14010Aleshelic heverage, disquir, prepared-from-recipe602 fl oz14037Aleshelic heverage, disquir, prepared-from-recipe421.5 fl oz14353Aleshelic heverage, disquir, que, voda, whiskey 80 prof421.5 fl oz14354Aleshelic heverage, diselled, all gin; nur, voda, whiskey 90 prof421.5 fl oz14414Aleshelic heverage, inguen; collex, 53 prof1033.5 fl oz14356Aleshelic heverage, wine, destert, street1033.5 fl oz14057Aleshelic heverage, wine, destert, street1033.5 fl oz14066Alechelic heverage, wine, table, red1033.5 fl oz14106Alechelic heverage, wine, table, red1033.5 fl oz14106Alechelic heverage, wine, table, red1381 cup09010Apples, dired, sulfared, uncooked25 rings09011Apples, row, without shi1381 cup09012Apples, row, without shi2551 cup09013Apples, row, without shi, solids and liquids2581 cup09024Apricot, camed, inve desterio di without shill solid and liquids2581 cup09025Apricot, dire, di nice, di kuthout shill, solid and liquids2581 cup09026Apricot, dire, di nice, di kuthout shill solid and liquids2581 cup09027Apricot, dired, di niced, with out shill solid and liquids2581 cup09028Apricot, dired, di niced, without shill1601 cup11015Apartage, conze, conoid, di ni	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14010Alcoholic beverage, distilled, all (gin, run, vodia, whisky) 80 proof421.5 fl oz14037Alcoholic beverage, distilled, all (gin, run, vodia, whisky) 80 proof421.5 fl oz14351Alcoholic beverage, instilled, all (gin, run, vodia, whisky) 80 proof421.5 fl oz14414Alcoholic beverage, instilled, all (gin, run, vodia, whisky) 80 proof421.5 fl oz14414Alcoholic beverage, instilled, all (gin, run, vodia, whisky) 80 proof421.5 fl oz14415Alcoholic beverage, wine, dissert, sweet1033.5 fl oz14453Alcoholic beverage, wine, dissert, sweet1033.5 fl oz14166Alcoholic beverage, wine, dissert, sweet1033.5 fl oz14166Alcoholic beverage, wine, dissert, sweet1033.5 fl oz14166Alcoholic beverage, wine, dissert, sweet1381 cup09011Apples, dired, sulfared, uncooked241 cup09012Apples, raw, without shift1381 cup09013Apples, raw, without shift2551 cup09014Apples, raw, without shift, solid and liquids281 cup09012Apricots, canned, uncooked, boiled, drained, without shift said and liquids281 cup09014Apricots, canned, uncooked, boiled, drained, without shift said1 cup09012Apricots, canned, with addet ascoribe acid211 agricot09013Apricots, canned, uncooked281 cup09014Apricots, canned, uncooked281 cup0901	14006	Alcoholic beverage, beer, light	354	12 fl oz	21
1437Alcoholic beverage, distilied, all (gin, run, vodia, whiskey) 80 proof421.5 fl oz14550Alcoholic beverage, distilied, all (gin, run, vodia, whiskey) 80 proof421.5 fl oz14514Alcoholic beverage, liqueur, coffec, 53 proof521.5 fl oz14017Alcoholic beverage, liqueur, coffec, 53 proof521.5 fl oz14017Alcoholic beverage, nue, classert, sweet1033.5 fl oz14057Alcoholic beverage, wine, desert, sweet1033.5 fl oz14066Alcoholic beverage, wine, table, red1033.5 fl oz11001Alfafa seeds, spronted, now331 cup11001Alfafa seeds, spronted, now331 cup11001Apples, dried, sulfared, uncooked2481 cup09016Apples, raw, with advin1101 cup09004Apples, raw, with advin1101 cup09005Apples, raw, with advin2551 cup09006Apples, raw, with advin advin advin diquids2581 cup09017Apricots, canned, sweetend, without advin diquids2581 cup09028Apricots, canned, sweetend, without salt1681 cup09029Apricots, canned, swietend, without salt1681 cup09031Apricots, canned, fusce pask, with sin, solds and liquids2541 cup09032Apricots, canned, indice pask, with sin, solds and liquids2541 cup09033Apricots, canned, fusce pask, with sin, solds and liquids2541 cup0903	14003	Alcoholic beverage, beer, regular	355	12 fl oz	21
14550Aleabolic beverage, distilled, all (gin, run, vadka, whiskey) 80 proof421.5 fl or14511Aleabolic beverage, liquer, coffor, 50 proof521.5 fl or14017Aleabolic beverage, liquer, coffor, 50 proof521.5 fl or14036Aleabolic beverage, wine, desart, weet1033.5 fl or14036Aleabolic beverage, wine, desart, weet1033.5 fl or14046Aleabolic beverage, wine, table, red1033.5 fl or14046Aleabolic beverage, wine, table, red1031.0 ep14046Alpoles, flick, solfitzed, unsoeetened, without added ascorbic2481.0 ep19010Apples, nu, without skin1381.0 ep19010Apples, raw, without skin1381.0 ep19010Apples, raw, without skin2551.0 ep19010Apricots, canned, without added ascorbic acid241.0 ep19011Apricots, canned, without added ascorbic acid241.0 ep19012Apricots, canned, without added ascorbic acid241.0 ep19013Apricots, canned, without added ascorbic acid241.0 ep19014Apricots, armed, fuith pack, without salt1601.0 halves19015Apricots, armed, fuith pack, without salt1611.0 apricot1016	14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1
H4551Alcoholic beverage, injuner, corffer, 51 proof421.5 fl ocH4114Alcoholic beverage, injuner, corffer, 51 proof521.5 fl ocH4516Alcoholic beverage, wine, clossert, day1033.5 fl ocH4536Alcoholic beverage, wine, clossert, saveet1033.5 fl ocH4106Alcoholic beverage, wine, table, white1033.5 fl ocH4107Alcoholic beverage, wine, table, white1033.5 fl ocH4108Alcoholic beverage, wine, table, white1031.6 upH4108Alcoholic beverage, wine, table, white1341.0 upH4104Alphela, dirid, suffured, uncookel241.0 upH4104Apples, fried, suffured, uncookel1381.0 upH4104Apples, raw, with skin1381.0 upH4104Apples, raw, with skin251.0 upH4104Applesance, canned, with addal acorbic acid241.0 upH4104Apricots, canned, haves yrapp pack, with skin, solids and liquids241.0 upH4104Apricots, canned, haves yrapp pack, with skin, solids and liquids241.0 upH4104Apricots, canned, haves yrapp pack, with skin, solids and liquids1.0 up1.0 upH4104Apricots, canned, haves yrapp pack, with skin, solids and liquids1.0 up1.0 upH4104Apricots, canned, haves yrapp pack, with skin, solids and liquids1.0 up1.0 upH4104Apricots, anned, haves yrapp pack, with skin, solids and liquids1.0 up1.0 upH4104Apri	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14414Alcoholic beverage, liqueur, coffee, S3 proofS21.5 fl oz14017Alcoholic beverage, pina coldad, propared-from-srecipe1414.5 fl oz14356Alcoholic beverage, wine, dessert, dry1033.5 fl oz14057Alcoholic beverage, wine, dessert, sveet1033.5 fl oz14056Alcoholic beverage, wine, table, rod1033.5 fl oz11010Altafa seeds, sprouted, raw331 cup10111Apple juice, canned or buttled, unsweetened, without added ascorbic2481 cup20016Apple juice, canned or buttled, unsweetened, without added ascorbic2181 cup200111Apples, raw, with skin1381 apple200120Apples, raw, with skin2551 cup200131Apples, and, without skin2541 cup20024Applesauce, canned, weetened, without added ascorbic acid2441 cup200252Apricots, canned, hive pueck, with skin, solids and liquids2581 cup20024Apricots, canned, hive pueck, with skin, solids and liquids2581 opicot200254Apricots, canned, hive pueck, with skin, solids and liquids2441 cup200254Apricots, canned, hivite funct, uncooked5561 halves200254Apricots, canned, durined, without salt1681 cup200264Apricots, canned, durined, without salt1201 mcdium200274Apricots, canned, durined, without salt604 spears200284Apricots, canned, durined without salt<	14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14017Alcoholic beverage, winz, desart, dry1414.5 fl oz14356Alcoholic beverage, winz, desart, dry1033.5 fl oz14060Alcoholic beverage, winz, table, red1033.5 fl oz14016Alcoholic beverage, winz, table, red1033.5 fl oz14016Alcoholic beverage, winz, table, red1033.5 fl oz11011Alfafa seeds, sprouted, raw341 cupacid1992481 cup10010Apples, ried, sulfured, uncooked25 rings10010Apples, ried, sulfured, uncooked25 rings10010Apples, raw, without skin1011 cup10010Applesance, canned, without skin2551 cup10010Applesance, canned, without skin2441 cup10010Apricots, canned, heavy syrup pock, with skin, solids and liquids2881 cup10011Apricots, canned, heavy syrup pock, without salt1681 cup10021Apricots, canned, heavy syrup pock, without salt1681 cup10111Aparagus, cocked, boiled, drained, without salt1011 cup10111Aparagus, cocked, boiled, drained, without salt1011 cup10112Aparagus, cocked, boiled, drained, without salt1021 cup10113Aparagus, cocked, boiled, drained, without salt1021 cup11105Aparagus, florear, cooked, boiled, drained, without salt1021 cup11105Aparagus, florear, cooked, boiled, drained, without salt102	14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
14536Alcoholic boverage, wine, dessert, dry1033.5 fl oz14076Alcoholic boverage, wine, dessert, sweet1033.5 fl oz14086Alcoholic boverage, wine, table, red1033.5 fl oz14016Alcoholic boverage, wine, table, red1033.5 fl oz11010Alfaffa seeds, sprouted, raw331 cup09016Apples, dried, suffared, unsweetened, without added ascorbic2481 cup09011Apples, raw, without skin1381 apple09010Apples, raw, without skin1101 cup09010Apples, raw, without skin2511 cup09010Applesauce, canned, without added ascorbic acid2441 cup09021Apricots, canned, with added ascorbic acid2511 cup09022Apricots, canned, unsweetened, without added ascorbic acid2541 cup09023Apricots, canned, unsweetened, without added ascorbic acid2541 cup09024Apricots, canned, unsweetened, without salt1681 cup09025Apricots, canned, unsweetened, without salt1681 cup11015Asparagus, conked, boiled, drained, without salt1604 sparas11016Atricokser, (globe or french), cooked, boiled, drained, without salt1604 sparas11016Asparagus, conked, boiled, drained, without salt1801 cup11016Asparagus, conked, boiled, drained, without salt1801 cup11017Asparagus, forenc, cooked, boiled, drained, without salt180 <t< td=""><td>14414</td><td>Alcoholic beverage, liqueur, coffee, 53 proof</td><td>52</td><td>1.5 fl oz</td><td>0</td></t<>	14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
14057Alcoholic beverage, wine, table, real1033.5 fl oz14096Alcoholic beverage, wine, table, real1033.5 fl oz14100Alfah seods, sprouted, raw031 cup09916Apple juice, canned or bottled, unsweetened, without added ascorbic2481 cup09011Apples, dried, sulfured, uncooked325 rings09012Apples, raw, with skin1881 apple09013Apples, raw, without skin101 cup09024Apples, raw, without skin2551 cup09025Applesauce, canned, unsweetened, without added ascorbic acid2441 cup09026Applesauce, canned, without added ascorbic acid2441 cup09027Apricots, canned, huiser schick acid2581 cup09028Apricots, canned, huise schick acid2581 cup09029Apricots, canned, ince pack, with skin, solids and liquids2581 apricot09021Apricots, canned, durined, boiled, drained, without salt1681 cup1105Asparagus, canced, drained solids724 spears11019Asparagus, canced, drained, without salt604 spears11019Asparagus, canced, drained, without salt1001 cup11019Asparagus, canced, choiled, drained, without salt1024 spears11019Asparagus, forzen, cooked, boiled, drained, without salt1024 spears11019Asparagus, forzen, cooked, boiled, drained, without salt1021 cup11019	14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	17
14066Alcoholic beverage, wine, table, white1033.5 fl oz14116Alcoholic beverage, wine, table, white1033.5 fl oz11001Alfafia seeds, sprouted, raw331 cup09016Apple juice, camed or botted, unsweetened, without added ascorbic2481 cup090101Apples, dried, suffured, uncooked25 rings090302Apples, raw, with skin1041 cup090403Apples, raw, with skin1041 cup090404Applesauce, canned, unsweetened, without added ascorbic acid2441 cup090415Apricot nectar, canned, without added ascorbic acid2441 cup09042Apricot nectar, canned, without added ascorbic acid2511 cup09043Apricot, canned, baves yrup pack, with skin, solids and liquids2441 cup09044Apricot, samed, lunsveetened, without added ascorbic acid2511 cup09045Apricots, amed, lunsveetened, without added ascorbic acid2441 cup09046Apricots, amed, lunsveetened, without added ascorbic acid2441 cup09047Apricots, amed, baves yrup pack, with skin, solids and liquids2441 cup10058Apricots, amed, drained, unitout salt101 apricot10080Aritchokes, (globe or french), cooked, boiled, drained, without salt104 spears11019Asparagus, cooked, boiled, drained, without salt104 spears11019Asparagus, cooked, boiled, drained, without salt1604 spears1	14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
14106Alcoholic beverage, wine, table, white1033.5 fl oz11001Alfalfa seeds, sprouted, raw331 cup09016Apple juice, canned or bottled, unsweetened, without added ascorbic2481 cup09011Apples, raw, with skin325 rings09003Apples, raw, with skin1381 apple09014Apples, raw, without skin1101 cup09020Apples, raw, without skin2551 cup09021Applessuce, canned, sweetened, without added ascorbic acid2441 cup09022Apricots, canned, with added ascorbic acid2511 cup09023Apricots, canned, with added ascorbic acid2581 cup09024Apricots, canned, uitre unsweetened, without salt2581 op09025Apricots, canned, uitre uncoked3510 halves09021Apricots, canned, uitre uncoked351 paricot11008Artichokes, (globe or franch), cooked, boiled, drained, without salt1681 cup11012Asparagus, concol, doiled, drained, without salt1801 cup11013Asparagus, forzen, cooked, boiled, drained, without salt1801 cup11019Asparagus, concol, cooked, boiled, drained, without salt1801 cup11019Asparagus, forzen, cooked, boiled, drained, without salt1801 cup11019Asparagus, forzen, cooked, boiled, drained, without salt1801 cup11019Asparagus, forzen, cooked, boiled, drained, without salt1801 cup<	14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
11010Alfalia seeds, sprouted, raw331 cup09016Apple juice, canned or bottled, unsweetened, without added ascorbic caid2481 cup090110Apples, dried, sulfured, uncooked215 rings090120Apples, ruw, with skin1001 apple090140Apples, ruw, with skin1021 cup090150Apples, aue, canned, unsweetened, without salt2551 cup090160Apricots, canned, with added ascorbic acid2441 cup090170Apricots, canned, with added ascorbic acid2441 cup090181Apricots, canned, with added ascorbic acid2581 cup090210Apricots, canned, with skin, solids and liquids2841 cup090210Apricots, canned, unive pack, with skin, solids and liquids2841 cup090210Apricots, canned, unive pack, with skin, solids and liquids1601 cup100181Atrichokse, (globe or french), cooked, boiled, drained, without salt1604 spears10182Aparagus, cooked, boiled, drained, without salt604 spears10192Asparagus, frozen, cooked, boiled, drained, without salt10 oz1 oz10193Asparagus, frozen, cooked, boiled, drained, without salt10 oz1 oz10194Asparagus, frozen, cooked, boiled, drained, without salt1801 oz10195Asparagus, frozen, cooked, boiled, drained, without salt1801 oz10196Asparagus, frozen, cooked, boiled, drained, without salt1801 oz <t< td=""><td>14096</td><td>Alcoholic beverage, wine, table, red</td><td>103</td><td>3.5 fl oz</td><td>2</td></t<>	14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	2
popplinApple juice, canned or bottled, unsweetened, without added ascorbic248l cuppopples, dried, sulfured, uncooked325 ringspopples, traw, with skin1381 applepopples, traw, without skin1101 cuppopples, acce, canned, sweetened, without added ascorbic acid2441 cuppopples, acce, canned, unsweetened, without added ascorbic acid2581 cuppopples, acce, canned, unsweetened, without added ascorbic acid2581 cuppopples, acce, canned, drained, without added ascorbic acid351 paricotpopples, acce, canned, drained, without added ascorbic acid2681 cuppopples, acce, canned, arained, solids, drained, without add1604 spearspopples, acce, acned, arained, without added ascorbic acid2004 spearspopples, acce, acned, arained, without added ascorbic acid200200popples, acce, acned, drained, drained, without added200200 <td< td=""><td>14106</td><td>Alcoholic beverage, wine, table, white</td><td>103</td><td>3.5 fl oz</td><td>0</td></td<>	14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0
acid Single Strict 09011 Apples, raw, with out shin 138 1 apple 09003 Apples, raw, without skin 110 1 cup 09004 Apples, raw, without skin 110 1 cup 09005 Apples, raw, without skin 255 1 cup 09001 Applesauce, canned, without added ascorbic acid 251 1 cup 09002 Apricots, canned, with added ascorbic acid 258 1 cup 09002 Apricots, canned, heavy syrup pack, with skin, solids and liquids 258 1 apricot 09021 Apricots, canned, uncooked 35 1 apricot 09022 Apricots, canned, uncooked, boiled, drained, without salt 168 1 cup 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120 1 medium 11012 Asparagus, conced, boiled, drained, without salt 180 4 spears 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 oz 11019	11001	Alfalfa seeds, sprouted, raw	33	1 cup	12
oppools op	09016	11 5 /	248	1 cup	0
p0004Apples, raw, without skin110l cup00020Applesauce, canned, sweetened, without salt255l cup00101Applesauce, canned, sweetened, without adde ascorbic acid244l cup00103Apricot nectar, canned, with adde ascorbic acid251l cup001027Apricots, canned, heavy syrup pack, with skin, solids and liquids258l cup001024Apricots, canned, heavy syrup pack, with skin, solids and liquids244l cup00125Apricots, dried, sulfured, uncooked35l0 halves00126Apricots, dried, sulfured, uncooked35l apricot110188Artichokes, (globe or french), cooked, boiled, drained, without salt120l medium11018Artichokes, (globe or french), cooked, boiled, drained, without salt120l medium11012Asparagus, frozen, cooked, boiled, drained, without salt1604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt804" bagel1019Asparagus, frozen, cooked, boiled, drained28.35l oz10030Bagels, cinnamon-raisin894" bagel11803Bagels, cinnamon-raisin894" bagel11804Bagels, cinnamon-raisin894" bagel11805Bagels, cinnamon-raisin894" bagel11801Bagels, cinnamon-raisin894" bagel11803Bagels, cigg713-1/2" bagel <td>09011</td> <td>Apples, dried, sulfured, uncooked</td> <td>32</td> <td>5 rings</td> <td>0</td>	09011	Apples, dried, sulfured, uncooked	32	5 rings	0
09020Applesauce, canned, sweetened, without salt255I cup09019Applesauce, canned, unsweetened, without added ascorbic acid244I cup09020Apricots, canned, heavy syrup pack, with skin, solids and liquids258I cup09021Apricots, canned, luice pack, with skin, solids and liquids254I cup09022Apricots, canned, luice pack, with skin, solids and liquids254I cup09032Apricots, dried, sulfured, uncooked35I halves09021Apricots, raw35I apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt168I cup11015Asparagus, cooked, boiled, drained, without salt1204 spears11012Asparagus, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt180I cup10039Avocados, raw, Clifornia28.35I oz10049Avocados, raw, Clifornia28.35I oz1105Bagels, cinnamon-raisin713-1/2" bagel1106Bagels, cig713-1/2" bagel1107Bagels, plain, enriched, with calcium propionate (includes onion, popy), sesame)921107Bagels, plain, enriched, with calcium propionate (includes onion, popy), sesame)131I cup1107Bagels, plain, enriched, with calcium propionate (includes onion, popy), sesame)12/2" bagelI cup1107Bagels, plain, enriched, with calcium propionate (includes onion, popy), sesame)	09003	Apples, raw, with skin	138	1 apple	4
Applesauce, canned, unsweetened, without added ascorbic acid2441 cup09403Apricot nectar, canned, with added ascorbic acid2511 cup09024Apricots, canned, havy symp pack, with skin, solids and liquids2581 cup09024Apricots, canned, juice pack, with skin, solids and liquids2441 cup09025Apricots, fried, sulfured, uncooked3510 halves09021Apricots, fried, sulfured, uncooked351 apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11018Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11019Asparagus, cooked, boiled, drained604 spears11019Asparagus, cooked, boiled, drained, without salt604 spears11019Asparagus, cooked, boiled, drained, without salt1801 cup10031Avocados, raw, California28.351 oz11040Bagels, cinnamon-raisin713 -1/2" bagel18005Bagels, cinamon-raisin713 -1/2" bagel18001Bagels, gg713 -1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, popy, seame)713 -1/2" bagel19077Baking chocolate, unsweetened, Iquaid28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19079Baking chocolate, unsweetened, squares28.351 oz19070Baking chocolate, unsweetened, squares <td< td=""><td>09004</td><td>Apples, raw, without skin</td><td>110</td><td>1 cup</td><td>0</td></td<>	09004	Apples, raw, without skin	110	1 cup	0
Apricot netar, canned, with added ascorbic acid2511 cup09027Apricots, canned, heavy syrup pack, with skin, solids and liquids2581 cup09024Apricots, canned, juice pack, with skin, solids and liquids2441 cup09025Apricots, dried, sulfared, uncooked351 apricot09021Apricots, dried, sulfared, uncooked351 apricot10088Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11018Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11015Asparagus, coaked, boiled, drained604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup10938Avocados, raw, California28.351 oz18005Bagels, cinnamon-raisin894" bagel18003Bagels, cinnamon-raisin713-1/2" bagel18004Bagels, cinnamon-raisin894" bagel18005Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, liquid28.351 oz19079Baking chocolate, unsweetened, squares28.351 oz19070Baking chocolate, unsweetened, squares28.351 oz19071Baking chocolate, unsweetened, squares	09020	Applesauce, canned, sweetened, without salt	255	1 cup	3
Opport Opport Apricots, canned, heavy syrup pack, with skin, solids and liquids258I cupOpport Opport Opport Apricots, canned, juice pack, with skin, solids and liquids2441 cupOpport Opport Opport Apricots, raw351 halvesOpport Opport Apricots, raw351 apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11015Asparagus, cooked, drained solids724 spears11019Asparagus, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup1009Avocados, raw, California28.351 oz10003Bagels, cinnamon-raisin713-1/2" bagel18004Bagels, cinnamon-raisin894" bagel18005Bagels, cinnamon-raisin713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19079Baking chocolate, unsweetened, squares28.351 oz19070Baking chocolate, unsweetened, sliquid28.351 oz19078Baking chocolate, unsweetened, sliquis <td>09019</td> <td>Applesauce, canned, unsweetened, without added ascorbic acid</td> <td>244</td> <td>1 cup</td> <td>2</td>	09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2
D9024Apricots, canned, juice pack, with skin, solids and liquids2441 cup09032Apricots, dried, sulfured, uncooked3510 halves09021Apricots, raw351 apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11018Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11015Asparagus, cooked, boiled, drained604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup1003Avocados, raw, California28.351 oz10045Bagels, cinnamon-raisin894" bagel18005Bagels, cinnamon-raisin713-1/2" bagel18001Bagels, cigg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19079Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares28.351 square19070Baking chocolate, unsweetened, squares28.351 square19078 <td>09403</td> <td>Apricot nectar, canned, with added ascorbic acid</td> <td>251</td> <td>1 cup</td> <td>3</td>	09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	3
Opp21Apricots, dried, sulfured, uncooked3510 halves09021Apricots, raw351 apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup11019Asparagus, frozen, cooked, boiled, drained, without salt1801 oz09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, cigg894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)994" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)1 oz1807Baking chocolate, unsweetened, liquid28.351 oz1807Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel1808Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)1 oz1807Baking chocolate, unsweetened, squares28.351 square <td>09027</td> <td>Apricots, canned, heavy syrup pack, with skin, solids and liquids</td> <td>258</td> <td>1 cup</td> <td>5</td>	09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	5
09021Apricots, raw351 apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, cinnamon-raisin713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)994" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)994" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, liquid28.351 oz19074Barbos, canned, drained solids1311 cup09040Banana, raw1501 cup09040Banana, raw1571 cup	09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	5
Artichokes, (globe or french), cooked, boiled, drained, without salt168I cup11008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup0038Avocados, raw, California28.351 oz0039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, egg894" bagel18001Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19070Baking chocolate, unsweetened, squares28.351 oz1908Banono snow, canned, drained solid	09032	Apricots, dried, sulfured, uncooked	35	10 halves	4
11008Artichokes, (globe or french), cooked, boiled, drained, without salt120I medium11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin894" bagel18003Bagels, cgg713-1/2" bagel18003Bagels, cgg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Bakng chocolate, unsweetened, squares28.351 oz19080Bananas, raw1501 cup09040Bananas, raw1181 banana2006Barley, paerled, cooked1571 cup	09021	Apricots, raw	35	1 apricot	3
11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin894" bagel18005Bagels, cignamon-raisin713-1/2" bagel18003Bagels, egg713-1/2" bagel18004Bagels, egg713-1/2" bagel18005Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana2006Barley, pearled, cooked1571 cup	11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	86
11012Asparagus, cooked, boiled, drained604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin894" bagel18005Bagels, cinnamon-raisin713-1/2" bagel18005Bagels, egg713-1/2" bagel18001Bagels, pagel, nerriched, with calcium propionate (includes onion, poppy, sesame)994" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)994" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana2006Barley, pearled, cooked1571 cup	11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	61
11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup209038Avocados, raw, California28.351 oz309039Avocados, raw, Florida28.351 oz118005Bagels, cinnamon-raisin894" bagel118003Bagels, cinnamon-raisin713-1/2" bagel118003Bagels, egg894" bagel118004Bagels, egg713-1/2" bagel118005Bagels, pain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)994" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)913-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1881801 banana2006Barley, pearled, cooked1571 cup	11015	Asparagus, canned, drained solids	72	4 spears	69
11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin894" bagel18005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18004Bagels, page713-1/2" bagel18005Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)904" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana2006Barley, pearled, cooked1571 cup	11012	Asparagus, cooked, boiled, drained	60	4 spears	89
Avocados, raw, California28.351 oz09038Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin894" bagel18005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18004Bagels, pagel713-1/2" bagel18005Bagels, pagel713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)903-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)903-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana20066Barley, pearled, cooked1571 cup	11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	81
Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin894" bagel18005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana2006Barley, pearled, cooked1571 cup	11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	243
18005Bagels, cinnamon-raisin894" bagel18005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18004Bagels, egg713-1/2" bagel18005Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana2006Barley, pearled, cooked1571 cup	09038	Avocados, raw, California	28.35	1 oz	25
18005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana2006Barley, pearled, cooked1571 cup	09039	Avocados, raw, Florida	28.35	1 oz	10
18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana20066Barley, pearled, cooked1571 cup	18005	Bagels, cinnamon-raisin	89	4" bagel	155
18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana20066Barley, pearled, cooked1571 cup	18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	124
18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana20066Barley, pearled, cooked1571 cup	18003	Bagels, egg	89	4" bagel	119
poppy, sesame)18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana2006Barley, pearled, cooked1571 cup	18003	Bagels, egg	71	3-1/2" bagel	95
18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana2006Barley, pearled, cooked1571 cup		Bagels, plain, enriched, with calcium propionate (includes onion,	89	4" bagel	147
19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana2006Barley, pearled, cooked1571 cup	18001	Bagels, plain, enriched, with calcium propionate (includes onion,	71	3-1/2" bagel	117
11028Bamboo shoots, canned, drained solids1311 cup09040Bananas, raw1501 cup09040Bananas, raw1181 banana20066Barley, pearled, cooked1571 cup	19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	5
09040Bananas, raw1501 cup09040Bananas, raw1181 banana20006Barley, pearled, cooked1571 cup	19078	Baking chocolate, unsweetened, squares	28.35	1 square	8
09040Bananas, raw1181 banana20006Barley, pearled, cooked1571 cup	11028	Bamboo shoots, canned, drained solids	131	1 cup	4
20006 Barley, pearled, cooked 157 1 cup	09040	Bananas, raw	150	1 cup	30
	09040	Bananas, raw	118	1 banana	24
20005 Barley, pearled, raw 200 1 cup	20006	Barley, pearled, cooked	157	1 cup	25
	20005	Barley, pearled, raw	200	1 cup	46

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	30
16008	Beans, baked, canned, with franks	259	1 cup	78
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	94
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	38
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	256
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	181
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	131
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	230
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	255
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	294
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	43
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	41
11055	Beans, snap, green, frozen, cooked, boiled, drained, without salt	135	1 cup	31
11932	Beans, snap, yellow, canned, regular pack, drained solids	135		43
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	
11724		125	1 cup	41 31
	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt		l cup	
16051	Beans, white, mature seeds, canned	262	l cup	170
22905	Beef stew, canned entree	232	1 cup	26
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	5
13348	Beef, cured, corned beef, canned	85.05	3 oz	8
13350	Beef, cured, dried	28.35	1 oz	2
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	9
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	9
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	8
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	6
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	7
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	9
23605	Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	9
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	8
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	9
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	7
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	9
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	221
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	20
11084	Beets, canned, drained solids	170	1 cup	51
11084	Beets, canned, drained solids	24	1 beet	7
11081	Beets, cooked, boiled, drained	50	1 beet	40
11081	Beets, cooked, boiled, drained	170	1 cup	136
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	57
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	96
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	37

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	29
09042	Blackberries, raw	144	1 cup	36
09055	Blueberries, frozen, sweetened	230	1 cup	16
09050	Blueberries, raw	145	1 cup	9
07008	Bologna, beef and pork	56.7	2 slices	3
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	25
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	46
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	226
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	53
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	29
18023	Bread, cornbread, dry mix, prepared	60	1 piece	52
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	77
18025	Bread, cracked-wheat	25	1 slice	19
18027	Bread, egg	40	1/2" slice	52
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	58
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	314
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	176
18033	Bread, italian	20	1 slice	61
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	43
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	42
18039	Bread, oatmeal	27	1 slice	23
18040	Bread, oatmeal, toasted	25	1 slice	19
18041	Bread, pita, white, enriched	28	4" pita	46
18041	Bread, pita, white, enriched	60	6-1/2" pita	99
18044	Bread, pumpernickel	32	1 slice	43
18045	Bread, pumpernickel, toasted	29	1 slice	37
18047	Bread, raisin, enriched	26	1 slice	41
18048	Bread, raisin, toasted, enriched	24	1 slice	36
18053	Bread, reduced-calorie, rye	23	1 slice	19
18055	Bread, reduced calorie, spe	23	1 slice	31
18055	Bread, reduced-calorie, white	23	1 slice	32
18060	Bread, rye	32	1 slice	48
18061	Bread, rye	24	1 slice	36
18064	Bread, wheat (includes wheat berry)	25	1 slice	32
18065	Bread, wheat (includes wheat berry) Bread, wheat, toasted (includes wheat berry)	23	1 slice	27
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	43
18069	Bread, white, commercially prepared (includes soft bread crumbs) Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	43 77
18070	Bread, white, commercially prepared, toasted	22	1 slice	35
18070			1 slice	
	Bread, whole-wheat, commercially prepared	28		14
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	10
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	83
21023	Breakfast items, french toast with butter	135	2 slices	103
11091	Broccoli, cooked, boiled, drained, without salt	156	l cup	168
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	40
11740	Broccoli, flower clusters, raw	11	1 floweret	8
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	103

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1090	Broccoli, raw	88	1 cup	55
1099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	94
1101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	157
20011	Buckwheat flour, whole-groat	120	1 cup	65
20010	Buckwheat groats, roasted, cooked	168	1 cup	24
20013	Bulgur, cooked	182	1 cup	33
20012	Bulgur, dry	140	1 cup	38
01001	Butter, salted	14.2	1 tbsp	0
01145	Butter, without salt	14.2	1 tbsp	0
1117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	70
1120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	63
1110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	30
1109	Cabbage, raw	70	1 cup	30
1112	Cabbage, red, raw	70	1 cup	13
1114	Cabbage, savoy, raw	70	1 cup	56
8086	Cake, angelfood, commercially prepared	28	1 piece	16
8088	Cake, angelfood, dry mix, prepared	50	1 piece	15
8090	Cake, boston cream pie, commercially prepared	92	1 piece	17
8096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	15
8101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	37
8110	Cake, fruitcake, commercially prepared	43	1 piece	14
8116	Cake, gingerbread, prepared from recipe	74	1 piece	38
8119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	45
8120	Cake, pound, commercially prepared, butter	28	1 piece	17
8451	Cake, pound, commercially prepared, fat-free	28	1 slice	20
8126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	54
8127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	32
8128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	28
8452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	9
8133	Cake, sponge, commercially prepared	30	1 shortcake	21
8134	Cake, sponge, prepared from recipe	63	1 piece	33
8102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	57
8139	Cake, white, prepared from recipe without frosting	74	1 piece	44
8140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	20
8141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	26
9074	Candies, caramels	10.1	1 piece	1
9076	Candies, caramels, chocolate-flavor roll	7	1 piece	1
9071	Candies, carob	28.35	l oz	6
9087	Candies, confectioner's coating, white	170	1 cup	14
9100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1
9101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	3
9104	Candies, fudge, vanilla with nuts	15	1 piece	2
9103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	2
9105	Candies, gundrops, starch jelly pieces	22	10 bears	0
9106	Candies, gundrops, starch jelly pieces	74	10 worms	0
9106	Candies, gundrops, starch jelly pieces	4.2	1 medium	0
9100 9107	Candies, hard	6	1 piece	0

19108Candics, EIFAT Warks, "MAAN" MIA Chocolate Candies28.3510 large019109Candics, MAM MARS, "MAAN" MIA Chocolate Candies710 picess019140Candics, MAM MARS, "MAAN" Pernart Chocolate Candies2010 pices819135Candies, MAM MARS, MARS MILKY WAY Par81 fan ize bar419155Candies, MAM MARS, MARS MILKY WAY Par611 bar (2 15 or)419155Candies, MAM MARS, SINCEKES Par571 bir (2 or)1819166Candies, MAM MARS, SINCEKES Par501 cup119170Candies, MAM MARS, SINCEKES Par501 cup119120Candies, Mich Achocolate could paruts4010 pices319172Candies, mich chocolate could paruts4010 pices319172Candies, Mich Achocolate could raisins1010 pices319172Candies, Mich Achocolate Bar491 bar (1.75 oz)1919180Candies, RESES Parut Butter Cup451 picage contains119180Candies, RESES Parut Butter Cup351 forai zot bar319190Candies, RESES Parut Butter Cup3512 for019141Carbonade berenge, cub sodi35512 for019142Carbonade berenge, cub sodi35512 for019142Carbonade berenge, cub sodi36812 for019143Carbonade berenge, cub sodifie36812 for019144<	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19199Candies, KIT KAT Wafer Bar421 bar (1.5 oz)819140Candies, MAM MARS, "MARM" full Chocolate Candies710 pices6019135Candies, MAM MARS, "MARM" parant Chocolate Candies2010 pices611 bar (2.15 oz)4419135Candies, MARM MARS, MARS MILKY WAY Par611 bar (2.15 oz)4819135Candies, MARM MARS, SYNKURS Bar51 pice019145Candies, MARM MARS, SYNKURS Bar51 pice019126Candies, milk chocolate coatel peanuts401 bar (1.55 oz)519127Candies, milk chocolate coatel peanuts401 picese319132Candies, milk chocolate coatel peanuts401 bar (1.45 oz)619132Candies, milk chocolate coatel peanuts401 bar (1.45 oz)619132Candies, milk chocolate coatel peanuts401 bar (1.45 oz)619133Candies, Milk Chocolate Cander fusion101 bar (1.45 oz)619143Candies, Milk Chocolate Cander fusion101 bar (1.45 oz)2319150Candies, Milk Chocolate Cander fusion101 bar (1.45 oz)2319143Candies, Milk Chocolate Cander fusion101 bar (1.45 oz)2319143Candies, Milk Chocolate Cander fusion101 bar (1.45 oz)2319143Candies, Milk Chocolate Cander fusion101 bar (1.45 oz)2319144Candies, Milk Chocolate Chocolate101 bar (1.45 oz) <td>19107</td> <td>Candies, hard</td> <td>3</td> <td>1 small piece</td> <td>0</td>	19107	Candies, hard	3	1 small piece	0
19141 Candies, M&M MARS, "M&M's Milk Checolate Candies 7 10 pieces 0 19140 Candies, M&M ARS, "M&W's Peanut Checolate Candies 20 10 pieces 8 19135 Candies, M&M MARS, MARS MILK VM Y Bar 61 1 bar ize bar 14 19135 Candies, M&M MARS, SINCK PARS Bar 57 1 har (2 oz) 4 19156 Candies, M&M MARS, SINCK PARS Bar 50 1 eapr 1 19161 Candies, milk checolate 44 1 bar (1 55 oz) 5 19172 Candies, milk checolate coated peanuts 40 1 pieces 3 19172 Candies, milk checolate coated peanuts 49 1 bar (1 75 oz) 16 19182 Candies, NIR, GOODBAR Checolate Bar 49 1 bar (1 75 oz) 2 19080 Candies, REFISTE Barun Burter Cups 45 1 eapr 3 19192 Candies, REFISTE Barun Burter Cups 46 1 eap 3 19080 Candies, REFISTE Barun Burter Cups 37 1 fau size bar 2 19080 Candies, REFISTE Barun Burter Cu	19108	Candies, jellybeans	28.35	10 large	0
19140 Candies, MAM MARS, "MARMS" Pearu Chocolate Candies 20 10 picces 8 19155 Candies, MAM MARS, MARS MILKY WAY Bar 18 Inn size bar 1 19155 Candies, MAM MARS, NARSS MILKY WAY Bar 57 1 bar (2 15 or) 48 19156 Candies, MAM MARS, SINCKERS Bar 57 1 bar (2 oz) 18 19156 Candies, malk MARS, SINCKERS Bar 50 1 eop 0 19160 Candies, milk chocolate coated pearunts 40 1 bor (1 55 or) 5 19172 Candies, milk chocolate coated pearunts 40 1 bor (1 55 or) 6 19132 Candies, milk chocolate coated pearunts 41 1 bar (1 45 oz) 6 19143 Candies, MER (GOODBAR Chocolate Bar 49 1 bar (1 25 oz) 19 19150 Candies, REES (ES Pearunt Batter Cups 45 1 package (contains 2) 23 19180 Candies, REES (ES Pearunt Batter Cups 45 1 package (contains 2) 23 19180 Candies, REES (ES Pearunt Batter Cups 35 1 cap 0 1	19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	8
19135Candies, M&M AARS, MARS MILKY WAY Bar181 fun size bar119135Candies, M&M AARS, MARS MILKY WAY Bar611 bar (2 1 × 2)4419136Candies, M&M ARS, STARBURST Fruit Chews51 picce019116Candies, mile Abcoolae501 eap119137Candies, mile Abcoolae4010 picces3319128Candies, mile Abcoolae coatd passuts1010 picces3119129Candies, mile Abcoolae coatd passuts1010 picces3119132Candies, mile Abcoolae coatd passuts4010 picces3219134Candies, mile Abcoolae coatd passuts491 bar (1.45 × 2)6919143Candies, mile Abcoolae Coatd passuts491 bar (1.45 × 2)6919144Candies, MESTE, BUTTERFINGER Bar71 mais bar2219060Candies, RENSER Peant Butter Cops451 package (contins 2)5519080Candies, RENSER Peant Butter Cops1681 eap5019141Cathonatob keyrage, club soda351 2 fl oz0014142Cathonatob keyrage, club soda351 2 fl oz0014142Cathonatob keyrage, gape soda351 2 fl oz0014143Cathonatob keyrage, gape soda351 2 fl oz0014144Cathonatob keyrage, enon-time sola361 2 fl oz0014145Cathonatob keyrage, enon-time sola361 2 fl oz0014145Catho	19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0
19135Candies, M&M MARS, MARS MILKY WAY Par611 bar (215 or)419155Candies, M&M MARS, SNCRENS Bar571 proce019164Candies, MM MARS, STARBURST Finit Chews501 cup119170Candies, Mik Abs, STARBURST Finit Chews501 cup119120Candies, Mik cheotolate could panuls4010 proces319127Candies, Mik cheotolate could panuls4010 proces119132Candies, Mik cheotolate could panuls401 bar (1.45 or)619132Candies, Mik cheotolate could panuls411 bar (1.45 or)619132Candies, MESDTER, Bar71 fun size bar219150Candies, MESDTER, Bartter Cups451 procega (contains 2)2319150Candies, Sensiver Cheotolate1681 cup3519160Carambola, (starfnit), raw1081 furit1119160Carbonated beverage, cola, contains caffeine3701 2 fl oz014140Carbonated beverage, cola, contains caffeine3701 2 fl oz014143Carbonated beverage, grape soda351 fl oz014145Carbonated beverage, grape soda3551 fl oz014145Carbonated beverage, grape soda3701 2 fl oz014145Carbonated beverage, orange3721 fl oz014145Carbonated beverage, orange3721 fl oz014145Carbonated bevera	19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	8
19155 Candies, M&M MARS, SNICKERS Bar 57 1 bar (2 oz) 18 19156 Candies, M&M MARS, SNICKERS Bar 5 1 pice 0 19160 Candies, milk chocolate 44 1 bar (1.55 oz) 5 19120 Candies, milk chocolate coated panuts 40 10 pices 3 19127 Candies, milk chocolate coated panuts 40 10 pices 3 19128 Candies, milk chocolate coated panuts 40 1 bar (1.45 oz) 6 19143 Candies, Milk Chocolate coated raisins 10 1 bar (1.45 oz) 6 19144 Candies, Nilk Chocolate, Bar 49 1 bar (1.45 oz) 22 19160 Candies, NEESEFS Panut Butter Cups 45 1 package (contains 2) 23 19080 Candies, NEESEFS Panut Butter Cups 45 1 package (contains 2) 23 19141 Candonade beverage, citla soda 355 12 flo oz 00 14121 Carbonated beverage, citla soda 355 12 flo oz 00 14142 Carbonated beverage, igner ale 366 12 flo oz 00 14144 Carbonated beverage, igner ale 372 12 flo oz 00 14145 Carbonated beverage, igner ale 372 12 flo oz </td <td>19135</td> <td>Candies, M&M MARS, MARS MILKY WAY Bar</td> <td>18</td> <td>1 fun size bar</td> <td>1</td>	19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1
19156Candies, M&M MARS, STARBURST Fruit Chews51 piece019116Candies, Mick Mocolate501 cup119120Candies, milk chocolate coated peanuts4010 pieces319127Candies, milk chocolate coated raisins1010 pieces119128Candies, milk chocolate coated raisins101 bar (1.45 or)619132Candies, Milk Chocolate coated raisins101 bar (1.45 or)619143Candies, Milk Chocolate Bar491 bar (1.75 or)2319109Candies, REISET Peanut Buter Cups451 pieckage (contains 2)2319100Candies, REISET Senant Buter Cups451 cup3519111Carbonated beverage, cola softan saffsine3701 finit1119060Caranbola, (starfniti), naw911 finit1119120Carbonated beverage, cola softan saffsine37012 fl or20014140Carbonated beverage, ginger ale36812 fl or2014143Carbonated beverage, grape soda37212 fl or2014145Carbonated beverage, proper-type, vith35512 fl or2014145Carbonated beverage, proper-type, contains caffeine37012 fl or2014145Carbonated beverage, proper-type, contains caffeine37012 fl or2014145Carbonated beverage, proper-type, contains caffeine37012 fl or2014145Carbonated beverage, proper-type, cont	19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	4
19116Candies, marshmallows50Leup119120Candies, milk chocolate coated peamats401 br (1.55 oz)5319125Candies, milk chocolate coated peamats1010 pieces1119132Candies, milk chocolate coated raisins101 br (1.45 oz)6619143Candies, Milk chocolate coated raisins101 br (1.75 oz)7919152Candies, NESTLE, BUTTERFINGER Bar71 fan size bar219150Candies, SNESTLE, BUTTERFINGER Bar71 fan size bar219060Candies, SNESTLE, BUTTERFINGER Bar71 fan size bar219150Candies, SNESTLE, BUTTERFINGER Bar701 fan size bar219060Candies, SNESTLE, BUTTERFINGER Bar701 fani size bar3119070Candies, cansivect chocolate1681 cup1519080Candies, cansivect chocolate3631 cup00000Carambola, (starfini), raw1081 cup014121Carbonated beverage, cola, contains caffeine3661 2 fl oz014142Carbonated beverage, cola, contains caffeine3681 2 fl oz014145Carbonated beverage, low coloric, color pepper-type, with3551 2 fl oz014145Carbonated beverage, low coloric, color pepper-type, with3551 fl oz014145Carbonated beverage, low coloric, color pepper-type, with3551 fl oz014145Carbonated beverage, low	19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	18
19120 Candies, milk chocolate 44 1 br (1.55 ox) 5 19126 Candies, milk chocolate coated peanuts 40 10 picces 3 19127 Candies, milk chocolate coated raisins 10 10 picces 3 19128 Candies, Milk chocolate, with almonds 41 1 har (1.45 ox) 6 19143 Candies, MR, GOODBAR, Chocolate Bar 49 1 bar (1.75 ox) 19 19069 Candies, SETLE, BUTTERFINGER Bar 7 1 finize bar 23 19080 Candies, Semisweet chocolate 168 1 cup 5 19000 Carambola, (starfruit), raw 91 1 fruit. 11 09000 Carambola, (starfruit), raw 108 1 cup 13 14120 Carbonated beverage, cub soda 355 12 fl oz 0 14142 Carbonated beverage, grap soda 372 12 fl oz 0 14145 Carbonated beverage, grap soda 355 12 fl oz 0 14145 Carbonated beverage, low caliorie, other than cola or pepter, without 355 12 fl oz 0 14145 Carbonated beverage, orot b	19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0
19126 Candies, milk chocolate coated peanuts 40 10 pieces 3 19127 Candies, milk chocolate coated raisins 10 10 pieces 1 19132 Candies, milk chocolate, with almonds 41 1 ber (1.45 oz) 69 19143 Candies, MR COODBAR Chocolate Bar 49 1 bar (1.45 oz) 23 19106 Candies, RISSTLE, BUTTERINGER Bar 7 1 fun size bar 2 191080 Candies, RISSTLE BUTTERINGER Bar 7 1 fun size bar 2 09080 Caradies, semisweet chocolate 168 1 cup 35 09080 Carambola, (starfruit), raw 108 1 cup 35 14121 Carbonated beverage, club aoda 355 12 fl oz 00 14142 Carbonated beverage, club aoda 372 12 fl oz 00 141445 Carbonated beverage, clou aclorie, cola or pepper-type, with argetrame. confirme 355 12 fl oz 00 14143 Carbonated beverage, oux alorie, cola or pepper-type, with argetrame. confirme 368 12 fl oz 00 14144 Carbonated beverage, nonge 372 12 fl oz	19116	Candies, marshmallows	50	1 cup	1
19127 Candies, milk chocolate coated raisins 10 10 pieces 1 19132 Candies, milk chocolate with almonds 41 1 har (1.45 oz) 66 19143 Candies, MR. GOODBAR Chocolate Bar 49 1 fun size bar 23 19150 Candies, REESE'S Peanat Butter Cups 45 1 package (contains 2) 23 19180 Candies, REESE'S Peanat Butter Cups 45 1 package (contains 2) 23 19080 Candies, REESE'S Peanat Butter Cups 45 1 package (contains 2) 23 19181 Cardonated beverage, cola, contains caffeine 108 1 cup 11 19080 Carabonated beverage, cola, contains caffeine 370 12 fl oz 00 14142 Carbonated beverage, ginger alda 372 12 fl oz 00 14142 Carbonated beverage, loov calorie, cola or pepper-type, with 355 12 fl oz 00 14143 Carbonated beverage, loov calorie, ota or pepper-type, with 355 12 fl oz 00 14144 Carbonated beverage, oronage 372 12 fl oz 00 01 14145 Carbonated beverage, oronage 3	19120	Candies, milk chocolate	44	1 bar (1.55 oz)	5
19132Candies, milk chocolate, with almonds41I bra (1.45 oz)619143Candies, MR, GODDBAR Chocolate Bar491 bra (1.75 oz)1919069Candies, NESTLE, BUTTERFINGER Bar71 fun size bar219150Candies, SETSE'S Panul Butter Cups451 package (contains 2)2319080Candies, Semisveet chocolate1681 cup509060Carambola, (starfritt), raw911 finit1111Caronated beverage, club soda35512 fl oz014121Carbonated beverage, club soda37212 fl oz014136Carbonated beverage, ging ara le36812 fl oz014142Carbonated beverage, ging ara le36812 fl oz014145Carbonated beverage, ging cola or pepper-type, with35512 fl oz014146Carbonated beverage, low calorie, cola or pepper-type, with35512 fl oz014147Carbonated beverage, low calorie, cola or pepper-type, with35512 fl oz014147Carbonated beverage, nore alorie, cola or pepper-type, with35512 fl oz014145Carbonated beverage, pepper-type, contains caffeine36812 fl oz014145Carbonated beverage, pepper-type, contains caffeine36812 fl oz014155Carbonated beverage, pepper-type, contains caffeine36812 fl oz014155Carbonated beverage, pepper-type, contains caffeine36812 fl oz <td< td=""><td>19126</td><td>Candies, milk chocolate coated peanuts</td><td>40</td><td>10 pieces</td><td>3</td></td<>	19126	Candies, milk chocolate coated peanuts	40	10 pieces	3
19143Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)1919069Candies, NESTLE, BUTTERFINCER Bar71 fun size bar2319150Candies, REESE'S Peanul Butter Cups451 package (contains 2)2309060Carambola, (starfruit), raw911 fruit1109060Carambola, (starfruit), raw1081 cup3509060Carambola, (starfruit), raw1081 cup3514121Carbonated beverage, cola, contains caffeine36612 fl oz0014136Carbonated beverage, cola, contains caffeine37012 fl oz0014145Carbonated beverage, grape soda37212 fl oz0014145Carbonated beverage, lemon-lime soda35512 fl oz0014146Carbonated beverage, low calorie, cola or pepper-type, without35512 fl oz0014147Carbonated beverage, low calorie, other than cola or pepper, without35512 fl oz0014153Carbonated beverage, norage37212 fl oz0014154Carbonated beverage, norage37212 fl oz0014155Carobanted beverage, norage37212 fl oz00 <td>19127</td> <td>Candies, milk chocolate coated raisins</td> <td>10</td> <td>10 pieces</td> <td>1</td>	19127	Candies, milk chocolate coated raisins	10	10 pieces	1
19069 Candies, NESTLE, BUTTERFINGER Bar 7 1 fun size bar 2 19150 Candies, REESE's Pennut Butter Cups 45 1 package (contains 2) 23 19080 Candies, REESE's Pennut Butter Cups 45 1 package (contains 2) 23 19080 Candies, REESE's Pennut Butter Cups 168 1 cup 16 09060 Carnanbola, (starfruit), raw 108 1 cup 13 14121 Carbonated beverage, cubs soda 355 12 fl oz 00 14142 Carbonated beverage, gange rale 366 12 fl oz 00 14142 Carbonated beverage, gange rale 368 12 fl oz 00 14143 Carbonated beverage, low calorie, cola or pepper-type, with 355 12 fl oz 00 14143 Carbonated beverage, low calorie, other than cola or pepper, without 355 12 fl oz 00 14143 Carbonated beverage, orange 372 12 fl oz 00 14150 Carbonated beverage, orange 372 12 fl oz 00 14153 Carbonated bev	19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	6
19150Candies, REESE'S Peanut Butter Cups45I package (contains 2)2319080Candies, semiswert chocolate168I cup509060Carambola, (starfruit), raw91I fruit111121Carbonated beverage, club soda35512 fl oz0014140Carbonated beverage, cola, contains caffeine37012 fl oz0014145Carbonated beverage, ginger ale36612 fl oz0014145Carbonated beverage, ginger soda37212 fl oz0014145Carbonated beverage, genge soda35512 fl oz0014146Carbonated beverage, low caloric, cola or pepper-type, with agrirame, contains caffeine35512 fl oz0014147Carbonated beverage, low caloric, otla or pepper, without caffeine35512 fl oz0014147Carbonated beverage, low caloric, otla or pepper, without caffeine35512 fl oz0014148Carbonated beverage, nonge37212 fl oz0014150Carbonated beverage, ronge37012 fl oz0014151Carbonated beverage, nonge37012 fl oz0014152Carbonated beverage, pepper-type, contains caffeine36812 fl oz0014153Carbonated beverage, nonge37212 fl oz0014155Carbonated beverage, nonge37012 fl oz0014155Carbonated beverage, nonge37212 fl oz0014155Carbonated beverag	19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	19
1980 Candies, semisweet chocolate 168 1 cup 5 09060 Carambola, (starfruit), raw 91 1 fruit 11 09060 Carambola, (starfruit), raw 108 1 cup 13 14121 Carbonated beverage, club soda 355 12 fl oz 00 141400 Carbonated beverage, contains caffeine 370 12 fl oz 00 14143 Carbonated beverage, ginger ale 366 12 fl oz 00 14145 Carbonated beverage, ginger soda 372 12 fl oz 00 14145 Carbonated beverage, low caloric, cola or pepper-type, with 355 12 fl oz 0 14146 Carbonated beverage, orange 372 12 fl oz 0 14143 Carbonated beverage, orange 372 12 fl oz 0 14143 Carbonated beverage, orange 372 12 fl oz 0 14145 Carbonated beverage, orange 372 12 fl oz 0 14157 Carbonated beverage, orange 372 12 fl oz 0	19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	2
00000 Carambola, (starfnuit), raw 91 1 fruit 11 00000 Carambola, (starfnuit), raw 108 1 cup 13 14121 Carbonated beverage, club soda 355 12 fl oz 00 14400 Carbonated beverage, club, contains cafferine 370 12 fl oz 00 14136 Carbonated beverage, grape soda 372 12 fl oz 00 14142 Carbonated beverage, lemon-lime soda 368 12 fl oz 00 14145 Carbonated beverage, lemon-lime soda 368 12 fl oz 00 14146 Carbonated beverage, low caloric, cola or pepper-type, with agratrame, contains cafferine 355 12 fl oz 00 14143 Carbonated beverage, orange 372 12 fl oz 00 14150 Carbonated beverage, poper-type, without cafferine 355 12 fl oz 00 14153 Carbonated beverage, not beer 370 12 fl oz 00 14153 Carbonated beverage, not beer 370 12 fl oz 00 14155 Carobot flour <td>19150</td> <td>Candies, REESE'S Peanut Butter Cups</td> <td>45</td> <td>1 package (contains 2)</td> <td>23</td>	19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	23
09060Carambola, (starfnui), raw1081 cup1314121Carbonated beverage, cub soda35512 fl oz0014140Carbonated beverage, cola, contains caffeine37012 fl oz0014136Carbonated beverage, grape soda37212 fl oz0014142Carbonated beverage, grape soda37212 fl oz0014145Carbonated beverage, low caloric, cola or pepper-type, with aspartame, contains caffeine36812 fl oz0014146Carbonated beverage, low caloric, other than cola or pepper, without caffeine35512 fl oz0014150Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz0014153Carbonated beverage, corange37212 fl oz0014154Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz0014153Carbonated beverage, not beer37012 fl oz0014154Carbonated beverage, not beer37012 fl oz0014155Carots, taby, raw101 medium3311050Carots, taby, raw101 medium3311125Carots, taby, raw121 cup141126Carots, naw151 thsp121131Carots, raw101 cup141132Carots, raw61 packet111133Cauliflower, cooked, boiled, drained, without salt141 cup<	19080	Candies, semisweet chocolate	168	1 cup	5
09060Carambola, (starfnui), raw1081 cup1314121Carbonated beverage, cub soda35512 fl oz0014140Carbonated beverage, cola, contains caffeine37012 fl oz0014136Carbonated beverage, grape soda37212 fl oz0014142Carbonated beverage, grape soda37212 fl oz0014145Carbonated beverage, low caloric, cola or pepper-type, with aspartame, contains caffeine36812 fl oz0014146Carbonated beverage, low caloric, other than cola or pepper, without caffeine35512 fl oz0014150Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz0014153Carbonated beverage, corange37212 fl oz0014154Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz0014153Carbonated beverage, not beer37012 fl oz0014154Carbonated beverage, not beer37012 fl oz0014155Carots, taby, raw101 medium3311050Carots, taby, raw101 medium3311125Carots, taby, raw121 cup141126Carots, naw151 thsp121131Carots, raw101 cup141132Carots, raw61 packet111133Cauliflower, cooked, boiled, drained, without salt141 cup<	09060	Carambola, (starfruit), raw	91	*	11
14121Carbonated beverage, club soda35512 fl oz014400Carbonated beverage, ginger ale37012 fl oz014136Carbonated beverage, ginger ale36612 fl oz014142Carbonated beverage, grape soda37212 fl oz014145Carbonated beverage, lemon-line soda36812 fl oz014146Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine35512 fl oz014143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz014150Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz014153Carbonated beverage, low calorie, other than cola or pepper, without caffeine35612 fl oz014153Carbonated beverage, ronge37212 fl oz014154Carbonated beverage, pepper-type, contains caffeine36812 fl oz014155Carbonated beverage, rontheer37012 fl oz014155Carbonated beverage, rontheer37012 fl oz014155Carbonated beverage, rontheer37012 fl oz014156Carbonated beverage, rontheer37012 fl oz014157Carbonated beverage, rontheer37012 fl oz014158Carbonated beverage, rontheer37012 fl oz014159Carbonated beverage, rontheer37012 fl oz<	09060		108	1 cup	13
14400Carbonated beverage, cola, contains caffeine37012 fl oz014136Carbonated beverage, ginger ale36612 fl oz014142Carbonated beverage, grape soda37212 fl oz014145Carbonated beverage, lemon-lime soda36812 fl oz014146Carbonated beverage, low caloric, cola or pepper-type, with35512 fl oz014143Carbonated beverage, low caloric, other than cola or pepper, without35512 fl oz014150Carbonated beverage, low calorie, other than cola or pepper, without35512 fl oz014153Carbonated beverage, low calorie, other than cola or pepper, without35512 fl oz014154Carbonated beverage, low calorie, other than cola or pepper, without35512 fl oz014155Carbonated beverage, norage37212 fl oz0014156Carbonated beverage, root beer37012 fl oz016055Carot juice, canned36812 fl oz0016055Carot juice, canned361 cup9011655Carots, baby, raw101 medium333311126Carots, frozen, cooked, boiled, drained, without salt1461 cup161124Carots, raw721 carrot141125Catsup151 tbsp22191136Catulflower, cooked, boiled, drained, without salt1461 cup241124 <td>14121</td> <td></td> <td>355</td> <td>*</td> <td>0</td>	14121		355	*	0
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LatisCarbonated beverage, pepper-type, contains caffeine36812 fl oz014157Carbonated beverage, root beer37012 fl oz016055Carob flour81 tbsp21655Carrot juice, canned2361 cup91960Carrots, baby, raw101 medium311128Carrots, canned, regular pack, drained solids1461 cup1311125Carrots, cooked, boiled, drained, without salt1561 cup1611124Carrots, raw721 carrot141124Carrots, raw151 tbsp21135Catsup61 packet11136Cauliflower, cooked, boiled, drained, without salt1241 cup551138Cauliflower, cooked, boiled, drained, without salt1801 cup741135Cauliflower, raw131 floweret71135Cauliflower, raw1001 cup57	14143	Carbonated beverage, low calorie, other than cola or pepper, without	355	12 fl oz	0
11157Carbonated beverage, root beer37012 fl oz016055Carob flour81 tbsp211655Carot juice, canned2361 cup911960Carrots, baby, raw101 medium311128Carrots, canned, regular pack, drained solids1461 cup1311125Carrots, cooked, boiled, drained, without salt1561 cup2211131Carrots, frozen, cooked, boiled, drained, without salt1461 cup1611124Carrots, raw721 carrot141124Carrots, raw1101 cup211135Catsup61 packet11136Cauliflower, cooked, boiled, drained, without salt1241 cup551138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup741135Cauliflower, raw131 floweret741135Cauliflower, raw131 floweret741135Cauliflower, raw1001 cup57	14150	Carbonated beverage, orange	372	12 fl oz	0
16055 Carob flour 8 1 tbsp 2 11655 Carrot juice, caned 236 1 cup 9 11960 Carrots, baby, raw 10 1 medium 3 11128 Carrots, canned, regular pack, drained solids 146 1 cup 13 11128 Carrots, cooked, boiled, drained, without salt 156 1 cup 22 11131 Carrots, frozen, cooked, boiled, drained, without salt 146 1 cup 16 11124 Carrots, frozen, cooked, boiled, drained, without salt 146 1 cup 16 11124 Carrots, raw 72 1 carrot 14 1124 Carrots, raw 110 1 cup 21 1135 Catsup 15 1 tbsp 2 1136 Cauliflower, cooked, boiled, drained, without salt 54 3 flowerets 24 1136 Cauliflower, forzen, cooked, boiled, drained, without salt 124 1 cup 55 1138 Cauliflower, frozen, cooked, boiled, drained, without salt 180 1 cup 74 1135 Cauliflower, raw 13 1 floweret	14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0
11655 Carrot juice, canned 236 1 cup 9 11960 Carrots, baby, raw 10 1 medium 3 11128 Carrots, canned, regular pack, drained solids 146 1 cup 13 11125 Carrots, cooked, boiled, drained, without salt 156 1 cup 22 11131 Carrots, rooked, boiled, drained, without salt 146 1 cup 16 11124 Carrots, rooked, boiled, drained, without salt 146 1 cup 16 11124 Carrots, raw 72 1 carrot 14 1124 Carrots, raw 110 1 cup 21 1135 Catsup 15 1 tbsp 2 1136 Cauliflower, cooked, boiled, drained, without salt 54 3 flowerets 24 1136 Cauliflower, cooked, boiled, drained, without salt 124 1 cup 55 1138 Cauliflower, forzen, cooked, boiled, drained, without salt 180 1 cup 74 1135 Cauliflower, raw 13 1 floweret 7 74 1135 Cauliflower, raw 13 1 floweret	14157	Carbonated beverage, root beer	370	12 fl oz	0
11960Carrots, baby, raw101 medium311128Carrots, canned, regular pack, drained solids1461 cup1311125Carrots, cooked, boiled, drained, without salt1561 cup2211131Carrots, frozen, cooked, boiled, drained, without salt1461 cup1611124Carrots, raw721 carrot14411124Carrots, raw721 carrot14411124Carrots, raw1101 cup2111935Catsup151 tbsp211935Catsup61 packet11136Cauliflower, cooked, boiled, drained, without salt543 flowerets241138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup741135Cauliflower, raw131 floweret71135Cauliflower, raw1001 cup57	16055	Carob flour	8	1 tbsp	2
11128Carrots, canned, regular pack, drained solids1461 cup1311125Carrots, cooked, boiled, drained, without salt1561 cup221131Carrots, frozen, cooked, boiled, drained, without salt1461 cup1611124Carrots, raw721 carrot1411124Carrots, raw721 cup2111935Catsup1101 cup2111935Catsup61 packet111136Cauliflower, cooked, boiled, drained, without salt543 flowerets2411136Cauliflower, cooked, boiled, drained, without salt1241 cup5511138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup7411135Cauliflower, raw1001 cup57	11655	Carrot juice, canned	236	1 cup	9
11125Carrots, cooked, boiled, drained, without salt1561 cup2211131Carrots, frozen, cooked, boiled, drained, without salt1461 cup1611124Carrots, raw721 carrot1411124Carrots, raw1101 cup2111935Catsup151 tbsp211935Catsup61 packet111136Cauliflower, cooked, boiled, drained, without salt543 flowerets2411136Cauliflower, cooked, boiled, drained, without salt1241 cup5511138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup7411135Cauliflower, raw131 floweret711135Cauliflower, raw1001 cup57	11960	Carrots, baby, raw	10	1 medium	3
11131Carrots, frozen, cooked, boiled, drained, without salt1461 cup1611124Carrots, raw721 carrot1411124Carrots, raw1101 cup2111935Catsup151 tbsp211935Catsup61 packet111136Cauliflower, cooked, boiled, drained, without salt543 flowerets2411136Cauliflower, cooked, boiled, drained, without salt1241 cup5511138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup7411135Cauliflower, raw131 floweret71135Cauliflower, raw1001 cup57	11128	Carrots, canned, regular pack, drained solids	146	1 cup	13
11124Carrots, raw721 carrot1411124Carrots, raw1101 cup2111935Catsup151 tbsp211935Catsup61 packet111136Cauliflower, cooked, boiled, drained, without salt543 flowerets2411138Cauliflower, cooked, boiled, drained, without salt1241 cup5511138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup7411135Cauliflower, raw131 floweret71135Cauliflower, raw1001 cup57	11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	22
11124Carrots, raw1101 cup2111935Catsup151 tbsp211935Catsup61 packet111136Cauliflower, cooked, boiled, drained, without salt543 flowerets2411136Cauliflower, cooked, boiled, drained, without salt1241 cup5511138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup741135Cauliflower, raw131 floweret71135Cauliflower, raw1001 cup57	11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	16
11935Catsup151 tbsp211935Catsup61 packet111136Cauliflower, cooked, boiled, drained, without salt543 flowerets2411136Cauliflower, cooked, boiled, drained, without salt1241 cup5511138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup7411135Cauliflower, raw131 floweret711135Cauliflower, raw1001 cup57	11124	Carrots, raw	72	1 carrot	14
11935Catsup61 packet111136Cauliflower, cooked, boiled, drained, without salt543 flowerets2411136Cauliflower, cooked, boiled, drained, without salt1241 cup5511138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup7411135Cauliflower, raw131 floweret711135Cauliflower, raw1001 cup57	11124	Carrots, raw	110	1 cup	21
11136Cauliflower, cooked, boiled, drained, without salt543 flowerets2411136Cauliflower, cooked, boiled, drained, without salt1241 cup5511138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup7411135Cauliflower, raw131 floweret711135Cauliflower, raw1001 cup57	11935	Catsup	15	1 tbsp	2
11136Cauliflower, cooked, boiled, drained, without salt1241 cup5511138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup7411135Cauliflower, raw131 floweret711135Cauliflower, raw1001 cup57	11935	Catsup	6	1 packet	1
11138Cauliflower, frozen, cooked, boiled, drained, without salt1801 cup7411135Cauliflower, raw131 floweret711135Cauliflower, raw1001 cup57	11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	24
11135 Cauliflower, raw 13 1 floweret 7 11135 Cauliflower, raw 100 1 cup 57	11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	55
11135 Cauliflower, raw 100 1 cup 57	11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	74
	11135	Cauliflower, raw	13	1 floweret	7
11144Celery, cooked, boiled, drained, without salt37.51 stalk8	11135	Cauliflower, raw	100	1 cup	57
	11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	8

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	33
11143	Celery, raw	40	1 stalk	14
11143	Celery, raw	120	1 cup	43
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	336
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	127
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	166
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	336
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	166
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	166
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	336
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	676
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	166
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	336
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	166
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	163
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	336
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	336
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	163
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	166
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	351
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	676
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	673
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	166
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	404
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	336
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	807
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	659
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	154
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	335
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	682
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	222
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	169
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	472
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	176
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	168
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	176
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	676
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	168
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	256
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	346
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	168
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	676
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	163
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	711

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	684
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	711
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	735
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	12
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	19
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	703
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	703
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	3
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	25
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	4
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	20
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	136
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	136
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	165
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	177
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	45
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	5
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	124
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	9
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	78
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	138
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	140
08143	Cereals, WHEATENA, cooked with water	243	1 cup	17
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2
01164	Cheese sauce, prepared from recipe	243	1 cup	27
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2
01004	Cheese, blue	28.35	1 oz	10
01007	Cheese, camembert	38	1 wedge	24
01009	Cheese, cheddar	28.35	1 oz	5
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	25
01013	Cheese, cottage, creamed, with fruit	226	1 cup	25
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	27
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	29
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	22
01017	Cheese, cream	14.5	1 tbsp	2
01186	Cheese, cream, fat free	15.6	1 tbsp	6
01019	Cheese, feta	28.35	1 oz	9
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	3
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	3
01026	Cheese, mozzarella, whole milk	28.35	1 oz	2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01030	Cheese, muenster	28.35	1 oz	3
01031	Cheese, neufchatel	28.35	1 oz	3
01032	Cheese, parmesan, grated	5	1 tbsp	1
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	2
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	2
01035	Cheese, provolone	28.35	1 oz	3
01037	Cheese, ricotta, part skim milk	246	1 cup	32
01036	Cheese, ricotta, whole milk	246	1 cup	30
01040	Cheese, swiss	28.35	1 oz	2
18147	Cheesecake commercially prepared	80	1 piece	16
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	20
09070	Cherries, sweet, raw	68	10 cherries	3
22906	Chicken pot pie, frozen entree	217	1 small pie	59
07017	Chicken roll, light meat	56.7	2 slices	1
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	29
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	7
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	3
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	8
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	17
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	5
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	4
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	373
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	3
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	1
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	22
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	4
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	13
05277	Chicken, canned, meat only, with broth	142	5 oz	6
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	113
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	8
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	161
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	282
22904	Chili con carne with beans, canned entree	222	1 cup	58
11156	Chives, raw	3	1 tbsp	3
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	2
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	13
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	2
14192	Cocoa mix, powder	28.35	3 heaping tsp	0
14194	Cocoa mix, powder, prepared with water	206	1 serving	0
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	2
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	2
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	4
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	51
11159	Coleslaw, home-prepared	120	1 cup	32
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	177
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	129
18151	Cookies, brownies, commercially prepared	56	1 brownie	40
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	16
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	10
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	8
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	18
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	9
18170	Cookies, fig bars	16	1 cookie	8
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	9
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	55
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	47
18177	Cookies, molasses	15	1 cookie, medium	22
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	8
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	24
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	8
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	6
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	15
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	16
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	14
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	9
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	12
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	14
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	17
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	8
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	12
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	4
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	35
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	115
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	103
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	35
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	l cup	57
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	20
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	501
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	518
20020	Cornmeal, whole-grain, yellow	122	1 cup	31
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	24
20028	Couscous, dry	173	1 cup	35

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	210
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	240
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	122
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	358
18214	Crackers, cheese, regular	10	10 crackers	24
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	10
18217	Crackers, matzo, plain	28.35	1 matzo	5
18220	Crackers, melba toast, plain	20	4 pieces	39
18226	Crackers, rye, wafers, plain	11	1 wafer	5
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	26
18229	Crackers, standard snack-type, regular	12	4 crackers	17
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	11
18232	Crackers, wheat, regular	8	4 crackers	15
18235	Crackers, whole-wheat	16	4 crackers	4
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0
09081	Cranberry sauce, canned, sweetened	57	1 slice	1
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	1
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0
01052	Cream, fluid, light whipping	15	1 tbsp	1
01056	Cream, sour, cultured	12	1 tbsp	1
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	2
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0
18239	Croissants, butter	57	1 croissant	74
18243	Croutons, seasoned	40	1 cup	60
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	43
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	2
15141	Crustaceans, crab, blue, canned	135	1 cup	58
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	43
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	37
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	9
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	2
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	20
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	11
11206	Cucumber, peeled, raw	119	1 cup	17
11206	Cucumber, peeled, raw	280	1 large	39
11205	Cucumber, with peel, raw	301	1 large	21
11205	Cucumber, with peel, raw	104	1 cup	7
11203	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	, 14
18245	Danish pastry, cheese	71	1 danish	60
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	49
09087	Dates, deglet noor	41.5	5 dates	8

Content per NDB No Description Weight (g) **Common Measure** Measure 09087 Dates, deglet noor 178 34 1 cup 01071 Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk 4 1 tbsp 0 0 01072 Dessert topping, pressurized 4 1 tbsp 01073 Dessert topping, semi solid, frozen 4 1 tbsp 0 02045 Dill weed, fresh 1 5 sprigs 2 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 47 1 medium 39 18248 Doughnuts, cake-type, plain (includes unsugared, old-fashioned) 14 1 hole 12 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 13 1 hole 9 18255 Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) 60 1 medium 41 221 1/2 duck 22 05142 Duck, domesticated, meat only, cooked, roasted 100 18257 Eclairs, custard-filled with chocolate glaze, prepared from recipe 1 eclair 63 01143 Egg substitute, liquid 62.75 1/4 cup g 33.4 01124 Egg, white, raw, fresh 1 large 1 01128 Egg, whole, cooked, fried 46 1 large 23 01129 Egg, whole, cooked, hard-boiled 50 1 large 22 01131 Egg, whole, cooked, poached 50 1 large 24 01132 Egg, whole, cooked, scrambled 61 1 large 18 01123 Egg, whole, raw, fresh 58 1 extra large 27 01123 50 1 large 24 Egg, whole, raw, fresh 44 21 01123 Egg, whole, raw, fresh 1 medium 01125 24 Egg, yolk, raw, fresh 16.6 1 large 01057 254 3 Eggnog 1 cup 99 14 11210 Eggplant, cooked, boiled, drained, without salt 1 cup 11213 Endive, raw 50 1 cup 71 18258 English muffins, plain, enriched, with ca prop (includes sourdough) 57 1 muffin 78 English muffins, plain, toasted, enriched, with calcium propionate 52 1 muffin 18259 65 (includes sourdough) 21047 Entrees, fish fillet, battered or breaded, and fried 91 1 fillet 18 21051 Entrees, pizza with pepperoni 71 1 slice 46 21061 Fast foods, burrito, with beans and cheese 93 1 burrito 52 21063 Fast foods, burrito, with beans and meat 115.5 1 burrito 73 Fast foods, cheeseburger, large, single patty, with condiments and 219 1 sandwich 118 21098 vegetables 21094 Fast foods, cheeseburger, regular, double patty and bun, plain 160 1 sandwich 94 21092 Fast foods, cheeseburger, regular, double patty, plain 155 1 sandwich 96 21093 Fast foods, cheeseburger, regular, double patty, with condiments and 166 1 sandwich 88 vegetables 21090 113 1 sandwich 79 Fast foods, cheeseburger, regular, single patty, with condiments 21102 Fast foods, chicken fillet sandwich, plain 182 1 sandwich 149 106 21229 Fast foods, chicken, breaded and fried, boneless pieces, plain 6 pieces 16 Fast foods, chili con carne 253 21042 1 cup 56 21070 Fast foods, chimichanga, with beef 174 1 chimichanga 120 Fast foods, clams, breaded and fried 21043 115 3/4 cup 66 21127 Fast foods, coleslaw 99 3/4 cup 39 21012 Fast foods, croissant, with egg, cheese, and bacon 129 1 croissant 53 91 83 21015 Fast foods, danish pastry, cheese 1 pastry 21017 Fast foods, danish pastry, fruit 94 1 pastry 42 21074 Fast foods, enchilada, with cheese 163 1 enchilada 86

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	86
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	134
21024	Fast foods, french toast sticks	141	5 sticks	275
21077	Fast foods, frijoles with cheese	167	1 cup	112
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	111
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	112
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	74
21118	Fast foods, hotdog, plain	98	1 sandwich	61
21119	Fast foods, hotdog, with chili	114	1 sandwich	89
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	135
21129	Fast foods, hush puppies	78	5 pieces	83
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	18
21078	Fast foods, nachos, with cheese	113	6-8 nachos	10
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	85
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	63
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	9
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	6
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	12
21139	Fast foods, potato, mashed	80	1/3 cup	6
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	8
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	68
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	85
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	68
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	136
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	109
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	89
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	136
21033	Fast foods, sundae, hot fudge	158	1 sundae	9
21082	Fast foods, taco	171	1 small	99
21082	Fast foods, taco	263	1 large	153
21083	Fast foods, taco salad	198	1-1/2 cups	113
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	86
09094	Figs, dried, uncooked	38	2 figs	3
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	33
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	7
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	7
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	17
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	35
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	11
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	8
15034	Fish, haddock, cooked, dry heat	85	3 oz	11
15034	Fish, haddock, cooked, dry heat	150	1 fillet	20
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	12
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	22
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	2
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	5

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	9
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	2
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	3
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	15
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	9
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	7
15077	Fish, salmon, chinook, smoked	85.05	3 oz	2
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	13
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	4
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	8
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	10
15111	Fish, swordfish, cooked, dry heat	106	1 piece	2
15111	Fish, swordfish, cooked, dry heat	85	3 oz	2
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	20
15128	Fish, tuna salad	205	1 cup	16
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	4
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	3
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	2
07022	Frankfurter, beef	45	1 frank	2
07023	Frankfurter, beef and pork	45	1 frank	2
07024	Frankfurter, chicken	45	1 frank	2
18268	French toast, frozen, ready-to-heat	59	1 slice	42
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	37
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	3
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	5
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	8
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	4
19294	Fruit butters, apple	17	1 tbsp	0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	7
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	7
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	10
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	20
11215	Garlic, raw	3	1 clove	0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1
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	0
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	8
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	3
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	9
09404	Grapefruit juice, pink, raw	247	1 cup	25
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	25
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	2:

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	10
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	27
09128	Grapefruit juice, white, raw	247	1 cup	25
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	16
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	12
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	23
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	3
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	1
06116	Gravy, beef, canned	58.25	1/4 cup	1
06119	Gravy, chicken, canned	59.5	1/4 cup	1
06121	Gravy, mushroom, canned	59.6	1/4 cup	7
06125	Gravy, turkey, canned	59.6	1/4 cup	1
07027	Ham, chopped, not canned	21	2 slices	0
07028	Ham, sliced, extra lean	56.7	2 slices	2
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	4
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	158
11961	Hearts of palm, canned	33	1 piece	13
19296	Honey	21	1 tbsp	0
02055	Horseradish, prepared	5	1 tsp	3
16158	Hummus, commercial	14	1 tbsp	12
19270	Ice creams, chocolate	66	1/2 cup	11
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	8
19095	Ice creams, vanilla	66	1/2 cup	3
19088	Ice creams, vanilla, light	66	1/2 cup	4
19089	Ice creams, vanilla, rich	74	1/2 cup	6
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	6
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0
19297	Jams and preserves	20	1 tbsp	2
19300	Jellies	19	1 tbsp	0
11226	Jerusalem-artichokes, raw	150	1 cup	20
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	17
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	18
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	19
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	20
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	17
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	20
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	15
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	20
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	13
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	19
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	15

lasses Leavening agents, yeast, baker's, compressed 7 1 pkg 1 11247 Leavening agents, yeast, baker's, compressed 17 1 cube 1 11247 Leske, fubil and lower leaf-portion), cooked, boiled, drained, without 104 1	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18389Leavening agents, baking powder, double-acting, straight phosphate4.61 sp18370Leavening agents, baking powder, double-acting, straight phosphate4.61 sp18371Leavening agents, baking powder, double-acting, straight phosphate51 sp18372Leavening agents, staffs adota41 sp18373Leavening agents, staffs adota y41 sp18374Leavening agents, staffs, adive dry71 abg118375Leavening agents, staffs, adive dry71 abg118374Leavening agents, staffs, compressed171 cake118375Leavening agents, staffs, compressed1521 dop118376Lemon juice, canned or bottled2441 cop119315Lemon juice, canned or bottled2441 cop119316Lemonade, froore oncentrate, white, prepared with water2578 fl oz119316Lemonade, froore oncentrate, white prepared with water2668 ll oz119316Lemonade, froore oncentrate, white prepared with water1631 head119316Lemonade, froore oncentrate, white prepared with water361 cop119316Lemonade, froore oncentrate, white prepared with water261 cop119316Lettuce, betterfold (includes boston and bibb types), nav7.51 mediam leaf119316Lettuce, cost or onnaine, raw561 cop119317Lettuce, cost or onnaine, ra	17048		85	3 oz	19
satisfie satisfie satisfie 1870 Leavening agents, baking powder, low-sodium 5 1 tsp 18871 Leavening agents, baking powder, low-sodium 5 1 tsp 18872 Leavening agents, baking soda 4.6 1 tsp 18873 Leavening agents, pass, baker's, active dry 4 1 tsp 18874 Leavening agents, vass, baker's, active dry 7 1 pkg 1 18875 Leavening agents, vass, baker's, active dry 7 1 pkg 1 18874 Leavening agents, taker's, curve dry 7 1 pkg 1 18875 Leavening agents, vass, baker's, curve dry 7 1 pkg 1 19153 Lemon juice, curve dry 7 1 pkg 1 19154 Lemon juice, curve dry 44 1 cup 1 19152 Lemon juice, curve dry 47 juice of 1 lemon 1 14290 Lemonade-floword fink, powder, prepared with water 26 8 fl oz 1 14214 Learonade-floword fink, powder, prepared with water 266	04002		12.8	1 tbsp	0
18371Leavening agents, baking souder, low-sodium51 tsp18372Leavening agents, passing souder, low-sodium4.61 tsp18373Leavening agents, passing baker's, active dry41 tsp18375Leavening agents, yeast, baker's, active dry71 plag18375Leavening agents, yeast, baker's, active dry71 cake18375Leavening agents, yeast, baker's, active dry71 cake11247Leaks, full and lower leaf-portion), cooked, boiled, drained, without1041 cap109153Lemon juice, canned or bottled15.21 thsp11247Leaks, full and lower leaf-portion), cooked, boiled, drained, without1041 cap11248Lemona, juice, canned or bottled2441 cap11249Lemonade, flozen concentrate, white, prepared with water2488 fl oz11250Lenton, juice, anne dro bottled581 lemon11250Lentoc, with saptamen, powder, prepared with water2568 fl oz11250Lentoc, butchedd (includes hoston and bibb types), raw7.51 mediam leaf11251Lettuce, butchedd (includes hoston and bibb types), raw1631 head111251Lettuce, coor romaine, raw101 leaf111252Lettuce, iceberg (includes risphead types), raw5391 head111252Lettuce, iceberg (includes risphead types), raw5391 head111252Lettuce, iceberg (includes risphead types), raw1801 cap1 </td <td>18369</td> <td></td> <td>4.6</td> <td>1 tsp</td> <td>0</td>	18369		4.6	1 tsp	0
18372 Leavening agents, haking soda 4.6 1 sp 18373 Leavening agents, haking soda 3 1 sp 18374 Leavening agents, yeast, haker's, active dry 4 1 sp 18375 Leavening agents, yeast, haker's, active dry 7 1 pkg 1 18374 Leavening agents, yeast, baker's, active dry 7 1 cake 1 18374 Leavening agents, yeast, baker's, active dry 7 1 cake 1 18374 Leavening agents, yeast, baker's, compressed 17 1 cake 1 18375 Leanon juice, canned or bottled 152 1 thsp 1 18375 Lemonade, fioxe caloric, with appartame, powder, prepared with water 237 8 fl oz 1 14293 Lemonade, fioxe caloric, with appartame, powder, prepared with water 266 8 fl oz 1 1 14293 Lemonade, fioxe caloric, with appartame, powder, prepared with water 256 8 fl oz 1	18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18373Leavening agents, yeast, baker's, active dry31 op18375Leavening agents, yeast, baker's, active dry71 pkg118374Leavening agents, yeast, baker's, compressed171 cake118374Leavening agents, yeast, baker's, compressed171 cake111247Lecks, (bub nd lower kaf-portion), cooked, boiled, drained, without attr1641 cup111247Lecks, (bub nd lower kaf-portion), cooked, boiled, drained, without attr1641 cup111251Lemon juice, canned or bottled2441 cup112619Lemon juice, canned or bottled2441 cup112620Lemon juice, canned or bottled2488 fl oz112630Lemonade, flor ordine, with apertame, powder, prepared with water288 fl oz112630Lemonade, flor ordine, with apertame, powder, prepared with water288 fl oz112630Lemonade, flor ordined botts on and bibb types), raw1668 fl oz112640Lemonade, flor ordined botts on and bibb types), raw1631 head112751Lettuce, cubref ordinedus boston and bibb types), raw1631 head112752Lettuce, green leaf, raw101 leaf112752Lettuce, green leaf, raw101 leaf112752Lettuce, iccherg (includes crisphead types), raw81 eucjure112752Lettuce, iccherg (includes crisphead types), raw161 <td>18371</td> <td>Leavening agents, baking powder, low-sodium</td> <td>5</td> <td>1 tsp</td> <td>0</td>	18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0
18375Leavening agents, yeast, baker's, active dry41 tsp18375Leavening agents, yeast, baker's, active dry7I cake18374Leavening agents, yeast, baker's, active dry7I cake11247Lecks, foulb and lower leaf-portion), cooked, boiled, drained, without104I cup11257Lemon juice, canned or bottled15.2I thsp11268Lemon juice, canned or bottled244I cup1270Lemonade, floore concentrate, white, prepared with water2488 I oz12817Lemonade, floore concentrate, white, prepared with water2378 I loz12817Lemonade, floore concentrate, white, prepared with water2368 I oz12817Lemons, raw, without pel58I lemon12810Lettuce, buttefied (includes boston and bib types), raw751 medium leaf12811Lettuce, cus or romaine, raw661 cup112821Lettuce, cus or romaine, raw561 cup112822Lettuce, green leaf, raw591 medium leaf112823Lettuce, green leaf, raw531 cup112824Lettuce, iceberg (includes crisphed types), raw531 cup112825Lettuce, iceberg (includes crisphed types), raw531 cup112824Lettuce, iceberg (includes crisphed types), raw531 cup112835Lettuce, iceberg (includes crisphed types), raw541 cup11294Littuce, iceberg (include	18372	Leavening agents, baking soda	4.6	1 tsp	0
18375Leavening agents, yeast, baker's, compressed71 pkg118374Leavening agents, yeast, baker's, compressed171 cake111247Lexeks, dubl and lower leaf-portion), cooked, boiled, drained, without1041 cup11248Lemon juice, canned or bottled15.21 thsp11251Lemon juice, canned or bottled2441 cup11252Lemon juice, raw71 juice of 1 lemon11253Lemonade, low caloric, with apartame, powder, prepared with water2668 fl oz11250Letnost, nuw, without peel581 lemon11250Lettuce, butterhead (includes boston and bibb types), raw1631 head11250Lettuce, butterhead (includes boston and bibb types), raw661 cup11251Lettuce, cos or romaine, raw101 leaf11252Lettuce, cos or romaine, raw531 cup11254Lettuce, cos or romaine, raw531 cup11255Lettuce, cos or romaine, raw531 cup11252Lettuce, cos or romaine, raw531 cup11252Lettuce, iceberg (includes crisphead types), raw531 cup11252Lettuce, iceberg (includes crisphead types), raw541 cup11252Lettuce, iceberg (includes crisphead types), raw531 cup11252Lettuce, iceberg (includes crisphead types), raw541 cup11254Lettuce, iceberg (includes crisphead types), raw541 cup11255Lettuce, ice	18373	Leavening agents, cream of tartar	3	1 tsp	0
18374Leavening agents, yeast, baker's, compressed17Leaker, (1)11247Leeks, (1) band lower leaf-portion), cooked, boiled, drained, without1041 cup109153Lemon juice, canned or bottled15.2I tbsp109153Lemon juice, canned or bottled2441 cup109154Lemon juice, canned or bottled2448 fl oz114293Lemonadie, flozen concentrate, white, prepared with water2488 fl oz114294Lemonade, low caloric, with aspartame, powder, prepared with water2668 fl oz114297Lemonade, low caloric, with aspartame, powder, prepared with water2668 fl oz116070Lemits, mature seeds, cooked, boiled, without salt1981 cup311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf111251Lettuce, coor oromaine, raw101 leaf111252Lettuce, gene leaf, raw561 cup111253Lettuce, green leaf, raw5391 head111252Lettuce, iceberg (includes crisphead types), raw81 cup111252Lettuce, iceberg (includes crisphead types), raw81 cup111254Lettuce, iceberg (includes crisphead types), raw81 cup111252Lettuce, iceberg (includes crisphead types), raw81 cup111252Lettuce, iceberg (includes crisphead types), raw81 cup111254Littue, icue gene leaf, raw8 </td <td>18375</td> <td>Leavening agents, yeast, baker's, active dry</td> <td>4</td> <td>1 tsp</td> <td>94</td>	18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	94
1127Lecks, fould and lower leaf-portion), cooked, boiled, drained, without104I cup90153Lemon juice, canned or bottled15.2I tbsp90153Lemon juice, canned or bottled244I cup90153Lemon juice, raw47juice of I lemon90154Lemonade, low calorie, with spartame, powder, prepared with water2488 fl oz14290Lemonade, low calorie, with spartame, powder, prepared with water2378 fl oz14291Lemonade, low calorie, with spartame, powder, prepared with water2668 fl oz14292Lemonade, low calorie, with spartame, powder, prepared with water2668 fl oz14293Lemonade, low calorie, with spartame, powder, prepared with water2668 fl oz14290Lemons, may without peel581 lemon111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf111251Lettuce, cost or onsaine, raw101 leaf111253Lettuce, cost or onsaine, raw561 cup111254Lettuce, green leaf, raw551 cup111255Lettuce, iceberg (includes crisphead types), raw81 cup111254Lettuce, iceberg (includes crisphead types), raw81 cup111255Lettuce, iceberg (includes crisphead types), raw81 cup111252Lettuce, iceberg (includes crisphead types), raw81 cup111254Lettuce, iceberg (includes crisphead	18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	164
09153Lemon juice, canned or bottled15.21 tbsp09152Lemon juice, canned or bottled2441 cup09153Lemonade, frozen concentrate, white, prepared with water2378 fl oz14293Lemonade, frozen concentrate, white, prepared with water2378 fl oz14294Lemonade, frozen concentrate, white, prepared with water2378 fl oz14295Lemonade, frozen concentrate, white, prepared with water2668 fl oz14297Lemonade, frozen concentrate, white apartame, powder, prepared with water2668 fl oz109150Lemins, raw, without peel581 lemon211250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf111251Lettuce, cos or romaine, raw1631 head111251Lettuce, cos or romaine, raw561 cup111253Lettuce, green leaf, raw101 leaf111252Lettuce, receberg (includes crisphead types), raw831 medium111252Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw811 cup111252Lettuce, iceberg (includes crisphead types), raw811 cup111252Lettuce, iceberg (includes crisphead types), raw811 cup111254Lettuce, iceberg (includes crisphead types), raw811 cup1 <t< td=""><td>18374</td><td>Leavening agents, yeast, baker's, compressed</td><td>17</td><td>1 cake</td><td>133</td></t<>	18374	Leavening agents, yeast, baker's, compressed	17	1 cake	133
99153Lemon juice, canned or bottled244l cup99152Lemon juice, raw7juice of 1 lemonal14293Lemonade, forzen concentrate, white, prepared with water24881 oz14297Lemonade, low calorie, with aspartame, powder, prepared with water26681 oz14297Lemonade, low calorie, with aspartame, powder, prepared with water26681 oz14297Lemonade, low calorie, with aspartame, powder, prepared with water26681 oz14297Lemonade, low calorie, with aspartame, powder, prepared with water26681 oz14297Lemonade, low calorie, with out peel581 cup16070Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, os or romaine, raw661 cup11251Lettuce, cos or romaine, raw101 leaf11252Lettuce, core green leaf, raw391 head111252Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw551 cup111254Lettuce, iceberg (includes crisphead types), raw1801 cup111254Lettuce, iceberg (includes crisphead types), raw551 cup111255Lettuce, iceberg (includes crisphead types), raw1801 cup111254Lettuce, iceberg (includes crisphead types), raw551 cup111055Lettuce, iceberg (includes crisphead types), raw1	11247		104	1 cup	25
90152Lemon juice, raw47juice of I lemon14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz14290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz14297Lemonade, low calorie, with aspartame, powder, prepared with water2368 fl oz09150Lemons, raw, without peel581 lemon16070Lentils, mature seeds, cooked, boiled, without salt1981 cup311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf111251Lettuce, outrerhead (includes boston and bibb types), raw561 cup111251Lettuce, cos or romaine, raw561 cup111252Lettuce, green leaf, raw5391 head111252Lettuce, includes crisphead (types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw551 cup111040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1 cup111053Lima beans, immature seeds, consen, fordbook, cooked, boiled, drained, tip1 cup111054Lima beans, large, mature seeds, consen, boiled, without salt1 cup111055Lettuce, iceberg (includes crisphead types), raw551 cup111054Lima beans, large, mature seeds, cooked, boiled, without salt1 cup	09153	Lemon juice, canned or bottled	15.2	1 tbsp	2
14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz14290Lemonade, low caloric, with aspartame, powder, prepared with water2378 fl oz14297Lemonade, low caloric, with aspartame, powder, prepared with water2668 fl oz09150Lemons, raw, without peel581 lemon1070Lentils, matter seeds, cooked, boiled, without salt1981 cup211250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11251Lettuce, os or romaine, raw661 cup11251Lettuce, cos or romaine, raw101 leaf11253Lettuce, cos or romaine, raw561 cup11254Lettuce, cos or romaine, raw101 leaf11255Lettuce, cos or romaine, raw101 leaf11252Lettuce, icoberg (includes crisphead types), raw5391 head111252Lettuce, icoberg (includes crisphead types), raw581 cup111252Lettuce, icoberg (includes crisphead types), raw531 cup1<	09153	Lemon juice, canned or bottled	244	1 cup	24
14290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz14297Lemonade-flavor drink, powder, prepared with water2668 fl oz16070Lemons, raw, without peel58I lemon16070Lemtils, mature seeds, cooked, boiled, without salt198I caup11250Lettuce, butterhead (includes boston and bibb types), raw7.5I medium leaf11251Lettuce, coo or romaine, raw56I cup11251Lettuce, coo or romaine, raw56I cup11253Lettuce, coo or romaine, raw10I leaf11254Lettuce, coo or comaine, raw10I leaf11255Lettuce, coo or comaine, raw10I leaf11252Lettuce, iceberg (includes crisphead types), raw8I medium11252Lettuce, iceberg (includes crisphead types), raw8I nedium11252Lettuce, iceberg (includes crisphead types), raw8I cup11254Lettuce, iceberg (includes crisphead types), raw8I cup11255Lettuce, iceberg (includes crisphead types), raw8I cup11254Lettuce, iceberg (includes crisphead types), raw180I cup11255Lettuce, iceberg (includes crisphead types), raw180I cup11254Littuce, iceberg (includes crisphead types), raw8I medium11255Lettuce, iceberg (includes crisphead types), raw180I cup11254Littuce, iceberg (includes crisphead types), raw18I cup<	09152	Lemon juice, raw	47	juice of 1 lemon	6
14297Lemonade-flavor drink, powder, prepared with water2668 fl oz09150Lemons, raw, without peel581 lemon16070Lentis, mature seeds, cooked, boiled, without salt1981 cup311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf111251Lettuce, butterhead (includes boston and bibb types), raw561 cup111251Lettuce, cos or romaine, raw101 leaf111253Lettuce, green leaf, raw561 cup111254Lettuce, cieberg (includes crisphead types), raw531 head111252Lettuce, cieberg (includes crisphead types), raw531 cup111254Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw551 cup111040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, drained, without salt1801 cup111051Lima beans, ingrae, mature seeds, conned2411 cup1111052Lima beans, large, mature seeds, conked, boiled, without salt1881 cup111052Lima beans, large, mature seeds, conked, boiled, without salt1881 cup111052Lettuce, icetherg (includes crisphead types), raw38jiice of 1 lime111053Lima beans, large, mature	14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	2
DefinitionLemons, raw, without peelS81 lemon16070Lentils, mature seeds, cooked, boiled, without salt1981 cup311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11250Lettuce, butterhead (includes boston and bibb types), raw1631 head111251Lettuce, cos or romaine, raw101 leaf111251Lettuce, cos or romaine, raw101 leaf111252Lettuce, green leaf, raw101 leaf111252Lettuce, cos or crisphead types), raw561 cup111252Lettuce, iceberg (includes crisphead types), raw551 cup111252Lettuce, iceberg (includes crisphead types), raw551 cup111040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, drained, without salt1 cup111040Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, drained, without salt1 cup111051Lima beans, immature seeds, cooked, boiled, without salt1881 cup111052Lima beans, immature seeds, cooked, boiled, without salt1 cup1111052Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup111052Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup111052 <td>14290</td> <td>Lemonade, low calorie, with aspartame, powder, prepared with water</td> <td>237</td> <td>8 fl oz</td> <td>0</td>	14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
16070Lentils, mature seeds, cooked, boiled, without salt1981 cup311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf11250Lettuce, butterhead (includes boston and bibb types), raw1631 head111251Lettuce, cos or romaine, raw561 cup11253Lettuce, cos or romaine, raw101 leaf11253Lettuce, cos or romaine, raw101 leaf11254Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11254Lettuce, iceberg (includes crisphead types), raw551 cup11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11053Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt101 cup11054Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup11057Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup11057Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup11057Lime juice, canned or bottled, unswetened15.41 tbsp11051Lime juice, canned or bottled, unswetened2461 cup114316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup114	14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0
11250Lettuce, butterhead (includes boston and bibb types), raw7.5I medium leaf11250Lettuce, butterhead (includes boston and bibb types), raw1631 head111251Lettuce, cos or romaine, raw561 cup11251Lettuce, cos or romaine, raw101 leaf11253Lettuce, green leaf, raw101 leaf11254Lettuce, iceberg (includes crisphead types), raw561 cup11252Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw81 medium111252Lettuce, iceberg (includes crisphead types), raw551 cup111040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt160721 cup111039Lima beans, iarge, mature seeds, coaned2411 cup111040Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup111051Lime juice, canned or bottled, unsweetneed15.41 tbsp111051Lime juice, canned or bottled, unsweetneed2461 cup111315Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk3 heaping tsp111310Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk251 cup11310Malted drink mi	09150	Lemons, raw, without peel	58	1 lemon	6
Listue, butterhead (includes boston and bibb types), raw1631 head111250Lettuee, cos or romaine, raw561 cup11251Lettuee, cos or romaine, raw101 leaf11253Lettuee, green leaf, raw561 cup11254Lettuee, green leaf, raw561 cup11255Lettuee, iceberg (includes crisphead types), raw5391 head111252Lettuee, iceberg (includes crisphead types), raw551 cup111252Lettuee, iceberg (includes crisphead types), raw551 cup111040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt160731 cup116072Lima beans, iarge, mature seeds, conked, boiled, without salt1881 cup116073Lima beans, large, mature seeds, conked, boiled, without salt1881 cup116074Lime juice, canned or bottled, unsweetened2461 cup109161Lime juice, canned or bottled, unsweetened2461 cup114316Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp114316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup114310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup14310Malted dr	16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	358
11251Lettuce, cos or romaine, raw561 cup11251Lettuce, cos or romaine, raw101 leaf11253Lettuce, green leaf, raw561 cup11254Lettuce, green leaf, raw101 leaf11255Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw81 medium111252Lettuce, iceberg (includes crisphead types), raw81 cup111254Lettuce, iceberg (includes crisphead types), raw551 cup111040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, drained, without salt1801 cup111038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, drained, without salt101 cup111052Lima beans, large, mature seeds, cooked, boiled, without salt1801 cup111038Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup111052Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup111054Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup111057Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup1110672Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup1110672Lima beans, large, mature seeds, cooked, power2461 cup1110674Lime	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	5
11251Lettuce, cos or romaine, raw56I cup11251Lettuce, cos or romaine, raw10I leaf11253Lettuce, green leaf, raw56I cup11254Lettuce, iceberg (includes crisphead types), raw50I headI11252Lettuce, iceberg (includes crisphead types), raw53I headI11252Lettuce, iceberg (includes crisphead types), raw8I mediumI11252Lettuce, iceberg (includes crisphead types), raw55I cupI11040Lima beans, inmature seeds, frozen, baby, cooked, boiled, drained, without salt10I cupI11038Lima beans, inmature seeds, frozen, fordhook, cooked, boiled, drained, without salt10I cupI11039Lima beans, large, mature seeds, cooked, boiled, without salt188I cupI11040Lima beans, large, mature seeds, cooked, boiled, without salt188I cupI11057Lima beans, large, mature seeds, cooked, boiled, without salt188I cupI110672Lima beans, large, mature seeds, cooked, boiled, without salt188I cupI110674Lime juice, canned or bottled, unsweetened15.4I tbspI111316Malted drink mix, chocolate, with added nutrients, powder, prepared265I cupI114316Malted drink mix, natural, with added nutrients, powder, prepared265I cupI114310Malted drink mix, natural, with added nutrients, powder, prepared265I cup <td>11250</td> <td>Lettuce, butterhead (includes boston and bibb types), raw</td> <td>163</td> <td>1 head</td> <td>119</td>	11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	119
11251Lettuce, cos or romaine, raw101 leaf11253Lettuce, green leaf, raw561 cup11253Lettuce, green leaf, raw101 leaf11254Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw81 medium11254Lettuce, iceberg (includes crisphead types), raw551 cup11040Lima beans, inmature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11038Lima beans, inmature seeds, frozen, fordhook, cooked, boiled, drained, without salt1601 cup11038Lima beans, inmature seeds, cooked, boiled, without salt1881 cup116073Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup116074Lime juice, canned or bottled, unsweetened15.41 tbsp109161Lime juice, canned or bottled, unsweetened2461 cup109161Lime juice, raw38juice of 1 lime114316Malted drink mix, chocolate, with added nutrients, powder214-5 heaping tsp114316Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mango, raw1651 cup109176Mango, raw2071 mango	11251		56	1 cup	76
11253Lettuce, green leaf, raw561 cup11253Lettuce, green leaf, raw101 leaf11254Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11040Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup11038Lima beans, immature seeds, coned2411 cup116073Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup116074Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup116075Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup116076Lime juice, canned or bottled, unsweetened15.41 tbsp109161Lime juice, canned or bottled, unsweetened2461 cup114315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp114316Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mango, raw2071 mango	11251		10	•	14
11253Lettuce, green leaf, raw101 leaf11252Lettuce, icoberg (includes crisphead types), raw5391 head111252Lettuce, icoberg (includes crisphead types), raw81 medium11252Lettuce, icoberg (includes crisphead types), raw551 cup11040Lina beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11038Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup11037Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup11072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup11073Lime juice, canned or bottled, unsweetened15.41 tbsp09161Lime juice, canned or bottled, unsweetened2461 cup09161Lime juice, raw38juice of 1 lime09161Mated drink mix, chocolate, with added nutrients, powder213 heaping tsp14316Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mangos, raw2651 cup09176Mangos, raw1651 cup			56	1 cup	21
11252Lettuce, iceberg (includes crisphead types), raw5391 head111252Lettuce, iceberg (includes crisphead types), raw81 medium11252Lettuce, iceberg (includes crisphead types), raw551 cup11040Lima beans, inmature seeds, frozen, baby, cooked, boiled, drained, without salt1801 cup11038Lima beans, inmature seeds, frozen, fordhook, cooked, boiled, drained, without salt1701 cup16073Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup116074Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup116075Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup116076Lime juice, canned or bottled, unsweetened2461 cup109161Lime juice, canned or bottled, unsweetened1401 cup114315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp114316Malted drink mix, chocolate, with added nutrients, powder, prepared with with whole milk2651 cup114309Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup109176Mangos, raw1651 cup109176Mangos, raw2071 mango	11253	-	10	*	4
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16072Lima beans, large, mature seeds, cooked, boiled, without salt1881 cup09161Lime juice, canned or bottled, unsweetened15.41 tbsp09161Lime juice, canned or bottled, unsweetened2461 cup09160Lime juice, raw38juice of 1 lime20100Macaroni, cooked, enriched1401 cup114315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp114316Malted drink mix, nchocolate, with added nutrients, powder, prepared with whole milk2651 cup14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mangos, raw1651 cup09176Mangos, raw2071 mango	11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled,	170	1 cup	36
09161Lime juice, canned or bottled, unsweetened15.41 tbsp09161Lime juice, canned or bottled, unsweetened2461 cup09160Lime juice, raw38juice of 1 lime20100Macaroni, cooked, enriched1401 cup14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp14316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup14309Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mangos, raw1651 cup09176Mangos, raw2071 mango	16073	Lima beans, large, mature seeds, canned	241	1 cup	121
09161Lime juice, canned or bottled, unsweetened2461 cup09160Lime juice, raw38juice of 1 lime20100Macaroni, cooked, enriched1401 cup114315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp114316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup114309Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup114310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup109176Mangos, raw1651 cup1109176Mangos, raw2071 mango11	16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	156
09160Lime juice, raw38juice of 1 lime20100Macaroni, cooked, enriched1401 cup114315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp14316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup14309Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mangos, raw1651 cup09176Mangos, raw2071 mango	09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1
20100Macaroni, cooked, enriched1401 cup114315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp14316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup14309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mangos, raw1651 cup09176Mangos, raw2071 mango	09161	Lime juice, canned or bottled, unsweetened	246	1 cup	20
14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp14316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup14309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mangos, raw1651 cup09176Mangos, raw2071 mango	09160	Lime juice, raw	38	juice of 1 lime	4
14316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup14309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mangos, raw1651 cup09176Mangos, raw2071 mango	20100	Macaroni, cooked, enriched	140	1 cup	172
with whole milkYYY14309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mangos, raw1651 cup09176Mangos, raw2071 mango	14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	5
14310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mangos, raw1651 cup09176Mangos, raw2071 mango	14316		265	1 cup	19
whole milk1109176Mangos, raw1651 cup09176Mangos, raw2071 mango	14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	3
09176 Mangos, raw 207 1 mango	14310		265	1 cup	16
	09176	Mangos, raw	165	1 cup	23
04611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp	09176	Mangos, raw	207	1 mango	29
	04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	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	34
09181	Melons, cantaloupe, raw	69	1/8 melon	14
09184	Melons, honeydew, raw	170	1 cup	32
09184	Melons, honeydew, raw	160	1/8 melon	30
01110	Milk shakes, thick chocolate	300	10.6 fl oz	15
01111	Milk shakes, thick vanilla	313	11 fl oz	22
01094	Milk, buttermilk, dried	6.5	1 tbsp	3
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	12
01095	Milk, canned, condensed, sweetened	306	1 cup	34
01097	Milk, canned, evaporated, nonfat	256	1 cup	23
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	20
01102	Milk, chocolate, fluid, commercial,	250	1 cup	13
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	13
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	13
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	12
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	12
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	12
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	12
01077	Milk, whole, 3.25% milkfat	244	1 cup	12
16112	Miso	68.75	1 cup	13
19305	Molasses, blackstrap	20	1 tbsp	0
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	25
15157	Mollusks, clam, mixed species, raw	85	3 oz	14
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	37
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	8
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	47
18274	Muffins, blueberry, commercially prepared	57	1 muffin	66
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	42
18279	Muffins, corn, commercially prepared	57	1 muffin	64
18280	Muffins, corn, dry mix, prepared	50	1 muffin	45
18283	Muffins, oat bran	57	1 muffin	79
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	36
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	63
11264	Mushrooms, canned, drained solids	156	1 cup	19
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	28
11260	Mushrooms, raw	70	1 cup	11
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	30
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	6
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	102

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0
09191	Nectarines, raw	136	1 nectarine	7
20113	Noodles, chinese, chow mein	45	1 cup	62
20110	Noodles, egg, cooked, enriched	160	1 cup	166
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	150
12061	Nuts, almonds	28.35	1 oz (24 nuts)	8
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	6
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	20
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	7
12167	Nuts, chestnuts, european, roasted	143	1 cup	100
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	7
12104	Nuts, coconut meat, raw	45	1 piece	12
12120	Nuts, hazelnuts or filberts	28.35	l oz	32
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	14
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	24
12142	Nuts, pecans	28.35	1 oz (20 halves)	6
12147	Nuts, pine nuts, dried	28.35	1 oz	10
12147	Nuts, pine nuts, dried	8.6	1 tbsp	3
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	14
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	28
20034	Oat bran, cooked	219	1 cup	13
20034	Oat bran, raw	94	1 cup	49
04053	Oil, olive, salad or cooking	13.5	1 tbsp	۹۶ 0
04033	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04042	Oil, sesame, salad or cooking	13.6	*	0
04038			1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated) Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6 13.6	1 tbsp 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	74
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	269
09193	Olives, ripe, canned (small-extra large)	22	5 large	0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	62
11283	Onions, cooked, boiled, drained, without salt	210	l cup	32
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	14
11284	Onions, dehydrated flakes	5	1 tbsp	8
11282	Onions, raw	110	1 whole	21
11282	Onions, raw	160		30
11282	Onions, raw	14	1 cup 1 slice	30
11282	Onions, spring or scallions (includes tops and bulb), raw	14	1 whole	
11291		15		10 64
	Onions, spring or scallions (includes tops and bulb), raw		1 cup	
09207	Orange juice, canned, unsweetened	249	1 cup	45
09209	Orange juice, chilled, includes from concentrate	249	1 cup	45
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	110

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	330
09206	Orange juice, raw	248	1 cup	74
09206	Orange juice, raw	86	juice from 1 orange	26
09200	Oranges, raw, all commercial varieties	180	1 cup	54
09200	Oranges, raw, all commercial varieties	131	1 orange	39
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	24
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	22
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	21
09226	Papayas, raw	304	1 papaya	116
09226	Papayas, raw	140	1 cup	53
11297	Parsley, raw	10	10 sprigs	15
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	90
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	93
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	3
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	8
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	3
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	7
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0
09250	Peaches, frozen, sliced, sweetened	250	1 cup	8
09236	Peaches, raw	98	1 peach	4
09236	Peaches, raw	170	1 cup	7
16097	Peanut butter, chunk style, with salt	16	1 tbsp	15
16098	Peanut butter, smooth style, with salt	16	1 tbsp	12
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	41
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	41
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	34
09340	Pears, asian, raw	122	1 pear	10
09340	Pears, asian, raw	275	1 pear	22
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	1
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	3
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	2
09254	Pears, canned, juice pack, solids and liquids	76	1 half	1
09254	Pears, raw	166	1 pear	12
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	*	46
11301	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	l cup l cup	40 56
11303	Peas, green, canned, regular pack, drained solids	170	*	50 75
		160	1 cup	73 94
11313	Peas, green, frozen, cooked, boiled, drained, without salt	196	1 cup	
16086	Peas, split, mature seeds, cooked, boiled, without salt		1 cup	127
11670	Peppers, hot chili, green, raw	45	1 pepper	10
11819	Peppers, hot chili, red, raw	45	1 pepper	10
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	4
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	22
11333	Peppers, sweet, green, raw	119	1 pepper	13
11333	Peppers, sweet, green, raw	10	1 ring	1
11333	Peppers, sweet, green, raw	149	1 cup	16
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	22
11821	Peppers, sweet, red, raw	149	1 cup	2

Content per NDB No Description Weight (g) **Common Measure** Measure 11821 Peppers, sweet, red, raw 119 21 1 pepper 11945 Pickle relish, sweet 15 1 tbsp 0 11937 65 1 Pickles, cucumber, dill 1 pickle 18330 Pie crust, cookie-type, prepared from recipe, graham cracker, baked 239 1 pie shell 86 18335 Pie crust, standard-type, frozen, ready-to-bake, baked 126 1 pie shell 111 18336 Pie crust, standard-type, prepared from recipe, baked 180 1 pie shell 191 19312 Pie fillings, apple, canned 74 1/8 of 21-oz can 0 19314 Pie fillings, canned, cherry 74 1/8 of 21-oz can 3 18301 Pie, apple, commercially prepared, enriched flour 117 1 piece 50 18302 Pie, apple, prepared from recipe 59 155 1 piece 18305 Pie, blueberry, commercially prepared 117 1 piece 50 18306 Pie, blueberry, prepared from recipe 147 1 piece 53 Pie, cherry, commercially prepared 18308 117 1 piece 47 18309 Pie, cherry, prepared from recipe 180 1 piece 74 18310 Pie, chocolate creme, commercially prepared 113 1 piece 19 18316 Pie, coconut custard, commercially prepared 104 1 piece 20 18444 Pie, fried pies, cherry 128 1 pie 37 37 18319 Pie, fried pies, fruit 128 1 pie 18320 Pie, lemon meringue, commercially prepared 113 40 1 piece 127 46 18321 Pie, lemon meringue, prepared from recipe 1 piece 18324 Pie, pecan, commercially prepared 61 113 1 piece 18325 Pie, pecan, prepared from recipe 122 41 1 piece Pie, pumpkin, commercially prepared 109 35 18326 1 piece 18327 Pie, pumpkin, prepared from recipe 155 1 piece 43 11943 Pimento, canned 12 1 tbsp 1 Pineapple and grapefruit juice drink, canned 250 23 14334 8 fl oz 14341 Pineapple and orange juice drink, canned 250 8 fl oz 23 09273 Pineapple juice, canned, unsweetened, without added ascorbic acid 250 58 1 cup 09270 254 13 Pineapple, canned, heavy syrup pack, solids and liquids 1 cup 49 09270 2 Pineapple, canned, heavy syrup pack, solids and liquids 1 slice 09268 Pineapple, canned, juice pack, solids and liquids 249 1 cup 12 09268 Pineapple, canned, juice pack, solids and liquids 47 1 slice 2 09266 Pineapple, raw, all varieties 155 1 cup 23 09278 Plantains, cooked 154 1 cup 40 09277 Plantains, raw 179 1 medium 39 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 46 1 plum 1 258 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 1 cup 8 09282 Plums, canned, purple, juice pack, solids and liquids 46 1 plum 1 09282 Plums, canned, purple, juice pack, solids and liquids 252 1 cup 8 09292 Plums, dried (prunes), stewed, without added sugar 248 1 cup 0 42 09291 Plums, dried (prunes), uncooked 5 prunes 2 09279 Plums, raw 66 1 plum 3 07065 Pork and beef sausage, fresh, cooked 26 2 links 1 07064 Pork sausage, fresh, cooked 26 2 links 07064 Pork sausage, fresh, cooked 27 1 patty 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 2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	4
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	3
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	3
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	3
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	9
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	10
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	5
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	5
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	5
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	5
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	3
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	3
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	3
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	3
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	3
11672	Potato pancakes, home-prepared	76	1 pancake	17
11399	Potato puffs, frozen, prepared	79	10 puffs	13
11414	Potato salad, home-prepared	250	1 cup	18
11674	Potato, baked, flesh and skin, without salt	202	1 potato	57
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	17
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	32
11363	Potatoes, baked, flesh, without salt	156	1 potato	14
11364	Potatoes, baked, skin, without salt	58	1 skin	13
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	14
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	6
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	2
11370 11379	Potatoes, hashed brown, home-prepared Potatoes, mashed, dehydrated, prepared from flakes without milk,	156 210	1 cup 1 cup	25 13
11657	whole milk and butter added Potatoes, mashed, home-prepared, whole milk added	210	1 cup	17
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	19
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	25
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	32
05306	Poultry food products, ground turkey, cooked	82	1 patty	6
09294	Prune juice, canned	256	1 cup	0
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	7
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	6
19183	Puddings, chocolate, ready-to-eat	113	4 oz	3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19193	Puddings, rice, ready-to-eat	113.4	4 oz	3
19218	Puddings, tapioca, ready-to-eat	113	4 oz	3
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	6
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0
11424	Pumpkin, canned, without salt	245	1 cup	29
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	22
11429	Radishes, raw	4.5	1 radish	1
09298	Raisins, seedless	145	1 cup	7
09298	Raisins, seedless	14	1 packet	1
09306	Raspberries, frozen, red, sweetened	250	1 cup	65
09302	Raspberries, raw	123	1 cup	26
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	28
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	12
14342	Rice beverage, RICE DREAM, canned	245	1 cup	91
20037	Rice, brown, long-grain, cooked	195	1 cup	8
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	222
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	797
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	195
20045	Rice, white, long-grain, regular, cooked	158	1 cup	153
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	716
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	41
18350	Rolls, hamburger or hotdog, plain	43	1 roll	73
18353	Rolls, hard (includes kaiser)	57	1 roll	86
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	26
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0
04133	Salad dressing, french, home recipe	14	1 tbsp	0
04134	Salad dressing, home recipe, cooked	16	1 tbsp	4
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
04021	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	1
04015	Salad dressing, russian dressing	15.3	1 tbsp	2
04013	Salad dressing, russian dressing Salad dressing, russian dressing, low calorie	16.3	1 tbsp	2 0
04022	Salad dressing, hussan dressing, low calore Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0
04023	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0
07069	Salami, cooked, beef and pork	56.7	2 slices	1
07009	Salami, dry or hard, pork, beef	20	2 slices	1
		6		0
02047	Salt, table		1 tsp	-
07073 21097	Sandwich spread, pork, beef Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	15 195	1 tbsp 1 sandwich	0 123
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	73
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	116
06150	Sauce, barbecue sauce	15.75	1 tbsp	1
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	4
06166	Sauce, homemade, white, medium	250	1 cup	25
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	28
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	1
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	4
11439	Sauerkraut, canned, solids and liquids	236	1 cup	57
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	1
11445	Seaweed, kelp, raw	10	2 tbsp	18
11667	Seaweed, spirulina, dried	0.93	1 tbsp	1
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	16
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	15
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	8
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	67
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	76
14346	Shake, fast food, chocolate	333	16 fl oz	17
14347	Shake, fast food, vanilla	333	16 fl oz	17
11677	Shallots, raw	10	1 tbsp	3
19097	Sherbet, orange	74	1/2 cup	5
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	27
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	24
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	11
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	6
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	51
19013	Snacks, fruit leather, pieces	28.35	1 oz	1
19014	Snacks, fruit leather, rolls	21	1 large	1
19015	Snacks, granola bars, hard, plain	28.35	1 bar	7
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	7
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	6
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	6
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	40
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	38
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	11
19034	Snacks, popcorn, air-popped	8	1 cup	2
19036	Snacks, popcorn, cakes	10	1 cake	2
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	7
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	2
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1
19035	Snacks, popcorn, oil-popped	11	1 cup	2
19041	Snacks, pork skins, plain	28.35	1 oz	0
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	24
19042	Snacks, potato chips, made from dried potatoes, light	28.35	l oz	8
19045	Snacks, potato chips, made from dried potatoes, right	28.35	1 oz	2
19410	Snacks, potato chips, made from dried potatoes, spann	28.35	1 oz	2 7
17070	flavor	20.33	1 02	1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19411	Snacks, potato chips, plain, salted	28.35	1 oz	13
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	13
19422	Snacks, potato chips, reduced fat	28.35	1 oz	8
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	18
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	140
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	2
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	4
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	7
19056	Snacks, tortilla chips, plain	28.35	1 oz	3
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	95
19061	Snacks, trail mix, tropical	140	1 cup	59
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	29
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	33
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	2
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	2
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	29
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	36
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	28
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	12
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	l cup	10
06230 06416	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial Soup, cream of chicken, canned, prepared with equal volume water,	248 244	l cup	10 2
06216	commercial	244	l cup	2
	Soup, cream of chicken, prepared with equal volume milk, commercial		1 cup	
06243 06443	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248 244	1 cup	10 5
06440	Soup, cream of mushroom, canned, prepared with equal volume water, commercial Soup, minestrone, canned, prepared with equal volume water,	244	1 cup 1 cup	51
06094	commercial Soup, onion mix, dehydrated, dry form	39	l packet	0
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	2
06494 06449	Soup, billin, denydrated, prepared with equal volume water, commercial	250	1 cup	3
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	52
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	45
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	102
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	63
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	29
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	29

Description	Weight (g)	Common Measure	Content per Measure
Soup, stock, fish, home-prepared	233	1 cup	5
Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	17
Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	15
Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	10
Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	17
Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	10
Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1
Soy milk, fluid	245	1 cup	39
Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	2
Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	200
Soybeans, mature cooked, boiled, without salt	172	1 cup	93
Spaghetti with meat sauce, frozen entree	283	1 package	204
Spaghetti, cooked, enriched, without added salt	140	1 cup	172
Spaghetti, whole-wheat, cooked	140	1 cup	7
Spices, celery seed	2	1 tsp	0
Spices, chili powder	2.6	1 tsp	3
Spices, cinnamon, ground	2.3	1 tsp	1
Spices, curry powder	2	1 tsp	3
Spices, garlic powder	2.8	1 tsp	0
Spices, onion powder	2.1	1 tsp	3
Spices, oregano, dried	1.5	1 tsp	4
Spices, paprika	2.1	1 tsp	2
Spices, parsley, dried	1.3	1 tbsp	2
	2.1	1 tsp	0
	136	1 cup	92
	214	1 cup	210
-	180	*	263
	190	*	230
	10	*	19
-	30	1 cup	58
-			36
		*	33
-		*	41
• • • • • • •		*	38
		*	38
		-	3
		-	4
		-	40
		*	40
-		*	
		*	0
		•	
		*	16
		-	43
-			9
Sweet potato, cooked, bolled, without skin	156 105	l potato 1 piece	9 12
	Soup, tomato, canned, prepared with equal volume milk, commercial Soup, tomato, canned, prepared with equal volume water, commercial Soup, vegetable beef, prepared with equal volume water, commercial Soup, vegetable, canned, chunky, ready-to-serve, commercial Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial Sour dressing, non-butterfat, cultured, filled cream-type Soy milk, fluid Soy sauce made from soy and wheat (shoyu) Soybeans, green, cooked, boiled, drained, without salt Soybeans, mature cooked, boiled, without salt Soybeans, mature cooked, boiled, without salt Spaghetti with meat sauce, frozen entree Spaghetti, cooked, enriched, without added salt Spaghetti, whole-wheat, cooked Spices, celery seed Spices, chili powder Spices, curry powder Spices, garlic powder Spices, onion powder	Soup, tornato, canned, prepared with equal volume milk, commercial248Soup, tomato, canned, prepared with equal volume water, commercial244Soup, vegetable, canned, hunky, ready-to-serve, commercial240Sour, vegetable, canned, prepared with equal volume241water, commercial240Sour dressing, non-butterfat, cultured, filled cream-type12Soy auce made from soy and wheat (shoyu)16Soybeans, green, cooked, boiled, drained, without salt180Soybeans, green, cooked, boiled, drained, without salt172Spaghetti, whole-wheat, cooked140Spiecs, celery seed2Spiecs, celery seed2Spiecs, celery seed2.3Spiecs, celery seed2.1Spiecs, celery seed2.1Spiecs, celery seed2.1Spiecs, celery seed2.1Spiecs, paprika2.1Spiecs, paprika2.1Spiecs, paprika2.1Spiecs, paprika2.1Spiecs, paprika2.1Spiecs, paprika2.1Spiecs, paprika2.1Spiecs, paprika2.1Spiecs, paprika2.1Spiecs, paprika2.1Spiench, conked, boiled, drained, without salt180Spinach, caned, drained solids214Spinach, frave10Spinach, frave10Spinach, frave12Spinach, frave12Spinach, frave12Spinach, frave13Spinach, frave12Spinach, frav	Sup, tonoto, canned, prepared with equal volume water, commercial2481 cupSoup, vogetable beef, prepared with equal volume water, commercial2441 cupSoup, vegetable, canned, prepared with equal volume2411 cupSour dressing, non-butterfat, cultured, filled cream-type2411 cupSoy suce made from say and wheat (shoyu)161 bspSoy suce made from say and wheat (shoyu)161 bspSoy suce made from say and wheat (shoyu)161 cupSoy suce, cooked, boiled, drained, without salt1801 cupSoypater, cooked, canned, prepared with aqual volume2431 cupSoy suce, cooked, canned, without salt1401 cupSpaghetti, cooked, enriche, without added salt1401 cupSpaghetti, cooked, enriche, without added salt261 tspSpices, cill powder21 tspSpices, cill powder2.11 tspSpices, parkita1.31 cupSpices, parkita1.41 cupSpices, parkita1.61 cupSpices, parkita2.11 tspSpices, parkita1.61 cupSpices, parkita1.61 cupSpices, parkita1.61 cupSpices, parkita1.61 cupSpices, parkita1.61 cupSpices, par

18356Sweet rolls, cinnamon, commercially prepared with raisins60	1 roll	
		64
18358Sweet rolls, cinnamon, refrigerated dough with frosting, baked30	1 roll	27
19348 Syrups, chocolate, fudge-type 19	1 tbsp	1
19350 Syrups, corn, light 20	1 tbsp	0
19353 Syrups, maple 20	1 tbsp	0
19129Syrups, table blends, pancake20	1 tbsp	0
19128Syrups, table blends, pancake, reduced-calorie15	1 tbsp	0
18360 Taco shells, baked 13.3	1 medium	29
09223 Tangerine juice, canned, sweetened 249	1 cup	12
09220 Tangerines, (mandarin oranges), canned, light syrup pack 252	1 cup	13
09218 Tangerines, (mandarin oranges), raw 84	1 tangerine	13
20068 Tapioca, pearl, dry 152	1 cup	6
14355 Tea, brewed, prepared with tap water 178	6 fl oz	9
14545 Tea, herb, chamomile, brewed 178	6 fl oz	2
14381Tea, herb, other than chamomile, brewed178	6 fl oz	2
14376 Tea, instant, sweetened with sodium saccharin, lemon-flavored, 237 prepared	8 fl oz	0
14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared259	8 fl oz	0
14367Tea, instant, unsweetened, powder, prepared237	8 fl oz	0
18361Toaster pastries, brown-sugar-cinnamon50	1 pastry	21
18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)52	1 pastry	64
16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride 81 (nigari)	1/4 block	15
16127 Tofu, soft, prepared with calcium sulfate and magnesium chloride 120 (nigari)	1 piece	53
11954 Tomatillos, raw 34	1 medium	2
11540Tomato juice, canned, with salt added243	1 cup	49
11546Tomato products, canned, paste, without salt added262	1 cup	31
11547Tomato products, canned, puree, without salt added250	1 cup	28
11549Tomato products, canned, sauce245	1 cup	22
11533Tomatoes, red, ripe, canned, stewed255	1 cup	13
11531Tomatoes, red, ripe, canned, whole, regular pack240	1 cup	19
11529Tomatoes, red, ripe, raw, year round average17	1 cherry tomato	3
11529Tomatoes, red, ripe, raw, year round average180	1 cup	27
11529Tomatoes, red, ripe, raw, year round average20	1 slice	3
11529Tomatoes, red, ripe, raw, year round average123	1 tomato	18
11955 Tomatoes, sun-dried 2	1 piece	1
11956Tomatoes, sun-dried, packed in oil, drained3	1 piece	1
18363Tortillas, ready-to-bake or -fry, corn26	1 tortilla	1
18364Tortillas, ready-to-bake or -fry, flour32	1 tortilla	54
21088Tostada with guacamole130.5	1 tostada	59
D5286Turkey and gravy, frozen142	5-oz package	6
D5292Turkey patties, breaded, battered, fried64	1 patty	27
D5296Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted85.05	3 oz	4
D5188Turkey, all classes, dark meat, cooked, roasted84	3 oz	8
D5172Turkey, all classes, giblets, cooked, simmered, some giblet fat145	1 cup	486
D5186Turkey, all classes, light meat, cooked, roasted84	3 oz	5
05168Turkey, all classes, meat only, cooked, roasted140	1 cup	10

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	12
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	170
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	64
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	14
02050	Vanilla extract	4.2	1 tsp	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	15
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	11
11578	Vegetable juice cocktail, canned	242	1 cup	51
04582	Vegetable oil, canola	14	1 tbsp	0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	39
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	35
02048	Vinegar, cider	15	1 tbsp	0
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	22
18367	Waffles, plain, prepared from recipe	75	1 waffle	51
14429	Water, municipal	237	8 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	8
09326	Watermelon, raw	152	1 cup	5
09326	Watermelon, raw	286	1 wedge	9
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	364
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	384
20083	Wheat flour, white, bread, enriched	137	1 cup	395
20084	Wheat flour, white, cake, enriched	137	1 cup	386
20080	Wheat flour, whole-grain	120	1 cup	53
20089	Wild rice, cooked	164	1 cup	43
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	246
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	20
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	25
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	27
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	16