

USDA National Nutrient Database for Standard Reference, Release 16

Vitamin B-12 (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.035
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.071
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.010
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.000
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.000
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.000
09003	Apples, raw, with skin	138	1 apple	0.000
09004	Apples, raw, without skin	110	1 cup	0.000
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.000
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.000
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.000
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.000
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.000
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.000
09021	Apricots, raw	35	1 apricot	0.000
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.000
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.000
11015	Asparagus, canned, drained solids	72	4 spears	0.000
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.000
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.000
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.000
09038	Avocados, raw, California	28.35	1 oz	0.000
09039	Avocados, raw, Florida	28.35	1 oz	0.000
18005	Bagels, cinnamon-raisin	89	4" bagel	0.000
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.000
18003	Bagels, egg	71	3-1/2" bagel	0.114
18003	Bagels, egg	89	4" bagel	0.142
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.000
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.000
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.000
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.000
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.000
09040	Bananas, raw	150	1 cup	0.000

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09040	Bananas, raw	118	1 banana	0.000
20006	Barley, pearled, cooked	157	1 cup	0.000
20005	Barley, pearled, raw	200	1 cup	0.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.000
16008	Beans, baked, canned, with franks	259	1 cup	0.000
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.000
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.000
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.000
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.000
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.000
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.000
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.000
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.000
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.000
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.000
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.000
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.000
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.000
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.000
16051	Beans, white, mature seeds, canned	262	1 cup	0.000
22905	Beef stew, canned entree	232	1 cup	0.858
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	1.938
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.100
13348	Beef, cured, corned beef, canned	85.05	3 oz	1.378
13350	Beef, cured, dried	28.35	1 oz	0.669
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	2.389
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	2.321
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	2.244
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	2.159
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	2.474
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	1.998
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.100
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.785
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.845
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.287
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.423
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	70.661
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.000

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11084	Beets, canned, drained solids	24	1 beet	0.000
11084	Beets, canned, drained solids	170	1 cup	0.000
11081	Beets, cooked, boiled, drained	50	1 beet	0.000
11081	Beets, cooked, boiled, drained	170	1 cup	0.000
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.081
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.048
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.000
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.000
09042	Blackberries, raw	144	1 cup	0.000
09055	Blueberries, frozen, sweetened	230	1 cup	0.000
09050	Blueberries, raw	145	1 cup	0.000
07008	Bologna, beef and pork	56.7	2 slices	1.032
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	11.391
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.099
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.048
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.010
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.060
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.096
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.098
18025	Bread, cracked-wheat	25	1 slice	0.005
18027	Bread, egg	40	1/2" slice	0.040
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.000
18031	Bread, indian (navajo) fry	90	5" bread	0.000
18031	Bread, indian (navajo) fry	160	10-1/2" bread	0.000
18033	Bread, italian	20	1 slice	0.000
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.018
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.019
18039	Bread, oatmeal	27	1 slice	0.008
18040	Bread, oatmeal, toasted	25	1 slice	0.005
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.000
18041	Bread, pita, white, enriched	28	4" pita	0.000
18044	Bread, pumpernickel	32	1 slice	0.000
18045	Bread, pumpernickel, toasted	29	1 slice	0.000
18047	Bread, raisin, enriched	26	1 slice	0.000
18048	Bread, raisin, toasted, enriched	24	1 slice	0.000
18053	Bread, reduced-calorie, rye	23	1 slice	0.009
18055	Bread, reduced-calorie, wheat	23	1 slice	0.000
18057	Bread, reduced-calorie, white	23	1 slice	0.064
18060	Bread, rye	32	1 slice	0.000
18061	Bread, rye, toasted	24	1 slice	0.000
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.000
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.000
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.000

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.000
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.004
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.003
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.003
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	1.368
21023	Breakfast items, french toast with butter	135	2 slices	0.365
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.000
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.000
11740	Broccoli, flower clusters, raw	11	1 floweret	0.000
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.000
11090	Broccoli, raw	31	1 spear	0.000
11090	Broccoli, raw	88	1 cup	0.000
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.000
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.000
20011	Buckwheat flour, whole-groat	120	1 cup	0.000
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.000
20013	Bulgur, cooked	182	1 cup	0.000
20012	Bulgur, dry	140	1 cup	0.000
01001	Butter, salted	14.2	1 tbsp	0.024
01145	Butter, without salt	14.2	1 tbsp	0.024
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.000
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.000
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.000
11109	Cabbage, raw	70	1 cup	0.000
11112	Cabbage, red, raw	70	1 cup	0.000
11114	Cabbage, savoy, raw	70	1 cup	0.000
18086	Cake, angelfood, commercially prepared	28	1 piece	0.017
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.015
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.147
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.090
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.152
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.004
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.044
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.092
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.070
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.000
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.046
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.030
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.047
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.000
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.072
18134	Cake, sponge, prepared from recipe	63	1 piece	0.233
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.067

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.059
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.109
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.096
19074	Candies, caramels	10.1	1 piece	0.000
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.017
19071	Candies, carob	28.35	1 oz	0.284
19087	Candies, confectioner's coating, white	170	1 cup	1.071
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.015
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.013
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.011
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.013
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.088
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.024
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.032
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.058
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.195
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.188
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.273
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.176
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.018
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.135
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.162
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.001
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.252
19080	Candies, semisweet chocolate	168	1 cup	0.000
09060	Carambola, (starfruit), raw	91	1 fruit	0.000
09060	Carambola, (starfruit), raw	108	1 cup	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000

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14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.000
11655	Carrot juice, canned	236	1 cup	0.000
11960	Carrots, baby, raw	10	1 medium	0.000
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.000
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.000
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.000
11124	Carrots, raw	72	1 carrot	0.000
11124	Carrots, raw	110	1 cup	0.000
11935	Catsup	6	1 packet	0.000
11935	Catsup	15	1 tbsp	0.000
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.000
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.000
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.000
11135	Cauliflower, raw	100	1 cup	0.000
11135	Cauliflower, raw	13	1 floweret	0.000
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.000
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.000
11143	Celery, raw	120	1 cup	0.000
11143	Celery, raw	40	1 stalk	0.000
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.500
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1.155
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.500
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.500
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.500
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	1.500
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	1.500
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	3.000
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.500
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	1.500
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	1.500
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.485
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	1.500
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.500
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.485
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	1.500
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	1.550
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	6.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	5.995
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1.500

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08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.900
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	3.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	6.000
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	6.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	1.380
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	1.519
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	6.003
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	1.512
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	1.519
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	2.088
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	1.410
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1.550
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	1.617
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	6.000
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.549
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	1.485
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	1.500
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	1.512
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	6.045
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	1.499
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	0.000
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.000
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.005
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.000
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.000
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.050
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.000
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.000
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.000
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.000
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.000
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.000
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.000
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.000
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.000
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.000
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.000
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.000
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.000
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.000
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.000
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.357
01164	Cheese sauce, prepared from recipe	243	1 cup	0.851
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.113
01004	Cheese, blue	28.35	1 oz	0.346
01007	Cheese, camembert	38	1 wedge	0.494
01009	Cheese, cheddar	28.35	1 oz	0.235
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	1.302
01013	Cheese, cottage, creamed, with fruit	226	1 cup	1.198
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	1.424
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	1.605
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	1.204
01017	Cheese, cream	14.5	1 tbsp	0.061
01186	Cheese, cream, fat free	15.6	1 tbsp	0.086
01019	Cheese, feta	28.35	1 oz	0.479
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.139
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.655
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.646
01030	Cheese, muenster	28.35	1 oz	0.417
01031	Cheese, neufchatel	28.35	1 oz	0.074
01032	Cheese, parmesan, grated	5	1 tbsp	0.113
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.198
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.349
01035	Cheese, provolone	28.35	1 oz	0.414
01037	Cheese, ricotta, part skim milk	246	1 cup	0.713
01036	Cheese, ricotta, whole milk	246	1 cup	0.836
01040	Cheese, swiss	28.35	1 oz	0.947
18147	Cheesecake commercially prepared	80	1 piece	0.136
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.000
09070	Cherries, sweet, raw	68	10 cherries	0.000
22906	Chicken pot pie, frozen entree	217	1 small pie	0.152
07017	Chicken roll, light meat	56.7	2 slices	0.085
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.420
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.333

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.292
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.277
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.202
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.157
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.150
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	13.688
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.302
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.031
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.241
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.161
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.123
05277	Chicken, canned, meat only, with broth	142	5 oz	0.412
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	3.303
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.364
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.000
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.000
22904	Chili con carne with beans, canned entree	222	1 cup	0.577
11156	Chives, raw	3	1 tbsp	0.000
14181	Chocolate syrup	18.75	1 tbsp	0.000
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.000
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	1.064
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.243
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.374
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.371
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.250
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.000
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.113
11159	Coleslaw, home-prepared	120	1 cup	0.000
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.000
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.000
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.039
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.004
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.018
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.001
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.000
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.013
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.018

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.003
18170	Cookies, fig bars	16	1 cookie	0.014
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.000
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.000
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.000
18177	Cookies, molasses	15	1 cookie, medium	0.000
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.000
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.000
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.002
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.012
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.006
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.018
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.001
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.007
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.029
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.013
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.011
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.000
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.000
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.005
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.000
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.000
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.000
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.000
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.000
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.000
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.000
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.000
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.000
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.000
20028	Couscous, dry	173	1 cup	0.000
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.000
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.000
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.000
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.000
18214	Crackers, cheese, regular	10	10 crackers	0.046
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.020
18217	Crackers, matzo, plain	28.35	1 matzo	0.000
18220	Crackers, melba toast, plain	20	4 pieces	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18226	Crackers, rye, wafers, plain	11	1 wafer	0.000
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.000
18229	Crackers, standard snack-type, regular	12	4 crackers	0.000
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.007
18232	Crackers, wheat, regular	8	4 crackers	0.000
18235	Crackers, whole-wheat	16	4 crackers	0.000
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.050
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.027
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.033
01052	Cream, fluid, light whipping	15	1 tbsp	0.030
01056	Cream, sour, cultured	12	1 tbsp	0.036
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.045
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.009
18239	Croissants, butter	57	1 croissant	0.091
18243	Croutons, seasoned	40	1 cup	0.056
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	9.775
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	1.360
15141	Crustaceans, crab, blue, canned	135	1 cup	0.621
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	6.205
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	3.564
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	2.644
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.953
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.590
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.842
11206	Cucumber, peeled, raw	280	1 large	0.000
11206	Cucumber, peeled, raw	119	1 cup	0.000
11205	Cucumber, with peel, raw	104	1 cup	0.000
11205	Cucumber, with peel, raw	301	1 large	0.000
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.000
18245	Danish pastry, cheese	71	1 danish	0.121
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.064
09087	Dates, deglet noor	178	1 cup	0.000
09087	Dates, deglet noor	41.5	5 dates	0.000
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.010
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
02045	Dill weed, fresh	1	5 sprigs	0.000
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.038

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18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.127
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.054
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.012
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.884
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.340
01143	Egg substitute, liquid	62.75	1/4 cup	0.188
01124	Egg, white, raw, fresh	33.4	1 large	0.030
01128	Egg, whole, cooked, fried	46	1 large	0.639
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.555
01131	Egg, whole, cooked, poached	50	1 large	0.640
01132	Egg, whole, cooked, scrambled	61	1 large	0.470
01123	Egg, whole, raw, fresh	58	1 extra large	0.748
01123	Egg, whole, raw, fresh	44	1 medium	0.568
01123	Egg, whole, raw, fresh	50	1 large	0.645
01125	Egg, yolk, raw, fresh	16.6	1 large	0.324
01057	Eggnog	254	1 cup	1.143
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.000
11213	Endive, raw	50	1 cup	0.000
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.023
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.021
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	1.010
21049	Entrees, pizza with cheese	63	1 slice	0.334
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	0.363
21051	Entrees, pizza with pepperoni	71	1 slice	0.185
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.446
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.866
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	2.562
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	1.920
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	2.310
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	1.926
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	0.938
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.382
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.307
21042	Fast foods, chili con carne	253	1 cup	1.139
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	1.514
21043	Fast foods, clams, breaded and fried	115	3/4 cup	1.104
21127	Fast foods, coleslaw	99	3/4 cup	0.178
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.864
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.228
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.235
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.750
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.671

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21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	1.080
21024	Fast foods, french toast sticks	141	5 sticks	0.071
21077	Fast foods, frijoles with cheese	167	1 cup	0.685
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	4.068
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	3.333
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	1.092
21118	Fast foods, hotdog, plain	98	1 sandwich	0.510
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.296
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.438
21129	Fast foods, hush puppies	78	5 pieces	0.172
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.206
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.825
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.125
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.232
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.000
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.000
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.000
21139	Fast foods, potato, mashed	80	1/3 cup	0.040
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.014
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	1.223
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.304
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.196
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.148
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	1.094
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	1.814
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1.613
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.648
21082	Fast foods, taco	171	1 small	1.043
21082	Fast foods, taco	263	1 large	1.604
21083	Fast foods, taco salad	198	1-1/2 cups	0.634
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	1.125
09094	Figs, dried, uncooked	38	2 figs	0.000
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	1.615
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.893
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.884
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.504
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.026
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	2.134
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	3.188
15034	Fish, haddock, cooked, dry heat	150	1 fillet	2.085
15034	Fish, haddock, cooked, dry heat	85	3 oz	1.182
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	1.165

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15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	2.178
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	3.632
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.978
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.575
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	2.520
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	3.570
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	1.788
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	1.020
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	1.964
15077	Fish, salmon, chinook, smoked	85.05	3 oz	2.773
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	3.740
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	4.930
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	8.990
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	7.603
15111	Fish, swordfish, cooked, dry heat	106	1 piece	2.141
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.717
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	4.225
15128	Fish, tuna salad	205	1 cup	2.460
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	1.871
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	2.542
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.995
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.510
07022	Frankfurter, beef	45	1 frank	0.774
07023	Frankfurter, beef and pork	45	1 frank	0.585
07024	Frankfurter, chicken	45	1 frank	0.108
18268	French toast, frozen, ready-to-heat	59	1 slice	0.991
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.202
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.000
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.209
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.209
19294	Fruit butters, apple	17	1 tbsp	0.000
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.000
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.000
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.000
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.000
11215	Garlic, raw	3	1 clove	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.000
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.000
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.000
09404	Grapefruit juice, pink, raw	247	1 cup	0.000
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.000
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.000
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.000
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.000
09128	Grapefruit juice, white, raw	247	1 cup	0.000
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.000
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.000
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.000
06116	Gravy, beef, canned	58.25	1/4 cup	0.058
06119	Gravy, chicken, canned	59.5	1/4 cup	0.060
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.000
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.211
06125	Gravy, turkey, canned	59.6	1/4 cup	0.060
07027	Ham, chopped, not canned	21	2 slices	0.193
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.425
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.238
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	0.120
11961	Hearts of palm, canned	33	1 piece	0.000
19296	Honey	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.000
16158	Hummus, commercial	14	1 tbsp	0.000
19270	Ice creams, chocolate	66	1/2 cup	0.191
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.430
19095	Ice creams, vanilla	66	1/2 cup	0.257
19088	Ice creams, vanilla, light	66	1/2 cup	0.205
19089	Ice creams, vanilla, rich	74	1/2 cup	0.289
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.000
19300	Jellies	19	1 tbsp	0.000
11226	Jerusalem-artichokes, raw	150	1 cup	0.000
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.000
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.000
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.550

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.000
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.000
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2.202
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2.244
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	2.100
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	2.142
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.896
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.836
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	2.193
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	2.253
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.001
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.001
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.002
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.000
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.000
09153	Lemon juice, canned or bottled	244	1 cup	0.000
09152	Lemon juice, raw	47	juice of 1 lemon	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.000
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.000
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.000
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.000
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.000
11251	Lettuce, cos or romaine, raw	56	1 cup	0.000
11253	Lettuce, green leaf, raw	56	1 cup	0.000
11253	Lettuce, green leaf, raw	10	1 leaf	0.000
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.000
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.000
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.000
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.000
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.000
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.000
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.000
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.000
09160	Lime juice, raw	38	juice of 1 lime	0.000
20100	Macaroni, cooked, enriched	140	1 cup	0.000
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.078
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.140
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.004
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	1.060
09176	Mangos, raw	207	1 mango	0.000
09176	Mangos, raw	165	1 cup	0.000
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.011
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.014
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.010
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.003
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.003
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.009
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.003
09181	Melons, cantaloupe, raw	69	1/8 melon	0.000
09181	Melons, cantaloupe, raw	160	1 cup	0.000
09184	Melons, honeydew, raw	170	1 cup	0.000
09184	Melons, honeydew, raw	160	1/8 melon	0.000
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.960
01111	Milk shakes, thick vanilla	313	11 fl oz	1.628
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.248
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.539
01095	Milk, canned, condensed, sweetened	306	1 cup	1.346
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.614
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.403
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.825
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.850
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.850
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.918
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	1.074
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	1.299
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	1.122
01077	Milk, whole, 3.25% milkfat	244	1 cup	1.074
16112	Miso	68.75	1 cup	0.000
19305	Molasses, blackstrap	20	1 tbsp	0.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	84.057

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15157	Mollusks, clam, mixed species, raw	85	3 oz	42.024
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	13.286
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	16.346
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	1.228
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.331
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.080
18279	Muffins, corn, commercially prepared	57	1 muffin	0.051
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.080
18283	Muffins, oat bran	57	1 muffin	0.006
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.007
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.000
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.000
11264	Mushrooms, canned, drained solids	156	1 cup	0.000
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.000
11260	Mushrooms, raw	70	1 cup	0.028
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.000
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.000
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.000
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.000
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.011
09191	Nectarines, raw	136	1 nectarine	0.000
20113	Noodles, chinese, chow mein	45	1 cup	0.000
20110	Noodles, egg, cooked, enriched	160	1 cup	0.144
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.224
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.000
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.000
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.000
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.000
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.000
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.000
12104	Nuts, coconut meat, raw	45	1 piece	0.000
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.000
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.000
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.000
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.000
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.000
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	0.000
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.000
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.000
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.000
20034	Oat bran, cooked	219	1 cup	0.000
20033	Oat bran, raw	94	1 cup	0.000

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04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.000
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.000
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.000
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.000
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.000
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.000
11284	Onions, dehydrated flakes	5	1 tbsp	0.000
11282	Onions, raw	110	1 whole	0.000
11282	Onions, raw	14	1 slice	0.000
11282	Onions, raw	160	1 cup	0.000
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.000
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.000
09207	Orange juice, canned, unsweetened	249	1 cup	0.000
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.000
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.000
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.000
09206	Orange juice, raw	86	juice from 1 orange	0.000
09206	Orange juice, raw	248	1 cup	0.000
09200	Oranges, raw, all commercial varieties	131	1 orange	0.000
09200	Oranges, raw, all commercial varieties	180	1 cup	0.000
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.065
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.076
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.129
09226	Papayas, raw	304	1 papaya	0.000
09226	Papayas, raw	140	1 cup	0.000
11297	Parsley, raw	10	10 sprigs	0.000
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.000
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.580
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.000
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.000
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.000
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.000
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.000
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.000

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09236	Peaches, raw	98	1 peach	0.000
09236	Peaches, raw	170	1 cup	0.000
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.000
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.000
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.000
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.000
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.000
09340	Pears, asian, raw	275	1 pear	0.000
09340	Pears, asian, raw	122	1 pear	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.000
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.000
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.000
09252	Pears, raw	166	1 pear	0.000
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.000
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.000
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.000
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.000
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.000
11670	Peppers, hot chili, green, raw	45	1 pepper	0.000
11819	Peppers, hot chili, red, raw	45	1 pepper	0.000
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.000
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.000
11333	Peppers, sweet, green, raw	10	1 ring	0.000
11333	Peppers, sweet, green, raw	149	1 cup	0.000
11333	Peppers, sweet, green, raw	119	1 pepper	0.000
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.000
11821	Peppers, sweet, red, raw	149	1 cup	0.000
11821	Peppers, sweet, red, raw	119	1 pepper	0.000
11945	Pickle relish, sweet	15	1 tbsp	0.000
11937	Pickles, cucumber, dill	65	1 pickle	0.000
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.048
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.025
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.000
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.000
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.012
18302	Pie, apple, prepared from recipe	155	1 piece	0.000
18305	Pie, blueberry, commercially prepared	117	1 piece	0.012
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.000
18308	Pie, cherry, commercially prepared	117	1 piece	0.012
18309	Pie, cherry, prepared from recipe	180	1 piece	0.000
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.011

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18316	Pie, coconut custard, commercially prepared	104	1 piece	0.094
18444	Pie, fried pies, cherry	128	1 pie	0.102
18319	Pie, fried pies, fruit	128	1 pie	0.102
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.192
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.152
18324	Pie, pecan, commercially prepared	113	1 piece	0.113
18325	Pie, pecan, prepared from recipe	122	1 piece	0.207
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.283
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.140
11943	Pimento, canned	12	1 tbsp	0.000
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.000
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.000
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.000
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.000
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.000
09266	Pineapple, raw, all varieties	155	1 cup	0.000
09278	Plantains, cooked	154	1 cup	0.000
09277	Plantains, raw	179	1 medium	0.000
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.000
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.000
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.000
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.000
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.000
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.000
09279	Plums, raw	66	1 plum	0.000
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.112
07064	Pork sausage, fresh, cooked	26	2 links	0.307
07064	Pork sausage, fresh, cooked	27	1 patty	0.319
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.234
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.363
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.706
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.544
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.595
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.544
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.578
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.612
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.621
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.621
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.629

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.646
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.561
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.578
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.587
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.553
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.604
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.918
11672	Potato pancakes, home-prepared	76	1 pancake	0.144
11399	Potato puffs, frozen, prepared	79	10 puffs	0.000
11414	Potato salad, home-prepared	250	1 cup	0.000
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.000
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.000
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.000
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.000
11364	Potatoes, baked, skin, without salt	58	1 skin	0.000
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.000
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.000
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.000
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.000
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.000
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.231
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.147
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.147
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.000
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.000
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.271
09294	Prune juice, canned	256	1 cup	0.000
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.456
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.355
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.000
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.238
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.237
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.350
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.113
11424	Pumpkin, canned, without salt	245	1 cup	0.000
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.000
11429	Radishes, raw	4.5	1 radish	0.000
09298	Raisins, seedless	145	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09298	Raisins, seedless	14	1 packet	0.000
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.000
09302	Raspberries, raw	123	1 cup	0.000
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.000
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.000
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.000
20037	Rice, brown, long-grain, cooked	195	1 cup	0.000
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.000
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.000
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.000
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.000
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.017
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.086
18353	Rolls, hard (includes kaiser)	57	1 roll	0.000
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.000
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.041
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.022
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.000
04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.056
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.000
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.036
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.046
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.020
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.000
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.000
07069	Salami, cooked, beef and pork	56.7	2 slices	2.070
07072	Salami, dry or hard, pork, beef	20	2 slices	0.380
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.168
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	2.340
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	0.969
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	2.376
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.000
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.088
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.000
06166	Sauce, homemade, white, medium	250	1 cup	0.700
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.095
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.000
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.000
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.163
11445	Seaweed, kelp, raw	10	2 tbsp	0.000
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.000
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.000
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.000
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.000
14346	Shake, fast food, chocolate	333	16 fl oz	1.132
14347	Shake, fast food, vanilla	333	16 fl oz	1.199
11677	Shallots, raw	10	1 tbsp	0.000
19097	Sherbet, orange	74	1/2 cup	0.089
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.196
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	3.515
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.000
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.000
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.040
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.000
19014	Snacks, fruit leather, rolls	21	1 large	0.000
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.000
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.000
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.048
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.051
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.000
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.000
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.000
19034	Snacks, popcorn, air-popped	8	1 cup	0.000
19036	Snacks, popcorn, cakes	10	1 cake	0.000
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.000
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.004
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.058
19035	Snacks, popcorn, oil-popped	11	1 cup	0.000
19041	Snacks, pork skins, plain	28.35	1 oz	0.181
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.000
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.000
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.000
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.000

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19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.000
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.000
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.000
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.284
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.000
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.000
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.014
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.000
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.000
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	0.000
19061	Snacks, trail mix, tropical	140	1 cup	0.000
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.073
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.051
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.060
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.195
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.312
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.145
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.050
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	0.240
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.145
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	4.050
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	10.242
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.098
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.546
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.496
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.049
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.000
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.000
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.000
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.000
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.213
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.096
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.000
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	0.000

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06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	6.173
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.071
06174	Soup, stock, fish, home-prepared	233	1 cup	1.608
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	0.446
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.000
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.317
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0.000
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.000
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.040
16120	Soy milk, fluid	245	1 cup	0.000
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.000
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.000
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	0.170
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.000
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.000
02007	Spices, celery seed	2	1 tsp	0.000
02009	Spices, chili powder	2.6	1 tsp	0.000
02010	Spices, cinnamon, ground	2.3	1 tsp	0.000
02015	Spices, curry powder	2	1 tsp	0.000
02020	Spices, garlic powder	2.8	1 tsp	0.000
02026	Spices, onion powder	2.1	1 tsp	0.000
02027	Spices, oregano, dried	1.5	1 tsp	0.000
02028	Spices, paprika	2.1	1 tsp	0.000
02029	Spices, parsley, dried	1.3	1 tbsp	0.000
02030	Spices, pepper, black	2.1	1 tsp	0.000
11658	Spinach souffle, home-prepared	136	1 cup	1.360
11461	Spinach, canned, drained solids	214	1 cup	0.000
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.000
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.000
11457	Spinach, raw	10	1 leaf	0.000
11457	Spinach, raw	30	1 cup	0.000
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.000
11641	Squash, summer, all varieties, raw	113	1 cup	0.000
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.000
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.000
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.000
09316	Strawberries, raw	166	1 cup	0.000
09316	Strawberries, raw	18	1 strawberry	0.000
09316	Strawberries, raw	12	1 strawberry	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000

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19336	Sugars, powdered	8	1 tbsp	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.084
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.015
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.000
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.000
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.000
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.000
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.000
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.053
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	0.000
09223	Tangerine juice, canned, sweetened	249	1 cup	0.000
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.000
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.000
20068	Tapioca, pearl, dry	152	1 cup	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.110
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.005
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.000
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.000
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.000
11954	Tomatillos, raw	34	1 medium	0.000
11540	Tomato juice, canned, with salt added	243	1 cup	0.000
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.000
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.000
11549	Tomato products, canned, sauce	245	1 cup	0.000
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.000
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.000
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.000
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.000
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.000
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.000
11955	Tomatoes, sun-dried	2	1 piece	0.000

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11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.000
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.000
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.000
21088	Tostada with guacamole	130.5	1 tostada	0.496
05286	Turkey and gravy, frozen	142	5-oz package	0.341
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.141
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.293
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.311
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	48.213
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.311
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.518
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.350
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.000
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.000
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.000
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.995
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	1.241
11578	Vegetable juice cocktail, canned	242	1 cup	0.000
04582	Vegetable oil, canola	14	1 tbsps	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.000
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.000
02048	Vinegar, cider	15	1 tbsps	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.828
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.188
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.000
09326	Watermelon, raw	152	1 cup	0.000
09326	Watermelon, raw	286	1 wedge	0.000
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.000
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.000
20083	Wheat flour, white, bread, enriched	137	1 cup	0.000
20084	Wheat flour, white, cake, enriched	137	1 cup	0.000
20080	Wheat flour, whole-grain	120	1 cup	0.000
20089	Wild rice, cooked	164	1 cup	0.000
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	4.367
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.000
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.067
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	1.271
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	1.385
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.840