

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (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	14
14003	Alcoholic beverage, beer, regular	355	12 fl oz	21
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	17
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	2
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0
11001	Alfalfa seeds, sprouted, raw	33	1 cup	12
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0
09011	Apples, dried, sulfured, uncooked	32	5 rings	0
09003	Apples, raw, with skin	138	1 apple	4
09004	Apples, raw, without skin	110	1 cup	0
09020	Applesauce, canned, sweetened, without salt	255	1 cup	3
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	3
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	5
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	5
09032	Apricots, dried, sulfured, uncooked	35	10 halves	4
09021	Apricots, raw	35	1 apricot	3
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	61
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	86
11015	Asparagus, canned, drained solids	72	4 spears	69
11012	Asparagus, cooked, boiled, drained	60	4 spears	89
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	243
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	81
09038	Avocados, raw, California	28.35	1 oz	18
09039	Avocados, raw, Florida	28.35	1 oz	10
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	124
18005	Bagels, cinnamon-raisin	89	4" bagel	155
18003	Bagels, egg	71	3-1/2" bagel	95
18003	Bagels, egg	89	4" bagel	119
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	117
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	147
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	5
19078	Baking chocolate, unsweetened, squares	28.35	1 square	8
11028	Bamboo shoots, canned, drained solids	131	1 cup	4
09040	Bananas, raw	118	1 banana	24

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09040	Bananas, raw	150	1 cup	30
20006	Barley, pearled, cooked	157	1 cup	25
20005	Barley, pearled, raw	200	1 cup	46
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	61
16008	Beans, baked, canned, with franks	259	1 cup	78
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	94
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	58
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	256
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	181
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	131
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	230
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	255
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	294
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	43
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	41
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	31
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	43
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	41
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	31
16051	Beans, white, mature seeds, canned	262	1 cup	170
22905	Beef stew, canned entree	232	1 cup	26
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	5
13348	Beef, cured, corned beef, canned	85.05	3 oz	8
13350	Beef, cured, dried	28.35	1 oz	2
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	9
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	9
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	8
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	6
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	7
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	9
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	9
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	6
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	6
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	8
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	9
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	221
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	20

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11084	Beets, canned, drained solids	24	1 beet	7
11084	Beets, canned, drained solids	170	1 cup	51
11081	Beets, cooked, boiled, drained	50	1 beet	40
11081	Beets, cooked, boiled, drained	170	1 cup	136
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	96
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	57
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	37
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	29
09042	Blackberries, raw	144	1 cup	36
09055	Blueberries, frozen, sweetened	230	1 cup	16
09050	Blueberries, raw	145	1 cup	9
07008	Bologna, beef and pork	56.7	2 slices	3
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	25
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	46
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	205
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	53
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	29
18023	Bread, cornbread, dry mix, prepared	60	1 piece	52
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	77
18025	Bread, cracked-wheat	25	1 slice	19
18027	Bread, egg	40	1/2" slice	52
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	58
18031	Bread, indian (navajo) fry	90	5" bread	105
18031	Bread, indian (navajo) fry	160	10-1/2" bread	187
18033	Bread, italian	20	1 slice	61
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	43
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	42
18039	Bread, oatmeal	27	1 slice	23
18040	Bread, oatmeal, toasted	25	1 slice	19
18041	Bread, pita, white, enriched	60	6-1/2" pita	99
18041	Bread, pita, white, enriched	28	4" pita	46
18044	Bread, pumpernickel	32	1 slice	43
18045	Bread, pumpernickel, toasted	29	1 slice	37
18047	Bread, raisin, enriched	26	1 slice	41
18048	Bread, raisin, toasted, enriched	24	1 slice	36
18053	Bread, reduced-calorie, rye	23	1 slice	19
18055	Bread, reduced-calorie, wheat	23	1 slice	31
18057	Bread, reduced-calorie, white	23	1 slice	32
18060	Bread, rye	32	1 slice	48
18061	Bread, rye, toasted	24	1 slice	36
18064	Bread, wheat (includes wheat berry)	25	1 slice	32
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	27
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	77

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	43
18070	Bread, white, commercially prepared, toasted	22	1 slice	35
18075	Bread, whole-wheat, commercially prepared	28	1 slice	14
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	10
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	83
21023	Breakfast items, french toast with butter	135	2 slices	103
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	168
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	40
11740	Broccoli, flower clusters, raw	11	1 floweret	8
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	103
11090	Broccoli, raw	31	1 spear	20
11090	Broccoli, raw	88	1 cup	55
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	94
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	157
20011	Buckwheat flour, whole-groat	120	1 cup	65
20010	Buckwheat groats, roasted, cooked	168	1 cup	24
20013	Bulgur, cooked	182	1 cup	33
20012	Bulgur, dry	140	1 cup	38
01001	Butter, salted	14.2	1 tbsp	0
01145	Butter, without salt	14.2	1 tbsp	0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	70
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	63
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	30
11109	Cabbage, raw	70	1 cup	30
11112	Cabbage, red, raw	70	1 cup	13
11114	Cabbage, savoy, raw	70	1 cup	56
18086	Cake, angelfood, commercially prepared	28	1 piece	16
18088	Cake, angelfood, dry mix, prepared	50	1 piece	15
18090	Cake, boston cream pie, commercially prepared	92	1 piece	17
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	15
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	37
18110	Cake, fruitcake, commercially prepared	43	1 piece	14
18116	Cake, gingerbread, prepared from recipe	74	1 piece	38
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	45
18120	Cake, pound, commercially prepared, butter	28	1 piece	17
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	20
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	54
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	32
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	28
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	9
18133	Cake, sponge, commercially prepared	30	1 shortcake	21
18134	Cake, sponge, prepared from recipe	63	1 piece	33
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	57

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18139	Cake, white, prepared from recipe without frosting	74	1 piece	44
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	20
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	26
19074	Candies, caramels	10.1	1 piece	1
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0
19071	Candies, carob	28.35	1 oz	6
19087	Candies, confectioner's coating, white	170	1 cup	14
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	3
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	2
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19107	Candies, hard	3	1 small piece	0
19107	Candies, hard	6	1 piece	0
19108	Candies, jellybeans	28.35	10 large	0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	1
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	8
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	4
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	17
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0
19116	Candies, marshmallows	50	1 cup	1
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	5
19126	Candies, milk chocolate coated peanuts	40	10 pieces	3
19127	Candies, milk chocolate coated raisins	10	10 pieces	1
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	6
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	19
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	2
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	23
19080	Candies, semisweet chocolate	168	1 cup	5
09060	Carambola, (starfruit), raw	91	1 fruit	13
09060	Carambola, (starfruit), raw	108	1 cup	15
14121	Carbonated beverage, club soda	355	12 fl oz	0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0
14142	Carbonated beverage, grape soda	372	12 fl oz	0
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14150	Carbonated beverage, orange	372	12 fl oz	0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0
14157	Carbonated beverage, root beer	370	12 fl oz	0
16055	Carob flour	8	1 tbsp	2
11655	Carrot juice, canned	236	1 cup	9
11960	Carrots, baby, raw	10	1 medium	3
11128	Carrots, canned, regular pack, drained solids	146	1 cup	13
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	22
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	16
11124	Carrots, raw	72	1 carrot	14
11124	Carrots, raw	110	1 cup	21
11935	Catsup	15	1 tbsp	2
11935	Catsup	6	1 packet	1
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	24
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	55
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	74
11135	Cauliflower, raw	13	1 floweret	7
11135	Cauliflower, raw	100	1 cup	57
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	8
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	33
11143	Celery, raw	40	1 stalk	14
11143	Celery, raw	120	1 cup	43
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	336
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	127
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	166
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	336
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	166
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	166
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	336
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	676
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	166
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	336
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	166
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	163
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	336
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	336
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	163
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	166
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	351
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	676
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	673
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	166

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	404
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	336
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	676
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	659
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	154
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	173
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	682
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	170
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	169
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	472
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	156
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	168
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	176
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	676
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	168
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	176
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	346
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	168
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	676
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	163
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	711
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	684
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	711
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	735
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	12
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	19
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	703
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	703
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	3
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	25
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	4
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	136
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	136
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	165
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	177
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	45
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	5

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	124
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	9
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	78
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	138
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	140
08143	Cereals, WHEATENA, cooked with water	243	1 cup	17
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2
01164	Cheese sauce, prepared from recipe	243	1 cup	27
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2
01004	Cheese, blue	28.35	1 oz	10
01007	Cheese, camembert	38	1 wedge	24
01009	Cheese, cheddar	28.35	1 oz	5
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	25
01013	Cheese, cottage, creamed, with fruit	226	1 cup	25
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	27
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	29
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	22
01017	Cheese, cream	14.5	1 tbsp	2
01186	Cheese, cream, fat free	15.6	1 tbsp	6
01019	Cheese, feta	28.35	1 oz	9
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	3
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	3
01026	Cheese, mozzarella, whole milk	28.35	1 oz	2
01030	Cheese, muenster	28.35	1 oz	3
01031	Cheese, neufchatel	28.35	1 oz	3
01032	Cheese, parmesan, grated	5	1 tbsp	1
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	2
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	2
01035	Cheese, provolone	28.35	1 oz	3
01037	Cheese, ricotta, part skim milk	246	1 cup	32
01036	Cheese, ricotta, whole milk	246	1 cup	30
01040	Cheese, swiss	28.35	1 oz	2
18147	Cheesecake commercially prepared	80	1 piece	16
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	20
09070	Cherries, sweet, raw	68	10 cherries	3
22906	Chicken pot pie, frozen entree	217	1 small pie	59
07017	Chicken roll, light meat	56.7	2 slices	1
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	29
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	7
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	3

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	8
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	17
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	5
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	4
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	373
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	3
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	1
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	22
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	4
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	13
05277	Chicken, canned, meat only, with broth	142	5 oz	6
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	113
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	8
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	161
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	282
22904	Chili con carne with beans, canned entree	222	1 cup	58
11156	Chives, raw	3	1 tbsp	3
14181	Chocolate syrup	18.75	1 tbsp	0
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	2
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	13
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	2
14192	Cocoa mix, powder	28.35	3 heaping tsp	0
14194	Cocoa mix, powder, prepared with water	206	1 serving	0
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	2
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	2
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	4
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	1
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	51
11159	Coleslaw, home-prepared	120	1 cup	32
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	177
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	129
18151	Cookies, brownies, commercially prepared	56	1 brownie	40
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	16
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	9
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	8
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	18
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	8

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18170	Cookies, fig bars	16	1 cookie	8
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	55
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	9
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	47
18177	Cookies, molasses	15	1 cookie, medium	22
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	8
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	24
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	8
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	6
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	15
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	16
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	14
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	9
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	12
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	14
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	17
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	8
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	12
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	4
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	35
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	115
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	103
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	35
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	57
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	20
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	501
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	518
20020	Cornmeal, whole-grain, yellow	122	1 cup	31
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	24
20028	Couscous, dry	173	1 cup	35
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	210
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	240
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	122
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	358
18214	Crackers, cheese, regular	10	10 crackers	24
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	10
18217	Crackers, matzo, plain	28.35	1 matzo	5
18220	Crackers, melba toast, plain	20	4 pieces	39
18226	Crackers, rye, wafers, plain	11	1 wafer	5

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	23
18229	Crackers, standard snack-type, regular	12	4 crackers	17
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	11
18232	Crackers, wheat, regular	8	4 crackers	15
18235	Crackers, whole-wheat	16	4 crackers	4
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0
09081	Cranberry sauce, canned, sweetened	57	1 slice	1
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0
01069	Cream substitute, powdered	2	1 tsp	0
01049	Cream, fluid, half and half	15	1 tbsp	0
01053	Cream, fluid, heavy whipping	15	1 tbsp	1
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0
01052	Cream, fluid, light whipping	15	1 tbsp	1
01056	Cream, sour, cultured	12	1 tbsp	1
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	2
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0
18239	Croissants, butter	57	1 croissant	74
18243	Croutons, seasoned	40	1 cup	60
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	43
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	2
15141	Crustaceans, crab, blue, canned	135	1 cup	58
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	43
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	37
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	9
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	2
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	20
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	11
11206	Cucumber, peeled, raw	119	1 cup	17
11206	Cucumber, peeled, raw	280	1 large	39
11205	Cucumber, with peel, raw	104	1 cup	7
11205	Cucumber, with peel, raw	301	1 large	21
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	14
18245	Danish pastry, cheese	71	1 danish	60
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	49
09087	Dates, deglet noor	41.5	5 dates	8
09087	Dates, deglet noor	178	1 cup	34
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0
01072	Dessert topping, pressurized	4	1 tbsp	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
02045	Dill weed, fresh	1	5 sprigs	2
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	39
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	12

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	41
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	9
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	22
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	63
01143	Egg substitute, liquid	62.75	1/4 cup	9
01124	Egg, white, raw, fresh	33.4	1 large	1
01128	Egg, whole, cooked, fried	46	1 large	23
01129	Egg, whole, cooked, hard-boiled	50	1 large	22
01131	Egg, whole, cooked, poached	50	1 large	24
01132	Egg, whole, cooked, scrambled	61	1 large	18
01123	Egg, whole, raw, fresh	50	1 large	24
01123	Egg, whole, raw, fresh	44	1 medium	21
01123	Egg, whole, raw, fresh	58	1 extra large	27
01125	Egg, yolk, raw, fresh	16.6	1 large	24
01057	Eggnog	254	1 cup	3
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	14
11213	Endive, raw	50	1 cup	71
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	78
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	65
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	18
21049	Entrees, pizza with cheese	63	1 slice	43
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	36
21051	Entrees, pizza with pepperoni	71	1 slice	46
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	52
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	73
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	118
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	94
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	96
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	88
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	79
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	149
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	45
21042	Fast foods, chili con carne	253	1 cup	56
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	120
21043	Fast foods, clams, breaded and fried	115	3/4 cup	66
21127	Fast foods, coleslaw	99	3/4 cup	39
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	53
21015	Fast foods, danish pastry, cheese	91	1 pastry	83
21017	Fast foods, danish pastry, fruit	94	1 pastry	42
21074	Fast foods, enchilada, with cheese	163	1 enchilada	86
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	86
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	134

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21024	Fast foods, french toast sticks	141	5 sticks	295
21077	Fast foods, frijoles with cheese	167	1 cup	112
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	111
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	112
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	74
21118	Fast foods, hotdog, plain	98	1 sandwich	61
21119	Fast foods, hotdog, with chili	114	1 sandwich	89
21120	Fast foods, hotdog, with corn flour coating (corn dog)	175	1 corn dog	135
21129	Fast foods, hush puppies	78	5 pieces	83
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	18
21078	Fast foods, nachos, with cheese	113	6-8 nachos	10
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	85
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	63
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	6
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	12
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	9
21139	Fast foods, potato, mashed	80	1/3 cup	6
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	8
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	68
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	85
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	68
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	136
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	109
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	89
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	136
21033	Fast foods, sundae, hot fudge	158	1 sundae	9
21082	Fast foods, taco	263	1 large	153
21082	Fast foods, taco	171	1 small	99
21083	Fast foods, taco salad	198	1-1/2 cups	113
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	86
09094	Figs, dried, uncooked	38	2 figs	3
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	33
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	7
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	7
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	35
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	17
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	11
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	8
15034	Fish, haddock, cooked, dry heat	150	1 fillet	20
15034	Fish, haddock, cooked, dry heat	85	3 oz	11
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	12
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	22

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	2
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	9
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	5
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	3
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	2
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	9
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	15
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	7
15077	Fish, salmon, chinook, smoked	85.05	3 oz	2
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	13
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	8
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	4
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	10
15111	Fish, swordfish, cooked, dry heat	85	3 oz	2
15111	Fish, swordfish, cooked, dry heat	106	1 piece	2
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	20
15128	Fish, tuna salad	205	1 cup	16
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	4
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	3
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	2
07022	Frankfurter, beef	45	1 frank	2
07023	Frankfurter, beef and pork	45	1 frank	2
07024	Frankfurter, chicken	45	1 frank	2
18268	French toast, frozen, ready-to-heat	59	1 slice	42
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	37
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	3
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	5
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	8
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	4
19294	Fruit butters, apple	17	1 tbsp	0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	7
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	7
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	10
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	20
11215	Garlic, raw	3	1 clove	0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0
14277	Grape drink, canned	250	8 fl oz	0
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	8

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	3
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	9
09404	Grapefruit juice, pink, raw	247	1 cup	25
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	25
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	25
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	10
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	27
09128	Grapefruit juice, white, raw	247	1 cup	25
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	16
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	12
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	23
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	1
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	3
06116	Gravy, beef, canned	58.25	1/4 cup	1
06119	Gravy, chicken, canned	59.5	1/4 cup	1
06121	Gravy, mushroom, canned	59.6	1/4 cup	7
06125	Gravy, turkey, canned	59.6	1/4 cup	1
07027	Ham, chopped, not canned	21	2 slices	0
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	2
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	4
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	158
11961	Hearts of palm, canned	33	1 piece	13
19296	Honey	21	1 tbsp	0
02055	Horseradish, prepared	5	1 tsp	3
16158	Hummus, commercial	14	1 tbsp	12
19270	Ice creams, chocolate	66	1/2 cup	11
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	8
19095	Ice creams, vanilla	66	1/2 cup	3
19088	Ice creams, vanilla, light	66	1/2 cup	3
19089	Ice creams, vanilla, rich	74	1/2 cup	6
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	6
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0
19297	Jams and preserves	20	1 tbsp	2
19300	Jellies	19	1 tbsp	0
11226	Jerusalem-artichokes, raw	150	1 cup	20
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	17
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	18
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	19
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	20
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	17

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	20
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	15
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	20
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	13
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	19
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	15
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	19
04002	Lard	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	164
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	94
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	133
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	25
09153	Lemon juice, canned or bottled	244	1 cup	24
09153	Lemon juice, canned or bottled	15.2	1 tbsp	2
09152	Lemon juice, raw	47	juice of 1 lemon	6
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	2
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0
09150	Lemons, raw, without peel	58	1 lemon	6
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	358
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	119
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	5
11251	Lettuce, cos or romaine, raw	10	1 leaf	14
11251	Lettuce, cos or romaine, raw	56	1 cup	76
11253	Lettuce, green leaf, raw	10	1 leaf	4
11253	Lettuce, green leaf, raw	56	1 cup	21
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	31
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	4
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	302
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	29
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	36
16073	Lima beans, large, mature seeds, canned	241	1 cup	121
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	156

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	20
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1
09160	Lime juice, raw	38	juice of 1 lime	3
20100	Macaroni, cooked, enriched	140	1 cup	172
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	5
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	19
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	3
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	16
09176	Mangos, raw	165	1 cup	23
09176	Mangos, raw	207	1 mango	29
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0
09181	Melons, cantaloupe, raw	160	1 cup	34
09181	Melons, cantaloupe, raw	69	1/8 melon	14
09184	Melons, honeydew, raw	170	1 cup	32
09184	Melons, honeydew, raw	160	1/8 melon	30
01110	Milk shakes, thick chocolate	300	10.6 fl oz	15
01111	Milk shakes, thick vanilla	313	11 fl oz	22
01094	Milk, buttermilk, dried	6.5	1 tbsp	3
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	12
01095	Milk, canned, condensed, sweetened	306	1 cup	34
01097	Milk, canned, evaporated, nonfat	256	1 cup	23
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	20
01102	Milk, chocolate, fluid, commercial,	250	1 cup	13
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	13
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	13
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	12
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	12
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	12
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	12
01077	Milk, whole, 3.25% milkfat	244	1 cup	12
16112	Miso	68.75	1 cup	23
19305	Molasses, blackstrap	20	1 tbsp	0
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	25
15157	Mollusks, clam, mixed species, raw	85	3 oz	14
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	37
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	8

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	47
18274	Muffins, blueberry, commercially prepared	57	1 muffin	66
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	42
18279	Muffins, corn, commercially prepared	57	1 muffin	64
18280	Muffins, corn, dry mix, prepared	50	1 muffin	45
18283	Muffins, oat bran	57	1 muffin	79
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	16
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	36
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	63
11264	Mushrooms, canned, drained solids	156	1 cup	19
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	28
11260	Mushrooms, raw	70	1 cup	11
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	30
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	6
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	102
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0
09191	Nectarines, raw	136	1 nectarine	7
20113	Noodles, chinese, chow mein	45	1 cup	62
20110	Noodles, egg, cooked, enriched	160	1 cup	166
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	150
12061	Nuts, almonds	28.35	1 oz (24 nuts)	8
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	6
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	20
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	7
12167	Nuts, chestnuts, european, roasted	143	1 cup	100
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	7
12104	Nuts, coconut meat, raw	45	1 piece	12
12120	Nuts, hazelnuts or filberts	28.35	1 oz	32
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	14
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	24
12142	Nuts, pecans	28.35	1 oz (20 halves)	6
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	6
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	19
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	14
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	28
20034	Oat bran, cooked	219	1 cup	13
20033	Oat bran, raw	94	1 cup	49
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	74
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	269
09193	Olives, ripe, canned (small-extra large)	22	5 large	0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	62
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	32
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	14
11284	Onions, dehydrated flakes	5	1 tbsp	8
11282	Onions, raw	160	1 cup	30
11282	Onions, raw	14	1 slice	3
11282	Onions, raw	110	1 whole	21
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	10
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	64
09207	Orange juice, canned, unsweetened	249	1 cup	45
09209	Orange juice, chilled, includes from concentrate	249	1 cup	45
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	110
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	330
09206	Orange juice, raw	248	1 cup	74
09206	Orange juice, raw	86	juice from 1 orange	26
09200	Oranges, raw, all commercial varieties	131	1 orange	39
09200	Oranges, raw, all commercial varieties	180	1 cup	54
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	24
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	22
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	21
09226	Papayas, raw	140	1 cup	53
09226	Papayas, raw	304	1 papaya	116
11297	Parsley, raw	10	10 sprigs	15
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	90
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	93
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	3
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	8
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	3
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	7
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0
09250	Peaches, frozen, sliced, sweetened	250	1 cup	8
09236	Peaches, raw	98	1 peach	4
09236	Peaches, raw	170	1 cup	7
16097	Peanut butter, chunk style, with salt	16	1 tbsp	15
16098	Peanut butter, smooth style, with salt	16	1 tbsp	12
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	41

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	41
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	34
09340	Pears, asian, raw	275	1 pear	22
09340	Pears, asian, raw	122	1 pear	10
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	1
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	3
09254	Pears, canned, juice pack, solids and liquids	76	1 half	1
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	2
09252	Pears, raw	166	1 pear	12
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	46
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	56
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	75
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	94
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	127
11670	Peppers, hot chili, green, raw	45	1 pepper	10
11819	Peppers, hot chili, red, raw	45	1 pepper	10
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	4
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	22
11333	Peppers, sweet, green, raw	119	1 pepper	13
11333	Peppers, sweet, green, raw	10	1 ring	1
11333	Peppers, sweet, green, raw	149	1 cup	16
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	22
11821	Peppers, sweet, red, raw	149	1 cup	27
11821	Peppers, sweet, red, raw	119	1 pepper	21
11945	Pickle relish, sweet	15	1 tbsp	0
11937	Pickles, cucumber, dill	65	1 pickle	1
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	86
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	111
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	191
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	3
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	50
18302	Pie, apple, prepared from recipe	155	1 piece	59
18305	Pie, blueberry, commercially prepared	117	1 piece	50
18306	Pie, blueberry, prepared from recipe	147	1 piece	53
18308	Pie, cherry, commercially prepared	117	1 piece	47
18309	Pie, cherry, prepared from recipe	180	1 piece	74
18310	Pie, chocolate creme, commercially prepared	113	1 piece	19
18316	Pie, coconut custard, commercially prepared	104	1 piece	20
18444	Pie, fried pies, cherry	128	1 pie	37
18319	Pie, fried pies, fruit	128	1 pie	37
18320	Pie, lemon meringue, commercially prepared	113	1 piece	40
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	46

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18324	Pie, pecan, commercially prepared	113	1 piece	61
18325	Pie, pecan, prepared from recipe	122	1 piece	41
18326	Pie, pumpkin, commercially prepared	109	1 piece	35
18327	Pie, pumpkin, prepared from recipe	155	1 piece	43
11943	Pimento, canned	12	1 tbsp	1
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	23
14341	Pineapple and orange juice drink, canned	250	8 fl oz	23
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	58
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	2
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	13
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	2
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	12
09266	Pineapple, raw, all varieties	155	1 cup	23
09278	Plantains, cooked	154	1 cup	40
09277	Plantains, raw	179	1 medium	39
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	1
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	8
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	1
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	8
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0
09291	Plums, dried (prunes), uncooked	42	5 prunes	2
09279	Plums, raw	66	1 plum	3
07065	Pork and beef sausage, fresh, cooked	26	2 links	1
07064	Pork sausage, fresh, cooked	26	2 links	1
07064	Pork sausage, fresh, cooked	27	1 patty	1
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	2
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	4
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	3
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	3
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	3
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	9
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	10
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	5
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	5
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	5
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	5
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	3
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	3
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	3

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	3
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	3
11672	Potato pancakes, home-prepared	76	1 pancake	17
11399	Potato puffs, frozen, prepared	79	10 puffs	13
11414	Potato salad, home-prepared	250	1 cup	18
11674	Potato, baked, flesh and skin, without salt	202	1 potato	57
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	17
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	32
11363	Potatoes, baked, flesh, without salt	156	1 potato	14
11364	Potatoes, baked, skin, without salt	58	1 skin	13
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	14
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	12
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	14
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	6
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	2
11370	Potatoes, hashed brown, home-prepared	156	1 cup	25
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	13
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	17
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	19
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	25
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	32
05306	Poultry food products, ground turkey, cooked	82	1 patty	6
09294	Prune juice, canned	256	1 cup	0
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	7
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	6
19183	Puddings, chocolate, ready-to-eat	113	4 oz	3
19193	Puddings, rice, ready-to-eat	113.4	4 oz	3
19218	Puddings, tapioca, ready-to-eat	113	4 oz	3
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	6
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0
11424	Pumpkin, canned, without salt	245	1 cup	29
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	22
11429	Radishes, raw	4.5	1 radish	1
09298	Raisins, seedless	145	1 cup	7
09298	Raisins, seedless	14	1 packet	1
09306	Raspberries, frozen, red, sweetened	250	1 cup	65
09302	Raspberries, raw	123	1 cup	26
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	28
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	12
14342	Rice beverage, RICE DREAM, canned	245	1 cup	91

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20037	Rice, brown, long-grain, cooked	195	1 cup	8
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	222
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	797
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	195
20045	Rice, white, long-grain, regular, cooked	158	1 cup	153
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	716
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	41
18350	Rolls, hamburger or hotdog, plain	43	1 roll	73
18353	Rolls, hard (includes kaiser)	57	1 roll	86
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	26
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0
04133	Salad dressing, french, home recipe	14	1 tbsp	0
04134	Salad dressing, home recipe, cooked	16	1 tbsp	4
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	1
04015	Salad dressing, russian dressing	15.3	1 tbsp	2
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0
07069	Salami, cooked, beef and pork	56.7	2 slices	1
07072	Salami, dry or hard, pork, beef	20	2 slices	0
02047	Salt, table	6	1 tsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	0
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	123
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	73
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	116
06150	Sauce, barbecue sauce	15.75	1 tbsp	1
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	3
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	4
06166	Sauce, homemade, white, medium	250	1 cup	25
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	28
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	3
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	4
11439	Sauerkraut, canned, solids and liquids	236	1 cup	57
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	1
11445	Seaweed, kelp, raw	10	2 tbsp	18
11667	Seaweed, spirulina, dried	0.93	1 tbsp	1

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	16
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	15
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	8
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	67
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	76
14346	Shake, fast food, chocolate	333	16 fl oz	17
14347	Shake, fast food, vanilla	333	16 fl oz	17
11677	Shallots, raw	10	1 tbsp	3
19097	Sherbet, orange	74	1/2 cup	5
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	27
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	24
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	11
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	6
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	51
19013	Snacks, fruit leather, pieces	28.35	1 oz	1
19014	Snacks, fruit leather, rolls	21	1 large	1
19015	Snacks, granola bars, hard, plain	28.35	1 bar	7
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	7
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	6
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	6
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	40
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	38
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	11
19034	Snacks, popcorn, air-popped	8	1 cup	2
19036	Snacks, popcorn, cakes	10	1 cake	2
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	7
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	2
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1
19035	Snacks, popcorn, oil-popped	11	1 cup	2
19041	Snacks, pork skins, plain	28.35	1 oz	0
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	24
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	8
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	7
19411	Snacks, potato chips, plain, salted	28.35	1 oz	13
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	13
19422	Snacks, potato chips, reduced fat	28.35	1 oz	8
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	18
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	140
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	2
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	4

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	7
19056	Snacks, tortilla chips, plain	28.35	1 oz	3
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	95
19061	Snacks, trail mix, tropical	140	1 cup	59
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	29
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	33
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	2
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	2
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	29
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	62
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	36
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	28
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	12
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	10
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	10
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	2
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	7
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	10
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	5
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	51
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	6
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	2
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	3
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	52
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	45
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	102
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	63
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	29
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	29
06174	Soup, stock, fish, home-prepared	233	1 cup	5
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	17
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	15
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	10
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	17

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	10
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1
16120	Soy milk, fluid	245	1 cup	5
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	3
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	200
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	93
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	204
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	172
20125	Spaghetti, whole-wheat, cooked	140	1 cup	7
02007	Spices, celery seed	2	1 tsp	0
02009	Spices, chili powder	2.6	1 tsp	3
02010	Spices, cinnamon, ground	2.3	1 tsp	1
02015	Spices, curry powder	2	1 tsp	3
02020	Spices, garlic powder	2.8	1 tsp	0
02026	Spices, onion powder	2.1	1 tsp	3
02027	Spices, oregano, dried	1.5	1 tsp	4
02028	Spices, paprika	2.1	1 tsp	2
02029	Spices, parsley, dried	1.3	1 tbsp	2
02030	Spices, pepper, black	2.1	1 tsp	0
11658	Spinach souffle, home-prepared	136	1 cup	92
11461	Spinach, canned, drained solids	214	1 cup	210
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	263
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	230
11457	Spinach, raw	10	1 leaf	19
11457	Spinach, raw	30	1 cup	58
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	36
11641	Squash, summer, all varieties, raw	113	1 cup	33
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	41
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	38
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	38
09316	Strawberries, raw	18	1 strawberry	4
09316	Strawberries, raw	12	1 strawberry	3
09316	Strawberries, raw	166	1 cup	40
19334	Sugars, brown	3.2	1 tsp	0
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	64
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	27
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	16
11512	Sweetpotato, canned, vacuum pack	255	1 cup	43
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	9
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	9
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	12

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19348	Syrups, chocolate, fudge-type	19	1 tbsp	1
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	0
19129	Syrups, table blends, pancake	20	1 tbsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	29
09223	Tangerine juice, canned, sweetened	249	1 cup	12
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	13
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	17
20068	Tapioca, pearl, dry	152	1 cup	6
14355	Tea, brewed, prepared with tap water	178	6 fl oz	9
14545	Tea, herb, chamomile, brewed	178	6 fl oz	2
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	2
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	21
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	64
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	27
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	53
11954	Tomatillos, raw	34	1 medium	2
11540	Tomato juice, canned, with salt added	243	1 cup	49
11546	Tomato products, canned, paste, without salt added	262	1 cup	31
11547	Tomato products, canned, puree, without salt added	250	1 cup	28
11549	Tomato products, canned, sauce	245	1 cup	22
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	13
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	19
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	3
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	3
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	27
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	18
11955	Tomatoes, sun-dried	2	1 piece	1
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	1
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	42
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	54
21088	Tostada with guacamole	130.5	1 tostada	59
05286	Turkey and gravy, frozen	142	5-oz package	6
05292	Turkey patties, breaded, battered, fried	64	1 patty	27
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	4
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	8
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	486

USDA National Nutrient Database for Standard Reference, Release 16

Folate, DFE (mcg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	5
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	10
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	12
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	170
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	64
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	14
02050	Vanilla extract	4.2	1 tsp	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	15
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	11
11578	Vegetable juice cocktail, canned	242	1 cup	51
04582	Vegetable oil, canola	14	1 tbsp	0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	39
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	35
02048	Vinegar, cider	15	1 tbsp	0
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	22
18367	Waffles, plain, prepared from recipe	75	1 waffle	51
14429	Water, municipal	237	8 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	8
09326	Watermelon, raw	152	1 cup	5
09326	Watermelon, raw	286	1 wedge	9
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	364
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	384
20083	Wheat flour, white, bread, enriched	137	1 cup	395
20084	Wheat flour, white, cake, enriched	137	1 cup	386
20080	Wheat flour, whole-grain	120	1 cup	53
20089	Wild rice, cooked	164	1 cup	43
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	246
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	20
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	25
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	27
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	16