup11533Tomatoes, red, ripe, canned, stewed2551 cup11211Okra, frozen, cooked, boiled, drained, without salt1841 cup14309Malled drink mix, natural, with added nutrients, powder214-5 heaping tsp09257Pears, canned, heavy syrup pack, solids and liquids2661 cup09316Strawberries, raw1661 cup08103Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt1771 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16051Beans, white, mature seeds, canned2621 cup09050Blueberries, raw1441 cup1654Tomato products, canned, sauce2441 cup09053Peaches, raw981 peach09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09236Peaches, raw981 peach01073Dessert topping, semi solid, frozen41 tusp08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup08047Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita18041Bread, pita, white, enriched853 oz18041Bread, pita, white, enriched853 oz19034Fish, haddock, cooked		Fish, cod, Pacific, cooked, dry heat		3 oz	0.076
11533Tomatoes, red, ripe, canned, stewed2551 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup14309Malted drink mix, natural, with added nutrients, powder214.5 heaping tsp09257Pears, canned, heavy syrup pack, solids and liquids2661 cup09316Strawberries, raw1661 cup08103Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt1771 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup09050Blueberries, raw1441 cup09051Blueberries, raw1441 cup11549Tomato products, canned, sauce2451 cup09054Cherries, sour, red, canned, water pack, solids and liquids (Includes USDA commodity red tart cherries, canned)2441 cup09054Cherries, sour, red, canned, water pack, solids and liquids (Includes USDA commodity red tart cherries, canned)301-1/3 cup09054Cherries, sour, red, canned, water pack, solids and liquids (Includes USDA commodity red tart cherries, canned)1781 cup09057Dates, deglet noor1781 cup1102109058Eveals ready-to-eat, GENERAL MILLS, TOTAL Corr Flaces301-1/3 cup11007Lina beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita18053Pears, adible-podded, frozen, cooked, boiled, drained, without salt1	3082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.074
11281Okra, frozen, cooked, boiled, drained, without salt1841 cup14309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp09257Pears, canned, heavy syrup pack, solids and liquids2661 cup09316Strawberries, raw1661 cup08103Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt1 cup1603Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16031Beans, kidney, red, mature seeds, canned2621 cup09050Blueberries, raw1441 cup09042Blackberries, raw1441 cup11549Tomato products, canned, sauce2451 cup09054Cherries, sour, red, canned, water pack, solids and liquids (includes USA commodity red tart cherries, canned)2441 cup09236Peaches, raw981 peach0173Dessert topping, semi solid, frozen41 cup09067Dates, deglet noor1781 cup18041Bread, pita, white, enriched6061/2* pita18032Peas, edible-podded, frozen, cooked, boiled, without salt1861 cup18034Fish, haddock, cooked, drained, without salt1661 cup18034Fish, haddock, cooked, drained, without salt16061/2* pita18034Fish, haddock, cooked, drained, without salt1661 cup18034Fish, haddock, cooked, drained, without salt1561 cup19033 </td <td>9298</td> <td>Raisins, seedless</td> <td>145</td> <td>1 cup</td> <td>0.074</td>	9298	Raisins, seedless	145	1 cup	0.074
14309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp09257Pears, canned, heavy syrup pack, solids and liquids2661 cup03316Strawberries, raw1661 cup08103Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt2511 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup09050Blueberries, raw1451 cup16051Beans, white, mature seeds, canned2621 cup09042Blackberries, raw1441 cup11549Tomato products, canned, sauce2441 cup09054Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09057Dessert topping, semi solid, frozen41 tbsp16072Lima beans, large, mature seeds, cooked, boiled, without salt1781 cup16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup16072Lima beans, large, mature seeds, cooked, boiled, drained, without1606-1/2" pita16034Fish, haddock, cooked, dry heat853 oz11303Peac, albel-podded, frozen, cooked, boiled, drained, without1601 cup19907Orange juice, canned, unsweetened2491 cup19907Orange juice, canned, unsweetened2491 cup19904Figs, dried, uncooked362 figs19904Figs, dried, uncocoked </td <td>533</td> <td>Tomatoes, red, ripe, canned, stewed</td> <td>255</td> <td>1 cup</td> <td>0.074</td>	533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.074
09257Pears, canned, heavy syrup pack, solids and liquids2661 cup09316Strawberries, raw1661 cup08103Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt1771 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup09050Blueberries, raw1451 cup16051Beans, white, mature seeds, canned2621 cup09042Blackberries, raw1441 cup11549Tomato products, canned, sauce2451 cup09054Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09236Peaches, raw981 tusp09377Dates, deglet noor1781 cup116072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup116034Fiead, pita, white, enriched6061/2" pita11033Peac, eible-podded, frozen, cooked, boiled, drained, without salt1601 cup11034Fiesd, pita, white, enriched1601 cup11035Careals ready-to-eat, KELLOGG, SCENN POPS3 cup1 cup11036Peacy-to-eat, KELLOGG, KELLOGG'S CORN POPS1 cup1 cup11034Figs, dried, uncookedKELLOGG'S CORN POPS3 cup1 cup11034Figs, dried, uncookedKELLOGG'S CORN POPS3 cup1 cup11034Pears, asian, raw1221 pear1 cup11034 <td>281</td> <td>Okra, frozen, cooked, boiled, drained, without salt</td> <td>184</td> <td>1 cup</td> <td>0.074</td>	281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.074
9316Strawberries, raw1661 cup08103Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt11 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16051Beans, white, mature seeds, canned2621 cup09042Blackberries, raw1441 cup11549Tomato products, canned, sauce2451 cup09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09236Peaches, raw981 peach01073Dessert topping, semi solid, frozen41 tbsp08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup0987Dates, deglet noor1781 cup11503Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, deible-podded, frozen, cooked, boiled, drained, without1601 cup11091Broccoli, cooked, boiled, drained, without1601 cup11091Broccoli, cooked, boiled, drained, without1601 cup09207Orange juice, canned, unsweetened2491 cup09208Cereais ready-to-eat, KELLOGG'S CORN POPS311 cup09207Orange juice, canned, unsweetened2491 cup09207Orange juice, canned, unsweetened382 figs09340Pears, asian, raw122 <t< td=""><td>1309</td><td>Malted drink mix, natural, with added nutrients, powder</td><td>21</td><td>4-5 heaping tsp</td><td>0.072</td></t<>	1309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.072
08103 08103Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt2511 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup09050Blueberries, raw1451 cup09042Beans, white, mature seeds, canned2621 cup09043Bickberries, raw1441 cup11549Tomato products, canned, sauce2451 cup09054Cheries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09236Peaches, raw981 peach01073Dessert topping, semi solid, frozen41 tbsp08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup0987Dates, deglet noor1781 cup15034Fish, haddock, cooked, dry heat853 oz15034Fish, haddock, cooked, dry heat1606-1/2" pita15034Fish, haddock, cooked, drined, without salt1601 cup15034Fish, haddock, cooked, drined, without salt1601 cup15034Cereals ready-to-eat, KELLOGG'S CORN POPS311 cup09054Figs, dried, uncooked382 figs09045Figs, dried, uncooked382 figs19040Pears, asian, raw1221 pear09041Apricots, raw351 apricot09042Bets, cooked, boiled, drained1701 cup	9257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.072
water, without salt1771 cup16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup90500Blueberries, raw1451 cup16051Beans, white, mature seeds, canned2621 cup90942Blackberries, raw1441 cup11549Tomato products, canned, sauce2451 cup09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09236Peaches, raw981 peach01073Dessert topping, semi solid, frozen41 tbsp08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09087Dates, deglet noor1781 cup16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1661 cup08070Orange juice, canned, unsweetened2491 cup08088Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear090341Apricots, raw351 apricot1081Beets, cooked, boiled, drained1701 cup	9316	Strawberries, raw	166	1 cup	0.071
09050Blueberries, raw1451 cup16051Beans, white, mature seeds, canned2621 cup09042Blackberries, raw1441 cup11549Tomato products, canned, sauce2451 cup09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09236Peaches, raw981 peach01073Dessert topping, semi solid, frozen41 tbsp08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09087Dates, deglet noor1781 cup16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11091Broccoli, cooked, boiled, drained, without1601 cup09207Orange juice, canned, unswetened2491 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot1081Beets, cooked, boiled, drained1701 cup	3103		251	1 cup	0.070
16051Beans, white, mature seeds, canned2621 cup09042Blackberries, raw1441 cup11549Tomato products, canned, sauce2451 cup09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09236Peaches, raw981 peach01073Dessert topping, semi solid, frozen41 tbsp08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09087Dates, deglet noor1781 cup16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup09207Orange juice, canned, unsweetened2491 cup09086Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot1081Beets, cooked, boiled, drained1701 cup	6033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.069
DescriptionDescriptionDescription09042Blackberries, raw1441 cup11549Tomato products, canned, sauce2451 cup09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09236Peaches, raw981 peach01073Dessert topping, semi solid, frozen41 tbsp08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09087Dates, deglet noor1781 cup16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without1601 cup09207Orange juice, canned, unsweetened2491 cup09088Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	9050	Blueberries, raw	145	1 cup	0.068
11549Tomato products, canned, sauce2451 cup09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09236Peaches, raw981 peach01073Dessert topping, semi solid, frozen41 tbsp08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09087Dates, deglet noor1781 cup16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without1601 cup09207Orange juice, canned, unsweetened2491 cup09088Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked282 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	6051	Beans, white, mature seeds, canned	262	1 cup	0.068
09064Cherie, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09236Peaches, raw981 peach01073Dessert topping, semi solid, frozen41 tbsp08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09087Dates, deglet noor1781 cup16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11091Broccoli, cooked, boiled, drained, without salt1561 cup09094Figs, dried, uncooked382 figs09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	042	Blackberries, raw	144	1 cup	0.068
Operation(includes USDA commodity red tart cherries, canned)09236Peaches, raw981 peach01073Dessert topping, semi solid, frozen41 tbsp08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09087Dates, deglet noor1781 cup16072Lina beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup10914Brocoli, cooked, boiled, drained, without salt1561 cup09207Orange juice, canned, unsweetened2491 cup090340Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	549	Tomato products, canned, sauce	245	1 cup	0.066
01073Dessert topping, semi solid, frozen41 tbsp08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09087Dates, deglet noor1781 cup16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11091Broccoli, cooked, boiled, drained, without salt1561 cup09207Orange juice, canned, unsweetened2491 cup08068Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup090340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	9064		244	1 cup	0.066
08246Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes301-1/3 cup09087Dates, deglet noor1781 cup16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11091Broccoli, cooked, boiled, drained, without salt1561 cup09207Orange juice, canned, unsweetened2491 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	9236	Peaches, raw	98	1 peach	0.066
09087Dates, deglet noor1781 cup16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11091Broccoli, cooked, boiled, drained, without salt1561 cup09207Orange juice, canned, unsweetened2491 cup08068Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot1081Beets, cooked, boiled, drained1701 cup	073	Dessert topping, semi solid, frozen	4	1 tbsp	0.065
16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11091Broccoli, cooked, boiled, drained, without salt1561 cup09207Orange juice, canned, unsweetened2491 cup08068Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot1081Beets, cooked, boiled, drained1701 cup	3246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.064
18041Bread, pita, white, enriched606-1/2" pita15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11091Broccoli, cooked, boiled, drained, without salt1561 cup09207Orange juice, canned, unsweetened2491 cup08068Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot1081Beets, cooked, boiled, drained1701 cup	087	Dates, deglet noor	178	1 cup	0.064
15034Fish, haddock, cooked, dry heat853 oz11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11091Broccoli, cooked, boiled, drained, without salt1561 cup09207Orange juice, canned, unsweetened2491 cup08068Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	6072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.064
11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11091Broccoli, cooked, boiled, drained, without salt1561 cup09207Orange juice, canned, unsweetened2491 cup08068Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	3041	Bread, pita, white, enriched	60	6-1/2" pita	0.063
salt11091Broccoli, cooked, boiled, drained, without salt1561 cup09207Orange juice, canned, unsweetened2491 cup08068Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	5034	Fish, haddock, cooked, dry heat	85	3 oz	0.063
09207Orange juice, canned, unsweetened2491 cup08068Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	303		160	1 cup	0.062
08068Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS311 cup09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.062
09094Figs, dried, uncooked382 figs09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	207	Orange juice, canned, unsweetened	249	1 cup	0.062
09340Pears, asian, raw1221 pear09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	8068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.062
09021Apricots, raw351 apricot11081Beets, cooked, boiled, drained1701 cup	0094	Figs, dried, uncooked	38	2 figs	0.060
11081Beets, cooked, boiled, drained1701 cup	9340	Pears, asian, raw	122	1 pear	0.060
	021	Apricots, raw	35	1 apricot	0.060
11099 Brussels sprouts, cooked, boiled, drained, without salt 156 1 cup	081	Beets, cooked, boiled, drained	170	1 cup	0.060
	099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.059
09277 Plantains, raw 179 1 medium	9277	Plantains, raw	179	1 medium	0.057
11283 Onions, cooked, boiled, drained, without salt 210 1 cup	283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.057
20013 Bulgur, cooked 182 1 cup	013	Bulgur, cooked	182	1 cup	0.056
09326 Watermelon, raw 152 1 cup	326	Watermelon, raw	152	1 cup	0.056

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.056
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.056
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.055
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.055
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.054
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.054
09294	Prune juice, canned	256	1 cup	0.054
14181	Chocolate syrup	18.75	1 tbsp	0.054
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal p	0.054
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.053
11954	Tomatillos, raw	34	1 medium	0.053
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.050
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.050
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.049
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.048
09040	Bananas, raw	150	1 cup	0.048
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.047
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.047
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.046
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.046
11084	Beets, canned, drained solids	170	1 cup	0.046
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.046
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.046
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.045
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.045
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.045
09223	Tangerine juice, canned, sweetened	249	1 cup	0.045
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.045
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.044
09252	Pears, raw	166	1 pear	0.043
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.043
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.043
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.041
09055	Blueberries, frozen, sweetened	230	1 cup	0.041
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.041
09200	Oranges, raw, all commercial varieties	180	1 cup	0.041
19116	Candies, marshmallows	50	1 cup	0.040
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.040
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.040
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.039
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.039
01186	Cheese, cream, fat free	15.6	1 tbsp	0.039
11143	Celery, raw	120	1 cup	0.038
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.038
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.038
11136 18651 11234 01186 11143 11313	water Cauliflower, cooked, boiled, drained, without salt NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes Kale, cooked, boiled, drained, without salt Cheese, cream, fat free Celery, raw Peas, green, frozen, cooked, boiled, drained, without salt	124 16 130 15.6 120 160	1 cup 1 cookie 1 cup 1 tbsp 1 cup 1 cup	

NDB_N	o Description	Weight (g)	Common Measure	Content per Measure
09040	Bananas, raw	118	1 banana	0.038
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.038
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.037
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.037
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.036
18217	Crackers, matzo, plain	28.35	1 matzo	0.036
09148	Kiwifruit, green, raw	76	1 medium	0.036
02028	Spices, paprika	2.1	1 tsp	0.036
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.035
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.035
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.035
20029	Couscous, cooked	157	1 cup	0.035
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.034
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.034
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.034
11961	Hearts of palm, canned	33	1 piece	0.034
11578	Vegetable juice cocktail, canned	242	1 cup	0.034
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.034
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.033
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.033
09060	Carambola, (starfruit), raw	108	1 cup	0.032
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.032
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.032
09404	Grapefruit juice, pink, raw	247	1 cup	0.032
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.032
09128	Grapefruit juice, white, raw	247	1 cup	0.032
09070	Cherries, sweet, raw	68	10 cherries	0.032
11945	Pickle relish, sweet	15	1 tbsp	0.031
09206	Orange juice, raw	86	juice from 1 orange	0.031
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.031
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.031
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.030
09200	Oranges, raw, all commercial varieties	131	1 orange	0.030
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.030
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.030
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.030
11297	Parsley, fresh	10	10 sprigs	0.030
18041	Bread, pita, white, enriched	28	4" pita	0.029
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.029
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.029
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.028
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.028
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.028
09060	Carambola, (starfruit), raw	91	1 fruit	0.027
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.027

NDB_	_No Description	Weight (g)	Common Measure	Content per Measure
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.027
09153	Lemon juice, canned or bottled	244	1 cup	0.027
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.027
06094	Soup, onion, dry, mix	39	1 packet	0.026
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.026
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.026
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.025
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.025
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.025
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.025
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.025
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.024
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without sal	t 119	1 cup	0.024
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.024
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.023
09278	Plantains, cooked	154	1 cup	0.023
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.023
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.022
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.022
11540	Tomato juice, canned, with salt added	243	1 cup	0.022
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.022
11282	Onions, raw	160	1 cup	0.021
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.021
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.020
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.020
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.020
09266	Pineapple, raw, all varieties	155	1 cup	0.020
18086	Cake, angelfood, commercially prepared	28	1 piece	0.020
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.020
01069	Cream substitute, powdered	2	1 tsp	0.019
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.018
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.018
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt		1 cup	0.018
11641 09020	Squash, summer, all varieties, raw Applesauce, canned, sweetened, without salt (includes USDA	113 255	1 cup 1 cup	0.018 0.018
11823	commodity) Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.018
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.018
11081	Beets, cooked, boiled, drained	50	1 beet	0.018
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.017
11135	Cauliflower, raw	100	1 cup	0.017
18226	Crackers, rye, wafers, plain	11	1 wafer	0.017
11655	Carrot juice, canned	236	1 cup	0.017
16055	Carob flour	8	1 tbsp	0.016
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.016
02030	Spices, pepper, black	2.1	1 tsp	0.016
11124	Carrots, raw	110	1 cup	0.015

NDB_N	o Description	Weight (g)	Common Measure	Content per Measure
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.015
11015	Asparagus, canned, drained solids	72	4 spears	0.015
11205	Cucumber, with peel, raw	301	1 large	0.015
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.015
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.015
09087	Dates, deglet noor	41.5	5 dates	0.015
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.015
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.015
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.015
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.015
11282	Onions, raw	110	1 whole	0.014
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.014
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.013
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.013
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.013
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.013
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.013
11143	Celery, raw	40	1 stalk	0.013
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.013
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.012
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.012
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.012
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.012
11333	Peppers, sweet, green, raw	149	1 cup	0.012
11109	Cabbage, raw	70	1 cup	0.012
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.012
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.012
06150	Sauce, barbecue	15.75	1 tbsp	0.012
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.011
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.011
11144 09132	Celery, cooked, boiled, drained, without salt Grapes, red or green (European type, such as Thompson seedless), raw	37.5 160	1 stalk 1 cup	0.011 0.011
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.011
11819	Peppers, hot chili, red, raw	45	1 pepper	0.011
02027	Spices, oregano, dried	1.5	1 tsp	0.011
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.011
11124	Carrots, raw	72	1 carrot	0.010
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.010
02029	Spices, parsley, dried	1.3	1 tbsp	0.010
11445	Seaweed, kelp, raw	10	2 tbsp	0.010
11955	Tomatoes, sun-dried	2	1 piece	0.010
11090	Broccoli, raw	88	1 cup	0.010
09003	Apples, raw, with skin	138	1 apple	0.010
11333	Peppers, sweet, green, raw	119	1 pepper	0.010
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.009

NDB_N	o Description	Weight (g)	Common Measure	Content per Measure
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.009
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.009
11112	Cabbage, red, raw	70	1 cup	0.008
02045	Dill weed, fresh	1	5 sprigs	0.008
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.008
11264	Mushrooms, canned, drained solids	156	1 cup	0.008
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.008
09316	Strawberries, raw	18	1 strawberry	0.008
19297	Jams and preserves	20	1 tbsp	0.008
20068	Tapioca, pearl, dry	152	1 cup	0.008
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.008
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.007
09298	Raisins, seedless	14	1 packet	0.007
11935	Catsup	15	1 tbsp	0.007
11251	Lettuce, cos or romaine, raw	56	1 cup	0.007
02055	Horseradish, prepared	5	1 tsp	0.007
11084	Beets, canned, drained solids	24	1 beet	0.006
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.006
09150	Lemons, raw, without peel	58	1 lemon	0.006
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.006
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.006
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.006
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.006
11226	Jerusalem-artichokes, raw	150	1 cup	0.006
02010	Spices, cinnamon, ground	2.3	1 tsp	0.006
11206	Cucumber, peeled, raw	280	1 large	0.006
09004	Apples, raw, without skin	110	1 cup	0.006
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.005
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.005
11205	Cucumber, with peel, raw	104	1 cup	0.005
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.005
09316	Strawberries, raw	12	1 strawberry	0.005
09184	Melons, honeydew, raw	170	1 cup	0.005
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.005
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.005
11670	Peppers, hot chili, green, raw	45	1 pepper	0.005
11114	Cabbage, savoy, raw	70	1 cup	0.005
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.005
09181	Melons, cantaloupe, raw	160	1 cup	0.005
09184	Melons, honeydew, raw	160	1/8 melon	0.005
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.005
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.005
11821	Peppers, sweet, red, raw	149	1 cup	0.004
02026	Spices, onion powder	2.1	1 tsp	0.004
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.004
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.004

NDB_	_No	Description	Weight (g)	Common Measure	Content per Measure
06164		Sauce, salsa, ready-to-serve	16	1 tbsp	0.004
14010		Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.004
11821		Peppers, sweet, red, raw	119	1 pepper	0.004
09132		Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.004
11090		Broccoli, raw	31	1 spear	0.003
09161		Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.003
11253		Lettuce, green leaf, raw	56	1 cup	0.003
11252		Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.003
02020		Spices, garlic powder	2.8	1 tsp	0.003
11284		Onions, dehydrated flakes	5	1 tbsp	0.003
11367		Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.003
11247		Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.003
11363		Potatoes, baked, flesh, without salt	156	1 potato	0.003
09160		Lime juice, raw	38	juice of 1 lime	0.003
11457		Spinach, raw	30	1 cup	0.003
11156		Chives, raw	3	1 tbsp	0.003
11935		Catsup	6	1 packet	0.003
09152		Lemon juice, raw	47	juice of 1 lemon	0.003
19294		Fruit butters, apple	17	1 tbsp	0.003
11365		Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.003
11367		Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.003
11740		Broccoli, flower clusters, raw	11	1 floweret	0.003
11943		Pimento, canned	12	1 tbsp	0.002
11206		Cucumber, peeled, raw	119	1 cup	0.002
11135		Cauliflower, raw	13	1 floweret	0.002
19353		Syrups, maple	20	1 tbsp	0.002
09181		Melons, cantaloupe, raw	69	1/8 melon	0.002
11213		Endive, raw	50	1 cup	0.002
11282		Onions, raw	14	1 slice	0.002
14545		Tea, herb, chamomile, brewed	178	6 fl oz	0.002
14355		Tea, black, brewed, prepared with tap water	178	6 fl oz	0.002
14381		Tea, herb, other than chamomile, brewed	178	6 fl oz	0.002
09153		Lemon juice, canned or bottled	15.2	1 tbsp	0.002
11508		Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.001
06168		Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.001
11590		Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.001
11677		Shallots, raw	10	1 tbsp	0.001
11937		Pickles, cucumber, dill or kosher dill	65	1 pickle	0.001
20027		Cornstarch	8.064	1 tbsp	0.001
11251		Lettuce, cos or romaine, raw	10	1 leaf	0.001
11364		Potatoes, baked, skin, without salt	58	1 skin	0.001
11457		Spinach, raw	10	1 leaf	0.001
16123		Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.001
11333		Peppers, sweet, green, raw	10	1 ring	0.001
11429		Radishes, raw	4.5	1 radish	0.001
11960		Carrots, baby, raw	10	1 medium	0.001
11253		Lettuce, green leaf, raw	10	1 leaf	0.001

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.001
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.000
02050	Vanilla extract	4.2	1 tsp	0.000
11215	Garlic, raw	3	1 clove	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
19300	Jellies	19	1 tbsp	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
19107	Candies, hard	3	1 small piece	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
19296	Honey	21	1 tbsp	0.000
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.000
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
19107	Candies, hard	6	1 piece	0.000
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.000
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
01124	Egg, white, raw, fresh	33.4	1 large	0.000
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.000
14429	Water, tap, municipal	237	8 fl oz	0.000
02047	Salt, table	6	1 tsp	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
11260	Mushrooms, white, raw	70	1 cup	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000