

**USDA National Nutrient Database for Standard Reference, Release 16**  
**Fiber, total dietary (g) Content of Selected Foods per Common Measure, sorted alphabetically**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.0
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.4
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.1
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.4
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.0
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.0
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.8
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.2
09011	Apples, dried, sulfured, uncooked	32	5 rings	2.8
09003	Apples, raw, with skin	138	1 apple	3.3
09004	Apples, raw, without skin	110	1 cup	1.4
09020	Applesauce, canned, sweetened, without salt	255	1 cup	3.1
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2.9
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	1.5
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	4.1
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	3.9
09032	Apricots, dried, sulfured, uncooked	35	10 halves	2.6
09021	Apricots, raw	35	1 apricot	0.7
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	6.5
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	9.1
11015	Asparagus, canned, drained solids	72	4 spears	1.2
11012	Asparagus, cooked, boiled, drained	60	4 spears	1.2
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	2.9
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	1.0
09038	Avocados, raw, California	28.35	1 oz	1.9
09039	Avocados, raw, Florida	28.35	1 oz	1.6
18005	Bagels, cinnamon-raisin	89	4" bagel	2.0
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1.6
18003	Bagels, egg	71	3-1/2" bagel	1.6
18003	Bagels, egg	89	4" bagel	2.0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	2.0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	1.6
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	5.1
19078	Baking chocolate, unsweetened, squares	28.35	1 square	4.7
11028	Bamboo shoots, canned, drained solids	131	1 cup	1.8
09040	Bananas, raw	118	1 banana	3.1

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09040	Bananas, raw	150	1 cup	3.9
20006	Barley, pearled, cooked	157	1 cup	6.0
20005	Barley, pearled, raw	200	1 cup	31.2
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	12.7
16008	Beans, baked, canned, with franks	259	1 cup	17.9
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	13.2
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	12.1
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	15.0
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	12.4
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	16.4
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	13.1
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	11.6
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	14.0
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	2.6
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	4.0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	4.1
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.8
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	4.1
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	4.1
16051	Beans, white, mature seeds, canned	262	1 cup	12.6
22905	Beef stew, canned entree	232	1 cup	3.5
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.0
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.0
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.0
13350	Beef, cured, dried	28.35	1 oz	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.0
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.0
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.0
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.0
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.0
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.0
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.0
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.0
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.0
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	4.2

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11084	Beets, canned, drained solids	170	1 cup	2.9
11084	Beets, canned, drained solids	24	1 beet	0.4
11081	Beets, cooked, boiled, drained	50	1 beet	1.0
11081	Beets, cooked, boiled, drained	170	1 cup	3.4
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.9
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	1.5
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.4
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.4
09042	Blackberries, raw	144	1 cup	7.6
09055	Blueberries, frozen, sweetened	230	1 cup	5.1
09050	Blueberries, raw	145	1 cup	3.5
07008	Bologna, beef and pork	56.7	2 slices	0.0
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.0
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.3
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	5.0
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.9
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.7
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.4
18025	Bread, cracked-wheat	25	1 slice	1.4
18027	Bread, egg	40	1/2" slice	0.9
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.8
18031	Bread, indian (navajo) fry	160	10-1/2" bread	2.9
18031	Bread, indian (navajo) fry	90	5" bread	1.6
18033	Bread, italian	20	1 slice	0.5
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	1.7
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	1.6
18039	Bread, oatmeal	27	1 slice	1.1
18040	Bread, oatmeal, toasted	25	1 slice	1.1
18041	Bread, pita, white, enriched	60	6-1/2" pita	1.3
18041	Bread, pita, white, enriched	28	4" pita	0.6
18044	Bread, pumpernickel	32	1 slice	2.1
18045	Bread, pumpernickel, toasted	29	1 slice	2.1
18047	Bread, raisin, enriched	26	1 slice	1.1
18048	Bread, raisin, toasted, enriched	24	1 slice	1.1
18053	Bread, reduced-calorie, rye	23	1 slice	2.8
18055	Bread, reduced-calorie, wheat	23	1 slice	2.8
18057	Bread, reduced-calorie, white	23	1 slice	2.2
18060	Bread, rye	32	1 slice	1.9
18061	Bread, rye, toasted	24	1 slice	1.5
18064	Bread, wheat (includes wheat berry)	25	1 slice	1.1
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	1.2
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.6
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.1

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18070	Bread, white, commercially prepared, toasted	22	1 slice	0.6
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.9
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1.9
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	0.9
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	5.1
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	1.2
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	5.5
11090	Broccoli, raw	31	1 spear	0.8
11090	Broccoli, raw	88	1 cup	2.3
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	4.1
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	6.4
20011	Buckwheat flour, whole-groat	120	1 cup	12.0
20010	Buckwheat groats, roasted, cooked	168	1 cup	4.5
20013	Bulgur, cooked	182	1 cup	8.2
20012	Bulgur, dry	140	1 cup	25.6
01001	Butter, salted	14.2	1 tbsp	0.0
01145	Butter, without salt	14.2	1 tbsp	0.0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	1.7
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	2.0
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	2.9
11109	Cabbage, raw	70	1 cup	1.6
11112	Cabbage, red, raw	70	1 cup	1.5
11114	Cabbage, savoy, raw	70	1 cup	2.2
18086	Cake, angelfood, commercially prepared	28	1 piece	0.4
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.1
18090	Cake, boston cream pie, commercially prepared	92	1 piece	1.3
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	1.8
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.5
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.6
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.9
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.1
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.3
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.4
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.2
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	1.8
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.2
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.1
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.6
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.2
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.2
19074	Candies, caramels	10.1	1 piece	0.1
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.1
19071	Candies, carob	28.35	1 oz	1.1

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19087	Candies, confectioner's coating, white	170	1 cup	0.0
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.3
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.5
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.1
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.1
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
19107	Candies, hard	6	1 piece	0.0
19107	Candies, hard	3	1 small piece	0.0
19108	Candies, jellybeans	28.35	10 large	0.1
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.8
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.2
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.7
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.3
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	1.0
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	1.4
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.0
19116	Candies, marshmallows	50	1 cup	0.1
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	1.5
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.9
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.4
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.5
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.9
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.1
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	1.1
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	1.6
19080	Candies, semisweet chocolate	168	1 cup	9.9
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.5
09060	Carambola, (starfruit), raw	108	1 cup	2.9
09060	Carambola, (starfruit), raw	91	1 fruit	2.5
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.0
14142	Carbonated beverage, grape soda	372	12 fl oz	0.0
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
14150	Carbonated beverage, orange	372	12 fl oz	0.0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.0
14157	Carbonated beverage, root beer	370	12 fl oz	0.0
16055	Carob flour	8	1 tbsp	3.2

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11655	Carrot juice, canned	236	1 cup	1.9
11960	Carrots, baby, raw	10	1 medium	0.2
11128	Carrots, canned, regular pack, drained solids	146	1 cup	2.2
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	4.7
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	4.8
11124	Carrots, raw	72	1 carrot	2.2
11124	Carrots, raw	110	1 cup	3.3
11935	Catsup	15	1 tbsp	0.2
11935	Catsup	6	1 packet	0.1
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	1.5
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	3.3
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	4.9
11135	Cauliflower, raw	100	1 cup	2.5
11135	Cauliflower, raw	13	1 floweret	0.3
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	2.4
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.6
11143	Celery, raw	120	1 cup	1.9
11143	Celery, raw	40	1 stalk	0.6
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.3
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.2
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.8
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	2.7
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.2
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.7
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.6
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.6
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.9
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	1.8
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.3
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	2.8
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.9
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.5
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.1
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.3
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.8
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	5.0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.9
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.3
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	3.0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.4
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	9.6

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08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	1.0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	1.0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	5.1
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	1.0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.2
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.1
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.9
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1.0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	5.5
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	1.0
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	7.3
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.1
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.1
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	1.0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.7
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	5.1
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	5.3
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.7
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.7
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.8
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	3.5
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	2.9
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	4.2
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	2.0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	2.1
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.2
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.1
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.5
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.7
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.7
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.4
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	1.2
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	1.0
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	1.0
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	2.8
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	4.0

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08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1.2
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	2.8
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	2.7
08143	Cereals, WHEATENA, cooked with water	243	1 cup	6.6
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.0
01164	Cheese sauce, prepared from recipe	243	1 cup	0.2
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.0
01004	Cheese, blue	28.35	1 oz	0.0
01007	Cheese, camembert	38	1 wedge	0.0
01009	Cheese, cheddar	28.35	1 oz	0.0
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.0
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.5
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.0
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
01017	Cheese, cream	14.5	1 tbsp	0.0
01186	Cheese, cream, fat free	15.6	1 tbsp	0.0
01019	Cheese, feta	28.35	1 oz	0.0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.0
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.0
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.0
01030	Cheese, muenster	28.35	1 oz	0.0
01031	Cheese, neufchatel	28.35	1 oz	0.0
01032	Cheese, parmesan, grated	5	1 tbsp	0.0
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.0
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.0
01035	Cheese, provolone	28.35	1 oz	0.0
01037	Cheese, ricotta, part skim milk	246	1 cup	0.0
01036	Cheese, ricotta, whole milk	246	1 cup	0.0
01040	Cheese, swiss	28.35	1 oz	0.0
18147	Cheesecake commercially prepared	80	1 piece	0.3
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	2.7
09070	Cherries, sweet, raw	68	10 cherries	1.4
22906	Chicken pot pie, frozen entree	217	1 small pie	1.7
07017	Chicken roll, light meat	56.7	2 slices	0.0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.4
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.1
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.0
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.0
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.2



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05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.0
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.0
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.0
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.3
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.0
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.1
05277	Chicken, canned, meat only, with broth	142	5 oz	0.0
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.0
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.0
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	10.6
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	12.5
22904	Chili con carne with beans, canned entree	222	1 cup	8.2
11156	Chives, raw	3	1 tbsp	0.1
14181	Chocolate syrup	18.75	1 tbsp	0.5
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	1.0
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	1.1
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	1.0
14192	Cocoa mix, powder	28.35	3 heaping tsp	1.0
14194	Cocoa mix, powder, prepared with water	206	1 serving	1.0
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	1.0
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1.8
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.3
11159	Coleslaw, home-prepared	120	1 cup	1.8
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	5.3
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	4.8
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.2
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.8
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.0
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.3
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.4
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.4
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.4
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.3
18170	Cookies, fig bars	16	1 cookie	0.7
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	2.4
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.4

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18177	Cookies, molasses	15	1 cookie, medium	0.2
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.3
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.8
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.7
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.4
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.3
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.3
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.1
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.1
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.2
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.1
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.2
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.2
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.1
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	2.1
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	3.1
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	4.2
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	2.2
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	3.9
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	1.8
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	10.2
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	9.8
20020	Cornmeal, whole-grain, yellow	122	1 cup	8.9
20027	Cornstarch	8.064	1 tbsp	0.1
20029	Couscous, cooked	157	1 cup	2.2
20028	Couscous, dry	173	1 cup	8.7
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	8.3
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	10.9
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	7.9
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	11.2
18214	Crackers, cheese, regular	10	10 crackers	0.2
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.2
18217	Crackers, matzo, plain	28.35	1 matzo	0.9
18220	Crackers, melba toast, plain	20	4 pieces	1.3
18226	Crackers, rye, wafers, plain	11	1 wafer	2.5
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.4
18229	Crackers, standard snack-type, regular	12	4 crackers	0.2
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.1
18232	Crackers, wheat, regular	8	4 crackers	0.4
18235	Crackers, whole-wheat	16	4 crackers	1.7

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14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.3
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.6
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.0
01069	Cream substitute, powdered	2	1 tsp	0.0
01049	Cream, fluid, half and half	15	1 tbsp	0.0
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.0
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.0
01052	Cream, fluid, light whipping	15	1 tbsp	0.0
01056	Cream, sour, cultured	12	1 tbsp	0.0
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.0
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.0
18239	Croissants, butter	57	1 croissant	1.5
18243	Croutons, seasoned	40	1 cup	2.0
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.0
15141	Crustaceans, crab, blue, canned	135	1 cup	0.0
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.0
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.0
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.0
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.0
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.2
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.3
11206	Cucumber, peeled, raw	119	1 cup	0.8
11206	Cucumber, peeled, raw	280	1 large	2.0
11205	Cucumber, with peel, raw	301	1 large	1.5
11205	Cucumber, with peel, raw	104	1 cup	0.5
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	3.0
18245	Danish pastry, cheese	71	1 danish	0.7
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.3
09087	Dates, deglet noor	178	1 cup	14.2
09087	Dates, deglet noor	41.5	5 dates	3.3
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	0.0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.0
02045	Dill weed, fresh	1	5 sprigs	0.0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.7
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.2
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.7
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.2
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.0
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.6
01143	Egg substitute, liquid	62.75	1/4 cup	0.0

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01124	Egg, white, raw, fresh	33.4	1 large	0.0
01128	Egg, whole, cooked, fried	46	1 large	0.0
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.0
01131	Egg, whole, cooked, poached	50	1 large	0.0
01132	Egg, whole, cooked, scrambled	61	1 large	0.0
01123	Egg, whole, raw, fresh	50	1 large	0.0
01123	Egg, whole, raw, fresh	44	1 medium	0.0
01123	Egg, whole, raw, fresh	58	1 extra large	0.0
01125	Egg, yolk, raw, fresh	16.6	1 large	0.0
01057	Eggnog	254	1 cup	0.0
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.5
11213	Endive, raw	50	1 cup	1.6
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.5
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.5
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.5
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.0
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.5
21024	Fast foods, french toast sticks	141	5 sticks	2.7
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	2.3
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.1
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	3.0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	5.9
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	4.7
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.0
09094	Figs, dried, uncooked	38	2 figs	3.7
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.6
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.0
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.0
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.4
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.8
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.0
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.0
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.0
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.0
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.0
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.0

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15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.0
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.0
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.0
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.0
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.0
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.0
15128	Fish, tuna salad	205	1 cup	0.0
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.0
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.0
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.0
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.0
07022	Frankfurter, beef	45	1 frank	0.0
07023	Frankfurter, beef and pork	45	1 frank	1.1
07024	Frankfurter, chicken	45	1 frank	0.0
18268	French toast, frozen, ready-to-heat	59	1 slice	0.6
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.3
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.0
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.8
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	1.6
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.0
19294	Fruit butters, apple	17	1 tbsp	0.3
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	2.5
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	2.4
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.5
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	4.8
11215	Garlic, raw	3	1 clove	0.1
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
14277	Grape drink, canned	250	8 fl oz	0.0
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.3
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.3
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.6
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.3
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.2
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.2
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.8
09128	Grapefruit juice, white, raw	247	1 cup	0.2

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09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	2.0
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	1.3
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	1.0
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	1.4
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.5
06116	Gravy, beef, canned	58.25	1/4 cup	0.2
06119	Gravy, chicken, canned	59.5	1/4 cup	0.2
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.2
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.4
06125	Gravy, turkey, canned	59.6	1/4 cup	0.2
07027	Ham, chopped, not canned	21	2 slices	0.0
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.0
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.7
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	4.6
11961	Hearts of palm, canned	33	1 piece	0.8
19296	Honey	21	1 tbsp	0.0
02055	Horseradish, prepared	5	1 tsp	0.2
16158	Hummus, commercial	14	1 tbsp	0.8
19270	Ice creams, chocolate	66	1/2 cup	0.8
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.6
19095	Ice creams, vanilla	66	1/2 cup	0.5
19088	Ice creams, vanilla, light	66	1/2 cup	0.2
19089	Ice creams, vanilla, rich	74	1/2 cup	0.0
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.0
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.0
19297	Jams and preserves	20	1 tbsp	0.2
19300	Jellies	19	1 tbsp	0.2
11226	Jerusalem-artichokes, raw	150	1 cup	2.4
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	2.6
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	2.6
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.4
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	2.3
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	1.8
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.0
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0

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17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.0
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.0
04002	Lard	12.8	1 tbsp	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.1
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	1.5
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.8
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.4
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	1.0
09153	Lemon juice, canned or bottled	244	1 cup	1.0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.1
09152	Lemon juice, raw	47	juice of 1 lemon	0.2
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.2
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.0
09150	Lemons, raw, without peel	58	1 lemon	1.6
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	15.6
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.1
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1.8
11251	Lettuce, cos or romaine, raw	56	1 cup	1.2
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.2
11253	Lettuce, green leaf, raw	10	1 leaf	0.1
11253	Lettuce, green leaf, raw	56	1 cup	0.7
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.6
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	5.4
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.1
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	10.8
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	9.9
16073	Lima beans, large, mature seeds, canned	241	1 cup	11.6
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	13.2
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	1.0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.1
09160	Lime juice, raw	38	juice of 1 lime	0.2
22247	Macaroni and Cheese, canned entree	252	1 cup	3.0
20100	Macaroni, cooked, enriched	140	1 cup	1.8
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	1.0
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.1

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14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.1
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.0
09176	Mangos, raw	165	1 cup	3.0
09176	Mangos, raw	207	1 mango	3.7
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.0
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.0
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.0
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.0
09181	Melons, cantaloupe, raw	69	1/8 melon	0.6
09181	Melons, cantaloupe, raw	160	1 cup	1.4
09184	Melons, honeydew, raw	160	1/8 melon	1.3
09184	Melons, honeydew, raw	170	1 cup	1.4
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.9
01111	Milk shakes, thick vanilla	313	11 fl oz	0.0
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.0
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.0
01095	Milk, canned, condensed, sweetened	306	1 cup	0.0
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.0
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.0
01102	Milk, chocolate, fluid, commercial,	250	1 cup	2.0
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	1.3
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	1.3
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.0
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.0
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.0
16112	Miso	68.75	1 cup	3.7
19305	Molasses, blackstrap	20	1 tbsp	0.0
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.0
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.0
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.0
18274	Muffins, blueberry, commercially prepared	57	1 muffin	1.5
18279	Muffins, corn, commercially prepared	57	1 muffin	1.9
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.2
18283	Muffins, oat bran	57	1 muffin	2.6
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	2.8
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	1.0
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	1.9



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11264	Mushrooms, canned, drained solids	156	1 cup	3.7
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.4
11260	Mushrooms, raw	70	1 cup	0.8
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	3.0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.4
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	2.8
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.2
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.3
09191	Nectarines, raw	136	1 nectarine	2.3
20113	Noodles, chinese, chow mein	45	1 cup	1.8
20110	Noodles, egg, cooked, enriched	160	1 cup	1.8
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	3.7
12061	Nuts, almonds	28.35	1 oz (24 nuts)	3.3
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	2.1
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.9
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.9
12167	Nuts, chestnuts, european, roasted	143	1 cup	7.3
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	4.2
12104	Nuts, coconut meat, raw	45	1 piece	4.1
12120	Nuts, hazelnuts or filberts	28.35	1 oz	2.7
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	2.3
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	2.6
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.6
12142	Nuts, pecans	28.35	1 oz (20 halves)	2.7
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.3
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.0
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.9
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.9
20034	Oat bran, cooked	219	1 cup	5.7
20033	Oat bran, raw	94	1 cup	14.5
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.0
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.0
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	4.0
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	5.2
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.7
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.8

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11283	Onions, cooked, boiled, drained, without salt	94	1 medium	1.3
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	2.9
11284	Onions, dehydrated flakes	5	1 tbsp	0.5
11282	Onions, raw	14	1 slice	0.2
11282	Onions, raw	110	1 whole	1.5
11282	Onions, raw	160	1 cup	2.2
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	2.6
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.4
09207	Orange juice, canned, unsweetened	249	1 cup	0.5
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.5
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.5
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.7
09206	Orange juice, raw	86	juice from 1 orange	0.2
09206	Orange juice, raw	248	1 cup	0.5
09200	Oranges, raw, all commercial varieties	131	1 orange	3.1
09200	Oranges, raw, all commercial varieties	180	1 cup	4.3
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.6
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.5
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.7
09226	Papayas, raw	304	1 papaya	5.5
09226	Papayas, raw	140	1 cup	2.5
11297	Parsley, raw	10	10 sprigs	0.3
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	5.6
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	6.8
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	3.4
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	1.3
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	3.2
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.3
09246	Peaches, dried, sulfured, uncooked	39	3 halves	3.2
09250	Peaches, frozen, sliced, sweetened	250	1 cup	4.5
09236	Peaches, raw	98	1 peach	1.5
09236	Peaches, raw	170	1 cup	2.6
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.1
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.9
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.3
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2.3
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	2.7
09340	Pears, asian, raw	275	1 pear	9.9
09340	Pears, asian, raw	122	1 pear	4.4
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	1.2
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	4.3
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	4.0
09254	Pears, canned, juice pack, solids and liquids	76	1 half	1.2

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09252	Pears, raw	166	1 pear	5.1
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	4.5
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	5.0
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	7.0
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	8.8
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	16.3
11670	Peppers, hot chili, green, raw	45	1 pepper	0.7
11819	Peppers, hot chili, red, raw	45	1 pepper	0.7
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.7
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	1.6
11333	Peppers, sweet, green, raw	149	1 cup	2.5
11333	Peppers, sweet, green, raw	119	1 pepper	2.0
11333	Peppers, sweet, green, raw	10	1 ring	0.2
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	1.6
11821	Peppers, sweet, red, raw	119	1 pepper	2.4
11821	Peppers, sweet, red, raw	149	1 cup	3.0
11945	Pickle relish, sweet	15	1 tbsp	0.2
11937	Pickles, cucumber, dill	65	1 pickle	0.8
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	3.6
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	1.3
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	3.1
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.7
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.4
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.9
18305	Pie, blueberry, commercially prepared	117	1 piece	1.2
18308	Pie, cherry, commercially prepared	117	1 piece	0.9
18310	Pie, chocolate creme, commercially prepared	113	1 piece	2.3
18316	Pie, coconut custard, commercially prepared	104	1 piece	1.9
18444	Pie, fried pies, cherry	128	1 pie	3.3
18319	Pie, fried pies, fruit	128	1 pie	3.3
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.4
18324	Pie, pecan, commercially prepared	113	1 piece	4.0
18326	Pie, pumpkin, commercially prepared	109	1 piece	2.9
11943	Pimento, canned	12	1 tbsp	0.2
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.3
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.5
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	2.0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.4
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	2.0
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.4
09266	Pineapple, raw, all varieties	155	1 cup	2.2
09278	Plantains, cooked	154	1 cup	3.5

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09277	Plantains, raw	179	1 medium	4.1
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	2.3
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.4
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	2.3
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.4
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	7.7
09291	Plums, dried (prunes), uncooked	42	5 prunes	3.0
09279	Plums, raw	66	1 plum	0.9
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.0
07064	Pork sausage, fresh, cooked	26	2 links	0.0
07064	Pork sausage, fresh, cooked	27	1 patty	0.0
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.0
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.0
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.0
11672	Potato pancakes, home-prepared	76	1 pancake	1.5
11399	Potato puffs, frozen, prepared	79	10 puffs	2.5
11414	Potato salad, home-prepared	250	1 cup	3.3
11674	Potato, baked, flesh and skin, without salt	202	1 potato	4.4
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.2
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	4.4
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.3
11364	Potatoes, baked, skin, without salt	58	1 skin	4.6
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.4
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.8

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11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.4
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	1.6
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.6
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.0
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	1.7
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.2
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	3.2
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.7
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	4.7
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.0
09294	Prune juice, canned	256	1 cup	2.6
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.6
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.4
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.1
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.1
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.1
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.0
11424	Pumpkin, canned, without salt	245	1 cup	7.1
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.7
11429	Radishes, raw	4.5	1 radish	0.1
09298	Raisins, seedless	14	1 packet	0.5
09298	Raisins, seedless	145	1 cup	5.4
09306	Raspberries, frozen, red, sweetened	250	1 cup	11.0
09302	Raspberries, raw	123	1 cup	8.0
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	13.4
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	4.8
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.0
20037	Rice, brown, long-grain, cooked	195	1 cup	3.5
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.7
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	3.1
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	1.0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.6
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.4
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.8
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.9
18353	Rolls, hard (includes kaiser)	57	1 roll	1.3
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	3.1
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.0
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.0
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.2
04133	Salad dressing, french, home recipe	14	1 tbsp	0.0

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04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.0
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.0
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.0
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.0
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.2
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.1
07069	Salami, cooked, beef and pork	56.7	2 slices	0.0
07072	Salami, dry or hard, pork, beef	20	2 slices	0.0
02047	Salt, table	6	1 tsp	0.0
07073	Sandwich spread, pork, beef	15	1 tbsp	0.0
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.2
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.3
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.4
06166	Sauce, homemade, white, medium	250	1 cup	0.5
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.5
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	4.0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.0
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.3
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	5.9
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.0
11445	Seaweed, kelp, raw	10	2 tbsp	0.1
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.1
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	1.4
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	1.0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.9
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	2.6
14346	Shake, fast food, chocolate	333	16 fl oz	6.3
14347	Shake, fast food, vanilla	333	16 fl oz	0.3
19097	Sherbet, orange	74	1/2 cup	2.4
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.4
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	1.6
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.5
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.4
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.3
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.0
19014	Snacks, fruit leather, rolls	21	1 large	0.7

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19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.5
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.8
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.4
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	1.2
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.8
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.1
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	3.7
19034	Snacks, popcorn, air-popped	8	1 cup	1.2
19036	Snacks, popcorn, cakes	10	1 cake	0.3
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.6
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.8
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.1
19035	Snacks, popcorn, oil-popped	11	1 cup	1.1
19041	Snacks, pork skins, plain	28.35	1 oz	0.0
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.2
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	1.0
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.3
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.3
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.4
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.7
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.5
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.9
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.4
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	1.5
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	1.4
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.8
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	11.2
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	8.6
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.0
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.7
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	3.8
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.7
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.3
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.7
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.5
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.5
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.2

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06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.2
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.5
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.5
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	1.0
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	4.1
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	1.0
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	2.8
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	1.2
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.7
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	5.6
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	1.2
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	1.2
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.4
06174	Soup, stock, fish, home-prepared	233	1 cup	0.0
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.7
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.5
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.5
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.2
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.5
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.0
16120	Soy milk, fluid	245	1 cup	3.2
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.1
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	7.6
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	10.3
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	5.1
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	2.4
20125	Spaghetti, whole-wheat, cooked	140	1 cup	6.3
02007	Spices, celery seed	2	1 tsp	0.2
02009	Spices, chili powder	2.6	1 tsp	0.9
02010	Spices, cinnamon, ground	2.3	1 tsp	1.2
02015	Spices, curry powder	2	1 tsp	0.7
02020	Spices, garlic powder	2.8	1 tsp	0.3
02026	Spices, onion powder	2.1	1 tsp	0.1
02027	Spices, oregano, dried	1.5	1 tsp	0.6
02028	Spices, paprika	2.1	1 tsp	0.8
02029	Spices, parsley, dried	1.3	1 tbsp	0.4
02030	Spices, pepper, black	2.1	1 tsp	0.6
11461	Spinach, canned, drained solids	214	1 cup	5.1



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11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	4.3
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	7.0
11457	Spinach, raw	10	1 leaf	0.2
11457	Spinach, raw	30	1 cup	0.7
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	2.5
11641	Squash, summer, all varieties, raw	113	1 cup	1.2
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	5.7
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.8
09316	Strawberries, raw	12	1 strawberry	0.2
09316	Strawberries, raw	18	1 strawberry	0.4
09316	Strawberries, raw	166	1 cup	3.3
19334	Sugars, brown	3.2	1 tsp	0.0
19335	Sugars, granulated	4.2	1 tsp	0.0
19336	Sugars, powdered	8	1 tbsps	0.0
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.4
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	5.9
11512	Sweetpotato, canned, vacuum pack	255	1 cup	4.6
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	4.8
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	3.9
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	2.5
19348	Syrups, chocolate, fudge-type	19	1 tbsps	0.5
19350	Syrups, corn, light	20	1 tbsps	0.0
19353	Syrups, maple	20	1 tbsps	0.0
19129	Syrups, table blends, pancake	20	1 tbsps	0.1
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsps	0.0
18360	Taco shells, baked	13.3	1 medium	1.0
09223	Tangerine juice, canned, sweetened	249	1 cup	0.5
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.8
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	1.9
20068	Tapioca, pearl, dry	152	1 cup	1.4
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.5
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	1.1
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.6
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.3
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.2

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11954	Tomatillos, raw	34	1 medium	0.6
11540	Tomato juice, canned, with salt added	243	1 cup	1.0
11546	Tomato products, canned, paste, without salt added	262	1 cup	11.8
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.8
11549	Tomato products, canned, sauce	245	1 cup	3.7
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.6
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	2.2
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.2
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.2
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	1.5
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	2.2
11955	Tomatoes, sun-dried	2	1 piece	0.2
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.2
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1.4
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.1
05286	Turkey and gravy, frozen	142	5-oz package	0.0
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.3
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.0
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.0
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	5.0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	5.6
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	3.1
02050	Vanilla extract	4.2	1 tsp	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.0
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.0
11578	Vegetable juice cocktail, canned	242	1 cup	1.9
04582	Vegetable oil, canola	14	1 tbsp	0.0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	4.9
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	8.0
02048	Vinegar, cider	15	1 tbsp	0.0
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.8
14429	Water, municipal	237	8 fl oz	0.0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	3.5
09326	Watermelon, raw	152	1 cup	0.6
09326	Watermelon, raw	286	1 wedge	1.1
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	3.4
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	3.4
20083	Wheat flour, white, bread, enriched	137	1 cup	3.3
20084	Wheat flour, white, cake, enriched	137	1 cup	2.3

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20080	Wheat flour, whole-grain	120	1 cup	14.6
20089	Wild rice, cooked	164	1 cup	3.0
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	5.1
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	4.3
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.0