	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	1.4
14003	Alcoholic beverage, beer, regular	355	12 fl oz	2.1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.1
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.2
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	1.0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.5
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.5
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.2
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.2
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.2
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.2
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.4
09003	Apples, raw, with skin	138	1 apple	0.0
09004	Apples, raw, without skin	110	1 cup	0.0
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.8
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.7
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.5
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.3
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.2
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.8
09021	Apricots, raw	35	1 apricot	0.0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.3
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.2
11015	Asparagus, canned, drained solids	72	4 spears	1.2
11012	Asparagus, cooked, boiled, drained	60	4 spears	3.7
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	2.3
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	7.0
09038	Avocados, raw, California	28.35	1 oz	0.1
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	22.0
18005	Bagels, cinnamon-raisin	89	4" bagel	27.6
18003	Bagels, egg	89	4" bagel	27.2
18003	Bagels, egg	71	3-1/2" bagel	21.7
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	28.5
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	22.7
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	2.2
19078	Baking chocolate, unsweetened, squares	28.35	1 square	2.3
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.7
09040	Bananas, raw	150	1 cup	1.5
)9040	Bananas, raw	118	1 banana	1.2
20006	Barley, pearled, cooked	157	1 cup	13.5
20005	Barley, pearled, raw	200	1 cup	75.4
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	12.7

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16008	Beans, baked, canned, with franks	259	1 cup	16.8
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	11.9
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	11.9
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	2.1
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	7.3
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	3.1
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	2.1
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	5.3
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	10.6
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.5
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.3
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.5
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.5
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.5
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.5
16051	Beans, white, mature seeds, canned	262	1 cup	4.2
22905	Beef stew, canned entree	232	1 cup	1.6
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	20.6
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	22.7
13348	Beef, cured, corned beef, canned	85.05	3 oz	36.5
13350	Beef, cured, dried	28.35	1 oz	8.2
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	18.2
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	18.3
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	18.4
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	18.7
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	19.4
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	28.5
23605	Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	33.0
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	24.4
23598 13930	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades,	85 85	3 oz 3 oz	28.3 24.8
23610	cooked, broiled Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades,	85	3 oz	29.2
13327	cooked, broiled Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	27.9
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	1.3
11087	Beets, canned, drained solids	170	1 cup	0.9
11084	Beets, canned, drained solids	24	1 beet	0.9
11084	Beets, cooked, boiled, drained	50	1 beet	0.1
11081	Beets, cooked, boiled, drained	170	1 cup	0.3
18016		101	1 cup 4" biscuit	1.2
	Biscuits, plain or buttermilk, prepared from recipe Biscuits, plain or buttermilk, prepared from recipe	60	$4^{-}$ biscuit 2-1/2" biscuit	
18016				11.7
18015	Biscuits, plain or butternille, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	4.8 3.7
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09042	Blackberries, raw	144	1 cup	0.6
09055	Blueberries, frozen, sweetened	230	1 cup	0.5
09050	Blueberries, raw	145	1 cup	0.1
07008	Bologna, beef and pork	56.7	2 slices	13.9
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	32.9
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	7.1
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	29.6
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	49.8
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	7.3
18023	Bread, cornbread, dry mix, prepared	60	1 piece	5.9
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	6.6
18025	Bread, cracked-wheat	25	1 slice	6.3
18027	Bread, egg	40	1/2" slice	12.0
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	7.9
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	29.8
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	16.7
18033	Bread, italian	20	1 slice	5.4
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	7.7
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	7.7
18039	Bread, oatmeal	27	1 slice	6.6
18040	Bread, oatmeal, toasted	25	1 slice	6.7
18041	Bread, pita, white, enriched	60	6-1/2" pita	16.3
18041	Bread, pita, white, enriched	28	4" pita	7.6
18044	Bread, pumpernickel	32	1 slice	7.8
18045	Bread, pumpernickel, toasted	29	1 slice	7.8
18047	Bread, raisin, enriched	26	1 slice	5.2
18048	Bread, raisin, toasted, enriched	24	1 slice	5.2
18053	Bread, reduced-calorie, rye	23	1 slice	6.4
18055	Bread, reduced calorie, spe	23	1 slice	7.0
18057	Bread, reduced calorie, white	23	1 slice	5.0
18060	Bread, rye	32	1 slice	9.9
18061	Bread, rye, toasted	24	1 slice	8.2
18064	Bread, wheat (includes wheat berry)	25	1 slice	7.7
18065	Bread, wheat (includes wheat berry) Bread, wheat, toasted (includes wheat berry)	23	1 slice	7.7
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	7.7
18069	Bread, white, commercially prepared (includes soft bread crumbs) Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	4.3
18070	Bread, white, commercially prepared, toasted	23	1 slice	6.8
	Bread, while, commercially prepared	22	1 slice	
18075 18076			1 slice	10.2
	Bread, whole-wheat, commercially prepared, toasted	25		10.3
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	34.2
21023	Breakfast items, french toast with butter	135	2 slices	20.9
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.6
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2.5
11740	Broccoli, flower clusters, raw	11	1 floweret	0.3
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	1.3
11090	Broccoli, raw	88	1 cup	2.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	2.3
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.9
20011	Buckwheat flour, whole-groat	120	1 cup	6.8
20010	Buckwheat groats, roasted, cooked	168	1 cup	3.7
20013	Bulgur, cooked	182	1 cup	1.1
20012	Bulgur, dry	140	1 cup	3.2
01001	Butter, salted	14.2	1 tbsp	0.1
01145	Butter, without salt	14.2	1 tbsp	0.1
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.7
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.5
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.9
11109	Cabbage, raw	70	1 cup	0.6
11112	Cabbage, red, raw	70	1 cup	0.4
11114	Cabbage, savoy, raw	70	1 cup	0.6
18086	Cake, angelfood, commercially prepared	28	1 piece	2.0
18088	Cake, angelfood, dry mix, prepared	50	1 piece	7.7
18090	Cake, boston cream pie, commercially prepared	92	1 piece	3.8
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	2.1
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	11.3
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.9
18116	Cake, gingerbread, prepared from recipe	74	1 piece	12.1
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	10.8
18120	Cake, pound, commercially prepared, butter	28	1 piece	2.5
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	1.5
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	11.1
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.4
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.3
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	2.4
18133	Cake, sponge, commercially prepared	30	1 shortcake	2.7
18134	Cake, sponge, prepared from recipe	63	1 piece	11.7
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	12.0
18139	Cake, white, prepared from recipe without frosting	74	1 piece	9.6
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	2.2
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.5
19074	Candies, caramels	10.1	1 piece	0.2
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.2
19071	Candies, carob	28.35	l oz	1.5
19087	Candies, confectioner's coating, white	170	1 cup	8.0
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.4
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.6
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.3
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.3
19105	Candies, gundrops, starch jelly pieces	74	10 worms	0.6
19106	Candies, gundrops, starch jelly pieces	4.2	1 medium	0.0
19106	Candies, gundrops, starch jelly pieces	22	10 bears	0.0
19100	Candies, hard	6	1 piece	0.2
., 107	Currentes, rint u	v	1 small piece	0.0

19109Candies, KAT KAT Wafer Bar42Ibar (1.5 oz)19141Candies, MAK MARS, "MAKM" MIR Chochite Candies710 picces19135Candies, MAK MARS, MAKS' MIR Chochite Candies2010 picces19135Candies, MAK MARS, MARS MIL KY WAY Bar611 bar (2.15 ox)19135Candies, MAK MARS, SINCERS Bar71 birs izz bar19136Candies, MAK MARS, SINCERS Bar51 picce19136Candies, MAK MARS, SINCERS Bar51 picce19146Candies, MaK MARS, SINCERS Bar601 cap19170Candies, mit chocolate441 bar (1.5 oz)19172Candies, mit chocolate could parus4010 picces19172Candies, mit chocolate could parus401 bar (1.5 oz)19173Candies, mit chocolate could parus401 bar (1.5 oz)19174Candies, Mit Chocolate could parus491 bar (1.5 oz)19175Candies, Mit Chocolate Could parus491 bar (1.5 oz)19180Candies, Mit Chocolate Bar491 bar (1.5 oz)19190Candies, Mit Chocolate Bar811 pickage (contains 2)19141Candies, Strick LD NAR Chocolate Bar841 pickage (contains 2)19180Candies, Strick LD NAR Chocolate Bar811 farit19180Candies, Strick LD NAR Chocolate Bar3151 farit19180Candonata berenge, cola, contain cardienie3701 farit19180Candonata berenge, cola, contain cardienie3681 farit </th <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th><b>Common Measure</b></th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
19141Candies, M&M MARS, "M&M's 'Milk Chocolar Candies710 pieces19142Candies, M&M MARS, MARS MILK Y MAY Bar6110 pieces19153Candies, M&M MARS, MARS MILK Y MAY Bar1816 m size bar19154Candies, M&M MARS, MARS MILK Y MAY Bar1816 m size bar19155Candies, M&M MARS, NICKERS Bar571 bar (2 a 7)19156Candies, M&M MARS, SNICKERS Bar501 cap191160Candies, milk chocolate costed peanuls4010 pieces191217Candies, milk chocolate costed peanuls4010 pieces191226Candies, milk chocolate costed peanuls4110 pieces191327Candies, milk chocolate costed peanuls4010 pieces191328Candies, milk chocolate costed peanuls4010 pieces191439Candies, milk chocolate costed peanuls411 bar (1.45 cor)191440Candies, REISENS Param Better Cups451 cap191450Candies, REISENS Param Better Cups461 cap191461Candies, SPECLA DARK Chocolate Bar401 cap191470Candies, SPECLA DARK Chocolate Bar3612 fl a ca191480Candies, SPECLA DARK Chocolate Bar3612 fl ac191490Candies, SPECLA DARK Chocolate Bar3612 fl ac191404Candies, SPECLA DARK Chocolate Bar3612 fl ac191405Candies, SPECLA DARK Chocolate Bar3612 fl ac191416Candonate beverage, spener sod3712 fl ac<	19108	Candies, jellybeans	28.35	10 large	0.3
19140Candies, M&M MARS, "M&MS" Peanut Chocolate Candies.201019135Candies, M&M MARS, MARS MILKY WAY Par611 brd (2 loc)19156Candies, M&M ARS, SMARS MILKY WAY Par571 brd (2 oc)19156Candies, M&M MARS, STARUENT Fruit Chews51 pice19156Candies, maken MARS, STARUENT Fruit Chews501 can19126Candies, maike chocolate coated naisins441 brd (-35 oc)19128Candies, milk chocolate coated naisins1010 pices19139Candies, Milk Chocolate coated naisins101 brd (-35 oc)19130Candies, Milk Chocolate Cated naisins101 brd (-35 oc)19131Candies, NIRC GOOBAR Chocolate Bar491 fan size bar19132Candies, NIRC GOODBAR Chocolate Bar491 fan size bar19130Candies, NISTLE JUTTERINGER Bar71 fan size bar19150Candies, SEPCIAL DARK Chocolate Bar841 ministure19141Candonais, semixeer chocolate35512 fl oc19150Candies, SEPCIAL DARK Chocolate Bar371 fan size bar19150Candonaid beverage, club soda3512 fl oz19141Carbonated beverage, igner alo3512 fl oz19152Carbonated beverage, igner alo3512 fl oz19154Carbonated beverage, igner alo361 fl oz19154Carbonated beverage, igner alo361 fl oz19155Carbonated beverage, igner alo361 fl oz	19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.1
99135Candies, M&M MARS, MARS MILKY WAY Bar61i bar (2.15 or)19135Candies, M&M MARS, NARS MILKY WAY Bar181 fur size bar19136Candies, M&M MARS, SNICKR BB51 bar (2.00)19136Candies, M&M MARS, SNICKR BAR51 cap19136Candies, mile chocolare501 cap19136Candies, mile chocolare coated peanuts4010 pieces19132Candies, mile chocolare coated peanuts1010 pieces19132Candies, mile chocolare coated peanuts401 bar (1.75 or)19133Candies, mile chocolare, with almonds471 fur (1.55 or)19143Candies, MR: GOODBAR Chocolate Bar491 bar (1.75 or)19144Candies, SRESE Paral Butter Cups71 fur is trave bar19164Candies, SRESE Paral Butter Cups841 piezkage (contains 2)19164Candies, SRESE Paral Butter Cups1681 cap19164Candies, SRESE Paral Butter Cups1681 cap19164Candies, SRESE Paral Butter Cups1681 cap19164Candies, SRESE Paral Butter Cups1681 cap19164Candonated beverage, cults online calferine352 fl oz19164Candonated beverage, cults online calferine352 fl oz19164Carbonated beverage, cults online calferine352 fl oz19145Carbonated beverage, cults online calferine361 cap19146Carbonated beverage, corotage calferine361 cap </td <td>19141</td> <td>Candies, M&amp;M MARS, "M&amp;M's" Milk Chocolate Candies</td> <td>7</td> <td>10 pieces</td> <td>0.2</td>	19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.2
90135Candies, M&M MARS, MARS, MILKY WAY Bar181 fun size bar19155Candies, M&M MARS, SYNCKRS Bar571 bar (200)19166Candies, Mak MARS, SYNCKRS Bar501 cap19116Candies, mashmallows501 cap19120Candies, milk chocolate441 bar (1.55 or)19120Candies, milk chocolate coated panuts1010 picces19121Candies, milk chocolate coated panuts1010 picces19122Candies, milk chocolate coated panuts101 bar (1.75 or)19132Candies, Mik Chocolate Bar71 fun size bar19143Candies, StRESETP, Bant Botter Caps451 cap19154Candies, sentexet chocolate Bar8.41 miniature19155Candies, sentexet chocolate Bar8.41 miniature19164Candies, sentexet chocolate Bar8.41 miniature19156Candies, sentexet chocolate Bar8.41 miniature19164Candies, sentexet chocolate Bar8.41 miniature19165Candies, sentexet chocolate Bar8.41 cap19174Candoniat, Garfarith, raw101 cap19184Camboniato feverage, cup contains cafficine351 cap14125Carbonated beverage, ging rafa351 cap14142Carbonated beverage, cong contains cafficine361 cap14143Carbonated beverage, cong contains cafficine361 cap14144Carbonated beverage, cong contains cafficine <td>19140</td> <td>Candies, M&amp;M MARS, "M&amp;M's" Peanut Chocolate Candies</td> <td>20</td> <td>10 pieces</td> <td>0.8</td>	19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.8
19155Candies, M&M MARS, STICKERS Bar57I her (2 av)19106Candies, MakM MARS, STARURST Fruit Chews5I que19116Candies, milk chocolate6I que19120Candies, milk chocolate could panuls4I ber (2 s or)19121Candies, milk chocolate could panuls10I preces19122Candies, milk chocolate could panuls4I ber (1 s or)19132Candies, Milk chocolate, with almonds4I main (2 s or)19134Candies, MEXELS DEP Ream7I fan size bar19145Candies, NESTLE, DARK Chocolate Bar6I main (2 s or)19154Candies, NESTLE, DARK Chocolate Bar168I main (2 s or)19154Candies, NESTLE, DARK Chocolate Bar168I main (2 s or)19164Candies, NESTLE, DARK Chocolate Bar84I main (2 s or)19165Candies, NESTLE, DARK Chocolate Bar168I and (2 s or)19164Candies, SPECLLA, DARK Chocolate Bar84I main (2 s or)19165Candonald beverage, club sodia35I a or19164Carbonated beverage, club sodia36I a or14140Carbonated beverage, club sodia35I a or14141Carbonated beverage, orne, club sodia37I a or14141Carbonated beverage, orne, club sodia36I a or14141Carbonated beverage, orne, club sodia16I a or14141Carbonated beverage, orne, club sodia16I a or14141	19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	3.4
19156Candies, MakMARS, STARBURST Fruit Chews51 piece19116Candies, mitk-hocolate501 cup.19126Candies, mitk-hocolate441 kar (1.55 or)19127Candies, mitk-hocolate1010 pieces19128Candies, mitk-hocolate101 kar (1.45 or)19129Candies, mitk-hocolate411 kar (1.45 or)19130Candies, MK. GOODBAR Chocolate Bar411 kar (1.57 or)19140Candies, SETLE, BUTTERTNGER Bar71 mix bar19150Candies, Sentisveet chocolate1841 cup.19141Candies, Sentisveet chocolate1841 miniatre19150Candies, Sentisveet chocolate841 miniatre19160Candies, Sentisveet chocolate1841 cup.19171Candies, Sentisveet chocolate352 fl or19180Candies, Sentisveet chocolate352 fl or19191Candies, Sentisveet chocolate352 fl or19192Candonade beerage, cup.352 fl or19193Carbonated beerage, ginger ala362 fl or19141Carbonated beerage, ginger ala372 fl or19142Carbonated beerage, cup.372 fl or19143Carbonated beerage, proper-type, with apartame, contains cafferine372 fl or19144Carbonated beerage, proper-type, with apartame, contains cafferine372 fl or19155Carbonated beerage, proper-type, contains cafferine361	19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.0
19116Candies, mit chocolate50I cap19120Candies, mit chocolate conted peants44109 (155 oz)19121Candies, mit chocolate conted peants1010 pieces19122Candies, mit chocolate conted raisins1010 pieces19132Candies, Mit chocolate, with almonds41104 (1.45 oz)19133Candies, Mit chocolate, out almonds41104 (1.45 oz)19144Candies, MESDER DBAR Chocolate Bar910 fard (1.57 oz)19150Candies, SEESES Peant Butter Cups4510 apd (1.57 oz)19140Candies, SEESES Peant Butter Cups8.41 miniatre19150Candies, SEECAL DARK Chocolate Bar8.41 miniatre19060Carambola, (stafriui), raw911 farti10060Carambola, (stafriui), raw3512 fl oz14140Carbonated beverage, club soda3682 fl oz14140Carbonated beverage, grape soda322 fl oz14141Carbonated beverage, grape soda352 fl oz14142Carbonated beverage, low calorie, cola or pepper-type, with sopartame, contains cafferine352 fl oz14143Carbonated beverage, low calorie, cola or pepper-type, with sopartame, contains cafferine362 fl oz14144Carbonated beverage, componenties cafferine372 fl oz14145Carbonated beverage, componenties cafferine372 fl oz14145Carbonated beverage, contains cafferine371 gl oz14146 <t< td=""><td>19155</td><td>Candies, M&amp;M MARS, SNICKERS Bar</td><td>57</td><td>1 bar (2 oz)</td><td>4.4</td></t<>	19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	4.4
19120Candies, milk chocolate cander pennus441 har (1.55 ox)19127Candies, milk chocolate cander pennus1010 picces19127Candies, milk chocolate cander prism101 bar (1.45 oz)19128Candies, Milk chocolate, with almonds411 bar (1.45 oz)19149Candies, MR, GOODBAR, Chocolate Bar91 funi size bar19060Candies, SEESES Pennul Butter Clups451 gackage (contains 2)19080Candies, SEESES Pennul Butter Clups841 cup19144Candies, SEESES Pennul Butter Clups1681 cup19145Candies, SEESE Pennul Butter Clups1681 cup19164Candies, SEESE Pennul Butter Clups1081 cup19164Candies, SEESE Pennul Butter Clups1081 cup19164Candies, SEESE Pennul Butter Clups1081 cup19164Candies, Senze, clups odd351 doz19164Carbonated beverage, clup coding cafferine362 fl oz14125Carbonated beverage, gange sola352 fl oz14145Carbonated beverage, low calorie, club arpeper-type, withon352 fl oz14155Carbonated beverage, low calorie, club arpeper-type, withon351 doz14156Carbonated beverage, low calorie, club arpeper-type, withon351 doz14157Carbonated beverage, low calorie, club arpeper-type, withon351 doz14158Carbonated beverage, low calorie, club arpeter361 cup14159Ca	19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.0
19126Candies, milk chocolate coated raisins1010 pieces19127Candies, milk chocolate coated raisins1010 pieces19132Candies, Milk chocolate arisins141 bar (1.45 oz)19132Candies, MISCODBAR (chocolate Bar491 bar (1.75 oz)19069Candies, NISTLE, BUTTERFINGER Bar71 fun size bar19150Candies, SEESES Peanuf Buter Cups451 pockage (contains 2)19164Candies, SPECIAL DARK Chocolate Bar1681 cup19145Candies, sensivere chocolate84.41 miniature09060Carambola, (starfruit), raw911 furit00060Carambola, (starfruit), raw1081 cup14141Carbonated beverage, cub soda35512 fl oz14142Carbonated beverage, cub soda37212 fl oz14143Carbonated beverage, grape soda37212 fl oz14144Carbonated beverage, grape soda35512 fl oz14145Carbonated beverage, flow calorie, orber per yper, with out35512 fl oz14145Carbonated beverage, low calorie, orber per yper, without37012 fl oz14145Carbonated beverage, ron per yper, without37012 fl oz14145Carbonated beverage, ron per yper, without37012 fl oz14145Carbonated beverage, ron taler calorie, orber37012 fl oz14145Carbonated beverage, ron taler calorie, orber37012 fl oz14145Carbonated beverage, ron taler <td< td=""><td>19116</td><td>Candies, marshmallows</td><td>50</td><td>1 cup</td><td>0.9</td></td<>	19116	Candies, marshmallows	50	1 cup	0.9
19127Candies, milk chocolate coated raisins1010 pieces19132Candies, milk chocolate, with almonds411 ptr (1.45 oz)19143Candies, MR, GDOBDAR Chocolate Bar491 bar (1.75 oz)19150Candies, NESTLE, BUTTERFINCER Bar71 fun size bar19150Candies, SNESTLE, BUTTERFINCER Bar71 fun size bar19150Candies, SNESTLE, BUTTERFINCER Bar681 cup19160Candies, SPECIAL DARK Chocolate Bar841 miniture19060Carambola, (starfruit), raw911 furit19070Carambola, (starfruit), raw1081 2 n oz14140Carbonated beverage, cubla soda352 n oz14141Carbonated beverage, cubla soda361 2 n oz14142Carbonated beverage, grape soda352 n oz14143Carbonated beverage, grape soda352 n oz14144Carbonated beverage, lemon-line soda352 n oz14145Carbonated beverage, lemon-line soda352 n oz14145Carbonated beverage, low calorie, other than cola or pepper, withou352 n oz14145Carbonated beverage, low calorie, other than cola or pepper361 n oz14145Carbonated beverage, norage361 n oz14145Carbonated beverage, ronate361 n oz14145Carbonated beverage, ronate361 n oz14145Carbonated beverage, ronate361 n oz14145Carbonated beverage, rona	19120	Candies, milk chocolate	44	1 bar (1.55 oz)	2.0
19132Candies, milk chocolate, with almonds411In (1.45 oz)19143Candies, MR. GOODBAR Chocolate Bar49116m size bar19069Candies, RESTEE, BUTTERFINGER Bar7116m size bar19100Candies, RESTES Peamt Butter Caps451package (contains 2)19080Candies, SPECIAL DARK Chocolate Bar841nimistare19144Candies, SPECIAL DARK Chocolate Bar84116m t09060Carambola, (stafruit), raw108116m t14121Carhonated beverage, club soda35512 fl oz14142Carhonated beverage, contains caffeine36612 fl oz14143Carhonated beverage, grape soda36812 fl oz14144Carbonated beverage, loon a clorie, cola or pepper-type, with a spartame, contains caffeine35512 fl oz14143Carbonated beverage, loon clorie, cola or pepper-type, with a spartame, contains caffeine35512 fl oz14143Carbonated beverage, loon clorie, cola or pepper-type, with a spartame, contains caffeine35512 fl oz14145Carbonated beverage, loon clorie, cola or pepper-type, with a spartame, contains caffeine35512 fl oz14145Carbonated beverage, ontoper37212 fl oz14145Carbonated beverage, ontoper37212 fl oz14145Carbonated beverage, ontoper37212 fl oz14145Carbonated beverage, ontoper37212 fl oz14145Carbonated beverag	19126	Candies, milk chocolate coated peanuts	40	10 pieces	2.2
19143Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)19069Candies, RNSTLE, BUTTERINGER Bar71 fun size bar19150Candies, RNSTLE, BUTTERINGER Bar71 package (contains 2)19164Candies, SESPECIAL DARK Chocolate Bar1681 cup19164Candies, SPECIAL DARK Chocolate Bar8.41 minitature09060Carambola, (starfruit), raw911 fruit00060Carambola, (starfruit), raw911 cup01121Carbonated beverage, cub soda3552 fl oz14400Carbonated beverage, cub, soda3662 fl oz14142Carbonated beverage, grape soda3662 fl oz14145Carbonated beverage, lemo-nime soda3552 fl oz14145Carbonated beverage, lemo-nime soda3552 fl oz14146Carbonated beverage, low calorie, olor pepper-type, without apartame, contains caffeine3552 fl oz14145Carbonated beverage, low calorie, olor pepper-type, without caffeine3552 fl oz14145Carbonated beverage, norage3702 fl oz14145Carbonated beverage, norage3702 fl oz14145Carbonated beverage, norage3702 fl oz14145Carbonated beverage, norage3702 fl oz14155Carbonated beverage, orange3702 fl oz14165Carbonated beverage, norage1661 cup11155Carout juece, canned1641 cup11165Carout	19127	Candies, milk chocolate coated raisins	10	10 pieces	0.2
1909cCandies, NESTLE, BUTTERFINGER Bar7I fun size bar19150Candies, RELSES' Peant Butter Cups45I package (contains 2)19080Candies, sensweet chocolate68I eup19080Candies, SPECIAL DAKK Chocolate Bar8.4I miniature09060Carambola, (starfnit), raw91I fruit09060Carambola, (starfnit), raw108I cup14121Carbonated beverage, club soda35512 fl oz14130Carbonated beverage, cola, contains caffeine36612 fl oz14142Carbonated beverage, ginger ale36612 fl oz14143Carbonated beverage, low caloric, cola or pepper-type, with apartame, contains caffeine35512 fl oz14145Carbonated beverage, low caloric, cola or pepper-type, with apartame, contains caffeine35512 fl oz14145Carbonated beverage, low caloric, cola or pepper-type, with apartame, contains caffeine35212 fl oz14150Carbonated beverage, pepper-type, contains caffeine36012 fl oz14151Carbonated beverage, pepper-type, contains caffeine36112 fl oz14152Carbonated beverage, pepper-type, contains caffeine36212 fl oz14153Carbonated beverage, pepper-type, contains caffeine36212 fl oz14155Carbonated beverage, pepper-type, contains caffeine36212 fl oz14154Carbonated beverage, norabe14012 fl oz14155Carbonated beverage, norabe16012 fl oz	19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	1.6
19150Candies, seriisweet chocolate451 package (contains 2)19080Candies, seriisweet chocolate1681 cup19164Candies, SPECIAL DARK Chocolate Bar8.41 miniature190900Carambola, (starfruit), raw1081 cup191411Carbonated beverage, club soda35512 fl oz141210Carbonated beverage, club soda37012 fl oz141310Carbonated beverage, grape soda36612 fl oz14142Carbonated beverage, grape soda35512 fl oz141430Carbonated beverage, grape soda35512 fl oz14144Carbonated beverage, low caloric, cola or pepper-type, with arfferine35512 fl oz14143Carbonated beverage, low caloric, cola or pepper-type, without erfferine37212 fl oz14143Carbonated beverage, norage37212 fl oz14143Carbonated beverage, norage37212 fl oz14143Carbonated beverage, romage37212 fl oz14143Carbonated beverage, norage37212 fl oz14154Carbonated beverage, norage37212 fl oz14155Carob flour81 cup1155Carob, sold, drained, without salt1641 cup11655Carob, sold, drained, without salt1641 cup1175Carob, raw101 cup1185Carob, raw101 cup1195Catspace, cooked, boiled, drained, without salt1641 cup	19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.0
19080Candies, semisweet chocolate1681 cup19164Candies, SPECIAL DARK Chocolate Bar8.41 miniature09060Carambola, (starfruit), raw911 fruit09060Carambola, (starfruit), raw1081 cup11211Carbonated beverage, cola, contains caffeine37012 fl oz14400Carbonated beverage, cola, contains caffeine37212 fl oz14136Carbonated beverage, ginger ale36612 fl oz14142Carbonated beverage, gene soda37212 fl oz14143Carbonated beverage, lemo-nime soda36812 fl oz14144Carbonated beverage, low caloric, other than cola or pepper, withou35512 fl oz14143Carbonated beverage, now caloric, other than cola or pepper, without35512 fl oz14143Carbonated beverage, now caloric, other than cola or pepper, without35512 fl oz14145Carbonated beverage, ronge37212 fl oz14150Carbonated beverage, ronge37212 fl oz14153Carbonated beverage, ronge37012 fl oz16055Caroft juice, canned23612 fl oz11055Caroft juice, canned1601 cup11124Carofts, cooked, boiled, drained, without salt1661 cup11125Caroft, cooked, boiled, drained, without salt1661 cup11124Carofts, raw721 caroft11124Carofts, raw61 packet11135Catulflower, ro	19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.3
1914Candies, SPECIAL DARK Chocolate Bar8.4Ininiature09060Carambola, (starfuit), raw911 fruit09060Carambola, (starfuit), raw1081 cup14121Carbonated beverage, club soda35512 fl oz14130Carbonated beverage, contains caffeine36612 fl oz14142Carbonated beverage, ginger ale36612 fl oz14143Carbonated beverage, grape soda37212 fl oz14144Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine35512 fl oz14145Carbonated beverage, low calorie, other than cola or pepper, without aspartame, contains caffeine35512 fl oz14146Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14145Carbonated beverage, pepper-type, contains caffeine36812 fl oz14146Carbonated beverage, pepper-type, contains caffeine36812 fl oz14157Carbonated beverage, pepper-type, contains caffeine36812 fl oz14158Carbonated beverage, proper-type, contains caffeine36812 fl oz1155Carot juice, canned21 fl oz21 fl oz11655Carot juice, canned, thindu salt146cup11726Carots, conked, boiled, drained, without salt1661 cup1185Carots, raw721 carot1184Carots, raw721 carot11950Catsup1611 packet11951	19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.6
09060Caranbola, (starfurit), raw911 furit09060Caranbola, (starfurit), raw1081 cup14121Carbonated beverage, cub soda3552 fl oz14400Carbonated beverage, cub, contains caffeine3702 fl oz14136Carbonated beverage, gingr ale3662 fl oz14142Carbonated beverage, gingr ale36812 fl oz14143Carbonated beverage, lemon-lime soda36812 fl oz14144Carbonated beverage, low caloric, cola or pepper-type, with agnartame, contains caffeine35512 fl oz14143Carbonated beverage, low caloric, other than cola or pepper, without caffeine35512 fl oz14144Carbonated beverage, orange37212 fl oz14150Carbonated beverage, orange37012 fl oz14151Carbonated beverage, orange37012 fl oz14152Carbonated beverage, root beer37012 fl oz14153Carbonated beverage, root beer37012 fl oz14154Carots, baby, raw1601 cup11155Carots, coked, boiled, drained, without salt1661 cup11154Carots, coked, boiled, drained, without salt1461 cup11154Catup11 cup11154Catufower, coked, boiled, drained, without salt1641 cup11154Catup11 cup11154Catup1 cup111154Catup1 cup111155Catup<	19080	Candies, semisweet chocolate	168	1 cup	6.9
OppoonCarambola, Starffuir), raw1081 cup14121Carbonated beverage, club soda35512 fl oz14400Carbonated beverage, cola, contains caffeine37012 fl oz14136Carbonated beverage, ginger ale36612 fl oz14142Carbonated beverage, ginger ale36812 fl oz14145Carbonated beverage, lemon-line soda36812 fl oz14146Carbonated beverage, lemon-line soda36812 fl oz14147Carbonated beverage, lew calorie, other than cola or pepper, without aspartame, contains caffeine37212 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14150Carbonated beverage, low calorie, other than cola or pepper, without caffeine36812 fl oz14151Carbonated beverage, conspe37212 fl oz14152Carbonated beverage, peper-type, contains caffeine37012 fl oz14153Carbonated beverage, prost beer37012 fl oz14154Cartos, taby, raw101 medium1155Cartos, baby, raw101 medium1156Cartos, taby, raw1661 cup11124Cartos, taby, raw101 cup11125Cartos, pape, cooked, boiled, drained, without salt1661 cup11124Cartos, raw721 cartos11135Catuflower, cooked, boiled, drained, without salt161 packet11135Catuflower, cooked, boiled, dr	19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.0
14121Carbonated beverage, elub soda355I or14400Carbonated beverage, ginger ale3662 fl oz14134Carbonated beverage, ginger ale3662 fl oz14145Carbonated beverage, grape soda3721 fl oz14145Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine3552 fl oz14146Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine3552 fl oz14147Carbonated beverage, low calorie, other than cola or pepper, without caffeine3552 fl oz14158Carbonated beverage, pepper-type, contains caffeine3681 fl oz14159Carbonated beverage, orange3721 fl oz14150Carbonated beverage, orona pepper-type, contains caffeine3681 fl oz14150Carbonated beverage, root beer3701 fl oz14150Carbonated beverage, root beer3701 fl oz14155Carbonated beverage, root beer3701 fl oz11650Carots, canned, regular pack, drained solids161 cup11720Carots, conced, boiled, drained, without salt1661 cup11810Carots, roaw1001 cup11935Catup61 bas11936Catup51 bas11937Catup53 flowerets11938Catup1 cup11934Catup1 cup11935Catup1 cup11936Catuf dowe	09060	Carambola, (starfruit), raw	91	1 fruit	0.5
14400Carbonated beverage, cola, contains caffeine37012 fl oz14136Carbonated beverage, ginger ale36612 fl oz14142Carbonated beverage, grape soda37212 fl oz14145Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine35512 fl oz14146Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14143Carbonated beverage, orange37212 fl oz14150Carbonated beverage, orange37212 fl oz14153Carbonated beverage, not beer36812 fl oz14154Carbonated beverage, not beer37012 fl oz14155Carbonated beverage, not beer37012 fl oz14155Carots flour81 tbsp16055Carots haby, raw101 cup11126Carrots, cooked, boiled, drained, without salt1561 cup11121Carrots, cooked, boiled, drained, without salt1461 cup11124Carots, raw721 carrot11135Catulf Over, cooked, boiled, drained, without salt161 cup11136Caulif Over, cooked, boiled, drained, without salt161 cup11136Caulif Over, cooked, boiled, drained, without salt161 cup11136Caulif Over, frozen, cooked, boiled, drained, without salt161 cup1	09060	Carambola, (starfruit), raw	108	1 cup	0.6
14136Carbonated beverage, grape ada36612 fl oz14142Carbonated beverage, grape soda37212 fl oz14145Carbonated beverage, lemon-lime soda36812 fl oz14146Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine35512 fl oz14143Carbonated beverage, low calorie, cola or pepper, without caffeine35512 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14150Carbonated beverage, orange37212 fl oz14153Carbonated beverage, orange37012 fl oz14153Carbonated beverage, pepper-type, contains caffeine36812 fl oz14153Carbonated beverage, root beer37012 fl oz14155Carot juice, canned2361 cup1106Carrots, baby, raw101 medium11125Carrots, cooked, boiled, drained, without salt1461 cup11124Carrots, cance, cooked, boiled, drained, without salt1461 cup11124Carrots, raw721 carrot11125Catsup61 packet11135Catulf ower, cooked, boiled, drained, without salt1461 cup11136Cauliflower, cooked, boiled, drained, without salt1241 cup11135Catulf ower, cooked, boiled, drained, without salt1241 cup11136Cauliflower, cooked, boiled, drained, without salt1241 cup <trr<tr>111</trr<tr>	14121	Carbonated beverage, club soda	355	12 fl oz	0.0
14142Carbonated beverage, grape soda37212 fl oz14145Carbonated beverage, lemon-lime soda36812 fl oz14146Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine35512 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14143Carbonated beverage, orange37212 fl oz14150Carbonated beverage, pepper-type, contains caffeine36812 fl oz14153Carbonated beverage, pepper-type, contains caffeine36812 fl oz14154Carbonated beverage, pepper-type, contains caffeine36812 fl oz14155Carbonated beverage, pepper-type, contains caffeine36812 fl oz14155Carbonated beverage, pepper-type, contains caffeine36812 fl oz14155Carbonated beverage, root beer37012 fl oz14155Carbonated beverage, root beer37012 fl oz11655Carof blour81 cup11655Carof spice, canned1601 cup11128Carrots, canned, regular pack, drained solids1461 cup11124Carots, raw721 carrot11124Carots, raw721 carrot11135Catup61 packet11935Catup51 tbsp11136Cauliflower, cooked, boiled, drained, without salt1241 cup11136Cauliflower, cooked, boiled, drained, without salt131 cup <td>14400</td> <td>Carbonated beverage, cola, contains caffeine</td> <td>370</td> <td>12 fl oz</td> <td>0.4</td>	14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.4
14142Carbonated beverage, grape soda37212 fl oz14145Carbonated beverage, lemon-lime soda36812 fl oz14146Carbonated beverage, low calorie, cola or pepper-type, with asparame, contains caffeine35512 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14143Carbonated beverage, orange37212 fl oz14150Carbonated beverage, pepper-type, contains caffeine36812 fl oz14153Carbonated beverage, pepper-type, contains caffeine36812 fl oz14154Carbonated beverage, pepper-type, contains caffeine36812 fl oz14155Carbonated beverage, pepper-type, contains caffeine36812 fl oz14155Carbonated beverage, pepper-type, contains caffeine36812 fl oz14155Carbonated beverage, root beer37012 fl oz1655Carof Joure81 top11655Carof Joure2361 cup11726Carrots, canned, regular pack, drained solids1461 cup11128Carrots, cooked, boiled, drained, without salt1461 cup11124Carrots, raw721 carrot11124Carrots, raw101 cup11135Catup61 packet1136Catup543 flowerets1136Cauliflower, cooked, boiled, drained, without salt1241 cup1138Cauliflower, frozen, cooked, boiled, drained, without salt13	14136	Carbonated beverage, ginger ale	366	12 fl oz	0.4
14145Carbonated beverage, lemon-line soda36812 fl oz1446Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine35512 fl oz1413Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14143Carbonated beverage, orange37212 fl oz14150Carbonated beverage, pepper-type, contains caffeine36812 fl oz14153Carbonated beverage, pepper-type, contains caffeine36812 fl oz14154Carbonated beverage, pepper-type, contains caffeine36812 fl oz14155Carbonated beverage, pepper-type, contains caffeine36812 fl oz16055Carob flour81 tbsp16055Carob flour81 tbsp11655Carob flour1 cup11655Carot juice, canned1661 cup11126Carrots, conked, boiled, drained solids1461 cup11125Carrots, cooked, boiled, drained, without salt1661 cup11124Carots, raw721 carrot11124Carots, raw101 cup11135Catup61 packet11136Catup151 tbsp11136Catulflower, cooked, boiled, drained, without salt543 flowerets1136Catulflower, cooked, boiled, drained, without salt1241 cup1136Catulflower, cooked, boiled, drained, without salt1241 cup1137Catulflower, raw13	14142		372	12 fl oz	0.0
14416Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine35512 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14150Carbonated beverage, orange37212 fl oz14153Carbonated beverage, orange37212 fl oz14154Carbonated beverage, pepper-type, contains caffeine36812 fl oz14157Carbonated beverage, root beer37012 fl oz16055Carob flour81 thsp16055Carot juice, canned2361 cup11656Carrots, baby, raw101 medium11128Carrots, conked, boiled, drained solids1461 cup11124Carrots, conked, boiled, drained, without salt1561 cup11124Carrots, raw101 cup11125Carrots, raw1101 cup11124Carrots, raw12 fl oz1 cup11125Cartots, raw1101 cup11124Carrots, raw101 cup11125Catsup1101 cup11136Catsup543 flowerets11136Catulfower, cooked, boiled, drained, without salt1241 cup1136Cauliflower, cooked, boiled, drained, without salt1801 cup1136Cauliflower, cooked, boiled, drained, without salt1241 cup1137Cauliflower, cooked, boiled, drained, without salt1801 cup1138Cauli	14145		368	12 fl oz	0.0
eaffeire     14150   Carbonated beverage, orange   372   12 fl oz     14153   Carbonated beverage, pepper-type, contains caffeine   368   12 fl oz     14157   Carbonated beverage, root beer   370   12 fl oz     16055   Carob flour   8   1 tbsp     16056   Carot piuce, canned   236   1 cup     11960   Carots, baby, raw   10   1 medium     11128   Carots, cooked, boiled, drained solids   146   1 cup     11124   Carots, cooked, boiled, drained, without salt   166   1 cup     11124   Carots, raw   72   1 carot     11124   Carots, raw   100   1 cup     11124   Carots, raw   100   1 cup     11124   Catsup   6   1 packet     11135   Catsup   15   1 sup     11136   Cauliflower, cooked, boiled, drained, without salt   24   1 cup     1136   Cauliflower, forzen, cooked, boiled, drained, without salt   180   1 cup     1137	14416	Carbonated beverage, low calorie, cola or pepper-type, with	355	12 fl oz	0.0
14153Carbonated beverage, pepper-type, contains caffeine36812 fl oz14157Carbonated beverage, root beer37012 fl oz16055Carob flour81 tbsp16055Carot juice, canned2361 cup11960Carrots, baby, raw101 medium11128Carrots, canned, regular pack, drained solids1461 cup11125Carrots, cooked, boiled, drained, without salt1561 cup11131Carrots, frozen, cooked, boiled, drained, without salt1461 cup11124Carrots, raw721 carrot11125Catsup61 packet11935Catsup151 tbsp11136Cauliflower, cooked, boiled, drained, without salt1241 cup1138Cauliflower, cooked, boiled, drained, without salt1261 cup1136Cauliflower, cooked, boiled, drained, without salt1261 cup1135Cauliflower, raw1241 cup1135Cauliflower, raw131 floweret1135Cauliflower, raw1001 cup		caffeine			0.0
1111Carbonated beverage, root beer37012 fl oz16055Carob flour81 tbsp1655Carot juice, canned2361 cup11960Carrots, baby, raw101 medium11128Carrots, canned, regular pack, drained solids1461 cup11125Carrots, cooked, boiled, drained, without salt1561 cup11131Carrots, frozen, cooked, boiled, drained, without salt1461 cup11124Carrots, raw721 carrot11125Catrots, raw1101 cup11124Carrots, raw61 packet11935Catsup61 packet11936Cauliflower, cooked, boiled, drained, without salt543 flowerets11136Cauliflower, cooked, boiled, drained, without salt1801 cup11135Cauliflower, raw131 floweret11135Cauliflower, raw1001 cup					0.0
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11655Carrot juice, canned236I cup11960Carrots, baby, raw101 medium11128Carrots, canned, regular pack, drained solids1461 cup11125Carrots, cooked, boiled, drained, without salt1561 cup11131Carrots, frozen, cooked, boiled, drained, without salt1461 cup11124Carrots, raw721 carrot11124Carrots, raw1101 cup1125Catsup61 packet1136Catuiflower, cooked, boiled, drained, without salt543 flowerets1136Cauliflower, cooked, boiled, drained, without salt1241 cup1137Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup1138Cauliflower, raw131 floweret1135Cauliflower, raw1001 cup	14157			12 fl oz	0.4
11960Carrots, baby, raw101 medium11128Carrots, canned, regular pack, drained solids1461 cup11125Carrots, cooked, boiled, drained, without salt1561 cup11131Carrots, frozen, cooked, boiled, drained, without salt1461 cup11124Carrots, raw721 carrot11124Carrots, raw1101 cup11935Catsup61 packet11936Catsup151 tbsp11136Cauliflower, cooked, boiled, drained, without salt543 flowerets11136Cauliflower, cooked, boiled, drained, without salt1241 cup11135Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup11135Cauliflower, raw131 floweret				*	0.4
11128Carrots, canned, regular pack, drained solids1461 cup11125Carrots, cooked, boiled, drained, without salt1561 cup11131Carrots, frozen, cooked, boiled, drained, without salt1461 cup11124Carrots, raw721 carrot11124Carrots, raw1101 cup11935Catsup61 packet11936Catsup151 tbsp11136Cauliflower, cooked, boiled, drained, without salt543 flowerets11138Cauliflower, frozen, cooked, boiled, drained, without salt1241 cup1135Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup1135Cauliflower, raw131 floweret		-			1.4
11125Carrots, cooked, boiled, drained, without salt156I cup11131Carrots, frozen, cooked, boiled, drained, without salt146I cup11124Carrots, raw72I carrot11124Carrots, raw110I cup11935Catsup6I packet11935Catsup15I tbsp11136Cauliflower, cooked, boiled, drained, without salt543 flowerets11136Cauliflower, cooked, boiled, drained, without salt124I cup11138Cauliflower, frozen, cooked, boiled, drained, without salt180I cup11135Cauliflower, raw13I floweret11135Cauliflower, raw100I cup		-	10	1 medium	0.1
11131Carrots, frozen, cooked, boiled, drained, without salt1461 cup11124Carrots, raw721 carrot11124Carrots, raw1101 cup11935Catsup61 packet11935Catsup151 tbsp11136Cauliflower, cooked, boiled, drained, without salt543 flowerets11138Cauliflower, cooked, boiled, drained, without salt1241 cup11135Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup11135Cauliflower, raw131 floweret			146	1 cup	0.6
11124Carrots, raw721 carrot11124Carrots, raw1101 cup11935Catsup61 packet11935Catsup151 tbsp11136Cauliflower, cooked, boiled, drained, without salt543 flowerets11138Cauliflower, cooked, boiled, drained, without salt1241 cup11135Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup11135Cauliflower, raw131 floweret	11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.1
11124Carrots, raw1101 cup11935Catsup61 packet11935Catsup151 tbsp11136Cauliflower, cooked, boiled, drained, without salt543 flowerets11136Cauliflower, cooked, boiled, drained, without salt1241 cup11138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup11135Cauliflower, raw1001 cup	11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.9
11935Catsup61 packet11935Catsup151 tbsp11136Cauliflower, cooked, boiled, drained, without salt543 flowerets11136Cauliflower, cooked, boiled, drained, without salt1241 cup11138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup11135Cauliflower, raw131 floweret11135Cauliflower, raw1001 cup	11124	Carrots, raw	72	1 carrot	0.1
11935Catsup151 tbsp11136Cauliflower, cooked, boiled, drained, without salt543 flowerets11136Cauliflower, cooked, boiled, drained, without salt1241 cup11138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup11135Cauliflower, raw131 floweret11135Cauliflower, raw1001 cup	11124	Carrots, raw	110	1 cup	0.1
11136Cauliflower, cooked, boiled, drained, without salt543 flowerets11136Cauliflower, cooked, boiled, drained, without salt1241 cup11138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup11135Cauliflower, raw131 floweret11135Cauliflower, raw1001 cup	11935	Catsup	6	1 packet	0.0
11136Cauliflower, cooked, boiled, drained, without salt1241 cup11138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup11135Cauliflower, raw131 floweret11135Cauliflower, raw1001 cup	11935	Catsup	15	1 tbsp	0.1
11138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup11135Cauliflower, raw131 floweret11135Cauliflower, raw1001 cup	11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.3
11135Cauliflower, raw131 floweret11135Cauliflower, raw1001 cup	11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.6
11135 Cauliflower, raw 100 1 cup	11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	1.1
-	11135	Cauliflower, raw	13	1 floweret	0.1
11144Celery, cooked, boiled, drained, without salt1501 cup	11135	Cauliflower, raw	100	1 cup	0.6
	11144	Celery, cooked, boiled, drained, without salt	150	1 cup	1.5

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.4
11143	Celery, raw	120	1 cup	0.5
11143	Celery, raw	40	1 stalk	0.2
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	11.3
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	9.4
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	2.0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	10.4
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.3
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	2.0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	2.9
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	1.4
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.7
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	7.1
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.5
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	5.9
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	2.0
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	5.9
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	3.9
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	2.0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	1.2
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	1.5
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	3.9
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	2.0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	1.5
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	1.4
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	1.2
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	2.8
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	2.2
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	5.0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	3.0
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	2.3
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	2.0
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	3.2
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	2.6
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1.4
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	2.3
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	3.6
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	4.3
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	5.8
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	3.6
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	13.1
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	17.0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	2.1
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.8

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	1.7
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	2.8
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.1
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.3
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	7.0
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.8
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	7.6
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	1.5
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	4.6
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	14.8
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	1.3
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	7.5
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	6.5
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	30.6
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	7.3
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	9.0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	19.0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	4.4
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	9.0
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	7.6
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	4.6
01164	Cheese sauce, prepared from recipe	243	1 cup	16.0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	3.2
01004	Cheese, blue	28.35	1 oz	4.1
01007	Cheese, camembert	38	1 wedge	5.5
01009	Cheese, cheddar	28.35	1 oz	3.9
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	18.9
01013	Cheese, cottage, creamed, with fruit	226	1 cup	17.4
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	20.3
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	23.1
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	15.7
01017	Cheese, cream	14.5	1 tbsp	0.3
01186	Cheese, cream, fat free	15.6	1 tbsp	0.8
01019	Cheese, feta	28.35	1 oz	4.3
01168	Cheese, low fat, cheddar or colby	28.35	l oz	4.1
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	4.6
01026	Cheese, mozzarella, whole milk	28.35	1 oz	4.8
01030	Cheese, muenster	28.35	1 oz	4.1
01031	Cheese, neufchatel	28.35	1 oz	0.9
01032	Cheese, parmesan, grated	5	1 tbsp	0.9

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	4.1
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	4.5
01035	Cheese, provolone	28.35	1 oz	4.1
01037	Cheese, ricotta, part skim milk	246	1 cup	41.1
01036	Cheese, ricotta, whole milk	246	1 cup	35.7
01040	Cheese, swiss	28.35	1 oz	5.2
18147	Cheesecake commercially prepared	80	1 piece	4.2
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.0
09070	Cherries, sweet, raw	68	10 cherries	0.0
22906	Chicken pot pie, frozen entree	217	1 small pie	0.7
07017	Chicken roll, light meat	56.7	2 slices	7.1
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	39.2
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	23.4
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	23.7
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	17.2
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	15.8
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	9.0
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	8.4
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	86.4
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	22.0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	3.7
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	20.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	15.1
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	12.6
05277	Chicken, canned, meat only, with broth	142	5 oz	22.4
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	16.2
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	35.3
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	6.7
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	6.1
22904	Chili con carne with beans, canned entree	222	1 cup	22.6
11156	Chives, raw	3	1 tbsp	0.0
14181	Chocolate syrup	18.75	1 tbsp	0.4
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.6
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	9.6
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	2.5
14192	Cocoa mix, powder	28.35	3 heaping tsp	1.4
14194	Cocoa mix, powder, prepared with water	206	1 serving	1.4
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	2.5
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.8
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.2
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	10.8
11159	Coleslaw, home-prepared	120	1 cup	0.8

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	2.6
18151	Cookies, brownies, commercially prepared	56	1 brownie	3.5
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.6
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.4
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.5
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.6
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.8
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	1.5
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.8
18170	Cookies, fig bars	16	1 cookie	0.5
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	1.4
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	8.6
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.8
18177	Cookies, molasses	15	1 cookie, medium	0.8
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.9
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.5
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1.6
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	2.3
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.9
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	3.0
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.4
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.6
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.3
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	2.5
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.5
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.3
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.5
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.5
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.5
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	1.0
11174	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1	1.0
11170	Corn, sweet, yellow, cooked, boiled, drained, without salt	210 77	1 cup	0.2
11108	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 ear 1 cup	0.2
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.4
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	10.8
20020	Cornmeal, whole-grain, yellow	122	1 cup	18.9
20027	Cornstarch	8.064	1 tbsp	0.2
20029	Couscous, cooked	157	1 cup	43.2
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	4.1
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	5.8
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	5.5
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	4.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18214	Crackers, cheese, regular	10	10 crackers	0.9
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.6
18217	Crackers, matzo, plain	28.35	1 matzo	10.5
18220	Crackers, melba toast, plain	20	4 pieces	7.0
18226	Crackers, rye, wafers, plain	11	1 wafer	2.6
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.2
18229	Crackers, standard snack-type, regular	12	4 crackers	0.8
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1.5
18232	Crackers, wheat, regular	8	4 crackers	0.5
18235	Crackers, whole-wheat	16	4 crackers	2.4
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.0
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.2
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.2
01069	Cream substitute, powdered	2	1 tsp	0.0
01049	Cream, fluid, half and half	15	1 tbsp	0.3
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.1
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.1
01052	Cream, fluid, light whipping	15	1 tbsp	0.1
01056	Cream, sour, cultured	12	1 tbsp	0.3
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.3
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.0
18239	Croissants, butter	57	1 croissant	12.9
18243	Croutons, seasoned	40	1 cup	11.5
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	34.0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	19.0
15141	Crustaceans, crab, blue, canned	135	1 cup	42.9
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	34.2
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	24.4
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	36.3
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	33.7
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	18.8
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	35.4
11206	Cucumber, peeled, raw	119	1 cup	0.1
11206	Cucumber, peeled, raw	280	1 large	0.3
11205	Cucumber, with peel, raw	104	1 cup	0.3
11205	Cucumber, with peel, raw	301	1 large	0.9
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.3
18245	Danish pastry, cheese	71	1 danish	13.4
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	10.5
09087	Dates, deglet noor	41.5	5 dates	1.2
09087	Dates, deglet noor	178	1 cup	5.3
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.2
01072	Dessert topping, pressurized	4	1 tbsp	0.1
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.1
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.3
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	4.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	11.9
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2.6
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	49.5
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	15.6
01143	Egg substitute, liquid	62.75	1/4 cup	15.6
01124	Egg, white, raw, fresh	33.4	1 large	6.7
01128	Egg, whole, cooked, fried	46	1 large	15.7
01129	Egg, whole, cooked, hard-boiled	50	1 large	15.4
01131	Egg, whole, cooked, poached	50	1 large	15.8
01132	Egg, whole, cooked, scrambled	61	1 large	13.7
01123	Egg, whole, raw, fresh	50	1 large	15.9
01123	Egg, whole, raw, fresh	44	1 medium	13.9
01123	Egg, whole, raw, fresh	58	1 extra large	18.4
01125	Egg, yolk, raw, fresh	16.6	1 large	9.3
01057	Eggnog	254	1 cup	10.7
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.1
11213	Endive, raw	50	1 cup	0.1
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	11.5
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	14.0
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	8.3
21051	Entrees, pizza with pepperoni	71	1 slice	13.1
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	8.5
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	15.2
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	37.4
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	34.1
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	32.1
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	23.6
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	19.8
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	40.4
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	18.2
21042	Fast foods, chili con carne	253	1 cup	44.0
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	23.7
21043	Fast foods, clams, breaded and fried	115	3/4 cup	9.5
21127	Fast foods, coleslaw	99	3/4 cup	1.0
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	24.5
21015	Fast foods, danish pastry, cheese	91	1 pastry	17.2
21017	Fast foods, danish pastry, fruit	94	1 pastry	13.9
21074	Fast foods, enchilada, with cheese	163	1 enchilada	10.1
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	34.0
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	88.6
21024	Fast foods, french toast sticks	141	5 sticks	23.5
21077	Fast foods, frijoles with cheese	167	1 cup	2.8
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	25.5
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	44.9
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	20.7

2118Fast foods, biologe, plant981 sandweich26.02119Fast foods, biologe, with crint four coating (comdog)1751 com dog22.221208Fast foods, biologe, with cont four coating (comdog)1751 com dog22.221218Fast foods, insting, sonthagers, with coace1136.3 nucleos15721300Fast foods, pancies, with coace1136.3 nucleos15721301Fast foods, pancies, with nuclea and fript23.22 pancales21.321318Fast foods, poncies, with nuclea and fript23.22 pancales13.021318Fast foods, poncies, with nuclea and fript23.22 pancales13.021318Fast foods, poncies, nuclea huber, and grupp23.22 pancales13.021318Fast foods, poncies, nuclea huber, and grupp23.22 pancales13.021318Fast foods, poncies, nuclea huber, and grupp23.22 pancales13.021318Fast foods, poncies, nuclea huber, and grupp24.220.023.221319Fast foods, poncies, nuclea huber, and grupp7.417.020.221310Fast foods, sandweich, plain13.91 andweich, d' noll25.221319Fast foods, sandweich, grupp24.81 andweich, d' noll25.721320Fast foods, sandweich, grupp25.41 andweich, d' noll25.721321Fast foods, sandweich, grupp25.41 andweich, d' noll25.721323Fast foods, sandweich, grupp </th <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21120Fast foods, hord with corn flour coating (corndog)1751 corn dog22221120Fast foods, hord with puppies785 pieces8021078Fast foods, nearlies, with coree1136-8 nachas15721130Fast foods, nearlies, breaded and friid838-9 rings21221138Fast foods, portal, freech fried in vegetable oil1691 large10021138Fast foods, portal, freech fried in vegetable oil1641 armal0.821139Fast foods, portal, freech fried in vegetable oil1341 armadum0.821130Fast foods, portal, freech fried in vegetable oil1341 ardadim0.821130Fast foods, portal, freech fried in vegetable oil1341 armadum0.821130Fast foods, notats, match801 3 cup0.421054Fast foods, roats berl sandwich, plain1391 sandwich29221055Fast foods, simular bed, without dressing, with chicken2181-1/2 cups7.421054Fast foods, simular back di, without dressing, with chicken2181 sandwich, of roll03021055Fast foods, simular back di, with out arbeer2161 sandwich, of roll03221056Fast foods, submarine sandwich, with roat beer2181 sandwich, of roll03221057Fast foods, submarine sandwich, with roat beer2181 sandwich, of roll03221058Fast foods, submarine sandwich, with cust beer2181 sandwich, of roll	21118	Fast foods, hotdog, plain	98	1 sandwich	26.0
21129Fait foods, hush puppies78S piecer8021028Fait foods, nelw, winit, soft-serve, with eone1031.cone37821030Fait foods, nelw, with cheese1136.P. nachoo15721130Fait foods, neiner, ings, breaded and fried838.P. ings2.921025Fait foods, neiner, ings, breaded and fried838.P. ings2.921031Fait foods, potan, fried in vegetable oil1691.Jarg1.0121138Fait foods, potan, fried in vegetable oil851.sandlin0.821139Fait foods, potane, fried in vegetable oil2.91.32.921040Fait foods, potane, fried in vegetable oil2.91.32.921051Fait foods, potane, fried in vegetable oil2.91.32.921052Fait foods, potane, hanked krown721.2 cup0.221053Fait foods, potane, hanked krown2.181.1/2 cups7.420154Fait foods, shuring, breaded and fried1.646.88.421125Fait foods, shuring, breaded and fried2.161.8 andvich, 6' roll2.5221054Fait foods, shuring, breaded and fried2.161.8 andvich, 6' roll2.5221052Fait foods, shuring, breaded and fried2.161.8 andvich, 6' roll2.5221052Fait foods, shuring, breaded and fried2.81.8 andvich, 6' roll2.5221052Fait foods, shuring, breaded and fried2.631.8 andvich, 6' roll2.52	21119	Fast foods, hotdog, with chili	114	1 sandwich	13.0
1028   Fast foods, ise min, vanila, soft-serve, with cone   103   1 cone   3 8     21078   Fast foods, incaring, breaded and fried   83   8 9 rings   2.9     21025   Fast foods, point, preaded and fried   83   8 9 rings   1.9     21038   Fast foods, point, price fried in vegetable oil   169   1 large   100     21138   Fast foods, point, price fried in vegetable oil   164   1 small   0.8     21139   Fast foods, pointo, fried in vegetable oil   164   1 medium   0.8     21139   Fast foods, pointo, mashed   80   1./2 cup   0.2     21102   Fast foods, pointo, mashed   172   1./2 cups   7.4     21054   Fast foods, subar, pointo, mashed   173   1.4.7   2.0     21054   Fast foods, subar, pointo, moshed   183   1.4.12   2.0   1.4.12   2.0   1.4.12   2.0   1.4.12   2.0   1.4.12   2.0   1.4.12   2.0   1.4.12   2.0   1.4.12   2.0   1.4.12   2.0   1.4.12   2.0	21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	22.2
21078   Fast foods, mechos, with cheese   113   6-8 nechos   157     21130   Fast foods, noich rings, breaded and fried   83   8-9 rings.   2.9     21138   Fast foods, noich with burter and syrup   232   2 pancakas   19.3     21138   Fast foods, potato, french fried in vegetable oil   169   1 large   1.0     21138   Fast foods, potato, french fried in vegetable oil   85   1 small   0.6     21139   Fast foods, potato, fished brown   72   1/2 cup   0.4     21026   Fast foods, subta, vegetable, tossed, without dressing, with cheese and   217   1-1/2 cups   7.4     21054   Fast foods, subta, vegetable, tossed, without dressing, with chicken   218   1-1/2 cups   7.4     21054   Fast foods, submarine sandvich, with coat subta   228   1 sandvich, 6''roll   20.5     21055   Fast foods, submarine sandvich, with totat subta   256   1 sandvich, 6''roll   257     21054   Fast foods, submarine sandvich, with totat subta   256   1 sandvich, 6''roll   257     21055   Fast foods, sub of tring, sub	21129	Fast foods, hush puppies	78	5 pieces	8.0
21130Fast foods, norine rings, breaded and fried838-9 rings2921025Fast foods, pator, french fried in vegetable oil1222 panetales19321138Fast foods, potot, french fried in vegetable oil1341 megt1021139Fast foods, potot, mashel1341 medtum0.821026Fast foods, potot, mashel1341 adoutn0.221031Fast foods, potot, stabled from721.2 cup0.221131Fast foods, potots, fushed horon2171.2 cups0.221131Fast foods, stable, vegetable, tossed, without dressing, with cheese and regs2171.2 cups0.221132Fast foods, stable, vegetable, tossed, without dressing, with cheese2181.1 2 cups0.42125Fast foods, stable, vegetable, tossed, without dressing, with cheese2161 and wich, 6" coll0.821264Fast foods, submarine sandwich, with tons theef2161 and wich, 6" coll0.621333Fast foods, submarine sandwich, with tons sland2561 and wich, 6" coll0.621084Fast foods, uso ald1011.12 cups0.421085Fast foods, uso ald1261 and wich, 6" coll0.621084Fast foods, uso ald1271 stable0.221085Fast foods, uso ald1281 and wich, 6" coll0.621084Fast foods, uso ald with bears, prechard2501 stable0.621085Fast foods, uso ald with bears, prechard </td <td>21028</td> <td>Fast foods, ice milk, vanilla, soft-serve, with cone</td> <td>103</td> <td>1 cone</td> <td>3.8</td>	21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	3.8
2102   Fast foods, pancakes with butter and syrup   222   2 pancakes   193     21138   Fast foods, porto, franch friid in vegetable oil   169   1 mage   10     21138   Fast foods, porto, franch friid in vegetable oil   85   1 small   0.8     21139   Fast foods, porto, franch friid in vegetable oil   134   1 medium   0.8     21139   Fast foods, porto, franch friid in vegetable oil   134   1 medium   0.8     21130   Fast foods, porto, hashed   80   1 sandwich   0.2     21121   Fast foods, stada, vegetable, tossed, without dressing, with chicken   217   1-12 cups   7.4     21059   Fast foods, stada, vegetable, tossed, without dressing, with chicken   218   1 -12 cups   7.4     21059   Fast foods, submarine sandwich, with tool cuts   228   1 sandwich, 6" roll   308     21126   Fast foods, submarine sandwich, with troas basef   216   1 sandwich, 6" roll   257     21033   Fast foods, too   1 mage   321   302   302   302     21042   Fast foods, tos stada	21078	Fast foods, nachos, with cheese	113	6-8 nachos	15.7
21138Past foods, potato, french fried in vegetable oil1691 large1021138Fast foods, potato, french fried in vegetable oil851 small0.521139Fast foods, potato, french fried in vegetable oil1341 modium0.821130Fast foods, potato, franch fried in vegetable oil1341 modium0.821026Fast foods, potato, franch fried in vegetable oil1391 sandwich0.7221121Fast foods, soat vegetable, tossed, without dressing, with checes and2171.1/2 cups7.4cggFast foods, said, vegetable, tossed, without dressing, with checes and2181.1/2 cups6.8421124Fast foods, said, vegetable, tossed, without dressing, with checes and2161 sandwich, 6" oill0.8621125Fast foods, said, vegetable, tossed, without dressing, with checes and2161 sandwich, 6" oill0.8221126Fast foods, said, vegetable, tossed2161 sandwich, 6" oill0.8221126Fast foods, submarine sandwich, with trans saidad2561 sandwich, 6" oill0.8221031Fast foods, taco1711 small23421032Fast foods, taco saidad1981.1/2 cups4421033Fast foods, taco saidad1982.1/2 cups4421045Fast foods, taco saidad1982.1/2 cups4421056Fast foods, taco saidad1983.0/21.3/221033Fast foods, taco saidad1983.0/21.3/2	21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	2.9
21138Fast foods, potato, french fried in vegetable oil851 small0.521138Fast foods, potato, rench fried in vegetable oil1.441.medium0.821130Fast foods, potato, mashed801.5 cup0.421026Fast foods, roast beef sandvich, plain1.991.sandvich29.221033Fast foods, roast beef sandvich, plain1.991.sandvich29.721054Fast foods, stada, vegetable, tossed, without dressing, with checes and egg21.71.1/2 cups7.421059Fast foods, stada, vegetable, tossed, without dressing, with checes and egg1.811.1/2 cups7.821126Fast foods, submarine sandvich, with cold cuts2.281.sandvich, 6" roll3.0821125Fast foods, submarine sandvich, with traast beef2.631.sandvich, 6" roll3.0221030Fast foods, submarine sandvich, with traast beef2.631.sandvich, 6" roll3.2421082Fast foods, toso2.631.sandvich, 6" roll2.9421084Fast foods, toso salad1.981.1/2 cups.4421085Fast foods, toso salad1.981.1/2 cups.4421086Fast foods, toso salad1.983.02.21821087Fast foods, toso salad1.983.02.21821088Fast foods, toso salad1.981.1/2 cups.4421086Fast foods, toso salad1.981.1/2 cups.21821087Fast foods, toso salad1.921.912 <t< td=""><td>21025</td><td>Fast foods, pancakes with butter and syrup</td><td>232</td><td>2 pancakes</td><td>19.3</td></t<>	21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	19.3
21138Fast foods, potato, french fried in vegetable oil1341 medium0.821139Fast foods, potato, mashed801/2 cup0.421026Fast foods, potato es, hashed brown721/2 cup0.221037Fast foods, solad, vegetable, tossed, without dressing, with cheese and2171-1/2 cups7.421048Fast foods, salad, vegetable, tossed, without dressing, with cheese and2171-1/2 cups6.6421049Fast foods, salad, vegetable, tossed, without dressing, with chicken2181-1/2 cups6.6421124Fast foods, submarine sandwich, with coid cuts2281 sandwich, 6" roll0.0221033Fast foods, submarine sandwich, with coid cuts2261 sandwich, 6" roll0.0221034Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll0.0221035Fast foods, taso1711 renal23421082Fast foods, taso1711 rangl23421083Fast foods, taso1711 rangl23421084Fast foods, taso fand1981-1/2 cups0.0221085Fast foods, taso fand1981-1/2 cups0.0221086Fast foods, taso fand1981-1/2 cups0.0221087Fast foods, taso fand1981-1/2 cups0.221088Fast foods, taso fand higuid853 oz0.221091Fish, calfish, channel, cooked, breadet and fried283 oz0.221092 <td>21138</td> <td>Fast foods, potato, french fried in vegetable oil</td> <td>169</td> <td>1 large</td> <td>1.0</td>	21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.0
21139 Fast foods, potator, mashed 80 1/3 cup 0.4   21026 Fast foods, potators, hashed brown 72 1/2 cup 0.2   21121 Fast foods, stack, potators, hashed brown 139 1.4/2 cups 7.4   21053 Fast foods, stack, vegetable, tossed, without dressing, with cheese and 217 1.1/2 cups 7.4   21054 Fast foods, stack, vegetable, tossed, without dressing, with cheese 218 1.1/2 cups 1.5   21054 Fast foods, submarine sandwich, with out also the 2 1.8 1.1/2 cups 1.5   21125 Fast foods, submarine sandwich, with una stald 256 1.9 andwich, 6" roll 0.02   21026 Fast foods, submarine sandwich, with una stald 256 1.9 andwich, 6" roll 0.60   21082 Fast foods, taco 263 1.1 arge 3.60   21082 Fast foods, taco 171 1 smad 3.60   21082 Fast foods, taco stald 198 1.1/2 cups 4.4   21084 Fast foods, taco stald 198 1.1/2 cups 4.5   21082 Fast foods, taco stald 198 1.1/2 cups 3.	21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.5
21026Fast foods, potatoes, hashed brown721/2 cup0.221121Fast foods, roast beef sandwich, plain139I sandwich29221033Fast foods, subal, vegetable, tossed, without dressing, with cheese and egg2171-1/2 cups7.421054Fast foods, salad, vegetable, tossed, without dressing, with chicken2181-1/2 cups1.521059Fast foods, submarine sandwich, with cold cuts2281 sandwich, 6° roll30821126Fast foods, submarine sandwich, with toats beef2161 sandwich, 6° roll62721030Fast foods, sundae, hot fudge2561 sandwich, 6° roll62321082Fast foods, taco2631 large36021083Fast foods, taco1711 small21421084Fast foods, taco2631 large36021085Fast foods, tocs dal1981-1/2 cups4421086Fast foods, tocs dal1981-1/2 cups4421086Fast foods, tocs dad383 oz31221081Fijs, cuts, datamic, conced, drade and fried853 oz31221092Fish, cuts, data, data field853 oz31821094Fish, cuts, data, data field853 oz31821095Fish, cuts, data, data field853 oz31821096Fish, fish portions and stick, frozen, preheat853 oz31821097Fish, fish portions and stick, frozen, preheat1501 port	21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.8
21121Fast foods, roast beef sandwich, plain1391 sandwich29221053Fast foods, sahad, vegetable, tossed, without dressing, with chicken2171-1/2 cups7.421054Fast foods, sahad, vegetable, tossed, without dressing, with chicken2181-1/2 cups1.5521059Fast foods, submarine sandwich, with cold cuts2281 sandwich, 6" roll3.0821124Fast foods, submarine sandwich, with torast beef2161 sandwich, 6" roll6.0221032Fast foods, submarine sandwich, with torast beef2661 sandwich, 6" roll6.0221032Fast foods, submarine sandwich, with torast beef2631 large36021032Fast foods, submarine sandwich, with torast beef2631 large36021032Fast foods, taco1711 small23.421082Fast foods, taco1711 small23.421083Fast foods, taco salad1981-1/2 cups4.421086Fast foods, tostada, with beans, beef, and checse2251 tostada20.921014Fish, catfish, channel, cooked, braded and fried853 oz32.415017Fish, catfish, channel, cooked, phata853 oz32.415027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 1" x 1/2")4.615037Fish, fish portions and sticks, frozen, preheated573 oz34.415037Fish, fish portions and sticks, frozen, preheated1501 fillet60.8 <td>21139</td> <td>Fast foods, potato, mashed</td> <td>80</td> <td>1/3 cup</td> <td>0.4</td>	21139	Fast foods, potato, mashed	80	1/3 cup	0.4
2103 Fast foods, salad, vegetable, tossed, without dressing, with chicese and 217 1-1/2 cups 7.4   21054 Fast foods, salad, vegetable, tossed, without dressing, with chicken 218 1-1/2 cups 15.5   21059 Fast foods, shrimp, breaded and fried 164 6-8 shrimp 68.4   21124 Fast foods, submarine sandwich, with coats beef 216 1 sandwich, 6" roll 20.8   21125 Fast foods, submarine sandwich, with roast beef 216 1 sandwich, 6" roll 60.0   21030 Fast foods, taco 263 1 large 36.0   21082 Fast foods, taco 171 1 smald 23.4   21083 Fast foods, taco salad 198 1-1/2 cups 44   21084 Fast foods, tostada, with beans, beef, and cheese 225 1 tostada 20.9   09044 Figs, dried, uncocked, breaded and fried 85 3 oz 31.8   1517 Fish, catlish, channel, cooked, dry heat 85 3 oz 31.8   1507 Fish, fish portions and sticks, frozen, preheated 57 1 portio (4" x 1" x 1/2") 4.6   15027 Fish, fiafish ortions and sticks, f	21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.2
egg   instruction   2103   Fast loods, subard, vegetable, tossed, without dressing, with chicken   218   1-1/2 cups   155     21059   Fast loods, submarine sandwich, with cold cuts   228   1 sandwich, 6" roll   308     21125   Fast foods, submarine sandwich, with trons beef   216   1 sandwich, 6" roll   6.72     21033   Fast foods, submarine sandwich, with trun salad   256   1 sandwich, 6" roll   6.02     21033   Fast foods, submarine sandwich, with trun salad   256   1 sandwich, 6" roll   6.02     21082   Fast foods, taco   263   1 large   36.0     21082   Fast foods, taco   171   1 small   234     21086   Fast foods, taco salad   198   1-1/2 cups   44     21086   Fast foods, taco salad   209   0094   Figs, dried, uncooked   38   2 figs   0.2     15017   Fish, cod, Atainei, conned, olds and liquid   85   3 oz   39.8   15027     1519.   Fish, fish portions and sticks, frozen, preheated   57   1 portioi (4" x 1" x 1/2")   46	21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	29.2
21059 Fast foods, shrinp, breaded and fried 164 6-8 shrinp 68.4   21124 Fast foods, submarine sandwich, with cold cuts 228 1 sandwich, 6' roll 30.8   21125 Fast foods, submarine sandwich, with toal beef 216 1 sandwich, 6' roll 6.9.2   21126 Fast foods, submarine sandwich, with tuna salad 256 1 sandwich, 6' roll 6.02   21033 Fast foods, submarine sandwich, with tuna salad 256 1 sandwich, 6'' roll 6.02   21082 Fast foods, taco 263 1 large 36.0   21082 Fast foods, taco 171 1 small 23.4   21084 Fast foods, taco salad 199 1-1/2 cups 44   21085 Fast foods, taco salad 20.9 000 90.9 150; 1 tostada 20.9   90094 Figs, dried, uncooked 38 2 figs 0.2 11.8   15017 Fish, catfish, channel, cooked, dri fied 85 3 oz 31.8   15027 Fish, fish portions and sticks, frozen, preheated 57 1 portion (4" x 2" x 1/2") 46   15029 Fish, fish portions and	21053		217	1-1/2 cups	7.4
21124 Fast foods, submarine sandwich, with cold cuts 228 1 sandwich, 6" roll 30.8   21125 Fast foods, submarine sandwich, with roast beef 216 1 sandwich, 6" roll 25.7   21126 Fast foods, submarine sandwich, with roast beef 216 1 sandwich, 6" roll 60.2   21033 Fast foods, sundae, hot fudge 158 1 sundae 5.2   21082 Fast foods, taco 263 1 large 36.0   21083 Fast foods, taco 171 1 small 23.4   21084 Fast foods, taco 171 1 sonada 20.9   21085 Fast foods, taco 171 1 sonada 20.9   21086 Fast foods, taco solad 198 1-1/2 cups 4.4   21086 Fast foods, taco solad 198 2 figs 0.2   15011 Fish, channel, cooked, breaded and fried 85 3 oz 32.4   15017 Fish, cod, Pacific, cooked, dry heat 85 3 oz 39.8   15027 Fish, fish portions and sticks, frozen, preheated 57 1 portion (4" x 2" x 1/2") 9.5   15029 Fish, fish	21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	15.5
21125 Fast foods, submarine sandwich, with tonast beef 216 1 sandwich, 6" roll 25.7   21126 Fast foods, submarine sandwich, with tuna salad 256 1 sandwich, 6" roll 60.2   21033 Fast foods, sundae, hot fudge 158 1 sundae 5.2   21082 Fast foods, taco 263 1 large 36.0   21083 Fast foods, taco salad 198 1-1/2 cups 44   21086 Fast foods, taco salad 198 1-1/2 cups 44   21086 Fast foods, taco salad 198 1-1/2 cups 44   21087 Fish, cad, taco salad 198 1-1/2 cups 44   21086 Fast foods, taco salad 209 302 118   21081 Fish, cad, Atlantic, canned, solids and liquid 85 3 oz 124   15017 Fish, cod, Atlantic, canned, solids and liquid 85 3 oz 495   15027 Fish, faifsh portions and sticks, frozen, preheated 57 1 portion (4" x 2" x 1/2") 456   15029 Fish, faifsh (flounder and sole species), cooked, dry heat 150 1 fillet 739   1	21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	68.4
21126Fast foods, submarine sandwich, with tuna salad256I sundwich, 6" roll60221033Fast foods, suco, hot fudge158I sundae5.221082Fast foods, taco263I large36.021083Fast foods, taco salad1981-1/2 cups4.421084Fast foods, tos dad, with beans, beef, and cheese225I tostada20009094Fig, dried, uncooked382 figs0.215011Fish, catfish, channel, cooked, breaded and fried853 oz31.815017Fish, cod, Attantic, canned, solids and liquid853 oz39.815027Fish, foot, forzen, preheated271 portion (4" x 1" x 1/2")4.615029Fish, fabh portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")4.915039Fish, fabh portions and sticks, frozen, preheated1501 fillet7.315039Fish, falfish (flounder and sole species), cooked, dry heat1501 fillet7.315039Fish, haddock, cooked, dry heat1501 fillet7.415039Fish, haddock, cooked, dry heat853 oz3.415039Fish, haddock, cooked, dry heat1501 fillet7.415031Fish, haddock, cooked, dry heat1501 fillet7.415031Fish, halbitt, Atlantic and Pacific, cooked, dry heat1503 oz3.415034Fish, halbitt, Atlantic, cooked, dry heat85.053 oz3.415034	21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	30.8
21033 Fast foods, sundae, hot fudge 158 1 sundae 5.2   21082 Fast foods, taco 263 1 large 36.0   21082 Fast foods, taco 171 1 small 23.4   21083 Fast foods, taco salad 198 1-1/2 cups 4.4   21086 Fast foods, tostada, with beans, beef, and cheese 225 1 tostada 20.0   15011 Fish, cafish, channel, cooked, breaded and fried 85 3 oz 32.4   15027 Fish, cod, Atlantic, canned, solids and liquid 85 3 oz 39.8   15027 Fish, fish portions and sticks, frozen, preheated 28 1 stick (4" x 1" x 1/2") 4.6   15029 Fish, fish portions and sticks, frozen, preheated 57 1 portion (4" x 2" x 1/2") 9.5   15029 Fish, flatfish (flounder and sole species), cooked, dry heat 150 3 oz 3.44   15034 Fish, haldock, cooked, dry heat 150 1 fillet 7.39   15034 Fish, haldock, cooked, dry heat 150 1 fillet 7.4   15034 Fish, haldock, cooked, dry heat 150 3 oz 3.44	21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	25.7
21082   Fast foods, taco   263   1 large   36.0     21082   Fast foods, taco   171   1 small   23.4     21083   Fast foods, taco salad   198   1-1/2 cups   4.4     21086   Fast foods, tostada, with beans, beef, and cheese   225   1 tostada   209     90904   Figs, dried, uncooked   38   2 figs   0.2     15011   Fish, cad, Atlantic, canned, solids and liquid   85   3 oz   31.4     15102   Fish, cod, Atlantic, canned, solids and liquid   85   3 oz   39.8     15027   Fish, fish portions and sticks, frozen, preheated   28   1 stick (4" x 1" x 1/2")   4.6     15029   Fish, flatfish (flounder and sole species), cooked, dry heat   85   3 oz   49.5     15029   Fish, haddock, cooked, dry heat   150   1 portion (4" x 2" x 1/2")   9.5     15029   Fish, haddock, cooked, dry heat   150   1 portion (4" x 2" x 1/2")   9.5     15029   Fish, haddock, cooked, dry heat   150   1 portion (4" x 2" x 1/2")   9.5     15034	21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	60.2
21082 Fast foods, taco 171 1 mail 23.4   21083 Fast foods, taco salad 198 1-1/2 cups 4.4   21086 Fast foods, tostada, with beans, beef, and cheese 225 1 tostada 20.9   09094 Figs, dried, uncooked 38 2 figs 0.2   15011 Fish, catfish, channel, cooked, breaded and fried 85 3 oz 11.8   15017 Fish, cod, Atathic, canned, solids and liquid 85 3 oz 32.4   15020 Fish, foils portions and sticks, frozen, preheated 28 1 stick (4" x 1" x 1/2") 4.6   15027 Fish, flatfish (flounder and sole species), cooked, dry heat 85 3 oz 39.8   15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127 1 fillet 73.9   15034 Fish, haddock, cooked, dry heat 150 1 fillet 73.9   15034 Fish, haddock, cooked, dry heat 159 12 fillet 74.4   15037 Fish, haddock, cooked, dry heat 159 12 fillet 74.4   15037 Fish, haddock, cooked, dry heat 159 12 fillet 74.4	21033	Fast foods, sundae, hot fudge	158	1 sundae	5.2
21083 Fast foods, taos alad 198 1-1/2 cups 4.4   21086 Fast foods, toostada, with beans, beef, and cheese 225 1 tostada 20.9   09094 Figs, dried, uncooked 38 2 figs 0.2   15011 Fish, catfish, channel, cooked, breaded and fried 85 3 oz 11.8   15017 Fish, cod, Atlantic, canned, solids and liquid 85 3 oz 32.4   15192 Fish, cod, Pacific, cooked, dry heat 85 3 oz 39.8   15027 Fish, fish portions and sticks, frozen, preheated 28 1 stick ("x 1" x 1/2") 4.6   15027 Fish, fish portions and sticks, frozen, preheated 57 1 portion (4" x 2" x 1/2") 9.5   15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127 1 fillet 60.8   15034 Fish, haddock, cooked, dry heat 150 1 fillet 60.8   15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 159 3 oz 344   15034 Fish, halibut, Atlantic and Pacific, cooked, dry heat 159 1/2 fillet 74.4   15037 Fish, halibut, Atlantic and Pacific, coo	21082	Fast foods, taco	263	1 large	36.0
21086 Fast foods, tostada, with beans, beef, and cheese 225 1 tostada 20.9   09094 Figs, dried, uncooked 38 2 figs 0.2   15011 Fish, catfish, channel, cooked, breaded and fried 85 3 oz 11.8   15017 Fish, cod, Atlantic, canned, solids and liquid 85 3 oz 32.4   15192 Fish, cod, Pacific, cooked, dry heat 85 3 oz 39.8   15027 Fish, fish portions and sticks, frozen, preheated 28 1 stick (4" x 1" x 1/2") 4.6   15029 Fish, flatfish (flounder and sole species), cooked, dry heat 85 3 oz 49.5   15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127 1 fillet 73.9   15034 Fish, haddock, cooked, dry heat 150 1 fillet 74.4   15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 159 1/2 fillet 74.4   15034 Fish, halibut, Atlantic and Pacific, cooked, dry heat 85 3 oz 39.8   15034 Fish, halibut, Atlantic, cooked, dry heat 85.05 3 oz 39.8   15037 Fish, halibut, Atlantic, cooked,	21082	Fast foods, taco	171	1 small	23.4
09094   Figs, dried, uncooked   38   2 figs   0.2     15011   Fish, catfish, channel, cooked, breaded and fried   85   3 oz   11.8     15017   Fish, cod, Atlantic, canned, solids and liquid   85   3 oz   32.4     15192   Fish, cod, Pacific, cooked, dry heat   85   3 oz   39.8     15027   Fish, fish portions and sticks, frozen, preheated   28   1 stick (4" x 1" x 1/2")   4.6     15029   Fish, flatfish (flounder and sole species), cooked, dry heat   85   3 oz   49.5     15029   Fish, flatfish (flounder and sole species), cooked, dry heat   127   1 fillet   73.9     15034   Fish, haddock, cooked, dry heat   150   1 fillet   60.8     15034   Fish, haldock, cooked, dry heat   85   3 oz   34.4     15037   Fish, halibut, Atlantic and Pacific, cooked, dry heat   150   1 fillet   60.8     15034   Fish, halibut, Atlantic and Pacific, cooked, dry heat   85   3 oz   39.8     15037   Fish, halibut, Atlantic, cooked, dry heat   85.0   3 oz   39.8	21083	Fast foods, taco salad	198	1-1/2 cups	4.4
15011 Fish, catfish, channel, cooked, breaded and fried 85 3 oz 11.8   15017 Fish, cod, Atlantic, canned, solids and liquid 85 3 oz 32.4   15192 Fish, cod, Pacific, cooked, dry heat 85 3 oz 39.8   15027 Fish, fish portions and sticks, frozen, preheated 28 1 stick (4" x 1" x 1/2") 4.6   15029 Fish, flatfish (flounder and sole species), cooked, dry heat 85 3 oz 49.5   15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127 1 fillet 73.9   15034 Fish, haddock, cooked, dry heat 150 1 fillet 60.8   15037 Fish, haldock, cooked, dry heat 159 1/2 fillet 74.4   15037 Fish, haldock, cooked, dry heat 159 1/2 fillet 74.4   15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 85 3 oz 39.8   15041 Fish, herring, Atlantic, pickled 85.05 3 oz 49.8   15058 Fish, cocan perch, Atlantic, cooked, dry heat 85 3 oz 47.2   15057 Fish, pollock, walleye, cooked, dry heat 8	21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	20.9
15017 Fish, cod, Atlantic, canned, solids and liquid 85 3 oz 32.4   15192 Fish, cod, Pacific, cooked, dry heat 85 3 oz 39.8   15027 Fish, fish portions and sticks, frozen, preheated 28 1 stick (4" x 1" x 1/2") 4.6   15027 Fish, fish portions and sticks, frozen, preheated 57 1 portion (4" x 2" x 1/2") 9.5   15029 Fish, flatfish (flounder and sole species), cooked, dry heat 85 3 oz 49.5   15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127 1 fillet 73.9   15034 Fish, haddock, cooked, dry heat 150 1 fillet 60.8   15034 Fish, haddock, cooked, dry heat 159 1/2 fillet 74.4   15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 85 3 oz 39.8   15041 Fish, herring, Atlantic, cooked, dry heat 85 3 oz 49.8   15058 Fish, ocean perch, Atlantic, cooked, dry heat 85 3 oz 47.2   15057 Fish, pollock, walleye, cooked, dry heat 60 1 fillet 27.8   15067 Fish, pollock, walleye,	09094	Figs, dried, uncooked	38	2 figs	0.2
15192Fish, cod, Pacific, cooked, dry heat853 oz39.815027Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")4.615027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")9.515029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz49.515029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet73.915034Fish, haddock, cooked, dry heat15001 fillet60.815034Fish, haddock, cooked, dry heat853 oz34.415037Fish, halibut, Atlantic and Pacific, cooked, dry heat1591/2 fillet74.415037Fish, halibut, Atlantic, end Pacific, cooked, dry heat85.053 oz39.815041Fish, coean perch, Atlantic, cooked, dry heat85.053 oz49.515058Fish, ocean perch, Atlantic, cooked, dry heat501 fillet27.815067Fish, pollock, walleye, cooked, dry heat601 fillet27.815067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet60.715071Fish, rockfish, Pacific, mixed species, cooked, dry heat85 <td>15011</td> <td>Fish, catfish, channel, cooked, breaded and fried</td> <td>85</td> <td>3 oz</td> <td>11.8</td>	15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	11.8
15027 Fish, fish portions and sticks, frozen, preheated 28 1 stick (4" x 1" x 1/2") 4.6   15027 Fish, fish portions and sticks, frozen, preheated 57 1 portion (4" x 2" x 1/2") 9.5   15029 Fish, flatfish (flounder and sole species), cooked, dry heat 85 3 oz 49.5   15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127 1 fillet 73.9   15034 Fish, haddock, cooked, dry heat 150 1 fillet 60.8   15034 Fish, haddock, cooked, dry heat 85 3 oz 34.4   15037 Fish, halibut, Atlantic and Pacific, cooked, dry heat 159 1/2 fillet 74.4   15037 Fish, halibut, Atlantic, cooked, dry heat 85 3 oz 39.8   15041 Fish, halibut, Atlantic, and Pacific, cooked, dry heat 85 3 oz 49.8   15058 Fish, ocean perch, Atlantic, cooked, dry heat 85 3 oz 49.8   15067 Fish, pollock, walleye, cooked, dry heat 50 1 fillet 27.8   15067 Fish, pollock, walleye, cooked, dry heat 85 3 oz 3.02 3.9.8   15067	15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	32.4
15027Fish, fish portions and sticks, frozen, preheated571 portion (4" x 2" x 1/2")9.515029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz49.515029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet73.915034Fish, haddock, cooked, dry heat1501 fillet60.815034Fish, haddock, cooked, dry heat853 oz34.415037Fish, halbut, Atlantic and Pacific, cooked, dry heat1591/2 fillet74.415037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz39.815041Fish, herring, Atlantic, pickled85.053 oz49.515058Fish, ocean perch, Atlantic, cooked, dry heat853 oz47.215057Fish, pollock, walleye, cooked, dry heat501 fillet27.815067Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8	15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	39.8
15029Fish, flatfish (flounder and sole species), cooked, dry heat853 oz49.515029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet73.915034Fish, haddock, cooked, dry heat1501 fillet60.815034Fish, haddock, cooked, dry heat853 oz34.415037Fish, halibut, Atlantic and Pacific, cooked, dry heat1591/2 fillet74.415037Fish, halibut, Atlantic, cooked, dry heat853 oz39.815041Fish, herring, Atlantic, pickled85.053 oz49.815058Fish, ocean perch, Atlantic, cooked, dry heat853 oz47.215054Fish, ocean perch, Atlantic, cooked, dry heat501 fillet27.815057Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, pollock, walleye, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8	15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	4.6
15029Fish, flatfish (flounder and sole species), cooked, dry heat1271 fillet73.915034Fish, haddock, cooked, dry heat1501 fillet60.815034Fish, haddock, cooked, dry heat853 oz34.415037Fish, halibut, Atlantic and Pacific, cooked, dry heat1591/2 fillet74.415037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz39.815041Fish, herring, Atlantic, pickled85.053 oz49.815058Fish, ocean perch, Atlantic, cooked, dry heat853 oz47.215058Fish, ocean perch, Atlantic, cooked, dry heat501 fillet27.815067Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz3.9239.8	15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	9.5
15034Fish, haddock, cooked, dry heat1501 fillet60.815034Fish, haddock, cooked, dry heat853 oz34.415037Fish, halibut, Atlantic and Pacific, cooked, dry heat1591/2 fillet74.415037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz39.815041Fish, herring, Atlantic, pickled85.053 oz49.815058Fish, ocean perch, Atlantic, cooked, dry heat853 oz47.215058Fish, ocean perch, Atlantic, cooked, dry heat501 fillet27.815067Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz3 oz39.8	15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	49.5
15034Fish, haddock, cooked, dry heat853 oz34.415037Fish, halibut, Atlantic and Pacific, cooked, dry heat1591/2 fillet74.415037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz39.815041Fish, herring, Atlantic, pickled85.053 oz49.815058Fish, ocean perch, Atlantic, cooked, dry heat853 oz47.215058Fish, ocean perch, Atlantic, cooked, dry heat501 fillet27.815067Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8	15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	73.9
15037Fish, halibut, Atlantic and Pacific, cooked, dry heat1591/2 fillet74.415037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz39.815041Fish, herring, Atlantic, pickled85.053 oz49.815058Fish, ocean perch, Atlantic, cooked, dry heat853 oz47.215058Fish, ocean perch, Atlantic, cooked, dry heat501 fillet27.815067Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8	15034	Fish, haddock, cooked, dry heat	150	1 fillet	60.8
15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz39.815041Fish, herring, Atlantic, pickled85.053 oz49.815058Fish, ocean perch, Atlantic, cooked, dry heat853 oz47.215058Fish, ocean perch, Atlantic, cooked, dry heat501 fillet27.815067Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8	15034	Fish, haddock, cooked, dry heat	85	3 oz	34.4
15041Fish, herring, Atlantic, pickled85.053 oz49.815058Fish, ocean perch, Atlantic, cooked, dry heat853 oz47.215058Fish, ocean perch, Atlantic, cooked, dry heat501 fillet27.815067Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8	15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	74.4
15041Fish, herring, Atlantic, pickled85.053 oz49.815058Fish, ocean perch, Atlantic, cooked, dry heat853 oz47.215058Fish, ocean perch, Atlantic, cooked, dry heat501 fillet27.815067Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8	15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	39.8
15058Fish, ocean perch, Atlantic, cooked, dry heat853 oz47.215058Fish, ocean perch, Atlantic, cooked, dry heat501 fillet27.815067Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8		Fish, herring, Atlantic, pickled		3 oz	
15058Fish, ocean perch, Atlantic, cooked, dry heat501 fillet27.815067Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8			85	3 oz	47.2
15067Fish, pollock, walleye, cooked, dry heat853 oz36.915067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8	15058			1 fillet	27.8
15067Fish, pollock, walleye, cooked, dry heat601 fillet26.015071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8	15067		85	3 oz	36.9
15071Fish, rockfish, Pacific, mixed species, cooked, dry heat853 oz39.815071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8					
15071Fish, rockfish, Pacific, mixed species, cooked, dry heat1491 fillet69.715232Fish, roughy, orange, cooked, dry heat853 oz39.8					
15232Fish, roughy, orange, cooked, dry heat853 oz39.8					
	15077	Fish, salmon, chinook, smoked	85.05	3 oz	27.6

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	28.2
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	58.6
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	32.1
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	44.8
15111	Fish, swordfish, cooked, dry heat	85	3 oz	52.4
15111	Fish, swordfish, cooked, dry heat	106	1 piece	65.4
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	12.8
15128	Fish, tuna salad	205	1 cup	84.5
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	64.6
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	68.3
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	55.8
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	39.8
07022	Frankfurter, beef	45	1 frank	3.7
07023	Frankfurter, beef and pork	45	1 frank	6.2
07024	Frankfurter, chicken	45	1 frank	8.3
18268	French toast, frozen, ready-to-heat	59	1 slice	9.9
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	13.1
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.3
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.0
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.2
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	1.7
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	2.4
19294	Fruit butters, apple	17	1 tbsp	0.1
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	1.2
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	1.2
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.5
11215	Garlic, raw	3	1 clove	0.4
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1.5
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
14277	Grape drink, canned	250	8 fl oz	0.3
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.3
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.3
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.9
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.3
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.2
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.2
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.6
09128	Grapefruit juice, white, raw	247	1 cup	0.2
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.1
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	1.7
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	2.3
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.1
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06116	Gravy, beef, canned	58.25	1/4 cup	0.6
06119	Gravy, chicken, canned	59.5	1/4 cup	0.5
06121	Gravy, mushroom, canned	59.6	1/4 cup	1.1
06125	Gravy, turkey, canned	59.6	1/4 cup	0.4
07027	Ham, chopped, not canned	21	2 slices	3.7
07028	Ham, sliced, extra lean	56.7	2 slices	9.2
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	11.7
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	24.2
11961	Hearts of palm, canned	33	1 piece	0.2
19296	Honey	21	1 tbsp	0.2
02055	Horseradish, prepared	5	1 tsp	0.1
16158	Hummus, commercial	14	1 tbsp	0.4
19270	Ice creams, chocolate	66	1/2 cup	1.7
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	2.6
19095	Ice creams, vanilla	66	1/2 cup	1.2
19088	Ice creams, vanilla, light	66	1/2 cup	1.3
19089	Ice creams, vanilla, rich	74	1/2 cup	2.6
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.1
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.0
19297	Jams and preserves	20	1 tbsp	0.4
19300	Jellies	19	1 tbsp	0.1
11226	Jerusalem-artichokes, raw	150	1 cup	1.0
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.2
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.2
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.2
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	1.3
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	23.1
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	25.6
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	23.3
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	27.9
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	18.5
17034 17044	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4"	85 85	3 oz 3 oz	22.9 31.6
17044	fat, choice, cooked, braised Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"	85	3 oz	32.1
04002	fat, choice, cooked, braised Lard	12.8	l tbsp	0.0
18369	Laud Leavening agents, baking powder, double-acting, sodium aluminum	4.6	*	0.0
18370	sulfate Leavening agents, baking powder, double-acting, straight phosphate	4.6	l tsp	0.0
18370	Leavening agents, baking powder, low-sodium	4.0 5	1 tsp	0.0
18371	Leavening agents, baking soda	5 4.6	1 tsp	0.0
18372	Leavening agents, cream of tartar	4.0 3	1 tsp	0.0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.0
18375	Leavening agents, yeast, baker's, active dry	4 7	l tsp l pkg	1.0

1874   Leavering agents, yeast, bake's, compressed   17   1 cake   14     11217   Lack, (bull and lower lacf portion), cocked, boiled, drained, without   104   1 cap   0.5     09131   Lenron place, canned or bortled   244   1 cap   0.0     09152   Lenron place, name of bortled   244   1 cap   0.0     09153   Lenron place, name of bortled   244   1 cap   0.0     14295   Lerronade, frazor concentrate, white, prepared with water   236   8 fl oz   0.0     14297   Lerronade, frazor concentrate, white, prepared with water   236   8 fl oz   0.0     14297   Lerronade, frazor concentrate, white, prepared with water   236   8 fl oz   0.0     14297   Lerronade frazor drain, proved prepared with water   236   1 fl azd   0.0     14207   Lerronade frazor drain, growthe prepared with water   236   1 fl azd   0.0     11215   Lettrace, butterhead (includes boston and bibb types), raw   7.5   1 medium leaf   0.0     11251   Lettrace, coreor ormaine, raw   0.0   1 leaf </th <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
sait   instruction     09153   Lenon juice, canned or bottled   15.2   1 thep   0.0     09153   Lenon juice, raw   47   juice of llemon   0.0     14293   Lenonade, froze concentrate, white, prepared with water   248   8 fl oz   0.0     14297   Lennonade, froze concentrate, white, prepared with water   248   8 fl oz   0.0     14297   Lennonade, floze   58   1 kenon   0.2     14297   Lennonade, floze   58   1 kenon   0.2     10100   Lentik, mattre seeds, cooked, boiled, without salt   198   1 cup   5.5     11250   Lettace, cost or romaine, raw   56   1 cup   0.0     11251   Lettace, cost or romaine, raw   56   1 cup   0.1     11252   Lettace, cost or romaine, raw   55   1 cup   0.1     11252   Lettace, cost or romaine, raw   56   1 cup   0.1     11252   Lettace, cost or romaine, raw   55   1 cup   0.1     11252   Lettace, cost or romaine, raw	18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.4
99131I.emon juice, anned or berthed244I.emon0.090152Lemon juice, raw47juice of I.lemon0.014293Lemonale, forzer novementate, while, prepared with water288.10 vz0.014297Lemonade, forzer novementate, while, prepared with water288.10 vz0.014297Lemonade, forzer novementate, while, prepared with water2668.10 oz0.014297Lemonade-flavor drink, powder, prepared with water2668.10 oz0.014297Lemonade-flavor drink, powder, prepared with water2661.0 monal0.014297Lettice, butterhead (includes boston and bib typs); raw631.0 modain leaf0.011251Lettace, oor oromain; raw101.0 modain leaf0.011251Lettace, oor oromain; raw561.0 modain0.011252Lettace, iceberg (includes criphead types), raw551.0 modain0.011252Lettace, iceberg (includes criphead types), raw81.median0.011252Lettace, iceberg (includes criphead types), raw81.0 modain0.011252Lettace, iceberg (includes criphead types), raw81.0 modain0.011252Lettace, iceberg (includes criphead types), raw81.0 modain0.011254Lettace, iceberg (includes criphead types), raw81.0 modain0.011254Lettace, iceberg (includes criphead types), raw81.0 modain0.011264Lettace, iceber	11247	I // / /	104	1 cup	0.5
99152   Lemon Juke, raw   47   juke of 1 lemon   0.0     14293   Lemonade, fux control, with apartame, with water   248   8 fl oz   0.0     14297   Lemonade, fux control, with apartame, worder, prepared with water   237   8 fl oz   0.0     14297   Lemonade, fux control, with apartame, worder, prepared with water   266   8 fl oz   0.0     14297   Lemons, taw, without ped   58   1 lenon   0.2     11250   Letture, butterhead (includes boston and birb types), raw   163   1 head   0.0     11251   Letture, ost or romaine, raw   0   1 leaf   0.0     11251   Letture, ost or romaine, raw   0   1 leaf   0.0     11253   Letture, ost pren leaf, raw   56   1 cup   0.3     11252   I cutue, icoberg (includes crisphead types), raw   53   1 cup   0.1     11252   Letture, icoberg (includes crisphead types), raw   55   1 cup   0.1     11252   Letture, icoberg (includes crisphead types), raw   58   1 cup   0.2     11254	09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.0
14233 Lemonade, forcen concentrate, white, prepared with water 248 8 fl oz 0.2   14290 Lemonade, flow calorie, with appartume, powder, prepared with water 266 8 fl oz 0.3   09150 Lemons, raw, without pecl 58 1 lemon 0.2   16070 Lemils, mature seeds, cooked, holied, without salt 198 1 lemon 0.2   16170 Lettuce, butterefic (includes boots on and bibb types), raw 63 1 head 10   11251 Lettuce, coor romaine, raw 66 1 cup 0.0   11251 Lettuce, coor romaine, raw 66 1 cup 0.3   11252 Lettuce, coor romaine, raw 56 1 cup 0.3   11252 Lettuce, coor romaine, raw 539 1 head 0.0   11252 Lettuce, coore printiles crisphead types), raw 53 1 cup 0.1   11252 Lettuce, coore printiles crisphead types), raw 55 1 cup 0.1   11252 Lettuce, icoberg (includes crisphead types), raw 55 1 cup 0.1   11252 Lettuce, icoberg (includes crisphead types), raw 55 1 cup 0.1	09153	Lemon juice, canned or bottled	244	1 cup	0.2
14290Lemonade, low calorie, with spartame, powder, prepared with water2378 fl oz0.014297Lemonade-flavor drink, powder, prepared with water2668 fl oz0.316070Lentils, mature seeds, cooked, boiled, without salt1981 cup5511250Lettuce, butterhead (includes boston and bibb types), raw1631 head10011251Lettuce, butterhead (includes boston and bibb types), raw561 cup0.011251Lettuce, ost or romaine, raw001 leaf0.011251Lettuce, ost or romaine, raw561 cup0.311252Lettuce, green leaf, raw101 leaf0.011252Lettuce, iceberg (includes crisphead types), raw561 cup0.111252Lettuce, iceberg (includes crisphead types), raw551 cup0.111264Linna beans, insmature seeds, forzen, fordhoek, cookel, boiled, drained, tools alt101 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.011264Linna beans, inge, mature seeds, forzen, fordhoek, cookel, boiled, drained, tools alt1 cup0.011272Linna beans, inge, mature seeds, forzen, fordhoek, cookel, boiled, drained, tools alt<	09152	Lemon juice, raw	47	juice of 1 lemon	0.0
14297 Lemona, raw, without prepared with water 266 8 fl oz 0.3   09150 Lemons, raw, without peel 58 1 lemon 0.2   0070 Lentis, matter seeds, cooked, holied, without salt 198 1 eup 55   11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 10   11251 Lettuce, cos or romaine, raw 56 1 eup 0.0   11251 Lettuce, cos or romaine, raw 10 1 leaf 0.0   11252 Lettuce, green leaf, raw 56 1 cup 0.3   11252 Lettuce, icoberg (includes crisphead types), raw 58 1 cup 0.0   11252 Lettuce, icoberg (includes crisphead types), raw 8 1 medium 0.0   11252 Lettuce, icoberg (includes crisphead types), raw 58 1 cup 0.1   11252 Lettuce, icoberg (includes crisphead types), raw 58 1 cup 0.1   11264 Lima beans, immature seeds, forcer, bibly, cooked, boiled, without salt 180 1 cup 0.8   11075 Lima beans, immature seeds, conned 241 1 cup 2.8	14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.2
op 150   Lernors, raw, without per descense   58   I lemon   0.2     16070   Lettils, muture seeds, cooked, boiled, without salt   198   I cup   5.5     11250   Lettuce, butterhead (includes boston and bib types), raw   163   I head   10     11251   Lettuce, coor or omaine, raw   56   I cup   0.2     11251   Lettuce, coor or omaine, raw   10   I leaf   0.0     11253   Lettuce, coor or leaf, raw   10   I leaf   0.0     11252   Lettuce, icoberg (includes crisphead types), raw   56   I cup   0.3     11252   Lettuce, icoberg (includes crisphead types), raw   8   I medium   0.0     11252   Lettuce, icoberg (includes crisphead types), raw   55   I cup   0.1     11040   Lima beans, inmature seeds, foozen, fordhook, cooked, boiled, drained, a   180   I cup   0.8     10673   Lima beans, large, mature seeds, cooked, boiled, without salt   188   I cup   0.2     10674   Lima beans, large, mature seeds, cooked, boiled, without salt   188   I cup   0.	14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
16070Lentils, mature seeds, cooked, boiled, without salt1981 cup5.511250Lettuce, butterhead (includes boston and bib types), raw16.31 head1.011251Lettuce, coor or maine, raw561 cup0.011253Lettuce, coor or maine, raw101 leaf0.011254Lettuce, coor or maine, raw101 leaf0.011253Lettuce, coor or maine, raw561 cup0.311254Lettuce, coor or maine, raw561 cup0.311252Lettuce, coberg (includes crisphead types), raw531 head0.511252Lettuce, icoberg (includes crisphead types), raw551 cup0.111040Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, mined, without salt1801 cup0.811073Lima beans, immature seeds, forzen, fordhook, cooked, boiled, drained, mined, without salt16071 cup0.810672Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup0.510673Lima beans, large, mature seeds, cooked, boiled, without salt15.41 dbsp0.010671Lime juce, canned or bottled, unsweetened2521 cup25.920100Macaroni and Cheser, canned entree2521 cup25.920100Macaroni and cheser, canned entrients, powder, prepared with whole milk2651 cup25.920100Macaroni and cheser, canned entrients, powder, prepared with whole milk265 <td< td=""><td>14297</td><td>Lemonade-flavor drink, powder, prepared with water</td><td>266</td><td>8 fl oz</td><td>0.3</td></td<>	14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.3
11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 10   11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 00   11251 Lettuce, cos or romaine, raw 56 1 cap 02   11253 Lettuce, cos or romaine, raw 10 1 leaf 01   11253 Lettuce, core or consime, raw 56 1 cap 03   11252 Lettuce, iceedic (includes crisphead types), raw 56 1 cap 01   11252 Lettuce, iceedic (includes crisphead types), raw 57 1 cap 01   11252 Lettuce, iceedic (includes crisphead types), raw 55 1 cap 01   11264 Litume bans, immature seeds, forzen, buby, cooked, boiled, drained, 180 1 cap 01   11040 Litum bans, large, mature seeds, cooked, boiled, drained, 170 1 cap 02   11051 Litum bans, large, mature seeds, cooked, boiled, without salt 188 1 cup 85   110672 Litum bans, large, mature seeds, cooked, boiled, without salt 188 1 cup 02   110672 Litum bans, large, mature seeds	09150	Lemons, raw, without peel	58	1 lemon	0.2
11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 I medium leaf 0.0   11251 Lettuce, cos or romaine, raw 56 Leup 0.2   11251 Lettuce, cos or romaine, raw 10 I leaf 0.1   11253 Lettuce, green leaf, raw 56 I cup 0.3   11252 Lettuce, icoberg (includes crisphead types), raw 55 I cup 0.1   11252 Lettuce, icoberg (includes crisphead types), raw 55 I cup 0.1   11254 Lettuce, icoberg (includes crisphead types), raw 55 I cup 0.1   11040 Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, thou tait 180 1 cup 1.0   11072 Lima beans, large, mature seeds, canned 241 I cup 0.8   16072 Lima beans, large, mature seeds, cooked, boiled, without salt 188 I cup 0.2   10616 Lime juice, ramed or bottled, unsweetened 15.4 I f tup 0.2   10616 Lime juice, ramed or bottled, unsweetened 15.4 I f tup 23.9   20100 Macoroni and Cheese, canned enttree 252	16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	5.5
11251Lettuce, cos or romine, raw56I cup0211251Lettuce, cos or romine, raw10I karf0.011253Lettuce, green kar, raw10I karf0.111254Lettuce, iceberg (includes crisphend types), raw56I cup0.311252Lettuce, iceberg (includes crisphend types), raw8I nedium0.011252Lettuce, iceberg (includes crisphend types), raw85I cup0.111252Lettuce, iceberg (includes crisphend types), raw55I cup0.111040Lima beans, immature seeds, frozen, baty, cooked, boiled, drained, without salt180I cup0.011037Lima beans, immature seeds, frozen, fordhook, cooked, boiled, arined, without salt188I cup0.810672Lima beans, immature seeds, cooked, boiled, without salt188I cup0.010673Lime jucic, enned or bottled, unsweetened246I cup0.20161Lime jucic, enned or bottled, unsweetened15.4I thsp0.002247Macaroni, cooked, enicled140I cup29.814316Malled drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malled drink mix, chocolate, with added nutrients, powder214.5 heaping tsp2.214309Malled drink mix, natural, with added nutrients, powder, prepared with with whole milk265I cup1.214310Malled drink mix, natural, with added nutrients, powder, prepared with with enilk	11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1.0
11251Lettuce, ors or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.111254Lettuce, green leaf, raw561 cup0.311252Lettuce, icheck (includes crisphead types), raw5391 head0.011252Lettuce, iccheck (includes crisphead types), raw551 cup0.111252Lettuce, iccheck (includes crisphead types), raw551 cup0.111252Lettuce, iccheck (includes crisphead types), raw551 cup0.111040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained,1701 cup0.011053Lima beans, immature seeds, frozen, fordhok, cooked, boiled, drained,1701 cup0.816072Lima beans, large, mature seeds, conned2411 cup0.816072Lima beans, large, mature seeds, conned2461 cup0.209161Lime juice, canned or bottled, unsweetened15.41 tbsp0.009161Lime juice, raw38juice of 1 lime0.002247Macaroni, cooked, enriched14001 cup23.914315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup11.114319Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup10.014310Malted drink mix, natural, with added nutrients, p	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.0
11253Lettuce, green leaf, raw101 leaf0.111253Lettuce, iceberg (includes crisphead types), raw561 cup0.311252Lettuce, iceberg (includes crisphead types), raw81 medium0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.111040Lima beans, inmature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup3.111038Lima beans, inmature seeds, frozen, fordhook, cooked, boiled, drained, without salt1801 cup0.016073Lima beans, ingre, mature seeds, conned2411 cup0.816072Lima beans, large, mature seeds, conked, boiled, without salt1881 cup8.516071Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup0.022247Macaroni, cooked, enriched2461 cup0.022247Macaroni, cooked, enriched1401 cup23.920100Macaroni, cooked, enriched1401 cup24.814316Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414304Malted drink mix, natural, with added nutrients, powder211 cup10.00176Mangos, raw0071 mango12.50411Marded nik mix, natural, with added nutrients, powder214.5 heaping tsp0.00412Margarine, regular, tub, composite, 80% fat, with salt14.21 tubp0.004130Margarin	11251	Lettuce, cos or romaine, raw	56	1 cup	0.2
11253Lettuce, iceberg (includes crisphead types), raw561 cup0.311252Lettuce, iceberg (includes crisphead types), raw5391 head0.511252Lettuce, iceberg (includes crisphead types), raw81 medium0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.111252Lettuce, iceberg (includes crisphead types), raw551 cup3.111040Lina beans, inmature seeds, frozen, baby, cooked, boiled, drained, drained, without salt1801 cup1.011038Lina beans, inmature seeds, forzen, baby, cooked, boiled, drained, without salt16071 cup0.016073Lina beans, large, mature seeds, conked, boiled, without salt1881 cup8.516072Lina beans, large, mature seeds, conked, boiled, without salt1881 cup0.209161Line juice, canned or bottled, unsweetned15.41 thsp0.009160Line juice, raw38juice of 1 line0.02247Maactoni and Cheese, canned entree2521 cup23.920100Macaroni, cooked, curiched1401 cup24.814315Malted drink mix, abural, with added nutrients, powder, prepared26.51 cup1.11430Malted drink mix, natural, with added nutrients, powder, prepared26.51 cup1.009176Mangos, raw2071 nango1.21.20411Mated drink mix, natural, with added nutrients, powder, prepared with wh	11251	Lettuce, cos or romaine, raw	10	1 leaf	0.0
11252Lettuce, iceberg (includes crisphead types), raw5391 head0.511252Lettuce, iceberg (includes crisphead types), raw81 medium0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.111252Lettuce, iceberg (includes crisphead types), raw551 cup0.111040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained,1801 cup1.011038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, arined, without salt1 Raw1 cup1.016073Lima beans, large, mature seeds, conked, boiled, without salt1881 cup0.210161Lime juice, canned or bottled, unsweetened2461 cup0.210160Lime juice, canned or bottled, unsweetened2521 cup23920100Macaroni, cooked, enriched1401 cup29811315Malted drink mix, chocolate, with added nutrients, powder2143 heaping tsp3.414316Malted drink mix, natural, with added nutrients, powder, prepared2651 cup1.114309Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup1.009176Mangos, raw2071 mango1.22.214310Malted drink mix, natural, with added nutrients, powder211 htsp0.009176Mangos, raw2071 mango1.21.204611Margarine, regular, tub, composite, 80% fat, with salt14.2	11253	Lettuce, green leaf, raw	10	1 leaf	0.1
11252Lettuce, iceberg (includes crisphead types), raw81 medium0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.111040Lima beans, inmature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup3.111038Lima beans, inmature seeds, frozen, fordhook, cooked, boiled, drained, without salt1801 cup1.016073Lima beans, jarge, mature seeds, cooked, boiled, without salt1881 cup0.816072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup0.209161Lime juice, canned or bottled, unsweetened15.41 tbsp0.009160Lime juice, raw38juice of 1 lime0.02247Macaroni and Cheese, canned entree2521 cup23.920100Macaroni, cooked, enriched1401 cup29.814315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Walted drink mix, natural, with added nutrients, powder, prepared2651 cup1.109176Mangos, raw1651 cup1.00.009176Mangos, raw1651 cup0.009176Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.00412Margarine, regular, tub, composite, 80% fat, stick4.81 tsp0.00413Margarine, regular, tub, composite, 60% fat, stick4.81 tsp0.00414M	11253	Lettuce, green leaf, raw	56	1 cup	0.3
11252Lettuce, iceberg (includes crisphead types), raw551 cup0.111040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup3.111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1.011038Lima beans, large, mature seeds, canned2411 cup10.816072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup0.209161Lime juice, canned or bottled, unswetened2461 cup0.209161Lime juice, canned or bottled, unswetened15.41 tbsp0.0022477Macaroni, cooked, enriched1401 cup23.814315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup1.214300Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup1.009176Mangos, raw2071 mango1.22.204611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004122Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004132Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004134Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004134 <td< td=""><td>11252</td><td>Lettuce, iceberg (includes crisphead types), raw</td><td>539</td><td>1 head</td><td>0.5</td></td<>	11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.5
11040Lima beams, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup3.111038Lima beams, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1.016073Lima beams, large, mature seeds, caned2411 cup10.816072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup0.816073Lime juice, canned or bottled, unsweetened2461 cup0.209161Lime juice, canned or bottled, unsweetened2521 cup23.900160Lime juice, canned or bottled, unsweetened2521 cup23.920100Macaroni, cooked, enriched1401 cup29.814315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup1.014310Malted drink mix, natural, with added nutrients, powder, prepared2651 cup1.009176Margos, raw1651 cup1.01.004111Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004612Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004612Margarine, vegetable oil spread, 60% fat, tubbottle4.81 tsp0.00413Margarine, vegetable oil spread, 60% fat, us	11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.0
11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup3.111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1.016073Lima beans, large, mature seeds, caned2411 cup10.816072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup0.209161Lime juice, canned or bottled, unsweetned2461 cup0.009160Lime juice, canned or bottled, unsweetned15.41 thsp0.009160Lime juice, canned or bottled, unsweetned2521 cup23.920100Macaroni and Cheese, canned entree2521 cup29.814315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, chocolate, with added nutrients, powder214.5 heaping tsp2.214310Malted drink mix, natural, with added nutrients, powder214.5 heaping tsp2.214310Malted drink mix, natural, with added nutrients, powder, prepared2651 cup1.009176Margos, raw1651 cup1.00.004611Margarine, regular, tub, composite, 80% fat, with salt14.21 thsp0.004612Margarine, regular, unspecified oils, with salt added14.31 thsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004612Margarine, beend, 60% fat	11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.1
11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup1.016073Lima beans, large, mature seeds, canned2411 cup0.816072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup0.209161Lime juice, canned or bottled, unsweetened2461 cup0.209161Lime juice, canned or bottled, unsweetened15.41 tbsp0.009160Lime juice, raw38juice of 1 lime0.0022247Macaroni and Cheese, canned entree2521 cup23.920100Macaroni, cooked, enriched1401 cup29.814315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup1.014309Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup1.009176Mangos, raw2071 mango1.20411Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004120Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004131Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004132Margarine, blend, 60% corn oil margarine and 40% butter4.21 tbsp0.004134Margarine, like spread, 60% fat, tub/bottle4.81 tsp0.0041	11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained,	180	*	3.1
16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup8.509161Lime juice, canned or bottled, unsweetened2461 cup0.209160Lime juice, raw38juice of 1 lime0.022247Macaroni and Cheese, canned entree2521 cup23.920100Macaroni, cooked, enriched1401 cup29.814315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup2.214300Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup1.009176Mango, raw1651 cup1.01.009176Mango, raw2071 mango1.20411Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004120Margarine, regular, unspecified oils, with salt ded14.31 tbsp0.004131Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004132Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004134Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004134Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004135Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.004136Margarine-like spread, (appr	11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled,	170	1 cup	1.0
DefinitionLine juice, canned or bottled, unsweetened246I cup0.209161Lime juice, canned or bottled, unsweetened15.4I tbsp0.009160Lime juice, raw38juice of I lime0.022247Macaroni and Cheese, canned entree252I cup23.920100Macaroni, cooked, enriched140I cup29.814315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, nchocolate, with added nutrients, powder, prepared265I cup12.514309Malted drink mix, natural, with added nutrients, powder, prepared with whole milk265I cup11.114310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk265I cup1.009176Mangos, raw165I cup1.01.009176Mangos, raw207I mango1.204611Margarine, regular, tub, composite, 80% fat, with salt14.2I tbsp0.004612Margarine, regular, unspecified oils, with salt added14.1I tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.8I tsp0.004585Margarine, vegetable oil spread, 60% fat, tub/bottle4.8I tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.2I tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.8I tsp0.0 <td>16073</td> <td>Lima beans, large, mature seeds, canned</td> <td>241</td> <td>1 cup</td> <td>10.8</td>	16073	Lima beans, large, mature seeds, canned	241	1 cup	10.8
Op161Lime juice, canned or bothed, unsweetened15.41 tsp0.009160Lime juice, raw38juice of 1 lime0.022247Macaroni and Cheese, canned entree2521 cup23.920100Macaroni, cooked, enriched1401 cup29.814315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup12.514309Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup1.109176Mangos, raw1651 cup1.009176Mangos, raw2071 mango1.204611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004585Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine, vegetable oil s	16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	8.5
09160Lime juice, raw38juice of 1 lime0.022247Macaroni and Cheese, canned entree2521 cup23.920100Macaroni, cooked, enriched1401 cup29.814315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup12.5with whole milk214-5 heaping tsp2.214300Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup11.1whole milk2651 cup1.009176Mangos, raw1651 cup1.009176Mangos, raw2071 mango1.204611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004555Margarine, vegetable oil spread, 60% fat, ub/bottle4.81 tsp0.10455Margarine, regular, com oil margarine and 40% butter14.21 tbsp0.10458Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104513Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.004514<	09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.2
22247Macaroni and Cheese, canned entree2521 cup23.920100Macaroni, cooked, enriched1401 cup29.814315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup12.514309Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup11.114309Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup11.109176Mangos, raw1651 cup1.009176Mangos, raw2071 mango1.204611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004555Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.004134Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.004135Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.004138Margarine-like spread	09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.0
20100Macaroni, cooked, enriched140I cup29.814315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup12.514309Malted drink mix, natural, with added nutrients, powder, prepared2651 cup2.214310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup11.109176Mangos, raw1651 cup1.009176Mangos, raw2071 mango1.204611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004120Margarine, regular, uspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.00418Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.00418Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.00418Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.00418Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.00418Melons, cantaloupe, raw160 <td>09160</td> <td>Lime juice, raw</td> <td>38</td> <td>juice of 1 lime</td> <td>0.0</td>	09160	Lime juice, raw	38	juice of 1 lime	0.0
HaltsMalted drink mix, chocolate, with added nutrients, powder213 heaping tsp3.414316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup12.514309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp2.214310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup11.109176Mangos, raw1651 cup1.009176Mangos, raw2071 mango1.204611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.004585Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.00418Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.004585Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.00418Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw69<	22247	Macaroni and Cheese, canned entree	252	1 cup	23.9
14316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup12.514309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp2.214310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup11.109176Mangos, raw1651 cup1.009176Mangos, raw2071 mango1.204611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.004131Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	20100	Macaroni, cooked, enriched	140	1 cup	29.8
with whole milkwith while14309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp2.214310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup11.109176Mangos, raw1651 cup1.009176Mangos, raw2071 mango1.204611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.004131Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	3.4
14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup11.109176Mangos, raw1651 cup1.009176Mangos, raw2071 mango1.204611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.009181Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	14316		265	1 cup	12.5
whole milk1611 cup1.009176Mangos, raw1651 cup1.009176Mangos, raw2071 mango1.204611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.009181Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	2.2
09176Mangos, raw2071 mango1.204611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.009181Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	14310		265	1 cup	11.1
04611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.004132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.009181Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	09176	Mangos, raw	165	1 cup	1.0
04132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.009181Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	09176	Mangos, raw	207	1 mango	1.2
04612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.004612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004535Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.009181Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.0
04612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp0.004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.009181Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.0
04613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp0.004585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.009181Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.0
04585Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.104128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.009181Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.0
04128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.009181Melons, cantaloupe, raw1601 cup0.609181Melons, cantaloupe, raw691/8 melon0.3	04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.0
09181   Melons, cantaloupe, raw   160   1 cup   0.6     09181   Melons, cantaloupe, raw   69   1/8 melon   0.3	04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.1
09181 Melons, cantaloupe, raw 69 1/8 melon 0.3	04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.0
	09181	Melons, cantaloupe, raw	160	1 cup	0.6
09184   Melons, honeydew, raw   160   1/8 melon   1.1	09181	Melons, cantaloupe, raw	69	1/8 melon	0.3
	09184	Melons, honeydew, raw	160	1/8 melon	1.1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09184	Melons, honeydew, raw	170	1 cup	1.2
01110	Milk shakes, thick chocolate	300	10.6 fl oz	5.7
01111	Milk shakes, thick vanilla	313	11 fl oz	7.2
01094	Milk, buttermilk, dried	6.5	1 tbsp	1.3
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	4.9
01095	Milk, canned, condensed, sweetened	306	1 cup	45.3
01097	Milk, canned, evaporated, nonfat	256	1 cup	6.4
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	5.8
01102	Milk, chocolate, fluid, commercial,	250	1 cup	4.7
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	4.7
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	4.7
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	6.3
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	8.1
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	7.6
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	6.1
01077	Milk, whole, 3.25% milkfat	244	1 cup	9.0
16112	Miso	68.75	1 cup	4.8
19305	Molasses, blackstrap	20	1 tbsp	3.6
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	41.3
15157	Mollusks, clam, mixed species, camed, dramed solids	85	3 oz	20.7
15168	Mollusks, ovster, eastern, cooked, breaded and fried	85	3 oz	56.5
15167	Mollusks, oyster, eastern, vild, raw	85	6 medium	53.5
15173		93		25.0
18274	Mollusks, scallop, mixed species, cooked, breaded and fried	93 57	6 large 1 muffin	6.4
	Muffins, blueberry, commercially prepared		1 muffin	
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57		9.7
18279	Muffins, corn, commercially prepared	57	1 muffin	8.7
18280	Muffins, corn, dry mix, prepared	50	1 muffin	7.6
18283	Muffins, oat bran	57	1 muffin	6.3
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	6.9
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	l cup	0.7
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.6
11264	Mushrooms, canned, drained solids	156	1 cup	6.4
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	18.6
11260	Mushrooms, raw	70	1 cup	6.2
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	36.0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	4.9
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.8
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	1.8
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.3
09191	Nectarines, raw	136	1 nectarine	0.0
20113	Noodles, chinese, chow mein	45	1 cup	19.4
20110	Noodles, egg, cooked, enriched	160	1 cup	34.7
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	34.9
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.8
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	543.5
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	3.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	5.8
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.7
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	15.5
12104	Nuts, coconut meat, raw	45	1 piece	4.5
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.7
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3.3
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	2.1
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	119.4
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.1
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.1
12147	Nuts, pine nuts, dried	28.35	1 oz	0.2
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.6
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.4
20034	Oat bran, cooked	219	1 cup	16.9
20033	Oat bran, raw	94	1 cup	42.5
)4053	Oil, olive, salad or cooking	13.5	1 tbsp	0.0
)4042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.0
)4058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.0
)4034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.0
)4543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.0
)4511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.0
)4506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.6
1281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.1
)9193	Olives, ripe, canned (small-extra large)	22	5 large	0.2
1296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	2.1
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.6
1283	Onions, cooked, boiled, drained, without salt	210	1 cup	1.3
1284	Onions, dehydrated flakes	5	1 tbsp	0.3
11282	Onions, raw	14	1 slice	0.1
1282	Onions, raw	160	1 cup	0.8
1282	Onions, raw	110	1 whole	0.6
1291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.6
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.1
)9207	Orange juice, canned, unsweetened	249	1 cup	0.2
)9209	Orange juice, chilled, includes from concentrate	249	1 cup	0.2
)9215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.2
)9214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.9
)9206	Orange juice, raw	248	1 cup	0.2
)9206	Orange juice, raw	86	juice from 1 orange	0.1
)9200	Oranges, raw, all commercial varieties	180	1 cup	0.9
)9200	Oranges, raw, all commercial varieties	131	1 orange	0.7
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	5.7
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	5.1
	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	5.1

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
09226	Papayas, raw	304	1 papaya	1.8
09226	Papayas, raw	140	1 cup	0.8
11297	Parsley, raw	10	10 sprigs	0.0
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	2.7
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	19.2
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.8
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.3
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.7
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.3
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.2
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.0
09236	Peaches, raw	98	1 peach	0.1
09236	Peaches, raw	170	1 cup	0.2
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.3
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.9
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.1
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2.1
16089	Peanuts, all types, oil-roasted, with salt	28.35	l oz	0.9
09340	Pears, asian, raw	275	1 pear	0.3
09340	Pears, asian, raw	122	l pear	0.1
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.0
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.0
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.0
09252	Pears, raw	166	1 pear	0.0
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	*	1.1
11301	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1.1
11303	-	170	1 cup	2.9
11308	Peas, green, canned, regular pack, drained solids	160	1 cup	2.9 1.6
	Peas, green, frozen, cooked, boiled, drained, without salt Peas, split, mature seeds, cooked, boiled, without salt		1 cup	
16086		196	1 cup	1.2
11670	Peppers, hot chili, green, raw	45	1 pepper	0.2
11819	Peppers, hot chili, red, raw	45	l pepper	0.2
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.1
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.4
11333	Peppers, sweet, green, raw	149	1 cup	0.0
11333	Peppers, sweet, green, raw	10	1 ring	0.0
11333	Peppers, sweet, green, raw	119	1 pepper	0.0
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.4
11821	Peppers, sweet, red, raw	149	1 cup	0.1
11821	Peppers, sweet, red, raw	119	1 pepper	0.1
11945	Pickle relish, sweet	15	1 tbsp	0.0
11937	Pickles, cucumber, dill	65	1 pickle	0.0
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	14.3
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	3.8
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	38.0
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.4
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.2
18302	Pie, apple, prepared from recipe	155	1 piece	12.1
18305	Pie, blueberry, commercially prepared	117	1 piece	1.6
18306	Pie, blueberry, prepared from recipe	147	1 piece	10.9
18308	Pie, cherry, commercially prepared	117	1 piece	1.4
18309	Pie, cherry, prepared from recipe	180	1 piece	14.0
18310	Pie, chocolate creme, commercially prepared	113	1 piece	8.5
18316	Pie, coconut custard, commercially prepared	104	1 piece	6.7
18444	Pie, fried pies, cherry	128	1 pie	3.1
18319	Pie, fried pies, fruit	128	1 pie	3.1
18320	Pie, lemon meringue, commercially prepared	113	1 piece	3.4
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	14.7
18324	Pie, pecan, commercially prepared	113	1 piece	5.7
18325	Pie, pecan, prepared from recipe	122	1 piece	14.6
18326	Pie, pumpkin, commercially prepared	109	1 piece	2.8
18327	Pie, pumpkin, prepared from recipe	155	1 piece	11.0
11943	Pimento, canned	12	1 tbsp	0.0
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.3
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.3
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.2
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	1.0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	1.0
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.2
09266	Pineapple, raw, all varieties	155	1 cup	0.2
21224	Pizza, cheese, regular crust, frozen	63	1 serving	13.5
21226	Pizza, meat and vegetable, regular crust, frozen	79	1 serving	7.1
09278	Plantains, cooked	154	1 cup	2.2
09270	Plantains, raw	179	1 medium	2.7
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.0
09284	Plums, canned, purple, juice pack, solids and liquids	252		0.0
09282	Plums, canned, purple, juice pack, solids and liquids	46	l cup 1 plum	0.0
09282	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.0
09292	Plums, dried (prunes), siewed, without added sugar Plums, dried (prunes), uncooked	42	5 prunes	0.2
09279	Plums, raw	66	1 plum	0.0
09279 07065	Pork and beef sausage, fresh, cooked	26	2 links	
07063	Pork sausage, fresh, cooked	20	1 patty	3.7 0.0
	-		2 links	
07064	Pork sausage, fresh, cooked	26		0.0
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	11.8
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	11.5
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	22.6
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	19.3
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	21.6
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	33.4
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	38.5

cooled, buildcooled, build3 oz3 oz3 oz3 oz1097Pork, forsh, forse, for indseparable lean and fat, cooled, pan-fried853 oz4021097Pork, forsh, forse, forse, enter lon (chops), bone-in, separable lean only, cooled, build853 oz4061097Pork, forsh, fors, enter lon (chops), bone-in, separable lean only, cooled, restrict lon (chops), bone-in, separable lean only, restrict long, restrict lon (chops), bone-in, separable lean only, cooled, hasied3 oz37.710078Pork, fresh, shoulder, arm picnic, separable lean only, cooked, hraised853 oz31.510078Pork, fresh, shoulder, arm picnic, separable lean only, cooked, hraised853 oz31.510078Pork, fresh, shoulder, arm picnic, separable lean only, cooked, hraised853 oz31.510079Pork, fresh, shoulder, arm picnic, separable lean only, cooked, hraised853 oz31.510079Portao purfs, fresh, shoulder, arm picnic, separable lean only, cooked, hraised853 oz31.511072Portao purfs, fresh, shoulder, arm picnic, separable lean only, cooked, hraised853 oz </th <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10179Pork, Fresh, Jone, center loin (chops), bone-in, separable lean only, Pork, fresh, Jone, Jone, Toin (chops), bone-in, separable lean only, Pork, fresh, Jone, Chop, Bone-in, separable lean only, Pork, fresh, Jone, Chop, Bone-in, separable lean only, 	10038		85	3 oz	37.7
10042Park, fresh, lon, center loin (chops), bone-in, separable lean only, exparable lean only, cooled, braised exparable lean only, exparable lean only, cooled, braised exparable lean only, cooled, brais	10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat,	85	3 oz	33.2
10176Pock, fresh, lini, center bin (slops), hone-in, separable lean and fat, cock, drash, fursh, lini, center rib (roasts), hone-in, separable lean and fat, cockd, roastad, obsid, rosstad, rosstad, separable lean and fat, cocked, separable lean and fat, cocked, braisedS53 oz32.710075Prok, fresh, shoulder, arm picnic, separable lean and fat, cocked, braisedS53 oz31.510078Prok, fresh, shoulder, arm picnic, separable lean and fat, cocked, braisedS53 oz31.510078Prok, fresh, shoulder, arm picnic, separable lean and fat, cocked, braisedS53 oz31.510078Prok, fresh, shoulder, arm picnic, separable lean and fat, cocked, braisedS53 oz31.510078Prok, fresh, shoulder, arm picnic, separable lean and fat, cocked, braisedS53 oz31.510079Potato parake, hone-prepared761 paracake5.511379Potato parake, hone-prepared2021 potato0.811371Potatos, backd, fash and skin, vithour shit351 cup6.611373Potatos, backd, fash and skin, vithour shit1561 cup0.611374Potatos, backd, fash and skin, vithour shit1561 cup0.511375Potatos, backd, fash and skin, vithour shit1561 cup0.711376Potatos, backd, chash and skin, vithour shit1561 cup	10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only,	85	3 oz	40.2
cooked, restedconstant10051Pork, fresh, linic, country-style ribs, separable lean and fat, cooked, straised853 oz33.710205Pork, fresh, linic, country-style ribs, separable lean and fat, cooked, braised853 oz27.710078Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised853 oz31.810078Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised853 oz31.811072Potato paneake, home-prepared761 paneake35.311147Potato sald, home-prepared2501 cup10211148Potato sald, home-prepared2501 cup66.11285buttors, shaked, fash and skin, without salt1051 potato06.811385Potatos, shaked, fash and skin, without salt1561 potato0.611364Potatos, baked, disk, without salt1351 potato0.411373Potatos, baked, disk, without salt1351 potato0.411364Potatos, baked, disk, mithout salt1351 potato0.411374Potatos, baked, disk, mithout salt1351 potato0.411375Potatos, baked, disk, mithout salt1361 cup0.711374Potatos, baked, bin, fiesh, without salt1351 potato0.411375Potatos, baked brown, fiozen, prepared1561 cup0.711370Potatos, shaled brown, fiozen, prepared1561 cup0.7 <t< td=""><td>10176</td><td>Pork, fresh, loin, center loin (chops), bone-in, separable lean only,</td><td>85</td><td>3 oz</td><td>40.6</td></t<>	10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only,	85	3 oz	40.6
cocked, rotated   cocked, rotated   state of the state o	10047		85	3 oz	34.9
braised   braised   27.7     Diversity   Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised   85   3 oz   31.5     D0078   Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised   85   3 oz   31.5     D0078   Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised   85   3 oz   31.8     D1672   Potato pancakes, home-prepared   76   1 pancake   3.5     D1189   Potato pancakes, home-prepared   79   10 puffs   0.3     D11844   Potato sald, fome-prepared   202   1 potato   0.8     D11844   Potato sald, fome-prepared   202   1 potato   0.8     D11845   Potatoes, taked, flesh, without salt   156   1 cup   66     D1363   Potatoes, baked, flesh, without salt   136   1 potato   0.4     D1364   Potatoes, botel, cocked miskin, flesh, without salt   136   1 potato   0.4     D1365   Potatoes, botel, cocked without skin, flesh, without salt   136   1 potato   0.4     D1365   Pot	10051		85	3 oz	36.7
braisedbraised813 oz31.510078Pork, fresh, shoulder, arm picnic, separable lean and fit, cooked, braised853 oz31.811672Potato pancakes, home-prepared761 pancake3.511399Potato puffs, frozen, prepared7910 puffs0.311414Potato salud, home-prepared2501 cup0.211674Potato, baked, flesh and skin, without salt2021 potato0.811385Potatoes, au gratin, dry mix, prepared with water, whole milk and2451 cup6.611363Potatoes, baked, flesh, without salt1561 potato0.511364Potatoes, baked, flesh, without salt1361 potato0.411365Potatoes, baked, okele nikn, flesh, without salt1361 potato0.411367Potatoes, holied, cooked nikn, flesh, without salt1351 potato0.411367Potatoes, holied, cooked nikn, flesh, without salt1561 cup0.211309Potatoes, floshed, cooked nikn, flesh, without salt1561 cup0.811309Potatoes, floshed, home-prepared1561 cup0.711309Potatoes, mashed, home-prepared with water, whole milk and2451 cup0.311319Potatoes, floshed, cooked without milk, added2101 cup0.111310Potatoes, hashed brown, home-prepared1561 cup0.311317Potatoes, mashed, home-prepared, whole milk and margarine added2101 c	10205		85	3 oz	33.7
10089Pork, fresh, sparenbs, separable lean and fat, cooked, braised853 oz31.811672Potato pancakes, home-prepared761 pancake3511399Potato puffs, frozen, prepared7910 puffs0011414Potato salad, home-prepared2501 cup0211674Potato salad, home-prepared with water, whole milk and2451 cup6611373Potatoes, au gratin, dry mix, prepared from recipe using butter2451 cup6611364Potatoes, baked, flesh, without salt1561 potatoo0.5511364Potatoes, baked, kin, without salt1361 potatoo0.4411365Potatoes, baked, kin, without salt1361 potatoo0.4411367Potatoes, boked, without salt, flesh, without salt1361 potatoo0.4411367Potatoes, boiled, cooked without skin, flesh, without salt1361 potatoo0.4411367Potatoes, hoshed brown, forzen, plane, prepared1561 cup0.6511370Potatoes, hashed brown, home-prepared1561 cup0.8611371Potatoes, hashed brown, home-prepared from flakes without milk, 2101 cup3.9711371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup3.9711372Potatoes, mashed, home-prepared with water, whole milk and margarine added2101 cup3.9711371Potatoes, mashed, home-prepared with water, whole milk and2551 cup3.97<	10075		85	3 oz	27.7
11672Potato pancakes, home-prepared76I pancake3.511399Potato puffs, frozen, prepared7910 puffs0.311414Potato slad, home-prepared2501 cup0.211674Potatos, baded, flesh, without slit2021 potato0.811855Potatose, au grain, dry mix, prepared with water, whole milk and2451 cup6.611363Potatose, baked, flesh, without salt1561 potato0.511364Potatose, baked, flesh, without salt1361 potato0.411365Potatose, baked, skin, without salt1361 potato0.411367Potatose, boiled, cooked in skin, flesh, without salt1361 potato0.411367Potatose, boiled, cooked without skin, flesh, without salt1561 cup0.511403Potatose, boiled, cooked without skin, flesh, without salt1561 cup0.211371Potatose, boiled, cooked without skin, flesh, without salt1561 cup0.811372Potatose, hashed brown, fnozen, plain, prepared291 patry0.111370Potatose, mashed, home-prepared from flakes without milk, 2101 cup1.711371Potatose, mashed, home-prepared, whole milk and margarine added2101 cup3.911372Potatose, mashed, home-prepared with water, whole milk and 42151 cup3.911372Potatose, mashed, home-prepared with butter2451 cup3.911373Potatose, scalloped, dry mix, pre	10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	31.5
11399Potato puffs, frozen, prepared7910 puffs0.311414Potato puffs, frozen, prepared2501 cup10.211674Potato, backd, flesh and skin, without salt2021 potato0.811385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup6.611373Potatoes, au gratin, dry mix, prepared from recipe using butter2451 cup6.611373Potatoes, backd, flesh, without salt1561 potato0.411364Potatoes, backd, skin, without salt1361 potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt1361 potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup0.511403Potatoes, boiled, cooked without skin, flesh, without salt1561 cup0.611379Potatoes, hashed brown, forzen, plain, prepared291 patty0.111370Potatoes, hashed brown, home-prepared, heated in oven, without2101 cup0.711371Potatoes, mashed, home-prepared with water, whole milk and margarine added2101 cup0.911372Potatoes, mashed, home-prepared with water, whole milk and margarine added2101 cup3.911374Potatoes, scalloped, home-prepared with water, whole milk and margarine added2101 cup3.911375Potatoes, scalloped, home-prepared with water, whole milk and margarine added1 cup3.911374 <td>10089</td> <td>Pork, fresh, spareribs, separable lean and fat, cooked, braised</td> <td>85</td> <td>3 oz</td> <td>31.8</td>	10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	31.8
11414Potato salad, home-prepared250111144Potato salad, home-prepared250110211674Potato baked, flesh and skin, without salt2021potato0.811385Potatoes, au gratin, dry mix, prepared with water, whole milk and245110.011373Potatoes, au gratin, home-prepared from recipe using butter245110.00.611363Potatoes, baked, flesh, without salt156110.40.411364Potatoes, baked, skin, mithout salt136110.40.411365Potatoes, boiled, cooked without skin, flesh, without salt135110.40.411367Potatoes, boiled, cooked without skin, flesh, without salt1561cup0.50.2111403Potatoes, hashed brown, forzen, plain, prepared291pattoes, mashed, delydrated, prepared1561cup0.811370Potatoes, mashed, delydrated, prepared from flakes without milk, 2101cup1.71.711371Potatoes, mashed, home-prepared, whole milk and margarine added2101cup3.911372Potatoes, mashed, home-prepared, whole milk and margarine added2101cup3.911371Potatoes, mashed, home-prepared with butter2451cup3.911372Potatoes, salloped, home-prepared with water, whole milk and2451cup3.911374	11672	Potato pancakes, home-prepared	76	1 pancake	3.5
11674Potato, baked, flesh and skin, without salt202I potato0.811385Dotatoes, au gratin, dry mix, prepared with water, whole milk and butter245I cup6.611373Potatoes, au gratin, home-prepared from recipe using butter245I cup6.611363Potatoes, baked, flesh, without salt156I potato0.511364Potatoes, baked, skin, without salt58I skin0.411365Potatoes, boiled, cooked without skin, flesh, without salt136I potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt136I potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt156I cup0.511403Potatoes, hashed brown, frozen, pain, prepared29I patty0.111370Potatoes, hashed brown, frozen, plain, prepared210I cup8.611379Potatoes, mashed, home-prepared, whole milk added210I cup1.711371Potatoes, mashed, home-prepared, whole milk and margarine added210I cup3.911372Potatoes, scalloped, dry mix, prepared with 2% milk1471/2 cup3.911374Potatoes, scalloped, dry mix, prepared with 2% milk1471/2 cup3.111371Potatoes, scalloped, dry mix, prepared with 2% milk1471/2 cup3.911372Potatoes, scalloped, dry mix, prepared with 2% milk1471/2 cup3.111372Potatoes, scalloped, dry mix, instant, prep	11399	Potato puffs, frozen, prepared	79	10 puffs	0.3
11385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup6.611373Potatoes, au gratin, home-prepared from recipe using butter2451 cup6.611363Potatoes, baked, flesh, without salt1561 potato0.511364Potatoes, baked, skin, without salt581 skin0.411365Potatoes, boiled, cooked without skin, flesh, without salt1361 potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato0.411367Potatoes, foiled, cooked without skin, flesh, without salt1561 cup0.511403Potatoes, foiled, cooked without skin, flesh without salt5010 strips0.211371Potatoes, hashed brown, frozen, plain, prepared1561 cup0.811379Potatoes, mashed, home-prepared, heneed in oven, without2101 cup8.611371Potatoes, mashed, home-prepared, whole milk added2101 cup3.911372Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup3.911372Potatoes, scalloped, dry mix, instant, prepared with 2% milk1471/2 cup3.11138Podatoes, scalloped, dry mix, instant, prepared with 2% milk1471/2 cup3.11133Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.11134Podatoes, scalloped, dry mix, instant, prepared with 2% milk1421/2 cup3.1 <td< td=""><td>11414</td><td>Potato salad, home-prepared</td><td>250</td><td>1 cup</td><td>10.2</td></td<>	11414	Potato salad, home-prepared	250	1 cup	10.2
butterbutter2451 cup6.611373Potatoes, au gratin, home-prepared from recipe using butter2451 cup6.611363Potatoes, baked, flesh, without salt1561 potato0.511364Potatoes, baked, skin, without salt1361 potato0.411365Potatoes, boiled, cooked without skin, flesh, without salt1351 potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup0.511403Potatoes, french fried, frozen, home-prepared, heated in oven, without5010 strips0.211371Potatoes, hashed brown, frozen, plain, prepared291 patty0.111370Potatoes, hashed brown, home-prepared from flakes without milk, whole milk and buter added2101 cup8.611379Potatoes, mashed, bome-prepared, whole milk and margarine added2101 cup3.911371Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup3.911372Potatoes, scalloped, dry mix, instant, prepared with 2% milk1471/2 cup3.911373Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.111384Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.111913Puddings, chocolate, dry mix, instant, prepared with 2% milk1444 oz2.5<	11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.8
11363Potatoes, baked, flesh, without salt1561 potato0.511364Potatoes, baked, skin, without salt581 skin0.411365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup0.511403Potatoes, boiled, cooked without skin, flesh, without salt5010 strips0.211391Potatoes, hashed brown, frozen, plain, prepared291 patty0.111370Potatoes, nashed, dehydrated, prepared1561 cup0.811379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup1.711371Potatoes, scalloped, dry mix, prepared with water, whole milk and dagrarine added2451 cup3.911372Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup3.911372Potatoes, scalloped, home-prepared with water, whole milk and butter2561 cup3.911372Potatoes, scalloped, home-prepared with 2% milk1471/2 cup3.41913Puddings, chocolate, dry mix, instant, prepared with 2% milk1434 oz2.71913Puddings, chocolate, dry mix, instant, prepared with 2% milk1434 oz2.71913Puddings, chocolate, dry mix, instant, prepared with 2% milk144	11385		245	1 cup	6.6
11364Potatoes, baked, skin, without salt581 skin0.411365Potatoes, boiled, cooked in skin, flesh, without salt1361 potatoo0.411367Potatoes, boiled, cooked without skin, flesh, without salt1351 potatoo0.411367Potatoes, boiled, cooked without skin, flesh, without salt1351 potatoo0.411367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup0.511403Potatoes, french fried, frozen, home-prepared, heated in oven, without5010 strips0.211391Potatoes, hashed brown, frozen, plain, prepared291 patty0.111370Potatoes, mashed, dehydrated, prepared1561 cup0.811379Potatoes, mashed, home-prepared from flakes without milk, whole milk and butter added2101 cup1.711371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1.711372Potatoes, scalloped, home-prepared with water, whole milk and2451 cup3.9butter2451 cup3.93.93.51923Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.41910Puddings, chocolate, dry mix, instant, prepared with 2% milk1421/2 cup3.11913Puddings, chocolate, dry mix, instant, prepared with 2% milk444 oz2.71913Puddings, chocolate, dry mix, instant, prepared with 2% milk444 oz2.71913Pud	11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	6.6
11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup0.511403Potatoes, french fried, frozen, home-prepared, heated in oven, without5010 strips0.21131Potatoes, hashed brown, frozen, plain, prepared291 patty0.111370Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup8.611657Potatoes, mashed, home-prepared, whole milk added2101 cup1.711371Potatoes, scalloped, home-prepared, whole milk and margarine added2101 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.911373Potatoes, scalloped, home-prepared with butter2451 cup3.911374Potatoes, scalloped, dry mix, prepared with butter2451 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.911373Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419190Puddings, chocolate, dry mix, negular, prepared with 2% milk1444 oz2.519133Puddings, chocolate, dry mix, regular, prepared with 2% milk1444 oz2.519139Puddings, tapica, ready-to-eat1134 oz2.519149 </td <td>11363</td> <td>Potatoes, baked, flesh, without salt</td> <td>156</td> <td>1 potato</td> <td>0.5</td>	11363	Potatoes, baked, flesh, without salt	156	1 potato	0.5
11367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato0.411367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup0.511403Potatoes, french fried, frozen, home-prepared, heated in oven, without5010 strips0.211391Potatoes, hashed brown, frozen, plain, prepared291 patty0.111370Potatoes, hashed, dehydrated, prepared1561 cup0.811379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup1.711371Potatoes, mashed, home-prepared, whole milk added2101 cup3.911372Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup3.911372Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2561 cup3.911372Potatoes, calloped, dry mix, instant, prepared with 2% milk1471/2 cup3.419100Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419133Puddings, chocolate, dry mix, instant, prepared with 2% milk1434 oz2.719134Puddings, chocolate, dry mix, regular, prepared with 2% milk1401/2 cup3.919135Puddings, chocolate, dry mix, regular, prepared with 2% milk1434 oz2.519134Puddings, chocolate, dry mix, regular, prepared with 2% milk1401/2 cup2.919135Puddings, tipioc, neady-to	11364	Potatoes, baked, skin, without salt	58	1 skin	0.4
11367Potatoes, boiled, cooked without skin, flesh, without salt156I cup0.511403Potatoes, french fried, frozen, home-prepared, heated in oven, without5010 strips0.211391Potatoes, hashed brown, frozen, plain, prepared291 patty0.111370Potatoes, hashed brown, home-prepared1561 cup0.811379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup1.711371Potatoes, mashed, home-prepared, whole milk added2101 cup1.711372Potatoes, mashed, home-prepared with adter, whole milk and butter2451 cup3.911372Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup3.911372Potatoes, calloped, home-prepared with butter2451 cup3.911372Potatoes, coclate, dry mix, instant, prepared with 2% milk1471/2 cup3.419190Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.119183Puddings, chocolate, ready-to-eat1134 oz2.519124Puddings, trice, ready-to-eat1134 oz1.919212Puddings, tapica, raedy-to-eat1134 oz2.919214Puddings, tapica, raedy-to-eat1134 oz2.319214Puddings, tapica, raedy-to-eat1134 oz2.919214Puddings, tapica, raedy-to-eat1134 oz2.3 <td>11365</td> <td>Potatoes, boiled, cooked in skin, flesh, without salt</td> <td>136</td> <td>1 potato</td> <td>0.4</td>	11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.4
1403Potatoes, french fried, frozen, home-prepared, heated in oven, without5010 strips0.211301Potatoes, french fried, frozen, plain, prepared291 patty0.111370Potatoes, hashed brown, home-prepared1561 cup0.811379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup1.711371Potatoes, mashed, home-prepared, whole milk added2101 cup1.711371Potatoes, mashed, home-prepared with water, whole milk and2451 cup3.911372Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.911372Potatoes, scalloped, home-prepared with 2% milk1471/2 cup3.411930Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419190Puddings, chocolate, dry mix, regular, prepared with 2% milk1434 oz2.719133Puddings, chocolate, dry mix, regular, prepared with 2% milk1401/2 cup3.119143Puddings, chocolate, ready-to-eat1134 oz2.519214Puddings, tapicea, ready-to-eat1134 oz2.519215Puddings, tapicea, ready-to-eat <td< td=""><td>11367</td><td>Potatoes, boiled, cooked without skin, flesh, without salt</td><td>135</td><td>1 potato</td><td>0.4</td></td<>	11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.4
salt11391Potatoes, hashed brown, frozen, plain, prepared291 patty0.111370Potatoes, hashed brown, home-prepared1561 cup0.811379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup8.611657Potatoes, mashed, home-prepared, whole milk added2101 cup1.711371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1.711387Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.905306Poultry food products, ground turkey, cooked821 patty30.509294Prune juice, canned2561 cup3.419100Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419133Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3.119134Puddings, chocolate, ready-to-eat113.44 oz2.519214Puddings, tapioca, ready-to-eat1134 oz2.519212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.519214Puddings, tapioca, ready-to-eat1134 oz2.519215Puddings, tapioca, ready-to-eat1134 oz2.3 <td>11367</td> <td>Potatoes, boiled, cooked without skin, flesh, without salt</td> <td>156</td> <td>1 cup</td> <td>0.5</td>	11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.5
11370Potatoes, hashed brown, home-prepared1561 cup0.811379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup1.711371Potatoes, mashed, home-prepared, whole milk added2101 cup1.711371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1.711371Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.905306Poultry food products, ground turkey, cooked821 patty30.509294Prune juice, canned2561 cup3.419100Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419131Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3.119132Puddings, chocolate, dry mix, regular, prepared with 2% milk1434 oz2.719134Puddings, chocolate, dry mix, regular, prepared with 2% milk1441/2 cup3.119134Puddings, tapioca, ready-to-eat1134 oz2.519212Puddings, tapioca, ready-to-eat1134 oz2.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dready-to-eat113<	11403		50	10 strips	0.2
11379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup8.611657Potatoes, mashed, home-prepared, whole milk added2101 cup1.711371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1.711371Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup3.911372Potatoes, scalloped, home-prepared with water, whole milk and2451 cup3.905306Poultry food products, ground turkey, cooked821 patty30.509294Prune juice, canned2561 cup3.419100Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.119133Puddings, chocolate, ready-to-eat113.44 oz2.519214Puddings, trie, ready-to-eat1134 oz2.519214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, ready-to-eat1134 oz2.319215Puddings, vanilla, ready-to-eat113<	11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.1
whole milk and butter added11111657Potatoes, mashed, home-prepared, whole milk added2101 cup1.711371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1.711387Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.905306Poultry food products, ground turkey, cooked821 patty30.509294Prune juice, canned2561 cup1.519123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419190Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3.119183Puddings, chocolate, ready-to-eat113.44 oz2.519212Puddings, tice, ready-to-eat1134 oz1.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919	11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.8
11371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1.711387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.905306Poultry food products, ground turkey, cooked821 patty30.509294Prune juice, canned2561 cup1.519123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419190Puddings, chocolate, eady-to-eat1134 oz2.719193Puddings, tipice, ready-to-eat113.44 oz2.519212Puddings, tapioca, ready-to-eat1134 oz1.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, ready-to-eat1134 oz2.319214Puddings, vanilla, ready-to-eat1134 oz2.319215Puddings, vanilla, ready-to-eat1134 oz2.319216Puddings, vanilla, caned, without salt245 </td <td>11379</td> <td></td> <td>210</td> <td>1 cup</td> <td>8.6</td>	11379		210	1 cup	8.6
11387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.905306Poultry food products, ground turkey, cooked821 patty30.509294Prune juice, canned2561 cup1.519123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419190Puddings, chocolate, ready-to-eat1134 oz2.719193Puddings, rice, ready-to-eat113.44 oz2.519212Puddings, tapioca, ready-to-eat1134 oz1.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919215Puddings, tapioca, ready-to-eat1134 oz2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919215Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.319215Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.319214Pungkin, canned, without salt2451 cup1.0	11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	1.7
butter2451 cup3.911372Potatoes, scalloped, home-prepared with butter2451 cup3.905306Poultry food products, ground turkey, cooked821 patty30.509294Prune juice, canned2561 cup1.519123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419190Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3.119183Puddings, chocolate, ready-to-eat1134 oz2.519218Puddings, tapioca, ready-to-eat1134 oz1.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919215Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919214Puddings, vanilla, ready-to-eat1134 oz2.919215Puddings, vanilla, ready-to-eat1134 oz2.319216Puddings, vanilla, ready-to-eat1134 oz2.319217Puddings, vanilla, ready-to-eat1134 oz2.319218Puddings, vanilla, ready-to-eat1134 oz2.319219Puddings, vanilla, ready-to-eat1134 oz2.319211Pungkin, canned, without salt2451 cup1.0	11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	1.7
05306Poultry food products, ground turkey, cooked821 patty30.509294Prune juice, canned2561 cup1.519123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419190Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3.119183Puddings, chocolate, ready-to-eat1134 oz2.719193Puddings, rice, ready-to-eat113.44 oz2.519218Puddings, tapioca, ready-to-eat1134 oz1.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919201Puddings, vanilla, ready-to-eat1134 oz2.31124Pumpkin, canned, without salt2451 cup1.0	11387		245	1 cup	3.9
09294Prune juice, canned2561 cup1.519123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419190Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3.119183Puddings, chocolate, ready-to-eat1134 oz2.719193Puddings, rice, ready-to-eat113.44 oz2.519218Puddings, tapioca, ready-to-eat1134 oz1.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919201Puddings, vanilla, ready-to-eat1134 oz2.31124Pumpkin, canned, without salt2451 cup1.0	11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	3.9
19123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup3.419190Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3.119183Puddings, chocolate, ready-to-eat1134 oz2.719193Puddings, rice, ready-to-eat113.44 oz2.519218Puddings, tapioca, ready-to-eat1134 oz1.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919201Puddings, vanilla, ready-to-eat1134 oz2.311244Pumpkin, canned, without salt2451 cup1.0	05306	Poultry food products, ground turkey, cooked	82	1 patty	30.5
19190Puddings, chocolate, dry mix, regular, prepared with 2% milk1421/2 cup3.119183Puddings, chocolate, ready-to-eat1134 oz2.719193Puddings, rice, ready-to-eat113.44 oz2.519218Puddings, tapioca, ready-to-eat1134 oz1.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919201Puddings, vanilla, ready-to-eat1134 oz2.311424Pumpkin, canned, without salt2451 cup1.0	09294	Prune juice, canned	256	1 cup	1.5
19183Puddings, chocolate, ready-to-eat1134 oz2.719193Puddings, rice, ready-to-eat113.44 oz2.519218Puddings, tapioca, ready-to-eat1134 oz1.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919201Puddings, vanilla, ready-to-eat1134 oz2.311424Pumpkin, canned, without salt2451 cup1.0	19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	3.4
19193Puddings, rice, ready-to-eat113.44 oz2.519218Puddings, tapioca, ready-to-eat1134 oz1.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919201Puddings, vanilla, ready-to-eat1134 oz2.311424Pumpkin, canned, without salt2451 cup1.0	19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	3.1
19218Puddings, tapioca, ready-to-eat1134 oz1.919212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919201Puddings, vanilla, ready-to-eat1134 oz2.311424Pumpkin, canned, without salt2451 cup1.0	19183	Puddings, chocolate, ready-to-eat	113	4 oz	2.7
19212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup2.919201Puddings, vanilla, ready-to-eat1134 oz2.311424Pumpkin, canned, without salt2451 cup1.0	19193	Puddings, rice, ready-to-eat	113.4	4 oz	2.5
19201Puddings, vanilla, ready-to-eat1134 oz2.311424Pumpkin, canned, without salt2451 cup1.0	19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.9
11424Pumpkin, canned, without salt2451 cup1.0	19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	2.9
	19201	Puddings, vanilla, ready-to-eat	113	4 oz	2.3
11423Pumpkin, cooked, boiled, drained, without salt2451 cup0.5	11424	Pumpkin, canned, without salt	245	1 cup	1.0
	11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.5

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1429	Radishes, raw	4.5	1 radish	0.0
)9298	Raisins, seedless	14	1 packet	0.1
)9298	Raisins, seedless	145	1 cup	0.9
)9306	Raspberries, frozen, red, sweetened	250	1 cup	0.8
09302	Raspberries, raw	123	1 cup	0.2
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	3.3
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	2.2
20037	Rice, brown, long-grain, cooked	195	1 cup	19.1
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	14.3
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	42.6
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	6.9
20045	Rice, white, long-grain, regular, cooked	158	1 cup	11.9
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	27.9
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	7.6
18350	Rolls, hamburger or hotdog, plain	43	1 roll	8.4
18353	Rolls, hard (includes kaiser)	57	1 roll	22.3
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	1.2
)4539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.2
)4120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.0
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.3
)4133	Salad dressing, french, home recipe	14	1 tbsp	0.2
)4134	Salad dressing, home recipe, cooked	16	1 tbsp	0.3
)4135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.2
)4114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.3
)4021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.2
)4025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.2
)4015	Salad dressing, russian dressing	15.3	1 tbsp	0.2
)4022	Salad dressing, russian dressing Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.2
)4022	Salad dressing, housand island dressing, reduced fat	15.3	1 tbsp	0.0
)4017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.0
)7069	Salami, cooked, beef and pork	56.7	2 slices	8.3
)7009 )7072	Salami, dry or hard, pork, beef	20	2 slices	5.2
)2047		6		
)2047 )7073	Salt, table	15	1 tsp	0.0
21097	Sandwich spread, pork, beef	15	1 tbsp	1.5
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	193	1 sandwich	33.0 22.6
21113	Sandwiches and burgers, encescourger, regular, single meat patty, plain Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	33.6
)6150	Sauce, barbecue sauce	15.75	1 tbsp	0.2
)6930	Sauce, cheese, ready-to-serve	63	1/4 cup	2.0
)6175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.3
)6166	Sauce, homemade, white, medium	250	1 cup	10.2
)6931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	3.5
)6168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.0
)6164	Sauce, ready-to-serve, selsa	16	1 tbsp	0.0
)6112	Sauce, ready-to-serve	18	1 tbsp	0.1
10114	Suuce, unyaki, nauy-w-serve	10	1 tosp	0.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	2.7
11445	Seaweed, kelp, raw	10	2 tbsp	0.1
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.1
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.6
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.3
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.1
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	25.4
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	22.5
14346	Shake, fast food, chocolate	333	16 fl oz	5.7
14347	Shake, fast food, vanilla	333	16 fl oz	11.3
11677	Shallots, raw	10	1 tbsp	0.1
19097	Sherbet, orange	74	1/2 cup	1.0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.1
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.2
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.9
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.9
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.8
19014	Snacks, fruit leather, rolls	21	1 large	0.1
19015	Snacks, granola bars, hard, plain	28.35	1 bar	4.6
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	3.5
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	4.5
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	2.3
19034	Snacks, popcorn, air-popped	8	1 cup	0.8
19036	Snacks, popcorn, cakes	10	1 cake	1.0
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.6
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.3
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.3
19035	Snacks, popcorn, oil-popped	11	1 cup	0.8
19041	Snacks, pork skins, plain	28.35	1 oz	11.6
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	2.3
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	2.3
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.3
19411	Snacks, potato chips, plain, salted	28.35	1 oz	2.3
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2.3
19422	Snacks, potato chips, reduced fat	28.35	1 oz	2.3
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	2.3
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	3.5
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	2.2
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	1.9
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.9
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	16.8
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	8.1
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1.7
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	7.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	25.2
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	6.3
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	9.6
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	12.2
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	4.8
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	9.3
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	12.9
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	4.0
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	1.5
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	2.0
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	2.5
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	9.3
06174	Soup, stock, fish, home-prepared	233	1 cup	2.3
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.2
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.5
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	4.4
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	7.0
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	4.3
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.3
16120	Soy milk, fluid	245	1 cup	11.8
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.1
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	2.5
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	12.6
22401	Spaghetti with meat sauce, frozen entree	283	1 package	33.7
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	29.8
20125	Spaghetti, whole-wheat, cooked	140	1 cup	36.3
02007	Spices, celery seed	2	1 tsp	0.2
02009	Spices, chili powder	2.6	1 tsp	0.2
02010	Spices, cinnamon, ground	2.3	1 tsp	0.0
02015	Spices, curry powder	2	1 tsp	0.3
02020	Spices, garlic powder	2.8	1 tsp	1.1
02026	Spices, onion powder	2.1	1 tsp	0.0
02027	Spices, oregano, dried	1.5	1 tsp	0.1
02028	Spices, paprika	2.1	1 tsp	0.1
02029	Spices, parsley, dried	1.3	1 tbsp	0.4
02030	Spices, pepper, black	2.1	1 tsp	0.1
11658	Spinach souffle, home-prepared	136	1 cup	12.9
11461	Spinach, canned, drained solids	214	1 cup	3.0
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	2.7
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	10.5
11457	Spinach, raw	30	1 cup	0.3
11457	Spinach, raw	10	1 leaf	0.1
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.4

10441Squah, summer, all varieties, row1131 cup11644Squah, simer, futrom, forze, code, hade, without salt2051 cup11848Squak, simer, futrom, forze, code, hade, without salt2051 cup09210Struwberries, row121 struwberry09216Struwberries, raw181 struwberry09216Struwberries, raw1661 cup09217Struwberries, raw1661 cup19318Sugar, powdered4.21 bp19329Sugar, granulated2551 cup19319Sugar, powdered2551 cup19310Sweet potato, canced, syrup pack, drained solids1061 potato11510Sweet potato, canced, syrup pack, drained solids1051 potato11518Sweet potato, canced, syrup pack1051 potato11519Sweet potato, condect, dudied mixing301 roll1158Sweet potato, condect, dudied without salt1061 potato11518Syrups, conn. [rdip201 fbsp11538Syrups, conn. [rdip201 fbsp11538Syrups, conn. [rdip201 fbsp11538Syrups, tubbe locks, purcaker, reduced-calore151 cup11539Tangerine, [randarine oranges], raw841 tangerine11540Tangerine, [randarine oranges], raw841 tangerine11530Tangerine, [randarine oranges], raw811 cup11541Tangerine, [randarine oranges], raw <td< th=""><th>NDB_No</th><th>Description</th><th>Weight (g)</th><th>Common Measure</th><th>Content per Measure</th></td<>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11488Squad, winer, batternat, frozen, cooked, boiled, without sult2401 ep093100Strawberries, frozen, soveettend, slied2551 eup093161Strawberries, raw181 strawberry093162Strawberries, raw1661 eup093163Starwberries, raw1661 eup193363Sagars, bown1621 sp193354Sagars, bowdred21 eup193355Sagars, bowdred21 eup193364Sagars, bowdred21 eup193365Sweet potato, conded, synap pack, drained solids1661 eup193366Sweet potato, cooked, bailed in skin, without saint1661 potato193367Sweet potato, cooked, bailed in skin, without saint1661 eup193368Sweet potato, cooked, condied, barger synap1051 eup193368Sweet potato, cooked, condied, barger synap1001 eup193369Synap, cooked, bailed out skin frosting, baked201 eup19336Synap, cooked, bailed out skin frosting, baked201 eup19337Tagerine iure, canned, s	11641	Squash, summer, all varieties, raw	113	1 cup	0.2
99390Strawberries, frozen, sweetened, slived2551 cmp99316Strawberries, raw12strawberry90316Strawberries, raw1661 cmp90316Strawberries, raw1661 cmp91314Sagars, brown3.21 tsp91335Sagars, spanallad201 tsp91346Sagars, powdered81 tsp91355Sagars, browner, symp pack, drained solds961 cmp91368Sweet potato, canned, symp pack, drained solds1641 potato913768Sweet potato, cooked, back in skin, without salt1461 potato91388Sweet potato, cooked, back in skin, without salt1651 potato91389Sweet potato, cooked, candued, home-prepared1051 cml91380Symps, cookad, candued, home-prepared1051 cml91380Symps, cookad, candued, home-prepared1021 cmp91381Symps, cookad, candued, home-prepared1021 cmp91383Symps, conclar, fudge-type1921 cmp91393Symps, conclar, fudge-type1921 cmp91393Symps, conclar, fudge-type121 cmp91394Symps, conclar, fudge-type211 cmp91395Symps, conclar, fudge-type211 cmp91494Symps, conclar, fudge-type211 cmp91595Symps, conclar, fudge-type211 cmp91695Tangerine, (mandimin orange), canned, light symp pack261 cap<	11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.8
99316Strawberries, raw12strawberry99316Strawberries, raw18strawberry99316Strawberries, raw1661 cup19334Sugars, strawberries, raw3.21 tsp19335Sugars, powdered4.21 sp19336Sugars, powdered81 cup11647Sweet potato, canned, syrup pack, drained solids1961 cup11812Sweet potato, cocked, badei ni skin, without salt1461 potato11815Sweet potato, cocked, badei ni skin, without salt1561 potato11815Sweet potato, cocked, canded, home-prepared1051 roll11858Sweet potato, cocked, canded, home-prepared with naisins601 roll11818Sweet potato, cocked, canded, home-prepared with rawing, backed301 roll11818Sweet potato, cocked, pancelae201 bsp11818Syrups, corn, left201 bsp11818Syrups, corn, left201 bsp11918Syrups, corn, left201 bsp11918Syrups, corn, left23.31 cup11918Syrups, corn, left2491 cup11918Syrups, corn, left2491 cup11918Syrups, corn, left2491 cup11918Syrups, corn, left1521 cup11918Syrups, corn, left1521 cup11918Syrups, corn, left2491 cup11929Syrups, corn, left1521 cup <td>11488</td> <td>Squash, winter, butternut, frozen, cooked, boiled, without salt</td> <td>240</td> <td>1 cup</td> <td>1.2</td>	11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	1.2
99916Strawberries, raw18is strawberries,99916Strawberries, raw166is pr99916Stagars, trown5.2is pr19335Stagars, granulated4.2is pr19336Stagars, conced, symp pack, drained solids8is cap11121Sweet potato, canned, symp pack, drained solids255i cup11518Sweet potato, conced, baked in skin, without skin166i potato11519Sweet potato, conked, baked in skin, without skin60i potato11510Sweet potato, conked, challed, home prepared105i roll11518Sweet rolls, cinnamon, commercially prepared with rissins60i roll11518Sweet rolls, cinnamon, commercially prepared with rissins60i roll11518Symps, choolate, fadge-type20i thep11519Symps, choolate, fadge-type20i thep11518Symps, choolate, fadge-type20i thep11519Symps, choolate, fadge-type20i thep11519Symps, choolate, fadge-type20i thep11519Tangerine juice, canned, weetend13i thep11519Tangerine juice, named, weetend21i thep11519Tangerine juice, named, ight symp pack252i thep11519Tangerine juice, named, induction ranges), canned, ight symp pack21i thep11520Tangerine juice, named, ight symp pack21i thep11511Tangerine juice, named, ight sy	09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.8
99316Strawberries, raw166I cup19324Sugars, providered5.216 pr19335Sygars, granulated816 sp19336Sugars, providered816 sp19336Sugars, providered810 sp19336Sugars, providered810 sp19337Sweet potato, canced, syrup pack, drained solids1961 potato19338Sweet potato, cocked, baled, uribout salt1461 potato19338Sweet potato, cocked, baled, uribout salt1661 potato19339Sweet potato, cocked, cancied, cumperpared101 roll19330Syrups, choolot, fugde-type191 sb19330Syrups, choolot, fugde-type201 sb19330Syrups, choolot, fugde-type201 sb19330Syrups, choolot, fugde-type201 sb19330Syrups, table blends, pancake, reduced-calorie151 sb19331Tangerine, (unindari oranges), canned, light syrup pack2521 cup19330Tangerine, (unindari oranges), canned, light syrup pack2521 cup19331Tangerine, (unindari oranges), canned, light syrup pack2521 cup19331Tangerine, (unindari oranges), canned, light syrup pack2521 cup19331Tangerine, furc, hordy, packed prepared1786 floca19332Tangerine, (unindari oranges), canned, light syrup pack2541 sp19335Tangerine, furc, ander, dingun, enon-flavored, without adde	09316	Strawberries, raw	12	1 strawberry	0.0
19334Sugars, provint3.2I sp19335Sugars, providered421 sp19336Sugars, providered81 sbp19336Sugars, providered81 sbp19336Sugars, providered961 cup19337Syneet potato, canned, vacuum pack.2551 cup11508Sweet potato, cooked, baked in skin, without skin1661 potato11509Sweet potato, cooked, baked in skin, without skin1561 potato11509Sweet potato, cooked, chafied, hom-prepared1051 reli11509Sweet potato, cooked, chafied, hom-prepared with raisins601 roll11518Sweet potato, cooked, shead in skin, without skin201 sbp11530Syrups, com, light201 sbp11531Syrups, com, light201 sbp11532Syrups, com, light201 sbp11531Syrups, table blends, pancake, reduced-calorie151 sdp11532Syrups, table blends, pancake, reduced-calorie153.31 requ11532Tangerines, (mandarin omages), raw2491 cup11533Tangerines, (mandarin omages), raw1521 cup11545Tas, here, drepared with ay water1786 fl o.211545Tas, here, drepared with ay water1786 fl o.211545Tas, here, drepared with ay alure, lemon-flavored, sirbourd, and and anomile, brewed1786 fl o.21155Tas, here, prepared2708 fl o.21 <td>09316</td> <td>Strawberries, raw</td> <td>18</td> <td>1 strawberry</td> <td>0.1</td>	09316	Strawberries, raw	18	1 strawberry	0.1
19335Name, granulated4.21 sp19336Sugars, powdered81 dsp19336Sugars, powdered81 cup19477Sweet potato, canned, syrup pack, drained solids1961 cup11512Sweet potato, cooked, bacid in skin, without salt1461 potato11510Sweet potato, cooked, bacid in skin, without salt1461 potato11510Sweet potato, cooked, candied, home-prepared1051 piece11515Sweet potato, cooked, candied, home-prepared1051 roll118358Sweet rolls, cinnamon, criftigented dough with frosting, baked301 roll119350Syrups, corn, light201 dsp119353Syrups, corn, light201 dsp119129Syrups, table blends, pancake, reduced-calorie151 dsp119129Syrups, table blends, pancake, reduced-calorie151 dsp118160Tao shells, baked13.31 enclium119129Syrups, table blends, pancake, reduced-calorie2521 cup118160Tao shells, baked13.31 eng118161Tangerines, (mandarin oranges), canned, light syrup pack2521 cup11817Tea, herb, other han oranges), raw841 ang118181Tea, herb, other han oranges, leanon-flavored, without added1786 fl oz118181Tea, herb, other han oranges, leanon-flavored, without added2161 pastry118141Tea, herb, other han calouring, brewed1786 fl oz <td>09316</td> <td>Strawberries, raw</td> <td>166</td> <td>1 cup</td> <td>0.7</td>	09316	Strawberries, raw	166	1 cup	0.7
19336Sugar, powdered81 http11647Sweet potato, canned, syrup pack, drained solids196L cup11512Sweet potato, canned, syrup pack, drained solids196L cup11512Sweet potato, cooked, holed in skin, without salt1461 potato11619Sweet potato, cooked, holed, in skin, without salt1561 potato11619Sweet potato, cooked, candied, home-prepared1051 potato11856Sweet rolls, cinnamon, commercially prepared with raisins601 roll119348Syrups, conc. jeigh201 http119348Syrups, conc. jeigh201 http119348Syrups, conc. jeigh201 http119348Syrups, maple201 http119348Syrups, india blends, pancake, reduced-ralorie131 mcdium119348Syrups, india blends, pancake, reduced-ralorie13.31 mcdium119348Tangerine juice, canned, sweetned2321 cup118350Tangerines, (mandarin onages), canned, light syrup pack2321 cup118351Tangerines, (mandarin onages), canned, light syrup pack1521 cup118352Tangerines, (mandarin onages), canned, inperson1786 fl oz118351Tangerines, (mandarin onages), canned, inperson2378 fl oz118352Tangerines, (mandarin onages), canned, sweetned2378 fl oz118353Tangerine jusce, canned, with sugar, lemon-flavored, 2378 fl oz118361Tangerines, formato	19334	Sugars, brown	3.2	1 tsp	0.0
Interf   Seven points, canned, syrup pack, drained solids   196   1 cup     111512   Sweet points, canned, vacuum pack   255   1 cup     11508   Sweet points, cooked, baked in skin, wihout salt   146   1 points     11508   Sweet points, cooked, bailed, without skin   156   1 points     11659   Sweet points, cooked, candied, home-prepared   105   1 picee     11858   Sweet rolits, cinnamon, certificarted with raisins   60   1 roll     119348   Syrups, chocolate, fudge-type   19   1 tbsp     119353   Syrups, chocolate, fudge-type   20   1 tbsp     119354   Syrups, table blends, pancake   20   1 tbsp     119355   Syrups, table blends, pancake   20   1 tbsp     119368   Syrups, table blends, pancake, reduced-calorie   15   1 tbsp     119378   Syrups, table blends, pancake, reduced-calorie   152   1 cup     11938   Syrups, table blends, pancake, reduced-calorie   152   1 cup     11938   Tangerine, iuc, canned, sweetened   178   6 fl o.z	19335	Sugars, granulated	4.2	1 tsp	0.0
11512Sweet potato, canded, vacuum pack255I cup11508Sweet potato, cooked, bailed in skin, without salt146I potato11510Sweet potato, cooked, bailed, without skin156I picace11510Sweet potato, cooked, candied, home-prepared105I picace118356Sweet rolls, cinnamon, commercially prepared with raisins60I roll118358Sweet rolls, cinnamon, crimgerated dough with frosting, baked30I roll119348Syrups, coon, Ligh20I thsp119350Syrups, coon, Ligh20I thsp119128Syrups, tube blends, pancake3.3I medium119128Syrups, tube blends, pancake, reduced-calorie13.4I tagerine119280Tangerines, (mandarin oranges), canned, light syrup pack232I cup119351Tangerines, (mandarin oranges), canned, light syrup pack249I cup119352Tangerines, (mandarin oranges), raw84I tangerine114355Tae, herbe, channomile, brewed1786 fl oz114355Tae, herbe, channomile, brewed1786 fl oz114356Tae, instant, sweetened with sugar, lemon-flavored, without added2598 fl oz114376Tae, instant, sweetened, propared2378 fl oz114376Ta	19336	Sugars, powdered	8	1 tbsp	0.0
11508Sweer potato, cooked, baked in skin, without skin1461 potato11510Sweet potato, cooked, bailed, without skin1561 potato11659Sweet potato, cooked, candied, home-prepared1051 piece11658Sweet rolls, cinnamon, crifrigerated dough with frosting, baked301 roll11838Sweet rolls, cinnamon, crifrigerated dough with frosting, baked301 roll119348Syrups, chocolate, fudge-type201 tbsp19350Syrups, syrups, maple201 tbsp19124Syrups, table blends, pareake, reduced-calorie13.31 medium19128Tangerines, (mandarin oranges), camed, light syrup pack2521 cup19284Tangerines, (mandarin oranges), rawel2401 cup19285Tea, herb, channomile, brewed1786 fl oz14385Tea, herb, channomile, brewed1786 fl oz14481Tea, herb, ofter fund-channomile, brewed2378 fl oz14545Tea, instant, sweetened with sodium saccharin, lemon-flavored, sith and saccorbic acid, powder, prepared2378 fl oz14547Tea, instant, sweetened, with out added2521 pustry14548Tea, instant, sweetened, with sodium saccharin, lemon-flavored, sith out added211 pustry14547Toaster pastries, forwith calcium sulfate and magnesium chloride211 pustry14548Tea, instant, sweetened, with salt added231 pustry14549Toaster pastries, firti (firculades apple, blubertyr, cherry, strawber	11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	1.6
11510Sweet potato, cooked, boiled, without skin156I picato11659Sweet potato, cooked, candied, home-prepared105I picce11856Sweet rolls, cinnamon, commercially prepared with raisins60I roll11858Syreet rolls, cinnamon, refrigerated dough with frosting, baked30I roll119348Syrups, chocolate, fudge-type19I thsp119350Syrups, canole blends, pancake20I thsp119129Syrups, table blends, pancake, reduced-calorie15I thsp119128Syrups, table blends, pancake, reduced-calorie15.I thsp118160Taco shells, baked13.3I needium119228Tangerine, (mandarin oranges), canned, light syrup pack252I cup118160Tangerines, (mandarin oranges), canned, light syrup pack252I cup118151Tangerines, (mandarin oranges), raw84I tangerine11814Tae, horth, chanomile, brewed1786 fl oz118141Tea, horth, chanomile, brewed1786 fl oz118145Tea, horth, chanomile, brewed2598 fl oz118361Toaster pastries, frown-sugar-tinnamon50I pastry118362Toatster pastries, frown-sugar-tinnamon50I pastry118362Toatster pastries, frown-sugar-tinnamon50I pastry118363Toatster pastries, frown-sugar-tinnamon50I pastry118364Toatster pastries, frown-sugar-tinnamon50I pastry118365Toatst	11512	Sweet potato, canned, vacuum pack	255	1 cup	1.8
11659Sweet potato, cooked, candied, home-prepared105I piece18356Sweet rolls, cinnamon, commercially prepared with raisins60I roll18358Sweet rolls, cinnamon, refrigerated dough with frosting, baked30I roll19348Syrups, coorn, light20I thsp19350Syrups, coorn, light20I thsp19353Syrups, table blends, pancake20I thsp19128Syrups, table blends, pancake, reduced-calorie15.I roll19200Tangerines, (mandarin oranges), canned, light syrup pack252I cup09223Tangerines, (mandarin oranges), canned, light syrup pack252I cup14355Tea, hord, other than chamomile, brewed1786 fl oz14354Tea, hord, other than chamomile, brewed1786 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, without added2598 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added2598 fl oz14376Tea, instant, sweetened with sugar, lemon-flavored, without added2591 pastry16126Tofu, soft, prepared with calcium sulfate and magnesium chloride811/4 block1747Tofu, soft, prepared with calcium sulfate and magnesium chloride811/4 block1754Tomato products, canned, paste, without sal added2621 cup1754Tomato products, canned, paste, without sal added2621 cup1755Tomato products, canned, paste, without sal tadded<	11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.3
18356Sweet rolls, cinnamon, commercially prepared with risisins601 roll18358Sweet rolls, cinnamon, refrigerated dough with frosting, baked301 roll19348Syrups, chocolate, fudge-type191 thsp19350Syrups, conn, light201 thsp19353Syrups, table blends, pancake, roduced-calorie201 thsp19129Syrups, table blends, pancake, reduced-calorie13.31 medium19230Tangerine, juice, canned, sweetened2491 cup09231Tangerine, (mandarin oranges), canned, light syrup pack2521 cup092180Tangerines, (mandarin oranges), raw841 tangerine18351Tea, herek, opt perpared with tap water1786 fl oz14355Tea, herek, opt perpared with tap water1786 fl oz14354Tea, herek, opt perpared with sugar, lemon-flavored,2528 fl oz14371Tea, instant, sweetened with saccharin, lemon-flavored,2778 fl oz14371Tea, instant, sweetened with saccharin, lemon-flavored,2598 fl oz14374Toaster pastries, hrown-sugar-cinnamon501 pastry16126Tofit, soft, prepared with calcium sulfate and magnesium chloride111/4 block1794Tonit, soft, prepared with sal added2431 cup11954Tonit, prepared with sal added2621 pastry11954Tonito, prepared with sal tadded2631 cup11954Tonito, prepared with sal tadded2611 cup <td>11510</td> <td>Sweet potato, cooked, boiled, without skin</td> <td>156</td> <td>1 potato</td> <td>0.3</td>	11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.3
18358Sweet rolls, einnamon, refrigerated ough with frosting, baked301 roll19348Syrups, chocolate, fudge-type191 tbsp19350Syrups, corn, light201 tbsp19353Syrups, maple201 tbsp19129Syrups, table blends, pancake, reduced-calorie151 tbsp19128Syrups, table blends, pancake, reduced-calorie13.31 medium09220Tangerine juice, canned, sweetened2491 cup09220Tangerines, (mandarin oranges), ranw841 tangerine2068Tapicinas, (mandarin oranges), ranw841 tangerine2078Tangerines, (handarin oranges), ranw8461 oz2084Tapicinas, (mandarin oranges), ranw8461 oz2085Tea, herb, chamomile, brewed17861 oz2086Tea, herb, chamomile, brewed17861 oz2087Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz2087Tea, instant, sweetened with sugar, lemon-flavored, without added accorbic acid, powder, prepared2378 fl oz2081Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry2082Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry2084Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry2084Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry2084	11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.8
1938Syrups, chocolate, fudge-type19191919350Syrups, corn, light201 thsp19353Syrups, maple201 thsp19129Syrups, table blends, pancake, reduced-calorie201 thsp19128Syrups, table blends, pancake, reduced-calorie13.31 medium09223Tangerine, (mandarin oranges), caned, light syrup pack2521 cup09216Tangerines, (mandarin oranges), raw841 tangerine20068Tapicica, pard, dry1521 cup14355Tea, herewed, prepared with tap water1786 fl oz14371Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, (rea, instant, sweetened with sodium saccharin, lemon-flavored, (rigari)2378 fl oz14371Tea, instant, sweetened with sodium saccharin, lemon-flavored, (rigari)2378 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, (rigari)2378 fl oz14372Tea, instant, unsweetened with sodium saccharin, lemon-flavored, (rigari)2378 fl oz14374Tea, instant, unsweetened with sodium saccharin, lemon-flavored, (rigari)2378 fl oz14375Tea, instant, unsweetened with sodium saccharin, lemon-flavored, (rigari)1 pastry16126Tofu, frim, prepared with calcium sulfate and magnesium chloride (rigari)1 pistry16127Tofu, soft, prepared with calcium sulfate and	18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	10.2
19350   Syrups, con, light   20   1 fbsp     19353   Syrups, maple   20   1 fbsp     19129   Syrups, table blends, pancake   20   1 fbsp     19128   Syrups, table blends, pancake, reduced-calorie   15   1 fbsp     19128   Syrups, table blends, pancake, reduced-calorie   13.3   1 medium     09223   Tangerine juice, canned, sweetened   249   1 cup     09224   Tangerines, (mandarin oranges), canned, light syrup pack   252   1 cup     09218   Tangerines, (mandarin oranges), raw   84   1 fangerine     20068   Tapioca, parl, dry   152   1 cup     14355   Tea, herd, other than chamomile, brewed   178   6 fl oz     14354   Tea, herd, other than chamomile, brewed   178   6 fl oz     14371   Tea, instant, sweetened with sodium saccharin, lemon-flavored, without added   259   8 fl oz     18361   Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)   52   1 pastry     18362   Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)   52   1	18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	5.3
Syrups, table20I thisp19129Syrups, table blends, pancake, reduced-calorie15I thisp19128Syrups, table blends, pancake, reduced-calorie15I thisp18360Taco stells, baked13.3I medium09223Tangerine, (uandarin oranges), canned, light syrup pack252I cup09218Tangerines, (mandarin oranges), raw84I tangerine20068Tapioca, pearl, dry152I cup14355Tea, brewed, prepared with tap water1786 fl oz14354Tea, herb, ohnomile, brewed1786 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14376Tea, instant, sweetened with sogar, lemon-flavored, without added prepared2378 fl oz14376Tea, instant, sweetened with sogar, lemon-flavored, without added (nigari)2598 fl oz14361Toaster pastries, brown-sugar-cinnamon501 pastry152Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)101 cup11540Tomato products, canned, parke, without salt added2621 cup11541Tomato products, canned, parke, without salt added2621 cup11542Tomato products, canned, parke, without salt added2621 cup11543Tomato products, canned, parke, without salt added2621 cup11544 </td <td>19348</td> <td>Syrups, chocolate, fudge-type</td> <td>19</td> <td>1 tbsp</td> <td>0.9</td>	19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.9
Syrups, table blends, pancake20I thisp19129Syrups, table blends, pancake, reduced-calorie15I thisp19128Syrups, table blends, pancake, reduced-calorie15I thisp18360Taco shells, baked13.3I medium09220Tangerine juice, canned, sweetened249I cup09218Tangerines, (mandarin oranges), canned, light syrup pack252I cup20068Tapicoca, pearl, dry152I cup14355Tea, brend, chamomile, brewed1786 fl oz14354Tea, herb, chamomile, brewed1786 fl oz14376Tea, instant, sweetened with sugar, lemon-flavored, grepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added2598 fl oz14367Tea, instant, sweetened with sugar, lemon-flavored, without added2598 fl oz14371Toaster pastries, brown-sugar-cinnamon501 pastry18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride811/4 block11540Tomato pictec, canned, with salt added2621 cup11541Tomato products, canned, paste, without salt added2621 cup11542Tomato products, canned, paste, without salt added2621 cup11543Tomato products, canned, paste, without salt added2621 cup11544Tomato products, canned, paste, without salt ad	19350	Syrups, corn, light	20	1 tbsp	0.1
Syrups, table blends, pancake, reduced-calorie15I thsp18360Taco shells, baked13.31 medium09223Tangerine juice, canned, sweetened2491 cup09220Tangerines, (mandarin oranges), canned, light syrup pack2521 cup09218Tangerines, (mandarin oranges), raw841 tangerine20068Tapioca, pearl, dry1521 cup14355Tea, herdy, chamomile, brewed1786 fl oz14354Tea, herdy, chamomile, brewed1786 fl oz14354Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2378 fl oz14371Tea, instant, sweetened, owder, prepared2378 fl oz14372Toaster pastries, fruit (includes apple, blueberty, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (rigari)1116127Tofu, soft, prepared with calcium sulfate and magnesium chloride (rigari)11111540Tomatillos, raw341 medium11544Tomatillos, raw2501 cup11545Tomato products, canned, paste, without salt added2501 cup11540Tomatollos, canned, paste, without salt added2621 cup11541Tomatollos, canned, paste, without salt added2501 cup11543Tomatolorpoducts, canned, past	19353	Syrups, maple	20	1 tbsp	0.1
18360Tack shells, baked13.31 medium09223Tangerine juice, canned, sweetened2491 cup09220Tangerines, (mandarin oranges), canned, light syrup pack2521 cup09218Tangerines, (mandarin oranges), raw841 tangerine20068Tapicoa, pearl, dry1521 cup14355Tea, brey, chamomile, brewed1786 fl oz14354Tea, herb, other than chamomile, brewed1786 fl oz14355Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2378 fl oz14371Tea, instant, sweetened, prepared2378 fl oz18362Toaster pastries, brown-sugar-cinnamon501 pastry18362Toaster pastries, fruit (includes apple, blueberty, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (rigari)11 piece111540Tomatillos, raw341 medium11540Tomatol puice, canned, without salt added2501 cup11547Tomatol products, canned, pare, without salt added2501 cup11549Tomatol products, canned, pare, without salt added2501 cup11540Tomatol products, canned, pare, without salt added2501 cup11547Tomatol products, canned, pare, without salt added2501 cup11548Tomatol	19129	Syrups, table blends, pancake	20	1 tbsp	0.0
09223Tangerine juice, canned, sweetened249I cup09220Tangerines, (mandarin oranges), canned, light syrup pack252I cup09218Tangerines, (mandarin oranges), raw84I tangerine00680Tapioca, pearl, dry152I cup14355Tea, brewed, prepared with tap water1786 fl oz14545Tea, herb, chamomile, brewed1786 fl oz14381Tea, herb, other than chamomile, brewed2378 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2378 fl oz14376Tea, instant, sweetened, powder, prepared2378 fl oz18361Toaster pastries, brown-sugar-cinnamon501 pastry18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)11 piece111540Tomato juice, canned, with salt added2621 cup11540Tomato products, canned, paste, without salt added2621 cup11540Tomato products, canned, paste, without salt added2621 cup11540Tomato products, canned, paste, without salt added2621 cup11541Tomato products, canned, paste, without salt added2621 cup11543Tomato products, canned, paste, without salt added255<	19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.1
09220Tangerines, (mandarin oranges), canned, light syrup pack252I cup09218Tangerines, (mandarin oranges), raw84I tangerine20068Tapioca, pearl, dry152I cup14355Tea, brewed, prepared with tap water1786 fl oz14354Tea, herb, chamomile, brewed1786 fl oz14381Tea, herb, other than chamomile, brewed1786 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2378 fl oz14371Tea, instant, unsweetened, powder, prepared2378 fl oz18362Toaster pastries, foriu (includes apple, blueberry, cherry, strawberry)521 pastry18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1 piece111540Tomato products, canned, with salt added2431 cup11540Tomato products, canned, paste, without salt added2501 cup11540Tomato products, canned, paste, without salt added2501 cup11540Tomato products, canned, stewed2501 cup11540Tomato products, canned, stewed2501 cup11540Tomato products, canned, stewed2501 cup11541Tomato products, canned, stewed2551 cup	18360	Taco shells, baked	13.3	1 medium	1.6
09220Tangerines, (mandarin oranges), canned, light syrup pack252I cup09218Tangerines, (mandarin oranges), raw84I tangerine0068Tapioca, pearl, dry152I cup14355Tea, brewed, prepared with tap water1786 fl oz14354Tea, herb, chamomile, brewed1786 fl oz14381Tea, herb, other than chamomile, brewed1786 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2378 fl oz14371Tea, instant, unsweetened, powder, prepared2378 fl oz18362Toaster pastries, forown-sugar-cinnamon501 pastry18362Toaster pastries, forwn-sugar-cinnamon501 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1 piece111540Tomato products, canned, with salt added2431 cup11540Tomato products, canned, paste, without salt added2501 cup11540Tomato products, canned, stewed2551 cup11541Tomato products, canned, stewed2551 cup11543Tomato	09223	Tangerine juice, canned, sweetened	249	1 cup	0.2
09218Tangerines, (mandarin oranges), raw841 tangerine20068Tapioca, pearl, dry1521 cup14355Tea, brewed, prepared with tap water1786 fl oz14354Tea, herb, chamomile, brewed1786 fl oz14381Tea, herb, other than chamomile, brewed1786 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz14376Tea, instant, unsweetened, powder, prepared2378 fl oz18361Toaster pastries, brown-sugar-cinnamon501 pastry18362Toaster pastries, brown-sugar-cinnamon501 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1 piece116127Tofus, soft, prepared with calcium sulfate and magnesium chloride (nigari)1 piece111540Tomato ijciee, canned, with salt added2431 cup11540Tomato products, canned, paste, without salt added2501 cup11540Tomato products, canned, paste, without salt added2501 cup11540Tomato products, canned, sauce2451 cup11541Tomato products, canned, stewed2551 cup11543Tomato products, canned, stewed2551 cup11544Tomato products, canned, stewed2551 cup11545Tomato products, canned, stewed2	09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.0
20068Tapioca, pearl, dry1521 cup14355Tea, brewed, prepared with tap water1786 fl oz14545Tea, herb, chamomile, brewed1786 fl oz14381Tea, herb, other than chamomile, brewed1786 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2378 fl oz14367Tea, instant, unsweetened, powder, prepared2378 fl oz14361Toaster pastries, brown-sugar-cinnamon501 pastry18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)11/4 block111540Tomatillos, raw341 medium11540Tomato juice, canned, with salt added2501 cup11547Tomato products, canned, paste, without salt added2501 cup11549Tomato products, canned, sauce2501 cup11540Tomato products, canned, sauce2501 cup11541Tomato products, canned, stewed2501 cup11542Tomato products, canned, stewed2501 cup11543Tomatoes, red, ripe, canned, stewed2551 cup11543Tomatoes, red, ripe, canned, whole, regular pack2401 cup	09218		84	*	0.1
14355Tea, brewed, prepared with tap water1786 fl oz14545Tea, herb, chamomile, brewed1786 fl oz14381Tea, herb, other than chamomile, brewed1786 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2378 fl oz14367Tea, instant, unsweetened, powder, prepared2378 fl oz14368Toaster pastries, brown-sugar-cinnamon501 pastry18361Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1 piece117954Tomatilos, raw341 medium11540Tomato products, canned, paste, without salt added2621 cup11541Tomato products, canned, puree, without salt added2611 cup11543Tomato products, canned, sauce2451 cup11544Tomato products, canned, sauce2451 cup11545Tomato products, canned, sauce2551 cup11545Tomato products, canned, setwed2551 cup11545Tomatore, red, ripe, canned, whole, regular pack2401 cup			152	-	1.2
14545Tea, herb, chamomile, brewed1786 fl oz14381Tea, herb, other than chamomile, brewed1786 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz14367Tea, instant, unsweetened, powder, prepared2378 fl oz18361Toaster pastries, brown-sugar-cinnamon501 pastry18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Ifoir, firm, prepared with calcium sulfate and magnesium chloride (nigari)1001 piece11954Tomatillos, raw341 medium11540Tomato juice, canned, with salt added2501 cup11547Tomato products, canned, paste, without salt added2501 cup11549Tomato products, canned, sauce2501 cup11531Tomato products, canned, sauce2501 cup			178		0.0
14381Tea, herb, other than chamomile, brewed1786 fl oz14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz14367Tea, instant, unsweetened, powder, prepared2378 fl oz18361Toaster pastries, brown-sugar-cinnamon501 pastry18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)1001 piece11954Tomatillos, raw341 medium11540Tomato juice, canned, with salt added2501 cup11547Tomato products, canned, puree, without salt added2501 cup11549Tomato products, canned, stewed2501 cup11531Tomatos, red, ripe, canned, stewed2551 cup					0.0
14376Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared2378 fl oz14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz14367Tea, instant, unsweetened, powder, prepared2378 fl oz14361Toaster pastries, brown-sugar-cinnamon501 pastry18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece11954Tomati llos, raw341 medium11540Tomato juice, canned, with salt added2621 cup11547Tomato products, canned, paste, without salt added2501 cup11549Tomato products, canned, stewed2501 cup11531Tomatose, red, ripe, canned, stewed2551 cup					0.0
14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz14367Tea, instant, unsweetened, powder, prepared2378 fl oz18361Toaster pastries, brown-sugar-cinnamon501 pastry18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1001 piece11954Tomato juice, canned, with salt added2431 cup11540Tomato products, canned, paste, without salt added2501 cup11547Tomato products, canned, sauce2451 cup11531Tomatos, red, ripe, canned, stewed2551 cup		Tea, instant, sweetened with sodium saccharin, lemon-flavored,			0.0
18361Toaster pastries, brown-sugar-cinnamon501 pastry18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1 piece11954Tomatillos, raw341 medium11540Tomato juice, canned, with salt added2431 cup11545Tomato products, canned, paste, without salt added2621 cup11547Tomato products, canned, paste, without salt added2501 cup11549Tomato products, canned, stewed2551 cup11531Tomatoes, red, ripe, canned, stewed2551 cup	14371	Tea, instant, sweetened with sugar, lemon-flavored, without added	259	8 fl oz	0.3
18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece11954Tomatillos, raw341 medium11540Tomato juice, canned, with salt added2431 cup11545Tomato products, canned, paste, without salt added2621 cup11547Tomato products, canned, paste, without salt added2501 cup11549Tomato products, canned, sauce2451 cup11531Tomatoes, red, ripe, canned, stewed2551 cup	14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece11547Tomatillos, raw341 medium11540Tomato juice, canned, with salt added2431 cup11546Tomato products, canned, paste, without salt added2621 cup11547Tomato products, canned, puree, without salt added2501 cup11549Tomato products, canned, state2451 cup11531Tomatoes, red, ripe, canned, stewed2551 cup	18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	6.3
(nigari)116127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece11954Tomatillos, raw341 medium11540Tomato juice, canned, with salt added2431 cup11545Tomato products, canned, paste, without salt added2621 cup11547Tomato products, canned, puree, without salt added2501 cup11549Tomato products, canned, sauce2451 cup11531Tomatoes, red, ripe, canned, stewed2551 cup	18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.3
InstantialInstantial11954Tomatillos, raw341 medium11540Tomato juice, canned, with salt added2431 cup11546Tomato products, canned, paste, without salt added2621 cup11547Tomato products, canned, puree, without salt added2501 cup11549Tomato products, canned, sauce2451 cup11531Tomatoes, red, ripe, canned, stewed2551 cup11531Tomatoes, red, ripe, canned, whole, regular pack2401 cup	16126		81	1/4 block	8.0
11540Tomato juice, canned, with salt added2431 cup11546Tomato products, canned, paste, without salt added2621 cup11547Tomato products, canned, puree, without salt added2501 cup11549Tomato products, canned, sauce2451 cup11533Tomatoes, red, ripe, canned, stewed2551 cup11531Tomatoes, red, ripe, canned, whole, regular pack2401 cup		(nigari)			10.7
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11549Tomato products, canned, sauce2451 cup11533Tomatoes, red, ripe, canned, stewed2551 cup11531Tomatoes, red, ripe, canned, whole, regular pack2401 cup				*	13.9
11533Tomatoes, red, ripe, canned, stewed2551 cup11531Tomatoes, red, ripe, canned, whole, regular pack2401 cup				1 cup	1.7
11531Tomatoes, red, ripe, canned, whole, regular pack2401 cup		· · · · ·		1 cup	0.5
				1 cup	1.5
11529Tomatoes, red, ripe, raw, year round average171 cherry tomato	11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.2
	11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.0
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.0
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.0
11955	Tomatoes, sun-dried	2	1 piece	0.1
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.1
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1.6
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	7.1
21088	Tostada with guacamole	130.5	1 tostada	3.5
05286	Turkey and gravy, frozen	142	5-oz package	27.3
05292	Turkey patties, breaded, battered, fried	64	1 patty	12.7
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	31.0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	34.4
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	84.0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	27.0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	51.5
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	55.0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	1.3
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	2.0
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.3
02050	Vanilla extract	4.2	1 tsp	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	13.1
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	8.9
11578	Vegetable juice cocktail, canned	242	1 cup	1.2
04582	Vegetable oil, canola	14	1 tbsp	0.0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.5
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.5
02048	Vinegar, cider	15	1 tbsp	0.0
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	5.3
18367	Waffles, plain, prepared from recipe	75	1 waffle	34.7
14429	Water, municipal	237	8 fl oz	0.0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	1.0
09326	Watermelon, raw	286	1 wedge	1.1
09326	Watermelon, raw	152	1 cup	0.6
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	42.4
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	43.0
20083	Wheat flour, white, bread, enriched	137	1 cup	54.4
20084	Wheat flour, white, cake, enriched	137	1 cup	6.7
20080	Wheat flour, whole-grain	120	1 cup	84.8
20089	Wild rice, cooked	164	1 cup	1.3
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	7.0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	7.5
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	8.2
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	5.0