

USDA National Nutrient Database for Standard Reference, Release 17

Lutein + zeaxanthin (µg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	40
09011	Apples, dried, sulfured, uncooked	32	5 rings	6
09003	Apples, raw, with skin	138	1 apple	40
09004	Apples, raw, without skin	110	1 cup	20
09020	Applesauce, canned, sweetened, without salt	255	1 cup	46
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	44
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	67
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	63
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0
09021	Apricots, raw	35	1 apricot	31
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	557
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	780
11015	Asparagus, canned, drained solids	72	4 spears	454
11012	Asparagus, cooked, boiled, drained	60	4 spears	463
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1112
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	371
09038	Avocados, raw, California	28.35	1 oz	77
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	38
18005	Bagels, cinnamon-raisin	89	4" bagel	48
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	46
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	37
19078	Baking chocolate, unsweetened, squares	28.35	1 square	11
11028	Bamboo shoots, canned, drained solids	131	1 cup	0
09040	Bananas, raw	118	1 banana	26
09040	Bananas, raw	150	1 cup	33
20006	Barley, pearled, cooked	157	1 cup	88
20005	Barley, pearled, raw	200	1 cup	320
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	41
16008	Beans, baked, canned, with franks	259	1 cup	41
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	35
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0

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16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	595
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	886
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	761
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	595
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	886
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	761
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0
13348	Beef, cured, corned beef, canned	85.05	3 oz	0
13350	Beef, cured, dried	28.35	1 oz	0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	2619
11084	Beets, canned, drained solids	24	1 beet	0
11084	Beets, canned, drained solids	170	1 cup	0
11081	Beets, cooked, boiled, drained	50	1 beet	0
11081	Beets, cooked, boiled, drained	170	1 cup	0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	3
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	2
09042	Blackberries, raw	144	1 cup	170
09055	Blueberries, frozen, sweetened	230	1 cup	168
09050	Blueberries, raw	145	1 cup	116
07008	Bologna, beef and pork	56.7	2 slices	0
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	18
18027	Bread, egg	40	1/2" slice	18
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	13
18033	Bread, italian	20	1 slice	10
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	20
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	18
18039	Bread, oatmeal	27	1 slice	19
18040	Bread, oatmeal, toasted	25	1 slice	19
18041	Bread, pita, white, enriched	60	6-1/2" pita	32

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18041	Bread, pita, white, enriched	28	4" pita	15
18044	Bread, pumpernickel	32	1 slice	15
18045	Bread, pumpernickel, toasted	29	1 slice	14
18047	Bread, raisin, enriched	26	1 slice	11
18048	Bread, raisin, toasted, enriched	24	1 slice	11
18053	Bread, reduced-calorie, rye	23	1 slice	9
18055	Bread, reduced-calorie, wheat	23	1 slice	9
18057	Bread, reduced-calorie, white	23	1 slice	7
18060	Bread, rye	32	1 slice	17
18061	Bread, rye, toasted	24	1 slice	13
18064	Bread, wheat (includes wheat berry)	25	1 slice	12
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	12
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	11
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	20
18070	Bread, white, commercially prepared, toasted	22	1 slice	10
18075	Bread, whole-wheat, commercially prepared	28	1 slice	19
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	18
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	185
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2367
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	561
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2756
11090	Broccoli, raw	31	1 spear	524
11090	Broccoli, raw	88	1 cup	1488
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	2012
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	2389
20011	Buckwheat flour, whole-groat	120	1 cup	264
20010	Buckwheat groats, roasted, cooked	168	1 cup	101
20013	Bulgur, cooked	182	1 cup	98
20012	Bulgur, dry	140	1 cup	308
01001	Butter, salted	14.2	1 tbsp	0
01145	Butter, without salt	14.2	1 tbsp	0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	65
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	380
11109	Cabbage, raw	70	1 cup	217
11112	Cabbage, red, raw	70	1 cup	230
11114	Cabbage, savoy, raw	70	1 cup	54
18088	Cake, angelfood, dry mix, prepared	50	1 piece	1
18090	Cake, boston cream pie, commercially prepared	92	1 piece	25
18110	Cake, fruitcake, commercially prepared	43	1 piece	9
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	1
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	3
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	4
18133	Cake, sponge, commercially prepared	30	1 shortcake	26
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4
18139	Cake, white, prepared from recipe without frosting	74	1 piece	4
19074	Candies, caramels	10.1	1 piece	0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0

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19071	Candies, carob	28.35	1 oz	0
19087	Candies, confectioner's coating, white	170	1 cup	0
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1
19104	Candies, fudge, vanilla with nuts	15	1 piece	0
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19107	Candies, hard	6	1 piece	0
19107	Candies, hard	3	1 small piece	0
19108	Candies, jellybeans	28.35	10 large	0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	10
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	2
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	9
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0
19116	Candies, marshmallows	50	1 cup	0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0
19127	Candies, milk chocolate coated raisins	10	10 pieces	0
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	2
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0
19080	Candies, semisweet chocolate	168	1 cup	30
09060	Carambola, (starfruit), raw	91	1 fruit	60
09060	Carambola, (starfruit), raw	108	1 cup	71
14121	Carbonated beverage, club soda	355	12 fl oz	0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0
14157	Carbonated beverage, root beer	370	12 fl oz	0
16055	Carob flour	8	1 tbsp	0
11655	Carrot juice, canned	236	1 cup	786
11960	Carrots, baby, raw	10	1 medium	36
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1072
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	422
11124	Carrots, raw	72	1 carrot	149
11124	Carrots, raw	110	1 cup	228
11935	Catsup	15	1 tbsp	0

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11935	Catsup	6	1 packet	0
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	36
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	16
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	43
11135	Cauliflower, raw	100	1 cup	33
11135	Cauliflower, raw	13	1 floweret	4
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	137
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	548
11143	Celery, raw	120	1 cup	340
11143	Celery, raw	40	1 stalk	113
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	338
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	48
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	184
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	165
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	293
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	175
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	95
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	172
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	188
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	118
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	283
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0

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08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0
08010	Cereals ready-to-eat, QUAKEK, CAP'N CRUNCH	27	3/4 cup	266
08011	Cereals ready-to-eat, QUAKEK, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	252
08012	Cereals ready-to-eat, QUAKEK, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	273
08219	Cereals ready-to-eat, QUAKEK, Honey Nut Heaven	49	1 cup	0
08220	Cereals ready-to-eat, QUAKEK, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	92
08218	Cereals ready-to-eat, QUAKEK, QUAKEK 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0
08049	Cereals ready-to-eat, QUAKEK, QUAKEK OAT LIFE, plain	32	3/4 cup	116
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	56
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	2
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	477
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	5
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	421
08093	Cereals, QUAKEK, corn grits, instant, plain, prepared with water	137	1 packet	1
08131	Cereals, QUAKEK, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0
08125	Cereals, QUAKEK, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0
01004	Cheese, blue	28.35	1 oz	0
01007	Cheese, camembert	38	1 wedge	0
01009	Cheese, cheddar	28.35	1 oz	0
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0
01017	Cheese, cream	14.5	1 tbsp	0
01186	Cheese, cream, fat free	15.6	1 tbsp	0
01019	Cheese, feta	28.35	1 oz	0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0
01030	Cheese, muenster	28.35	1 oz	0
01032	Cheese, parmesan, grated	5	1 tbsp	0

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01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0
01035	Cheese, provolone	28.35	1 oz	0
01037	Cheese, ricotta, part skim milk	246	1 cup	0
01036	Cheese, ricotta, whole milk	246	1 cup	0
01040	Cheese, swiss	28.35	1 oz	0
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	139
09070	Cherries, sweet, raw	68	10 cherries	58
07017	Chicken roll, light meat	56.7	2 slices	0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	54
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0
05277	Chicken, canned, meat only, with broth	142	5 oz	0
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	16
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0
11156	Chives, raw	3	1 tbsp	10
14181	Chocolate syrup	18.75	1 tbsp	0
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0
14192	Cocoa mix, powder	28.35	3 heaping tsp	0
14194	Cocoa mix, powder, prepared with water	206	1 serving	0
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	2
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	14619
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	18527
18151	Cookies, brownies, commercially prepared	56	1 brownie	3
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0
18170	Cookies, fig bars	16	1 cookie	1
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	51
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	9
18177	Cookies, molasses	15	1 cookie, medium	0
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	4
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	8
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	2
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	16

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	6
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	4
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	33
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	2429
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	2195
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	745
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1197
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	537
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	1870
20020	Cornmeal, whole-grain, yellow	122	1 cup	1653
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	39
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0
18214	Crackers, cheese, regular	10	10 crackers	1
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0
18217	Crackers, matzo, plain	28.35	1 matzo	5
18220	Crackers, melba toast, plain	20	4 pieces	15
18226	Crackers, rye, wafers, plain	11	1 wafer	27
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1
18229	Crackers, standard snack-type, regular	12	4 crackers	1
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1
18232	Crackers, wheat, regular	8	4 crackers	6
18235	Crackers, whole-wheat	16	4 crackers	29
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0
09081	Cranberry sauce, canned, sweetened	57	1 slice	36
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0
01069	Cream substitute, powdered	2	1 tsp	0
01049	Cream, fluid, half and half	15	1 tbsp	0
01053	Cream, fluid, heavy whipping	15	1 tbsp	0
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0
01052	Cream, fluid, light whipping	15	1 tbsp	0
01056	Cream, sour, cultured	12	1 tbsp	0
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0
18239	Croissants, butter	57	1 croissant	42
18243	Croutons, seasoned	40	1 cup	18
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0
15141	Crustaceans, crab, blue, canned	135	1 cup	0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0
11206	Cucumber, peeled, raw	280	1 large	45
11206	Cucumber, peeled, raw	119	1 cup	19
11205	Cucumber, with peel, raw	301	1 large	69
11205	Cucumber, with peel, raw	104	1 cup	24
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	4944
18245	Danish pastry, cheese	71	1 danish	27
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	35
09087	Dates, deglet noor	178	1 cup	134
09087	Dates, deglet noor	41.5	5 dates	31
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0
01072	Dessert topping, pressurized	4	1 tbsp	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	36
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	11
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	26
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	6
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	112
01143	Egg substitute, liquid	62.75	1/4 cup	0
01124	Egg, white, raw, fresh	33.4	1 large	0
01128	Egg, whole, cooked, fried	46	1 large	165
01129	Egg, whole, cooked, hard-boiled	50	1 large	177
01131	Egg, whole, cooked, poached	50	1 large	165
01132	Egg, whole, cooked, scrambled	61	1 large	149
01123	Egg, whole, raw, fresh	44	1 medium	146
01123	Egg, whole, raw, fresh	58	1 extra large	192
01123	Egg, whole, raw, fresh	50	1 large	166
01125	Egg, yolk, raw, fresh	16.6	1 large	182
01057	Eggnog	254	1 cup	137
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0
11213	Endive, raw	50	1 cup	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	24
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	22
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	2
21024	Fast foods, french toast sticks	141	5 sticks	6
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	1
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0
09094	Figs, dried, uncooked	38	2 figs	12
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	25
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	12

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0
07022	Frankfurter, beef	45	1 frank	0
07023	Frankfurter, beef and pork	45	1 frank	0
07024	Frankfurter, chicken	45	1 frank	0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	26
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0
19294	Fruit butters, apple	17	1 tbsp	2
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	186
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	178
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	25
11215	Garlic, raw	3	1 clove	1
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0
14277	Grape drink, canned	250	8 fl oz	3
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	89
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	180
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	542
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	25
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	25
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	25
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	70
09128	Grapefruit juice, white, raw	247	1 cup	25
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	6
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	12
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	36
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	115
06116	Gravy, beef, canned	58.25	1/4 cup	1
06119	Gravy, chicken, canned	59.5	1/4 cup	1
06125	Gravy, turkey, canned	59.6	1/4 cup	1

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07027	Ham, chopped, not canned	21	2 slices	0
07028	Ham, sliced, extra lean	56.7	2 slices	0
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	94
19296	Honey	21	1 tbsp	0
02055	Horseradish, prepared	5	1 tsp	1
19270	Ice creams, chocolate	66	1/2 cup	0
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	130
19095	Ice creams, vanilla	66	1/2 cup	0
19088	Ice creams, vanilla, light	66	1/2 cup	0
19089	Ice creams, vanilla, rich	74	1/2 cup	25
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0
19297	Jams and preserves	20	1 tbsp	0
19300	Jellies	19	1 tbsp	4
11226	Jerusalem-artichokes, raw	150	1 cup	0
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	23720
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	25606
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	93
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0
04002	Lard	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0
09153	Lemon juice, canned or bottled	244	1 cup	27
09153	Lemon juice, canned or bottled	15.2	1 tbsp	2
09152	Lemon juice, raw	47	juice of 1 lemon	4
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	2
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
09150	Lemons, raw, without peel	58	1 lemon	6
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1993
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	92
11251	Lettuce, cos or romaine, raw	10	1 leaf	231
11251	Lettuce, cos or romaine, raw	56	1 cup	1295
11253	Lettuce, green leaf, raw	56	1 cup	969

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11253	Lettuce, green leaf, raw	10	1 leaf	173
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	22
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	152
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1493
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0
09160	Lime juice, raw	38	juice of 1 lime	0
20100	Macaroni, cooked, enriched	140	1 cup	10
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	2
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	3
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	7
09176	Mangos, raw	165	1 cup	0
09176	Mangos, raw	207	1 mango	0
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0
09181	Melons, cantaloupe, raw	160	1 cup	42
09181	Melons, cantaloupe, raw	69	1/8 melon	18
09184	Melons, honeydew, raw	170	1 cup	46
09184	Melons, honeydew, raw	160	1/8 melon	43
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0
01111	Milk shakes, thick vanilla	313	11 fl oz	0
01094	Milk, buttermilk, dried	6.5	1 tbsp	0
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0
01095	Milk, canned, condensed, sweetened	306	1 cup	0
01097	Milk, canned, evaporated, nonfat	256	1 cup	0
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0
01077	Milk, whole, 3.25% milkfat	244	1 cup	0
16112	Miso	68.75	1 cup	0
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0
15157	Mollusks, clam, mixed species, raw	85	3 oz	0

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15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0
18274	Muffins, blueberry, commercially prepared	57	1 muffin	51
18279	Muffins, corn, commercially prepared	57	1 muffin	150
18283	Muffins, oat bran	57	1 muffin	7
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	16
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0
11264	Mushrooms, canned, drained solids	156	1 cup	0
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0
11260	Mushrooms, raw	70	1 cup	0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	8347
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	4
09191	Nectarines, raw	136	1 nectarine	177
20113	Noodles, chinese, chow mein	45	1 cup	25
20110	Noodles, egg, cooked, enriched	160	1 cup	61
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	3571
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	7
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	7
12167	Nuts, chestnuts, european, roasted	143	1 cup	19
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0
12104	Nuts, coconut meat, raw	45	1 piece	0
12120	Nuts, hazelnuts or filberts	28.35	1 oz	26
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	6
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	5
12142	Nuts, pecans	28.35	1 oz (20 halves)	5
12147	Nuts, pine nuts, dried	28.35	1 oz	3
12147	Nuts, pine nuts, dried	8.6	1 tbsp	1
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	342
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	3
20033	Oat bran, raw	94	1 cup	169
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	624
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	857
09193	Olives, ripe, canned (small-extra large)	22	5 large	112

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11283	Onions, cooked, boiled, drained, without salt	210	1 cup	8
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	4
11284	Onions, dehydrated flakes	5	1 tbsp	2
11282	Onions, raw	14	1 slice	1
11282	Onions, raw	160	1 cup	8
11282	Onions, raw	110	1 whole	6
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	171
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	1137
09207	Orange juice, canned, unsweetened	249	1 cup	286
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	286
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	867
09206	Orange juice, raw	248	1 cup	285
09206	Orange juice, raw	86	juice from 1 orange	99
09200	Oranges, raw, all commercial varieties	180	1 cup	232
09200	Oranges, raw, all commercial varieties	131	1 orange	169
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	15
09226	Papayas, raw	140	1 cup	105
09226	Papayas, raw	304	1 papaya	228
11297	Parsley, raw	10	10 sprigs	556
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	60
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	160
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	151
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	60
09246	Peaches, dried, sulfured, uncooked	39	3 halves	218
09250	Peaches, frozen, sliced, sweetened	250	1 cup	193
09236	Peaches, raw	98	1 peach	89
09236	Peaches, raw	170	1 cup	155
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0
09340	Pears, asian, raw	122	1 pear	61
09340	Pears, asian, raw	275	1 pear	138
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	90
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	26
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	84
09254	Pears, canned, juice pack, solids and liquids	76	1 half	26
09252	Pears, raw	166	1 pear	75
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	1123
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1429
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	2295
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	3840
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0
11670	Peppers, hot chili, green, raw	45	1 pepper	326

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11819	Peppers, hot chili, red, raw	45	1 pepper	319
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	171
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	654
11333	Peppers, sweet, green, raw	10	1 ring	34
11333	Peppers, sweet, green, raw	149	1 cup	508
11333	Peppers, sweet, green, raw	119	1 pepper	406
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	435
11821	Peppers, sweet, red, raw	149	1 cup	76
11821	Peppers, sweet, red, raw	119	1 pepper	61
11945	Pickle relish, sweet	15	1 tbsp	6
11937	Pickles, cucumber, dill	65	1 pickle	27
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	69
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	1
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	18
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	11
18305	Pie, blueberry, commercially prepared	117	1 piece	18
18308	Pie, cherry, commercially prepared	117	1 piece	23
18319	Pie, fried pies, fruit	128	1 pie	10
18320	Pie, lemon meringue, commercially prepared	113	1 piece	10
18324	Pie, pecan, commercially prepared	113	1 piece	40
18326	Pie, pumpkin, commercially prepared	109	1 piece	22
11943	Pimento, canned	12	1 tbsp	49
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	30
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0
09266	Pineapple, raw, all varieties	155	1 cup	0
09278	Plantains, cooked	154	1 cup	43
09277	Plantains, raw	179	1 medium	54
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	126
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	23
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	23
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	123
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	161
09291	Plums, dried (prunes), uncooked	42	5 prunes	62
09279	Plums, raw	66	1 plum	48
07065	Pork and beef sausage, fresh, cooked	26	2 links	0
07064	Pork sausage, fresh, cooked	27	1 patty	3
07064	Pork sausage, fresh, cooked	26	2 links	3
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0
11399	Potato puffs, frozen, prepared	79	10 puffs	15
11674	Potato, baked, flesh and skin, without salt	202	1 potato	61
11363	Potatoes, baked, flesh, without salt	156	1 potato	0
11364	Potatoes, baked, skin, without salt	58	1 skin	17
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	12
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	14
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	12
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	9
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	25
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	8
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	17
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	15
05306	Poultry food products, ground turkey, cooked	82	1 patty	0
09294	Prune juice, canned	256	1 cup	102
19183	Puddings, chocolate, ready-to-eat	113	4 oz	14
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0
11424	Pumpkin, canned, without salt	245	1 cup	0
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2484
11429	Radishes, raw	4.5	1 radish	0
09298	Raisins, seedless	14	1 packet	0
09298	Raisins, seedless	145	1 cup	0
09306	Raspberries, frozen, red, sweetened	250	1 cup	283
09302	Raspberries, raw	123	1 cup	167
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	295
20037	Rice, brown, long-grain, cooked	195	1 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	13
18350	Rolls, hamburger or hotdog, plain	43	1 roll	19
18353	Rolls, hard (includes kaiser)	57	1 roll	33

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	19
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	20
04134	Salad dressing, home recipe, cooked	16	1 tbsp	8
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	26
04015	Salad dressing, russian dressing	15.3	1 tbsp	0
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	15
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	5
07069	Salami, cooked, beef and pork	56.7	2 slices	0
07072	Salami, dry or hard, pork, beef	20	2 slices	0
02047	Salt, table	6	1 tsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	0
06150	Sauce, barbecue sauce	15.75	1 tbsp	0
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	7
06166	Sauce, homemade, white, medium	250	1 cup	3
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	6
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	696
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0
11445	Seaweed, kelp, raw	10	2 tbsp	0
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0
14346	Shake, fast food, chocolate	333	16 fl oz	3
14347	Shake, fast food, vanilla	333	16 fl oz	0
19097	Sherbet, orange	74	1/2 cup	13
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	60
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	182
19013	Snacks, fruit leather, pieces	28.35	1 oz	14
19014	Snacks, fruit leather, rolls	21	1 large	11
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0
19034	Snacks, popcorn, air-popped	8	1 cup	116
19036	Snacks, popcorn, cakes	10	1 cake	54
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	244

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19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0
19035	Snacks, popcorn, oil-popped	11	1 cup	120
19041	Snacks, pork skins, plain	28.35	1 oz	0
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	5
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0
19056	Snacks, tortilla chips, plain	28.35	1 oz	144
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	15
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	10
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	62
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	14
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	20
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	10
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	51
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	7
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	2
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	2
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	4
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	2
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	655
06174	Soup, stock, fish, home-prepared	233	1 cup	0
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	110
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	112
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	298
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	489
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0
16120	Soy milk, fluid	245	1 cup	0
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0
22401	Spaghetti with meat sauce, frozen entree	283	1 package	20
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	10
20125	Spaghetti, whole-wheat, cooked	140	1 cup	113
02007	Spices, celery seed	2	1 tsp	0
02009	Spices, chili powder	2.6	1 tsp	8
02010	Spices, cinnamon, ground	2.3	1 tsp	10
02015	Spices, curry powder	2	1 tsp	0

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02020	Spices, garlic powder	2.8	1 tsp	0
02026	Spices, onion powder	2.1	1 tsp	0
02027	Spices, oregano, dried	1.5	1 tsp	13
02028	Spices, paprika	2.1	1 tsp	276
02029	Spices, parsley, dried	1.3	1 tbsp	72
02030	Spices, pepper, black	2.1	1 tsp	4
11461	Spinach, canned, drained solids	214	1 cup	22631
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	20354
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	29811
11457	Spinach, raw	10	1 leaf	1220
11457	Spinach, raw	30	1 cup	3659
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	4048
11641	Squash, summer, all varieties, raw	113	1 cup	2401
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	2901
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	54
09316	Strawberries, raw	12	1 strawberry	3
09316	Strawberries, raw	18	1 strawberry	5
09316	Strawberries, raw	166	1 cup	43
19334	Sugars, brown	3.2	1 tsp	0
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
11512	Sweet potato, canned, vacuum pack	255	1 cup	0
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	42
19348	Syrups, chocolate, fudge-type	19	1 tbsp	1
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	0
19129	Syrups, table blends, pancake	20	1 tbsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	0
09223	Tangerine juice, canned, sweetened	249	1 cup	413
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	411
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	116
20068	Tapioca, pearl, dry	152	1 cup	0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	10
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0
11954	Tomatillos, raw	34	1 medium	168

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11540	Tomato juice, canned, with salt added	243	1 cup	146
11546	Tomato products, canned, paste, without salt added	262	1 cup	0
11547	Tomato products, canned, puree, without salt added	250	1 cup	0
11549	Tomato products, canned, sauce	245	1 cup	0
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	306
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	192
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	25
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	221
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	151
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	21
11955	Tomatoes, sun-dried	2	1 piece	24
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	4
05292	Turkey patties, breaded, battered, fried	64	1 patty	25
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	12154
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	19541
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0
02050	Vanilla extract	4.2	1 tsp	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0
11578	Vegetable juice cocktail, canned	242	1 cup	194
04582	Vegetable oil, canola	14	1 tbsps	0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	804
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1159
02048	Vinegar, cider	15	1 tbsps	0
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	11
14429	Water, municipal	237	8 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0
09326	Watermelon, raw	152	1 cup	12
09326	Watermelon, raw	286	1 wedge	23
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	23
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	23
20083	Wheat flour, white, bread, enriched	137	1 cup	108
20084	Wheat flour, white, cake, enriched	137	1 cup	4
20080	Wheat flour, whole-grain	120	1 cup	264
20089	Wild rice, cooked	164	1 cup	105
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0