4406Alcoholic heverage, her, regular35412 fl or1400Alcoholic heverage, disrifted, all (gin, rum, volka, whiskey) 50 proof421.5 fl oz1403Alcoholic heverage, disrifted, all (gin, rum, volka, whiskey) 50 proof421.5 fl oz1453Alcoholic heverage, disrifted, all (gin, rum, volka, whiskey) 50 proof421.5 fl oz1454Alcoholic heverage, disrifted, all (gin, rum, volka, whiskey) 50 proof421.5 fl oz1451Alcoholic heverage, vinc, edites, 51 proof521.5 fl oz1407Alcoholic heverage, vinc, desert, dry1033.5 fl oz1407Alcoholic heverage, vinc, desert, dry1033.5 fl oz1408Alcoholic heverage, vinc, desert, dry1033.5 fl oz1409Alcoholic heverage, vinc, table, red1033.5 fl oz1400Altifit seeds, sprouter, graw331 cap1406Alcoholic heverage, vinc, table, name1381 apple05016Apples, dired, sulfured, unecoked325 rings05011Apples, func, with skin1001 cap05012Apples, runc, with skin1001 cap05014Apples, runc, with skin, solida and liquida2441 cap05014Apples, runc, with added ascorbic acid2441 cap05025Apricer, canned, newsvettmat, without table alcoholid, whithout stalt1001 parlot05026Applestance, canned, swatchned, without stalt2551 cap05027Apricer, stalt1 cap1 cap <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14010Alcoholic beverage, diquin, prepared-from-sceipe602 ft or14037Alcoholic beverage, distilled, all (gin, run, vodka, whiskey) 80 proof421.5 ft oz14550Alcoholic beverage, distilled, all (gin, run, vodka, whiskey) 80 proof421.5 ft oz14514Alcoholic beverage, bine, colfec, 53 proof521.5 ft oz14414Alcoholic beverage, bine, dessert, sveet1033.5 ft oz14077Alcoholic beverage, wine, dessert, sveet1033.5 ft oz14086Alcoholic beverage, wine, dessert, sveet1033.5 ft oz14086Alcoholic beverage, wine, dessert, sveet1033.5 ft oz14086Alcoholic beverage, wine, duster, div1331 cup09016Alpele juicz, ananed or bortifed, unsweetened, without added accorbic2481 cup09011Alpeles, raw, witha skin1381 apple09012Apples, raw, witha skin1381 apple09013Apples, raw, witha skin2551 cup09014Apples, raw, witha skin2511 cup09015Apples, raw, witha skin, solids and liquids2541 cup09016Apples, raw, witha skin, solids and liquids2541 cup09017Apricots, canned, unsweetened, without added accorbic ard1 cup09018Apricots, canned, with added accorbic ard2441 cup09019Apples, and, unsweetened, without astal1681 cup11019Aparagas, forzen, coked, bolied, drained, without salt1681 cup <td>14006</td> <td>Alcoholic beverage, beer, light</td> <td>354</td> <td>12 fl oz</td> <td>0</td>	14006	Alcoholic beverage, beer, light	354	12 fl oz	0
14037Alceholic beverage, distilled, all (gin, run, vodka, whiskey) 80 proof421.5 fl oz14550Alceholic beverage, distilled, all (gin, run, vodka, whiskey) 80 proof421.5 fl oz1451Alceholic beverage, inter, ledge, Toporof521.5 fl oz14017Alceholic beverage, pina colada, prepared-from-recipe1414.5 fl oz14017Alceholic beverage, wine, dessert, day1033.5 fl oz14057Alceholic beverage, wine, dessert, day1033.5 fl oz14066Alceholic beverage, wine, table; red1033.5 fl oz14106Alceholic beverage, wine, table; red1033.5 fl oz11010Alfafa secks, sprouted, raw331 cup102016Apple, inici, canned or borthod, ursweetaned, without added ascorbic2481 cup102016Apples, raw, without skin1101 cup102017Apples, raw, without skin1101 cup102018Apples, raw, without skin2551 cup102020Apricots, canned, without salt2541 cup10302Apricots, canned, without skin, solids and liquids2441 cup10403Apricots, canned, without skin, solids and liquids2541 cup10502Apricots, canned, haired space, canned, uncokeed2511 cup10503Applex. raw351 cup10504Applexance, canned, uncokeed2511 cup10505Canned, haired space, canned, uncokeed1681 cup10504Apricots, canned,	14003	Alcoholic beverage, beer, regular	355	12 fl oz	0
14550Alcoholic beverage, distilled, all (gin, rum, volka, whiskey) 96 proof421.5 fl oz14551Alcoholic beverage, distilled, all (gin, rum, volka, whiskey) 90 proof421.5 fl oz14414Alcoholic beverage, liquert, coffee, 53 proof521.5 fl oz14536Alcoholic beverage, vine, dessert, 401033.5 fl oz14536Alcoholic beverage, vine, dessert, sweet1033.5 fl oz14097Alcoholic beverage, vine, dassert, sweet1033.5 fl oz14096Alcoholic beverage, vine, dassert, sweet1033.5 fl oz11001Alfalfa seeds, sproued, raw331 cup10014Algole pirce, canned or bottled, unsweetened, without added acorbic add2481 cup100016Apples, rum, without skin1381 spple100010Apples, rum, without skin2551 cup100010Apples, rum, without skin2551 cup100010Apples, rum, without skin, solids and liquids2581 cup100101Apples, rum, without skin, solids and liquids2541 cup10022Apricos, canned, unsweetened, without added ascorbic acid2441 cup100101Applesauce, anned, sweetened, without added ascorbic acid2441 cup100101Applesauce, anned, sweetened, without added ascorbic acid2441 cup100210Apricos, canned, divine divine added ascorbic acid2441 cup100221Apricos, canned, unsweetened, without added ascorbic acid2441 cup100222	14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0
14511Alcoholic beverage, distilled, all (gin, run, volka, whisley) 90 proof421.5 fl oz14414Alcoholic beverage, distilled, all (gin, run, volka, whisley) 90 proof521.5 fl oz14017Alcoholic beverage, wine, dasser, dry1033.5 fl oz14057Alcoholic beverage, wine, dasser, dry1033.5 fl oz14066Alcoholic beverage, wine, dasser, dry1033.5 fl oz14066Alcoholic beverage, wine, dasser, sweet1033.5 fl oz14066Alcoholic beverage, wine, dasser, sweet1033.5 fl oz14066Alcoholic beverage, wine, table, red1033.5 fl oz14066Alcoholic beverage, wine, table, red331 cup10016Alfila seeds, sprunedic, aw331 cup10017Apples, dried, sulfured, uncooked2481 cup10010Apples, dried, sulfured, uncooked2551 cup100100Apples, aw, without skin1102551 cup100200Applesance, canned, without salt2511 cup100301Apricots, canned, unsweetened, without salt2441 cup100302Apricots, canned, ing seak, with skin, solids and liquids2581 opic100304Apricots, canned, ing seak, with skin, solids and liquids2511 cup100302Apricots, canned, ing seak, with skin, solids and liquids2541 cup100303Apricots, canned, ing seak, with skin, solids and liquids2541 cup100304Apricots, canned, ing seak, with skin, solid	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14414Alcoholic beverage, liqueur, coffee, 53 proof521.5 fl oz14017Alcoholic beverage, pina colada, prepared-from-recipe1414.5 fl oz14356Alcoholic beverage, wine, dessert, ave1033.5 fl oz14066Alcoholic beverage, wine, table, white1033.5 fl oz14106Alcoholic beverage, wine, table, white1033.5 fl oz14106Alcoholic beverage, wine, table, white1033.5 fl oz11011Alfalfa seeds, sprouted, raw331 cup10031Apples, dried, suffracd, uncooked2485 rings100403Apples, raw, with shin1101 cup100504Apples, raw, with shin1381 apple100505Apples, raw, with shin2551 cup100504Apples, raw, with shin2511 cup100505Apples, raw, with shin, solids and liquids2581 cup100504Apricots, canned, with out added ascorbic acid2441 cup100505Apricots, canned, with skin, solids and liquids2581 apricot100506Apricots, canned, nureowed holid, drained, without salt1681 cup100507Apricots, canned, inice pack, with skin, solids and liquids1641 cup100508Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11051Asparagus, cooked, boiled, drained, without salt1801 cup11052Asparagus, cooked, boiled, drained, without salt1801 cup11053A	14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
1411Alcoholic beverage, vine, dessert, dry1414.5 fl oz14536Alcoholic beverage, wine, dessert, dry1033.5 fl oz14057Alcoholic beverage, wine, dessert, sevet1033.5 fl oz14068Alcoholic beverage, wine, dubt, end1033.5 fl oz14106Alcoholic beverage, wine, table, end1033.5 fl oz14101Alfaffa seeds, sproated, raw331 cup10011Alfaffa seeds, sproated, raw331 cup10011Apple, juic, canned or bottled, unsweetened, without added ascorbic2481 cup10011Apples, and, suffured, uncooked325 rings10012Apples, and, without sint101 cup10013Apples, and, without sint2551 cup10014Apples, and, without sint2441 cup10015Applesauce, canned, with added ascorbic acid2441 cup10014Apricots, canned, havestened, without added ascorbic acid2441 cup10105Apricots, canned, neuve, symp pack, with skin, solids and liquids2441 cup10104Apricots, canned, interg, suph acid, without salt1201 angricot10104Apricots, canned, havestened, without salt1201 augricot10105Apricots, canned, neuve, symp pack, with skin, solids and liquids1241 cup10105Apricots, canned, havestened, without salt1201 augricot10106Apricots, canned, havestened, without salt1201 augricot11017<	14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
1436 Alcoholic beverage, wine, dessert, styden 103 3.5 fl oz. 14067 Alcoholic beverage, wine, dessert, styden 103 3.5 fl oz. 14066 Alcoholic beverage, wine, table, red 103 3.5 fl oz. 14106 Alcoholic beverage, wine, table, whie 103 3.5 fl oz. 10101 Alfaffa seeds, sprouedt, nu 33 1 cup 109016 Apple, dried, sulfured, uncooked 32 5 rings 109017 Apples, dried, sulfured, uncooked 32 5 rings 109018 Apples, arw, with skin 138 1 apple 1090104 Applesauce, anned, without added ascorbic acid 244 1 cup 1090105 Applesauce, anned, without added ascorbic acid 251 1 cup 109021 Apricots, canned, insweretened, without added ascorbic acid 258 1 cup 109022 Apricots, anned, inservetened, biolid, drained, without salt 168 1 cup 109024 Apricots, anned, ince pack, with skin, solids and liquids 254 4 spears 109025 Apricots, anned, ince pack, with skin, solids and liquids	14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
14057Alcoholic beverage, wine, dasker, swort1033.5 fl oz14096Alcoholic beverage, wine, table, red1033.5 fl oz14106Alcoholic beverage, wine, table, white1033.5 fl oz11001Alfalfa seeds, sprouted, raw331 cup109016Apple, iure, canned or bottled, unsweetened, without added ascorbic2481 cup109011Apples, dried, suffared, uncooked325 rings109012Apples, raw, withokin1101 cup109020Apples, raw, without sin1101 cup109021Apples, raw, without sin2551 cup109022Apples, raw, without sint2581 cup109033Apricoto, canned, without added ascorbic acid2441 cup109024Apricoto, canned, with added ascorbic acid2581 cup109025Apricoto, canned, unsweetened, without silt2581 cup109026Apricots, canned, herwy syrup pack, with skin, solids and liquids2581 cup109027Apricots, canned, drive, with skin, solids and liquids2581 cup109028Apricots, canned, drined, without salt1201 medium11018Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11019Asparagus, forzen, cooked, boiled, drained, without salt1801 cup11019Asparagus, forzen, cooked, boiled, drained, without salt1801 cup11019Asparagus, forzen, cooked, boiled, drained, without salt1801 cup	14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0
14066Alcoholic beverage, wine, table, white1033.5 fl oz14106Alcoholic beverage, wine, table, white1033.5 fl oz11001Alfafha secks, sprouted, raw331 cup09016Apple juice, canned or bottled, unsweetened, without added ascorbic2481 cup19011Apples, raw, with skin1381 paple19003Apples, raw, without skin101 cup19004Apples, raw, without skin1011 cup19015Apples, raw, without skin2551 cup190104Apples, raw, without skin2581 cup190125Apricots, canned, unsweetened, without added ascorbic acid2441 cup190267Apricots, canned, juice pack, with skin, solids and liquids2581 cup190278Apricots, canned, juice pack, with skin, solids and liquids2441 cup190329Apricots, canned, juice pack, with skin, solids and liquids2441 cup190320Apricots, canned, juice pack, with skin, solids and liquids2441 cup190321Apricots, canned, diared, which, solids and liquids10 allves1 medium11018Atrichokes, (globe or franch), cooked, boiled, drained, without salt1681 cup11019Asparagus, cancod, drained solids, without salt1604 spcars11019Asparagus, forzen, cooked, hoiled, drained, without salt1801 oz11019Asparagus, forzen, cooked, hoiled, drained, without salt1801 oz11019Asparagus, forzen, cooke	14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
14106Alcohoic beverage, wine, table, white1033.5 fl oz11001Alfalfa seeds, sprouted, raw331 cup09016Apple juice, canned or bottled, unsweetened, without added ascorbic caid2481 cup09010Apples, dried, sulfured, uncooked2181 apple09010Apples, raw, with skin1381 apple090104Apples, raw, without skin1011 cup090205Applesauce, canned, unsweetened, without salt2441 cup090306Applesauce, canned, unsweetened, without salt2511 cup090317Apricots, canned, unsweetened, without salt2581 cup090320Apricots, canned, unive dade ascorbic acid2441 cup090321Apricots, canned, juice pack, with skin, solids and liquids2581 cup090322Apricots, canned, juice pack, with skin, solids and liquids2441 cup090323Apricots, canned, fuired, aucooked511 cup11034Apricots, canned, drianed, without salt1681 cup11035Apricots, globe or french), cooked, boiled, drained, without salt1201 eup11041Aparagus, cooked, boiled, drained, without salt1604 spears11015Aparagus, cooked, boiled, drained, without salt1024 spears11016Aparagus, forzen, cooked, boiled, drained, without salt1801 cup11017Aparagus, forzen, cooked, boiled, drained, without salt1801 cup11018Avocados, raw, California28.5	14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
Alfalfa seeds, sprouted, raw331 cup09016Apple juice, canned or bottled, unsweetened, without added ascorbic acid2481 cup09011Apples, dried, sulfured, uncooked325 rings09033Apples, raw, with skin1381 apple09044Apples, raw, with skin1001 cup09020Applesauce, canned, sweetened, without salt2551 cup09021Applesauce, canned, sweetened, without salt2581 cup090227Apricots, canned, with added ascorbic acid2441 cup090234Apricots, canned, with added ascorbic acid2581 cup09024Apricots, canned, with skin, solids and liquids2581 cup09025Apricots, canned, uiuce pack, with skin, solids and liquids2441 cup09021Apricots, canned, duineoked3510 halves09021Apricots, canned, duined, uncooked351 orup11018Atrichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11019Asparagus, forzen, cooked, boiled, drained, without salt1604 spears11019Asparagus, forzen, cooked, boiled, drained, without salt604 spears10109Asparagus, forzen, cooked, boiled, drained, without salt10 or10119Asparagus, forzen, cooked, boiled, drained, without salt10 or1019Asparagus, forzen, cooked, boiled, drained, without salt10 or10101Asparagus, forzen, cooked, boiled, drained, without salt10 or <td< td=""><td>14096</td><td>Alcoholic beverage, wine, table, red</td><td>103</td><td>3.5 fl oz</td><td>0</td></td<>	14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0
Apple juice, canned or bottled, unsweetened, without added ascorbie acid2481 cup09011Apples, raw, canned, nocooked325 rings09003Apples, raw, without skin1381 apple09004Apples, raw, without skin1101 cup09020Applesauce, canned, unsweetened, without added ascorbie acid2441 cup09031Apricot nectar, canned, unsweetened, without added ascorbie acid2441 cup09027Apricots, canned, heavy syrup pack, with skin, solids and liquids2441 cup09028Apricots, canned, juice pack, with skin, solids and liquids2441 cup09029Apricots, canned, juice pack, with skin, solids and liquids2441 cup09021Apricots, canned, juice pack, with skin, solids and liquids2441 cup09022Apricots, canned, juice pack, with skin, solids and liquids2441 cup09023Apricots, canned, juice pack, with skin, solids and liquids2441 cup11008Articots, (globe or french), cooked, boiled, drained, without salt1681 cup11015Asparagus, conded, drained solids724 spears11016Asparagus, frozen, cooked, boiled, drained, without salt1801 cup11019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1021 cup11019Asparagus, fro	14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0
acid325 rings09011Apples, raw, with skin325 rings09003Apples, raw, without skin1381 apple09004Apples, raw, without skin2551 cup09019Applesauce, canned, unsweetened, without added ascorbic acid2441 cup09019Apricots, canned, unsweetened, without added ascorbic acid2511 cup09020Apricots, canned, heavy syrup pack, with skin, solids and liquids2581 cup09021Apricots, canned, uncooked3510 halves09021Apricots, canned, uncooked351 apricot09021Apricots, canned, oncoked, boiled, drained, without salt1681 cup11008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11012Asparagus, canned, drained solids724 spears11012Asparagus, frozen, cooked, boiled, drained, without salt1801 cup11019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1021 oz11019Asparagus, frozen, cooked, boiled, drained, without salt1001 cup11019Asparagus, frozen, cooked, boiled, drained, without salt1021 oz11019Asparagus, frozen, cooked, boiled, drained, without salt1021 oz11019Asparagus, frozen, cooked, boiled, drained, without salt1021 oz11019Asparagus, frozen, cooked, boiled, drained, without sa	11001	Alfalfa seeds, sprouted, raw	33	1 cup	0
Apples, raw, with skin1381 apple09004Apples, raw, without skin1101 cup09020Applesauce, canned, sweetened, without adlet ascorbic acid2551 cup09013Apricots, canned, unsweetened, without adlet ascorbic acid2441 cup09024Apricots, canned, heavy syrup pack, with skin, solids and liquids2581 cup09025Apricots, canned, juice pack, with skin, solids and liquids2441 cup09026Apricots, canned, juice pack, with skin, solids and liquids25810 halves09027Apricots, field, sulfured, uncooked3510 halves09028Apricots, field, sulfured, uncooked351 apricot1108Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11015Asparagus, canned, drained solids724 spears11016Asparagus, cooked, boiled, drained, without salt1801 cup11017Asparagus, frozen, cooked, boiled, drained, without salt604 spears11018Avocados, raw, Colifornia28.351 oz11019Asparagus, frozen, cooked, boiled, drained, without salt10 avocados, raw, California1 avo11019Asparagus, frozen, cooked, boiled, drained, without salt10 avocados, raw, California1 avo11019Asparagus, frozen, cooked, boiled, drained, without salt1801 avita11018Avocados, raw, Chrida28.351 oz11019Bagels, cinamon-raisin713-1/2" bagel11800	09016		248	l cup	0
Hardward110Leap09004Apples, raw, without skin10Leap09019Applesauce, canned, unsweetened, without added ascorbic acid244Leap09019Apricot nectar, canned, unsweetened, without added ascorbic acid251Leap09017Apricots, canned, heavy syrup pack, with skin, solids and liquids258Leap09028Apricots, canned, juice pack, with skin, solids and liquids244Leap09021Apricots, dried, sulfured, uncooked3510 halves09021Apricots, dried, sulfured, uncooked351 apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11018Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11018Asparagus, conked, boiled, drained, without salt1804 spears11019Asparagus, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1003Avocados, raw, Florida28.351 oz1003Bagels, cinnamon-raisin713-1/2" bagel18005Bagels, cinnamon-raisin713-1/2" bagel18001Bagels, egg713-1/2" bagel18003Bagels, egg713-1/2" bagel18004Bagels, ggian, enriched, with calcium propionate (includes onion, proppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, proppy, sesame	09011	Apples, dried, sulfured, uncooked	32	5 rings	0
Applesauce, canned, sweetened, without salt2551 cup09010Applesauce, canned, unsweetened, without added ascorbic acid2441 cup09031Apricot nectar, canned, with added ascorbic acid2511 cup09027Apricots, canned, beavy syrup pack, with skin, solids and liquids2581 cup09028Apricots, canned, juice pack, with skin, solids and liquids2441 cup09029Apricots, canned, juice pack, with skin, solids and liquids2581 cup09021Apricots, raw351 pricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11018Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11018Asparagus, cooked, boiled, drained, without salt1801 cup11019Asparagus, cooked, boiled, drained, without salt1801 cup11019Asparagus, cooked, boiled, drained, without salt1801 cup11019Asparagus, forzen, cooked, boiled, drained, without salt1801 cup11019Asparagus, forzen, cooked, boiled, drained, without salt1801 cup11019Asparagus, forzen, cooked, boiled, drained28.351 oz11019Asparagus, forzen, cooked, boiled, drained28.351 oz11019Asparagus, forzen, cooked, boiled, drained28.351 oz11019Asparagus, forzen, cooked, boiled, drained28.351 oz118005Bagels, cinnamon-raisin28.351 oz1	09003	Apples, raw, with skin	138	1 apple	0
Applesauce, canned, unsweetened, without added ascorbic acid244I cup09403Apricotn nectar, canned, with added ascorbic acid251I cup09027Apricots, canned, heavy syrup pack, with skin, solids and liquids258I cup09024Apricots, canned, juice pack, with skin, solids and liquids244I cup09032Apricots, dried, sulfured, uncooked35I ohalves09021Apricots, raw35I apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt168I cup11018Artichokes, (globe or french), cooked, boiled, drained, without salt120I medium11019Asparagus, cooked, boiled, drained, without salt180I cup11019Asparagus, fozen, cooked, boiled, drained, without salt180I cup11019Asparagus, fozen, cooked, boiled, drained, without salt180I cup11019Asparagus, frozen, cooked, boiled, drained, without salt180I cup11019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears11019Asparagus, frozen, cooked, boiled, drained28.35I oz11019Bagels, cinnamon-raisin28.35I oz18005Bagels, cinnamon-raisin894' bagel18003Bagels, gg713-1/2' bagel18004Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2' bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)83.5	09004	Apples, raw, without skin	110	1 cup	0
Apricot netar, eaned, with added ascorbic acid251I cup09027Apricots, canned, heavy syrup pack, with skin, solids and liquids258I cup09024Apricots, canned, juice pack, with skin, solids and liquids244I cup09032Apricots, dried, sulfured, uncooked35I halves09021Apricots, raw35I apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt168I cup11015Asparagus, canned, drained solids724 spears11016Asparagus, cooked, boiled, drained, without salt180I cup11017Asparagus, frozen, cooked, boiled, drained, without salt180I cup11019Asparagus, frozen, cooked, boiled, drained, without salt180I cup11019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1001 oz11019Asparagus, frozen, cooked, boiled, drained28.351 oz11019Bagels, cinnamon-raisin28.351 oz118005Bagels, cinnamon-raisin894' bagel118005Bagels, cinnamon-raisin713-1/2' bagel118005Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2' bagel118001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)814' bagel <td>09020</td> <td>Applesauce, canned, sweetened, without salt</td> <td>255</td> <td>1 cup</td> <td>0</td>	09020	Applesauce, canned, sweetened, without salt	255	1 cup	0
Apricots, canned, heavy syrup pack, with skin, solids and liquids258I cup09027Apricots, canned, juice pack, with skin, solids and liquids244cup09032Apricots, dried, sulfured, uncooked351 patricot09021Apricots, raw351 apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt28.351 oz11019Asparagus, frozen, cooked, boiled, drained, without salt80.351 oz11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt10 oz1 oz11019Asparagus, frozen, cooked, boiled, drained, without salt804 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt10 oz11019Bagels, cinnamon-raisin713-1/2" bagel118005Bagels, cinnamon-raisin713-1/2" bagel<	09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0
00024Apricots, canned, juice pack, with skin, solids and liquids244I cup00032Apricots, dried, sulfured, uncooked3510 halves00021Apricots, raw351 apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained, without salt1801 cup11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears11019Asparagus, frozen, cooked, boiled, drained, without salt10010211019Asparagus, frozen, cooked, boiled, drained, without salt1004 spears11019Bagels, cinnamon-raisin713-1/2" bagel118003Bagels, gg71 </td <td>09403</td> <td>Apricot nectar, canned, with added ascorbic acid</td> <td>251</td> <td>1 cup</td> <td>0</td>	09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0
00032Apricots, dried, sulfured, uncooked3510 halves00021Apricots, raw351 apricot11008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained, without salt1801 cup11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, cinnamon-raisin894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19079Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares28.35	09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0
Apricots, raw35l apricot11008Apricots, raw35l eup11008Artichokes, (globe or french), cooked, boiled, drained, without salt168l eup11008Artichokes, (globe or french), cooked, boiled, drained, without salt120l medium11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained, without salt604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1019Asparagus, frozen, cooked, boiled, drained, without salt10 cup1 oz1019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1019Asparagus, frozen, cooked, boiled, drained, without salt10 cup1 oz10103Avocados, raw, California28.351 oz11019Bagels, cinnamon-raisin713-1/2" bagel11800Bagels, geg713-1/2" bagel11801Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)7111801Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel11907Baking chocolate, unsweetened, liquid28.351 oz11907Baking chocolat	09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0
Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup11008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears10093Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, egg713-1/2" bagel18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Bambo shoots, canned, drained solids1311 cup	09032	Apricots, dried, sulfured, uncooked	35	10 halves	0
Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears10038Avocados, raw, California28.351 oz10039Avocados, raw, Florida28.351 oz118005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Bamboo shoots, canned, drained solids1311 cup	09021	Apricots, raw	35	1 apricot	0
11015Asparagus, canned, drained solids724 spears11012Asparagus, cooked, boiled, drained604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin713-1/2" bagel18005Bagels, cinnamon-raisin894" bagel18003Bagels, egg713-1/2" bagel18004Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18007Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Bamboo shoots, canned, drained solids1311 cup	11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0
11012Asparagus, cooked, boiled, drained604 spears11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin713-1/2" bagel18005Bagels, cinnamon-raisin894" bagel18003Bagels, egg713-1/2" bagel18004Bagels, gg713-1/2" bagel18005Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square19078Bamboo shoots, canned, drained solids1311 cup	11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0
11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin713-1/2" bagel18005Bagels, cinnamon-raisin894" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square19078Bamboo shoots, canned, drained solids1311 cup	11015	Asparagus, canned, drained solids	72	4 spears	0
11019Asparagus, frozen, cooked, boiled, drained, without salt604 spears09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin713-1/2" bagel18005Bagels, cinnamon-raisin894" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18003Bagels, egg713-1/2" bagel18004Bagels, pagn713-1/2" bagel18005Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)994" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square19078Bamboo shoots, canned, drained solids1311 cup	11012	Asparagus, cooked, boiled, drained	60	4 spears	0
DescriptionDescriptionDescription09038Avocados, raw, California28.351 oz09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin713-1/2" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18003Bagels, egg713-1/2" bagel18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup	11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0
09039Avocados, raw, Florida28.351 oz18005Bagels, cinnamon-raisin713-1/2" bagel18005Bagels, cinnamon-raisin894" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18003Bagels, egg713-1/2" bagel18003Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19075Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup	11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0
18005Bagels, cinnamon-raisin713-1/2" bagel18005Bagels, cinnamon-raisin894" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup	09038	Avocados, raw, California	28.35	1 oz	0
18005Bagels, cinnamon-raisin894" bagel18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup	09039	Avocados, raw, Florida	28.35	1 oz	0
18003Bagels, egg894" bagel18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup	18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0
18003Bagels, egg713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup	18005	Bagels, cinnamon-raisin	89	4" bagel	0
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup	18003	Bagels, egg	89	4" bagel	21
poppy, sesame)1118001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup	18003	Bagels, egg	71	3-1/2" bagel	17
poppy, sesame)28.351 oz19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup	18001		71	3-1/2" bagel	0
19078Baking chocolate, unsweetened, squares28.351 square11028Bamboo shoots, canned, drained solids1311 cup	18001	poppy, sesame)	89	4" bagel	0
11028Bamboo shoots, canned, drained solids1311 cup	19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0
	19078	Baking chocolate, unsweetened, squares	28.35	1 square	0
09040 Bananas, raw 118 1 banana	11028	Bamboo shoots, canned, drained solids	131	1 cup	0
	09040	Bananas, raw	118	1 banana	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09040	Bananas, raw	150	1 cup	0
20006	Barley, pearled, cooked	157	1 cup	0
20005	Barley, pearled, raw	200	1 cup	0
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0
16008	Beans, baked, canned, with franks	259	1 cup	16
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	18
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	18
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0
1724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0
6051	Beans, white, mature seeds, canned	262	1 cup	0
2905	Beef stew, canned entree	232	1 cup	37
3050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	88
3058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	90
13348	Beef, cured, corned beef, canned	85.05	3 oz	73
13350	Beef, cured, dried	28.35	1 oz	22
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	76
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	77
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	77
3073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	71
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	68
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	82
3168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	82
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	61
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	59
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	77
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	76
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	324
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1084	Beets, canned, drained solids	170	1 cup	0
1084	Beets, canned, drained solids	24	1 beet	0
1081	Beets, cooked, boiled, drained	50	1 beet	0
1081	Beets, cooked, boiled, drained	170	1 cup	0
8016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	2
8016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	3
8015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0
8013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0
9042	Blackberries, raw	144	1 cup	0
9055	Blueberries, frozen, sweetened	230	1 cup	0
9050	Blueberries, raw	145	1 cup	0
07008	Bologna, beef and pork	56.7	2 slices	34
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	102
8079	Bread crumbs, dry, grated, plain	28.35	1 oz	0
8376	Bread crumbs, dry, grated, seasoned	120	1 cup	1
8082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0
8019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	26
8023	Bread, cornbread, dry mix, prepared	60	1 piece	37
8024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	26
8025	Bread, cracked-wheat	25	1 slice	0
8027	Bread, egg	40	1/2" slice	20
8029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0
8031	Bread, indian (navajo) fry	160	10-1/2" bread	0
8031	Bread, indian (navajo) fry	90	5" bread	0
8033	Bread, italian	20	1 slice	0
8035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0
8036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0
8039	Bread, oatmeal	27	1 slice	0
8040	Bread, oatmeal, toasted	25	1 slice	0
8041	Bread, pita, white, enriched	28	4" pita	0
8041	Bread, pita, white, enriched	60	6-1/2" pita	0
8044	Bread, pumpernickel	32	1 slice	0
8045	Bread, pumpernickel, toasted	29	1 slice	0
8047	Bread, raisin, enriched	26	1 slice	0
8048	Bread, raisin, toasted, enriched	24	1 slice	0
8053	Bread, reduced-calorie, rye	23	1 slice	0
8055	Bread, reduced-calorie, wheat	23	1 slice	0
8057	Bread, reduced-calorie, white	23	1 slice	0
8060	Bread, rye	32	1 slice	0
8061	Bread, rye, toasted	24	1 slice	0
8064	Bread, wheat (includes wheat berry)	25	1 slice	0
8065	Bread, wheat (includes wheat certy) Bread, wheat, toasted (includes wheat berry)	23	1 slice	0
.8069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0
18070	Bread, white, commercially prepared, toasted	22	1 slice	0
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	302
21023	Breakfast items, french toast with butter	135	2 slices	116
1091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0
1091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0
11740	Broccoli, flower clusters, raw	11	1 floweret	0
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0
1090	Broccoli, raw	88	1 cup	0
11090	Broccoli, raw	31	1 spear	0
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0
20011	Buckwheat flour, whole-groat	120	1 cup	0
20010	Buckwheat groats, roasted, cooked	168	1 cup	0
20013	Bulgur, cooked	182	1 cup	0
20012	Bulgur, dry	140	1 cup	0
01001	Butter, salted	14.2	1 tbsp	31
01145	Butter, without salt	14.2	1 tbsp	31
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0
11109	Cabbage, raw	70	1 cup	0
11112	Cabbage, red, raw	70	1 cup	0
11114	Cabbage, savoy, raw	70	1 cup	0
18086	Cake, angelfood, commercially prepared	28	1 piece	0
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0
18090	Cake, boston cream pie, commercially prepared	92	1 piece	34
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	27
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	55
18110	Cake, fruitcake, commercially prepared	43	1 piece	2
18116	Cake, gingerbread, prepared from recipe	74	1 piece	24
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	25
18120	Cake, pound, commercially prepared, butter	28	1 piece	62
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	2
8127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	9
8128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	7
8452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0
18133	Cake, sponge, commercially prepared	30	1 shortcake	31
8134	Cake, sponge, prepared from recipe	63	1 piece	107
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18139	Cake, white, prepared from recipe without frosting	74	1 piece	1
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	35
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	35
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	1
19087	Candies, confectioner's coating, white	170	1 cup	9
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	2
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	2
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	2
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	2
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
19107	Candies, hard	6	1 piece	0
19107	Candies, hard	3	1 small piece	0
19108	Candies, jellybeans	28.35	10 large	0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	4
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	1
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	2
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	9
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	3
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	7
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0
19116	Candies, marshmallows	50	1 cup	0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	10
19126	Candies, milk chocolate coated peanuts	40	10 pieces	4
19127	Candies, milk chocolate coated raisins	10	10 pieces	0
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	8
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	5
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	6
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	3
19080	Candies, semisweet chocolate	168	1 cup	0
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0
)9060	Carambola, (starfruit), raw	108	1 cup	0
09060	Carambola, (starfruit), raw	91	1 fruit	0
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 355 12 fl oz 14150 Carbonated beverage, orange 372 12 fl oz 14153 Carbonated beverage, orange 372 12 fl oz 14157 Carbonated beverage, root beer 370 12 fl oz 16055 Carob flour 8 1 thyp 16055 Caroto, baby, raw 10 1 medium 11128 Carrots, canned, regular pack, drained solids 146 1 cup 11121 Carrots, cooked, boiled, drained, without salt 156 1 cup 11124 Carrots, rooked, boiled, drained, without salt 146 1 cup 11124 Carrots, raw 110 1 cup 11124 Carrots, raw 110 1 cup 11135 Catulifower, cooked, boiled, drained, without salt 124 1 cup 11136 Cauliflower, cooked, boiled, drained, without salt 124 1 cup 1137 Catulifower, cooked, boiled, drained, without salt 130 1 flowerets 1138 Cauliflower, row 100 1 cup 1135 Cauliflower, raw <td< th=""><th></th></td<>	
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CHEERIOS08262Cereals ready-to-eat, GENERAL MILLS, BASIC 4551 cup08274Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX303/4 cup08013Cereals ready-to-eat, GENERAL MILLS, CHEERIOS301 cup08272Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH303/4 cup08271Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS301 cup08019Cereals ready-to-eat, GENERAL MILLS, Corn CHEX301 cup08266Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES303/4 cup08035Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS303/4 cup	0
08274Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX303/4 cup08013Cereals ready-to-eat, GENERAL MILLS, CHEERIOS301 cup08272Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH303/4 cup08271Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS301 cup08019Cereals ready-to-eat, GENERAL MILLS, Corn CHEX301 cup08266Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES303/4 cup08035Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS303/4 cup	0
08013Cereals ready-to-eat, GENERAL MILLS, CHEERIOS301 cup08272Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH303/4 cup08271Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS301 cup08019Cereals ready-to-eat, GENERAL MILLS, COrn CHEX301 cup08266Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES303/4 cup08035Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS303/4 cup	0
08272Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH303/4 cup08271Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS301 cup08019Cereals ready-to-eat, GENERAL MILLS, Corn CHEX301 cup08266Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES303/4 cup08035Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS303/4 cup	0
CRUNCHCRUNCH08271Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS301 cup08019Cereals ready-to-eat, GENERAL MILLS, Corn CHEX301 cup08266Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES303/4 cup08035Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS303/4 cup	0
08019Cereals ready-to-eat, GENERAL MILLS, Corn CHEX301 cup08266Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES303/4 cup08035Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS303/4 cup	0
08266Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES303/4 cup08035Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS303/4 cup	0
08035 Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS 30 3/4 cup	0
	0
08045 Cereals ready-to-eat GENERAL MILLS HONEY NUT CHEEDIOS 20 Laws	0
08045 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS 30 1 cup	0
08057 Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX 30 3/4 cup	0
08243 Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS 55 1 cup	0
08048 Cereals ready-to-eat, GENERAL MILLS, KIX 30 1-1/3 cup	0
08050 Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS 30 1 cup	0
08261 Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN 55 1 cup	0
08194 Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS 30 3/4 cup	0
08064 Cereals ready-to-eat, GENERAL MILLS, Rice CHEX 31 1-1/4 cup	0
08246 Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes 30 1-1/3 cup	0
08247 Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran 55 1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0

and andand and the observation of the	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
88117Cavals, MALT-D-MEAL, plain and chocolate, cooked with water240l cup88123Cereals, coas, instant, fortified, plain, prepared with water1771 packet88121Cereals, Coas, gualar and quick and instant, unemriched, cooked with with bealing water, without all2341 cup88090Cereals, QUAKER, cong grits, instant, prepared with water1371 packet88121Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared1551 packet88123Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared1491 cup88144Cereals, WILEATENA, cooked with water2431 cup991144Cheese stoce, prepared from recipe2431 cup991144Cheese stoce, prepared process, american, without di sodium28.351 oz191040Cheese, shole28.351 oz2910410Cheese, stoce, prepared from recipe28.351 oz391042Cheese, contage, creamed, tirgs or small curd2161 cup391043Cheese, contage, creamed, with furit2261 cup191044Cheese, contage, creamed, with furit2261 cup191045Cheese, contage, creamed, with furit28.351 oz191046Cheese, contage, contage, invertage of small curd1451 cup191046Cheese, contage, contage, furit si thin milit, low moisture28.351 oz191047Cheese, contage, contage, invertage28.35 <td< td=""><td>08103</td><td></td><td>251</td><td>1 cup</td><td>0</td></td<>	08103		251	1 cup	0
08121 Cereals, oast, regular and quick and instant, unenriched, cooked with water, without sall 137 1 packet 08093 Cereals, QUAKER, corn gris, instant, plain, prepared 137 1 packet 08131 Cereals, QUAKER, fustant Catureal, apples and cinnamon, prepared 135 1 packet 08125 Cereals, QUAKER, fustant Catureal, apples and cinnamon, prepared 149 1 packet 08143 Carcals, WHEATENA, cooked with water 243 1 cup 2 08144 Cheese spread, pasteurized process, american, without di sodium 28.35 1 oz 1 01044 Cheese spread, pasteurized process, american, without di sodium 28.35 1 oz 1 01044 Cheese spread, pasteurized process, american, without di sodium 28.35 1 oz 2 01044 Cheese, cheddar 28.35 1 oz 2 01047 Cheese, cheddar 28.35 1 oz 2 01048 Cheese, cheddar 28.35 1 oz 2 01051 Cheese, cottage, own(ii, fivinitifi 226 1 cup 1 01061 Cheese, cottage, own(ii, fivinitifi 226 1 cup 1 01071 Cheese, cottage, own(ii, fivinitifi 226 1 cup 1 01061 Cheese, cottage, notif	08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water,	240	1 cup	0
water, without sith vert, without sith 68093 Cereals, QUAKER, corn gris, instant, plain, prepared 137 1 packet 88131 Cereals, QUAKER, form Outmeal, maple and trown sugar, prepared 155 1 packet 88125 Cereals, QUAKER, Instant Outmeal, apples and cinnamon, propared 149 1 packet 98143 Cereals, WIEATENN, cooked with water 243 1 cup 01046 Checes food, pasteurized process, american, without di sodium 28.35 1 oz 1 01044 Cheses, spead, paskeurized process, american, without di sodium 28.35 1 oz 1 01040 Cheses, place 28.35 1 oz 2 01044 Cheses, chedae 28.35 1 oz 2 01047 Cheses, chedae 28.35 1 oz 2 01040 Cheses, chedae 28.35 1 oz 2 01041 Cheses, chedae 1 dup 1 2 2 1 oz 2 01015 Cheses, chedae reage 1 dup 1 2 1 dup 1 </td <td>08123</td> <td>Cereals, oats, instant, fortified, plain, prepared with water</td> <td>177</td> <td>1 packet</td> <td>0</td>	08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0
98131Carcals, QUAKER, Instant Outmeal, maple and brown sugar, prepared with boling water15I packet18143Cenes, QUAKER, Instant Outmeal, apples and einnamen, prepared with boling water149I packet18143Cenesk, WIEATENA, cooked with water243I cup01046Cheese food, pasteurized process, american, without di sodium phosphate28.35I oz201047Cheese suer, prepared from recipe24.3I oz201048Cheese, pane, pasteurized process, american, without di sodium 	08121		234	1 cup	0
with boling water 149 1 packet 08125 Cercals, URLKERLISTID Chrineal, apples and cinnamon, prepared 149 1 cup 08143 Cercals, URLKERLISTID Chrineal, apples and cinnamon, prepared 243 1 cup 010164 Checes foud, pastrurized process, american, without di sodium 28.35 1 oz 2 010164 Checes, prepared from recipe 243 1 oz 2 01004 Checes, prepared from recipe 28.35 1 oz 2 01004 Checes, prepared from recipe 28.35 1 oz 3 01004 Checes, cunamehert 28.35 1 oz 3 01017 Cheese, cottage, creamed, with finit 226 1 cup 1 01015 Cheese, cottage, norfat, 1% milkfat 226 1 cup 1 01017 Cheese, creamed, with finit 226 1 dap 2 01016 Cheese, creamed, dry, large or small curd 14.5 1 thsp 1 01014 Cheese, creamed, dry, large or small curd 28.35 1 oz 2 01016	08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0
with boling water 243 1 cup 08143 Creask, WHEATENA, cooked with water 243 1 cup 2 01046 Cheese food, pasteurized process, american, without di sodium 28.35 1 oz 2 01048 Cheese spread, pasteurized process, american, without di sodium 28.35 1 oz 2 01040 Cheese, pasteurized process, american, without di sodium 28.35 1 oz 2 01004 Cheese, chate, cumembert 28.35 1 oz 3 01012 Cheese, chate, creamed, large or small curd 210 1 cup 3 01013 Cheese, cottage, creamed, with fruit 226 1 cup 1 01014 Cheese, cottage, norfat, uncreamed, dry, large or small curd 145 1 cup 1 01015 Cheese, cream, fuit free 28.35 1 oz 2 01014 Cheese, cream, fuit free 28.35 1 oz 2 01014 Cheese, cream, fuit free 28.35 1 oz 2 01015 Cheese, cream, fuit free 28.35 1 oz 2 <td>08131</td> <td></td> <td>155</td> <td>1 packet</td> <td>0</td>	08131		155	1 packet	0
01046Cheese food, pasteurized process, american, without di sodium phosphate28.351 oz201146Cheese surce, prepared from recipe2431 cup901048Cheese spreaud, pasteurized process, american, without di sodium phosphate28.351 oz101040Cheese, phe28.351 oz201077Cheese, cheese, bie28.351 oz301090Cheese, cheddar28.351 oz301012Cheese, cheddar2101 cup301013Cheese, cortage, creamed, with fruit2261 cup101014Cheese, cortage, creamed, with fruit2261 cup101015Cheese, cortage, lowfat, 2% milkfat2261 cup101016Cheese, cortage, lowfat, 2% milkfat2261 cup101017Cheese, cortage, lowfat, 2% milkfat2261 cup101018Cheese, cortage, lowfat, 2% milkfat2261 cup101014Cheese, cream, fit free15.61 thsp101019Cheese, nozarella, whole milk28.351 oz201026Cheese, mozarella, part skim milk, low moisture28.351 oz201031Cheese, neurichatel28.351 oz201032Cheese, pasteurized process, swith di sodium phosphate28.351 oz201034Cheese, pasteurized process, swith di sodium phosphate28.351 oz201035Cheese, provolone2	08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0
phosphate 243 1 cup 9 01164 Cheses spread, pasteurized process, american, without di sodium 28.35 1 oz 1 01004 Cheses, pread, pasteurized process, american, without di sodium 28.35 1 oz 2 01007 Cheses, chue 28.35 1 oz 2 01007 Cheses, chue 28.35 1 oz 3 01012 Cheses, chued 28.35 1 oz 3 01012 Cheses, cottage, creamed, large or small curd 210 1 cup 3 01013 Cheses, cottage, lowfat, 1% milkfat 226 1 cup 1 01014 Cheses, cottage, lowfat, 1% milkfat 226 1 cup 1 01014 Cheses, cottage, lowfat, 1% milkfat 226 1 cup 1 01014 Cheses, cream, fat free 15.6 1 tbsp 1 01014 Cheses, low fat, chedar or colby 28.35 1 oz 2 01015 Cheses, norfat, merika, low moisture 28.35 1 oz 2 01026 Ch	08143	Cereals, WHEATENA, cooked with water	243	1 cup	0
01048 Cheese spread, pasterized process, american, without di sodium 28.35 1 oz 2 01004 Cheese, blue 28.35 1 oz 2 01007 Cheese, chue 28.35 1 oz 3 01019 Cheese, chue 28.35 1 oz 3 01012 Cheese, cottage, creamed, large or small curd 210 1 cup 3 01013 Cheese, cottage, lowfat, 1% milkfat 226 1 cup 1 01014 Cheese, cottage, lowfat, 2% milkfat 226 1 cup 1 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 14.5 1 dsp 1 01014 Cheese, cream, far free 15.6 1 dsp 1 01016 Cheese, ream, far free 28.35 1 oz 2 01018 Cheese, muester 28.35 1 oz 2 01020 Cheese, muester 28.35 1 oz 2 01031 Cheese, notarcella, whole milk 28.35 1 oz 2 01032 Cheese, pateu	01046		28.35	1 oz	23
phosphale Phosphale <t< td=""><td>01164</td><td>Cheese sauce, prepared from recipe</td><td>243</td><td>1 cup</td><td>92</td></t<>	01164	Cheese sauce, prepared from recipe	243	1 cup	92
Nonor Cheese, camembert 38 I wedge 2 01009 Cheese, cheddar 28.35 I oz 33 01012 Cheese, cottage, creamed, large or small curd 210 I cup 33 01013 Cheese, cottage, creamed, with fruit 226 I cup 21 01016 Cheese, cottage, lowfat, 1% milkfat 226 I cup 11 01015 Cheese, cottage, lowfat, 1% milkfat 226 I cup 11 01014 Cheese, cottage, lowfat, 2% milkfat 226 I cup 11 01014 Cheese, cottage, lowfat, 2% milkfat 226 I cup 11 01017 Cheese, cortage, lowfat, 2% milkfat 1 cup 11 01016 Cheese, nonfat, uncreamed, dry, large or small curd 14.5 I thsp 1 01017 Cheese, nonfat, uncreamed, dry, large or small curd 14.5 I thsp 1 01018 Cheese, nonzarella, part shim milk, low moisture 28.35 I oz 1 01026 Cheese, morzarella, part shim milk, low moisture 28.35 I o	01048		28.35	1 oz	16
10009 Cheese, cheddar 28.35 1 oz 3 01012 Cheese, cottage, creamed, large or small curd 210 1 cup 3 01013 Cheese, cottage, creamed, with fruit 226 1 cup 2 01016 Cheese, cottage, lowfat, 2% milkfat 226 1 cup 1 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 1 01017 Cheese, cottage, cottage, nonfat, uncreamed, dry, large or small curd 14.5 1 tbsp 1 01016 Cheese, cream 16.6 1 tbsp 2 2 01016 Cheese, cream, fat free 28.35 1 oz 2 01019 Cheese, fata 28.35 1 oz 2 01020 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 2 01031 Cheese, neufchatel 28.35 1 oz 2 01032 Cheese, neufchatel 28.35 1 oz 2 01034 Cheese, parteurized process, swiss, with di sodium phosphate 28.35 1	01004	Cheese, blue	28.35	1 oz	21
Cheese, ottage, creamed, large or small curd 100 1 cup 33 01013 Cheese, cottage, creamed, with fruit 226 1 cup 2 01016 Cheese, cottage, lowfat, 1% milkfat 226 1 cup 1 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 1 01017 Cheese, cottage, cream 14.5 1 tbsp 1 01018 Cheese, cream, fat free 15.6 1 tbsp 2 01019 Cheese, feta 28.35 1 oz 2 01020 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 2 01030 Cheese, nuenster 28.35 1 oz 2 2 01031 Cheese, nuenster 28.35 1 oz 2 2 01032 Cheese, parteurized process, american, with di sodium phosphate 28.35 1 oz 2 2 01033 Cheese, parteurized process, swiss, with di sodium phosphate 28.35 1 oz 2 2 01034 Cheese, parteurized proce	01007	Cheese, camembert	38	1 wedge	27
Checks, cottage, creamed, with fruit 226 1 cup 2 01016 Checkse, cottage, lowfat, 1% milkfat 226 1 cup 1 01015 Checkse, cottage, lowfat, 2% milkfat 226 1 cup 1 01017 Checkse, cottage, lowfat, 2% milkfat 226 1 cup 1 01017 Checkse, cottage, lowfat, 2% milkfat 226 1 cup 1 01017 Checkse, cottage, lowfat, 1% milkfat 226 1 cup 1 01017 Checkse, cottage, lowfat, 1% milkfat 28.35 1 cup 1 01018 Checkse, low fat, cheddar or colby 28.35 1 oz 2 01020 Checkse, mozzarella, part skim milk, low moisture 28.35 1 oz 2 01031 Checkse, muenster 28.35 1 oz 2 01031 Checkse, pasteurized process, swiss, with di sodium phosphate 28.35 1 oz 2 01032 Checkse, partenzia, with di sodium phosphate 28.35 1 oz 2 01034 Checkse, porvolone 28.35 1 oz 2<	01009	Cheese, cheddar	28.35	1 oz	30
Onlog Cheese, cottage, lowfat, 1% milkfat 226 1 cup 01015 Cheese, cottage, lowfat, 2% milkfat 226 1 cup 1 01014 Cheese, cottage, nonfat, unereamed, dry, large or small curd 145 1 cup 1 01017 Cheese, cream 14.5 1 thsp 1 01018 Cheese, cream, fat free 15.6 1 thsp 2 01019 Cheese, feta 28.35 1 oz 2 01020 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 2 01030 Cheese, nuozzarella, whole milk 28.35 1 oz 2 01031 Cheese, nuozzarella, whole milk 28.35 1 oz 2 01032 Cheese, parmesan, grated 5 1 tbsp 2 01044 Cheese, porocless, american, with di sodium phosphate 28.35 1 oz 2 01035 Cheese, nicotta, part skim milk 246 1 cup 7 01042 Cheese, nicotta, part skim milk 246 1 cup 7 01036 <td>01012</td> <td>Cheese, cottage, creamed, large or small curd</td> <td>210</td> <td>1 cup</td> <td>32</td>	01012	Cheese, cottage, creamed, large or small curd	210	1 cup	32
Cheese, cottage, lowfat, 2% milkfat 226 1 cup 1 01015 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 1 01017 Cheese, cream 14.5 1 tbsp 1 01018 Cheese, cream, fat free 15.6 1 tbsp 2 01190 Cheese, feta 28.35 1 oz 2 010190 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 2 01020 Cheese, mozzarella, whole milk 28.35 1 oz 2 01030 Cheese, nuester 28.35 1 oz 2 01031 Cheese, parmesan, grated 5 1 tbsp 2 01042 Cheese, pasteurized process, american, with di sodium phosphate 28.35 1 oz 2 01035 Cheese, pasteurized process, swiss, with di sodium phosphate 28.35 1 oz 2 01044 Cheese, ricotta, part skim milk 246 1 cup 7 01036 Cheese, ricotta, part skim milk 246 1 cup 2 01037 Cheese, swiss 28.35 1 oz 2	01013	Cheese, cottage, creamed, with fruit	226	1 cup	29
14.5 1 cup 1 01014 Cheese, cottage, nonfat, unereamed, dry, large or small curd 14.5 1 cup 1 01017 Cheese, cream, fat free 15.6 1 tbsp 1 01018 Cheese, cream, fat free 15.6 1 tbsp 2 01019 Cheese, feta 28.35 1 oz 2 01020 Cheese, low fat, cheddar or colby 28.35 1 oz 1 01020 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 2 01020 Cheese, mozzarella, whole milk 28.35 1 oz 2 01030 Cheese, muenster 28.35 1 oz 2 01031 Cheese, parnesan, grated 5 1 tbsp 2 01042 Cheese, pasteurized process, swith di sodium phosphate 28.35 1 oz 2 01042 Cheese, ricotta, part skim milk 246 1 cup 7 01044 Cheese, provolone 28.35 1 oz 2 01035 Cheese, ricotta, part skim milk 246	01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	9
D0171 Cheese, cream, fat free 14.5 1 bsp 1 D0186 Cheese, cream, fat free 15.6 1 bsp D0190 Cheese, feta 28.35 1 oz 2 D0168 Cheese, nozarella, part skim milk, low moisture 28.35 1 oz 1 D0120 Cheese, mozzarella, whole milk 28.35 1 oz 2 D0130 Cheese, mozzarella, whole milk 28.35 1 oz 2 D0130 Cheese, mozzarella, whole milk 28.35 1 oz 2 D0130 Cheese, muenster 28.35 1 oz 2 D0131 Cheese, nuenstar, grated 28.35 1 oz 2 D0132 Cheese, partearized process, smisa, with di sodium phosphate 28.35 1 oz 2 D0144 Cheese, parteurized process, swisa, with di sodium phosphate 28.35 1 oz 2 D0135 Cheese, ricotta, part skim milk 246 1 cup 7 D0136 Cheese, ricotta, whole milk 246 1 cup 2 D0137 Cheese, swiss 28.35 1 oz 2 D0140	01015		226	1 cup	18
Instant Cheese, cream, fat free 15.6 I bep 01019 Cheese, feta 28.35 1 oz 2 01019 Cheese, feta 28.35 1 oz 1 01020 Cheese, novzarella, part skim milk, low moisture 28.35 1 oz 1 01020 Cheese, mozzarella, whole milk 28.35 1 oz 2 01030 Cheese, mozzarella, whole milk 28.35 1 oz 2 01030 Cheese, neuster 28.35 1 oz 2 01031 Cheese, neufchatel 28.35 1 oz 2 01032 Cheese, parmesan, grated 5 1 tbsp 2 01042 Cheese, pasteurized process, swiss, with di sodium phosphate 28.35 1 oz 2 01043 Cheese, ricotta, part skim milk 246 1 cup 7 01044 Cheese, swiss 28.35 1 oz 2 01045 Cheese, swiss 28.35 1 oz 2 01036 Cheese, ricotta, whole milk 246 1 cup	01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	10
Outlong Cheese, feta 28.35 1 oz 2 Outlong Cheese, low fat, cheddar or colby 28.35 1 oz 1 Outlong Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 1 Outlong Cheese, mozzarella, whole milk 28.35 1 oz 2 Outlong Cheese, mozzarella, whole milk 28.35 1 oz 2 Outlong Cheese, mozzarella, whole milk 28.35 1 oz 2 Outlong Cheese, mozzarella, whole milk 28.35 1 oz 2 Outlong Cheese, menster 28.35 1 oz 2 Outlong Cheese, nuenster 28.35 1 oz 2 Outlong Cheese, nuenster 28.35 1 oz 2 Outlong Cheese, nuenster, surfated 5 1 thsp 2 Outlong Cheese, pasteurized process, american, with di sodium phosphate 28.35 1 oz 2 Outlong Cheese, pasteurized process, swiss, with di sodium phosphate 28.35 1 oz 2 Outlong Cheese, ricotta, part skim milk 246 1 cup	01017	Cheese, cream	14.5	1 tbsp	16
DilleCheese, low fat, cheddar or colby28.35I ozDillo2Cheese, mozzarella, part skim milk, low moisture28.35I oz1Dillo2Cheese, mozzarella, whole milk28.35I oz2Dillo3Cheese, mozzarella, whole milk28.35I oz2Dillo3Cheese, muenster28.35I oz2Dillo3Cheese, neufchatel28.35I oz2Dillo3Cheese, parmesan, grated5I tbsp2Dillo4Cheese, pasteurized process, american, with di sodium phosphate28.35I oz2Dillo35Cheese, pasteurized process, swiss, with di sodium phosphate28.35I oz2Dillo36Cheese, provolone28.35I oz2Dillo37Cheese, ricotta, part skim milk246I cup7Dillo36Cheese, ricotta, whole milk246I cup12Dillo36Cheese, sviss28.35I oz2Dillo37Cheese, sviss28.35I oz2Dillo36Cheese, sviss28.35I oz2Dillo37Cheese, sviss28.35I oz2Dillo37Cheese, sviss28.35I oz2Dillo38Cheese, ricotta, whole milk246I cup12Dillo40Cheese, sviss28.35I oz2Dillo417Cheese, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)244I cupDillo417Cheerse, sweet	01186	Cheese, cream, fat free	15.6	1 tbsp	1
01029Cheese, mozzarella, part skim milk, low moisture28.351 oz101026Cheese, mozzarella, whole milk28.351 oz201030Cheese, muenster28.351 oz201031Cheese, neufchatel28.351 oz201032Cheese, parmesan, grated51 tbsp201044Cheese, pasteurized process, american, with di sodium phosphate28.351 oz201035Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz201036Cheese, ricotta, part skim milk2461 cup701036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz201041Cheese, swiss28.351 oz201037Cheese, ricotta, part skim milk2461 cup701036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz201041Cheese, swiss28.351 oz201042Cheese, ricotta, whole milk2461 cup1201044Cheese, swiss28.351 oz201045Cheese, swiss28.351 oz201046Cheese, swiss28.351 oz201047Cheese, swiss28.351 oz201048Cheese, swiss28.351 oz201049Cheese, swiss28.351 oz2 </td <td>01019</td> <td>Cheese, feta</td> <td>28.35</td> <td>1 oz</td> <td>25</td>	01019	Cheese, feta	28.35	1 oz	25
D1026Cheese, mozzarella, whole milk28.351 oz2D1030Cheese, muenster28.351 oz2D1031Cheese, neufchatel28.351 oz2D1032Cheese, partnesan, grated51 tbsp2D1042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz2D1044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz2D1045Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz2D1035Cheese, provolone28.351 oz2D1036Cheese, ricotta, part skim milk2461 cup7D1036Cheese, sviss28.351 oz2D1040Cheese, swiss28.351 oz2D1041Cheese, swiss2461 cup12D1035Cheese, ricotta, whole milk2461 cup12D1040Cheese, swiss28.351 oz2D1041Cheese, swiss28.351 oz2D1037Cheese, swiss28.351 oz2D1040Cheese, swiss28.351 oz2D1041Cheese, swiss28.351 oz2D1042Cheese, swiss28.351 oz2D1036Cheese, ricotta, whole milk2461 cup4D1040Cheese, swiss28.351 oz2D1040Cheese, swiss28.351 oz4 <td< td=""><td>01168</td><td>Cheese, low fat, cheddar or colby</td><td>28.35</td><td>1 oz</td><td>6</td></td<>	01168	Cheese, low fat, cheddar or colby	28.35	1 oz	6
01030Cheese, muenster28.351 oz201031Cheese, neufchatel28.351 oz201032Cheese, parmesan, grated51 tbsp201042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz201044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz201035Cheese, provolone28.351 oz201036Cheese, ricotta, part skim milk2461 cup701036Cheese, swiss28.351 oz201037Cheese, swiss28.351 oz201036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz201041Cheese, swiss28.351 oz201036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz201041Cheese, swiss28.351 oz201036Cheese, swiss28.351 oz201040Cheese, swiss28.351 oz201041Cheese, swiss28.351 oz201042Cheese, swiss28.351 oz201040Cheese, swiss28.351 oz201041Cheese, swiss28.351 oz201042Cheese, swiss28.351 oz201043Cheese, swiss28.351 oz	01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	15
01031Cheese, neufchatel28.351 oz201032Cheese, parmesan, grated51 tbsp201042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz201044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz201035Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz201036Cheese, ricotta, part skim milk2461 cup701036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz201041Cheese, swiss28.351 oz201036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz201040Cheese, swiss28.351 oz201040Cheese, swiss28.351 oz201041Cheese, swiss28.351 oz201042Cheese, swiss28.351 oz201040Cheese, swiss28.351 oz201041Cheese, swiss28.351 oz201042Cheese, swiss28.351 oz201043Cheese, swiss28.351 oz201044Cheese, swiss28.351 oz201045Cheese, swiss28.351 oz201046Cheese, swiss2441 cup01050Cherries, sweet, raw	01026	Cheese, mozzarella, whole milk	28.35	1 oz	22
01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz201044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz201035Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz201036Cheese, provolone28.351 oz201037Cheese, ricotta, part skim milk2461 cup701036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz218147Cheesecake commercially prepared801 piece409064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries22906Chicken pot pie, frozen entree2171 small pie4	01030	Cheese, muenster	28.35	1 oz	27
01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz201044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz201035Cheese, provolone28.351 oz201037Cheese, ricotta, part skim milk2461 cup701036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz201041Cheese, swiss28.351 oz201036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz201040Cheese, swiss28.351 oz201041Cheese, swiss681 cup201042Cherries, sweet, raw6810 cherries0105Cherries, sweet, raw6810 cherries0106Cherries, pot pie, frozen entree2171 small pie	01031	Cheese, neufchatel	28.35	1 oz	22
01044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz201035Cheese, provolone28.351 oz201037Cheese, ricotta, part skim milk2461 cup701036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz201040Cheese, swiss2461 cup401040Cheese, swiss2441 cup401040Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup01070Cherries, sweet, raw6810 cherries0108Chicken pot pie, frozen entree2171 small pie4	01032		5	1 tbsp	4
01035Cheese, provolone28.351 oz201037Cheese, ricotta, part skim milk2461 cup701036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz218147Cheese commercially prepared801 piece409064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries22906Chicken pot pie, frozen entree2171 small pie4	01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	27
01037Cheese, ricotta, part skim milk2461 cup701036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz218147Cheese commercially prepared801 piece409064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries22906Chicken pot pie, frozen entree2171 small pie4	01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	24
01036Cheese, ricotta, whole milk2461 cup1201040Cheese, swiss28.351 oz218147Cheese commercially prepared801 piece409064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries22906Chicken pot pie, frozen entree2171 small pie	01035	Cheese, provolone	28.35	1 oz	20
01040Cheese, swiss28.351 oz218147Cheesecake commercially prepared801 piece409064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries22906Chicken pot pie, frozen entree2171 small pie4	01037	Cheese, ricotta, part skim milk	246	1 cup	76
18147Cheesecake commercially prepared801 piece409064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries22906Chicken pot pie, frozen entree2171 small pie4	01036	Cheese, ricotta, whole milk	246	1 cup	125
09064 Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) 244 1 cup 09070 Cherries, sweet, raw 68 10 cherries 22906 Chicken pot pie, frozen entree 217 1 small pie 4	01040	Cheese, swiss		1 oz	26
USDA commodity red tart cherries, canned) 09070 Cherries, sweet, raw 68 10 cherries 22906 Chicken pot pie, frozen entree 217 1 small pie 4	18147	Cheesecake commercially prepared	80	1 piece	44
22906Chicken pot pie, frozen entree2171 small pie4	09064		244	1 cup	0
	09070	Cherries, sweet, raw	68	10 cherries	0
07017Chicken roll, light meat56.72 slices2	22906	Chicken pot pie, frozen entree	217	1 small pie	41
	07017	Chicken roll, light meat	56.7	2 slices	28

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	119
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	87
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	73
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	81
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	62
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	44
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	41
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	641
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	76
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	14
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	80
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	49
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	39
05277	Chicken, canned, meat only, with broth	142	5 oz	88
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	110
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	116
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0
22904	Chili con carne with beans, canned entree	222	1 cup	24
11156	Chives, raw	3	1 tbsp	0
14181	Chocolate syrup	18.75	1 tbsp	0
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	24
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	1
14192	Cocoa mix, powder	28.35	3 heaping tsp	2
14194	Cocoa mix, powder, prepared with water	206	1 serving	2
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	20
11159	Coleslaw, home-prepared	120	1 cup	10
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0
18151	Cookies, brownies, commercially prepared	56	1 brownie	10
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	5
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	7
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0
18170	Cookies, fig bars	16	1 cookie	0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0
18177	Cookies, molasses	15	1 cookie, medium	0
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	5
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	6
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	5
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	2
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	8
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	4
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	5
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0
20020	Cornmeal, whole-grain, yellow	122	1 cup	0
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	0
20028	Couscous, dry	173	1 cup	0
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	l cup	0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	l cup	0
18214	Crackers, cheese, regular	10	10 crackers	1
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	0
18220	Crackers, melba toast, plain	20	4 pieces	0
18226	Crackers, rye, wafers, plain	11	1 wafer	0
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0
18229	Crackers, standard snack-type, regular	12	4 crackers	0
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0
18232	Crackers, wheat, regular	8	4 crackers	0
18235	Crackers, whole-wheat	16	4 crackers	0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0
09081	Cranberry sauce, canned, sweetened	57	1 slice	0
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	6
01053	Cream, fluid, heavy whipping	15	1 tbsp	21
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	10
01052	Cream, fluid, light whipping	15	1 tbsp	17
01056	Cream, sour, cultured	12	1 tbsp	5
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	6
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	2
18239	Croissants, butter	57	1 croissant	38
18243	Croutons, seasoned	40	1 cup	3
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	45
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	17
15141	Crustaceans, crab, blue, canned	135	1 cup	120
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	85
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	90
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	61
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	147
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	150
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	80
11206	Cucumber, peeled, raw	280	1 large	0
11206	Cucumber, peeled, raw	119	1 cup	0
11205	Cucumber, with peel, raw	301	1 large	0
11205	Cucumber, with peel, raw	104	1 cup	0
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0
18245	Danish pastry, cheese	71	1 danish	11
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	81
09087	Dates, deglet noor	41.5	5 dates	0
09087	Dates, deglet noor	178	1 cup	0
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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02045	Dill weed, fresh	1	5 sprigs	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	17
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	5
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	1
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	4
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	197
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	127
01143	Egg substitute, liquid	62.75	1/4 cup	1
01124	Egg, white, raw, fresh	33.4	1 large	0
01128	Egg, whole, cooked, fried	46	1 large	210
01129	Egg, whole, cooked, hard-boiled	50	1 large	212
01131	Egg, whole, cooked, poached	50	1 large	211
01132	Egg, whole, cooked, scrambled	61	1 large	215
01123	Egg, whole, raw, fresh	50	1 large	212
01123	Egg, whole, raw, fresh	58	1 extra large	245
01123	Egg, whole, raw, fresh	44	1 medium	186
01125	Egg, yolk, raw, fresh	16.6	1 large	205
01057	Eggnog	254	1 cup	150
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0
11213	Endive, raw	50	1 cup	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	31
21049	Entrees, pizza with cheese	63	1 slice	9
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	21
21051	Entrees, pizza with pepperoni	71	1 slice	14
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	14
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	24
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	88
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	80
21092 21093	Fast foods, cheeseburger, regular, double patty, plain Fast foods, cheeseburger, regular, double patty, with condiments and	155 166	1 sandwich 1 sandwich	110 60
21090	vegetables Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	37
21000	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	60
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	61
21037	Fast foods, chili con carne	253	1 cup	134
21042	Fast foods, chimichanga, with beef	174	1 chimichanga	9
21070	Fast foods, clams, breaded and fried	115	3/4 cup	87
21043	Fast foods, coleslaw	99	3/4 cup 3/4 cup	5
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	215
21012	Fast foods, danish pastry, cheese	91	1 pastry	213
21015	Fast foods, danish pastry, fruit	94	1 pastry	20 19

Content per NDB No Description Weight (g) **Common Measure** Measure 21074 Fast foods, enchilada, with cheese 163 1 enchilada 44 21021 Fast foods, english muffin, with egg, cheese, and canadian bacon 137 1 muffin 234 Fast foods, fish sandwich, with tartar sauce and cheese 183 1 sandwich 21106 68 21024 5 sticks Fast foods, french toast sticks 141 75 Fast foods, frijoles with cheese 37 21077 167 1 cup 21114 Fast foods, hamburger, large, double patty, with condiments and 226 1 sandwich 122 vegetables 103 21111 Fast foods, hamburger, regular, double patty, with condiments 215 1 sandwich 21108 Fast foods, hamburger, regular, single patty, with condiments 106 1 sandwich 30 98 44 21118 Fast foods, hotdog, plain 1 sandwich 21119 Fast foods, hotdog, with chili 114 1 sandwich 51 21120 Fast foods, hotdog, with corn flour coating (corndog) 175 1 corn dog 79 21129 Fast foods, hush puppies 78 5 pieces 135 21028 Fast foods, ice milk, vanilla, soft-serve, with cone 103 1 cone 28 21078 Fast foods, nachos, with cheese 113 6-8 nachos 18 Fast foods, onion rings, breaded and fried 83 8-9 rings 14 21130 21025 Fast foods, pancakes with butter and syrup 232 58 2 pancakes 21138 Fast foods, potato, french fried in vegetable oil 134 1 medium 0 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 0 Fast foods, potato, french fried in vegetable oil 21138 169 1 large 0 21139 Fast foods, potato, mashed 80 1/3 cup 2 21026 Fast foods, potatoes, hashed brown 72 1/2 cup g 21121 Fast foods, roast beef sandwich, plain 139 1 sandwich 51 21053 Fast foods, salad, vegetable, tossed, without dressing, with cheese and 217 1-1/2 cups 98 egg 72 21054 Fast foods, salad, vegetable, tossed, without dressing, with chicken 218 1-1/2 cups 200 21059 Fast foods, shrimp, breaded and fried 164 6-8 shrimp 21124 Fast foods, submarine sandwich, with cold cuts 228 1 sandwich, 6" roll 36 Fast foods, submarine sandwich, with roast beef 216 1 sandwich, 6" roll 21125 73 Fast foods, submarine sandwich, with tuna salad 1 sandwich, 6" roll 49 21126 256 21033 Fast foods, sundae, hot fudge 158 1 sundae 21 21082 Fast foods, taco 171 1 small 56 263 21082 Fast foods, taco 1 large 87 21083 Fast foods, taco salad 198 1-1/2 cups 44 21086 Fast foods, tostada, with beans, beef, and cheese 225 1 tostada 74 2 figs 09094 Figs, dried, uncooked 38 0 15011 Fish, catfish, channel, cooked, breaded and fried 85 3 oz 69 15017 85 3 oz 47 Fish, cod, Atlantic, canned, solids and liquid 15192 Fish, cod, Pacific, cooked, dry heat 85 3 oz 40 15027 Fish, fish portions and sticks, frozen, preheated 57 1 portion (4" x 2" x 1/2") 64 1 stick (4" x 1" x 1/2") 15027 Fish, fish portions and sticks, frozen, preheated 28 31 15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127 1 fillet 86 15029 Fish, flatfish (flounder and sole species), cooked, dry heat 85 3 oz 58 85 15034 Fish, haddock, cooked, dry heat 3 oz 63

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15034	Fish, haddock, cooked, dry heat	150	1 fillet	111
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	65
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	35
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	11
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	46
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	27
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	82
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	58
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	66
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	37
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	22
15077	Fish, salmon, chinook, smoked	85.05	3 oz	20
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	47
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	135
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	74
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	121
15111	Fish, swordfish, cooked, dry heat	85	3 oz	43
15111	Fish, swordfish, cooked, dry heat	106	1 piece	53
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	58
15128	Fish, tuna salad	205	1 cup	27
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	15
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	26
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	36
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	49
07022	Frankfurter, beef	45	1 frank	24
07023	Frankfurter, beef and pork	45	1 frank	23
07024	Frankfurter, chicken	45	1 frank	45
18268	French toast, frozen, ready-to-heat	59	1 slice	48
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	75
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	4
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	1
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	0
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0
11215	Garlic, raw	3	1 clove	0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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	0
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0
9404	Grapefruit juice, pink, raw	247	1 cup	0
9124	Grapefruit juice, white, canned, sweetened	250	1 cup	0
9123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0
9126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0
9125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0
9128	Grapefruit juice, white, raw	247	1 cup	0
9112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0
9116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0
9121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0
6116	Gravy, beef, canned	58.25	1/4 cup	2
6119	Gravy, chicken, canned	59.5	1/4 cup	1
6121	Gravy, mushroom, canned	59.6	1/4 cup	0
6800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	13
6125	Gravy, turkey, canned	59.6	1/4 cup	1
7027	Ham, chopped, not canned	21	2 slices	11
7028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	27
7029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	32
2402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	14
1961	Hearts of palm, canned	33	1 piece	0
9296	Honey	21	1 tbsp	0
2055	Horseradish, prepared	5	1 tsp	0
6158	Hummus, commercial	14	1 tbsp	0
9270	Ice creams, chocolate	66	1/2 cup	22
9090	Ice creams, french vanilla, soft-serve	86	1/2 cup	78
9095	Ice creams, vanilla	66	1/2 cup	29
9088	Ice creams, vanilla, light	66	1/2 cup	17
9089	Ice creams, vanilla, rich	74	1/2 cup	68
9281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0
9283	Ice novelties, pop	59	1 bar (2 fl oz)	0
9297	Jams and preserves	20	1 tbsp	0
9300	Jellies	19	1 tbsp	0
1226	Jerusalem-artichokes, raw	150	1 cup	0
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	9
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	79
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	76
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	85
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	81
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	82
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	75
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	102
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	103
04002	Lard	12.8	1 tbsp	12
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	0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0
09153	Lemon juice, canned or bottled	244	1 cup	0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0
09152	Lemon juice, raw	47	juice of 1 lemon	0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0
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	0
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0
11251	Lettuce, cos or romaine, raw	10	1 leaf	0
11251	Lettuce, cos or romaine, raw	56	1 cup	0
11253	Lettuce, green leaf, raw	56	1 cup	0
11253	Lettuce, green leaf, raw	10	1 leaf	0
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0
16073	Lima beans, large, mature seeds, canned	241	1 cup	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0
09160	Lime juice, raw	38	juice of 1 lime	0
22247	Macaroni and Cheese, canned entree	252	1 cup	8
20100	Macaroni, cooked, enriched	140	1 cup	0
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	27
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	4
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	29
09176	Mangos, raw	165	1 cup	0
09176	Mangos, raw	207	1 mango	0
4611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	12
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0
09181	Melons, cantaloupe, raw	160	1 cup	0
09181	Melons, cantaloupe, raw	69	1/8 melon	0
09184	Melons, honeydew, raw	160	1/8 melon	0
09184	Melons, honeydew, raw	170	1 cup	0
01110	Milk shakes, thick chocolate	300	10.6 fl oz	33
01111	Milk shakes, thick vanilla	313	11 fl oz	38
01094	Milk, buttermilk, dried	6.5	1 tbsp	4
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	10
01095	Milk, canned, condensed, sweetened	306	1 cup	104
01097	Milk, canned, evaporated, nonfat	256	1 cup	10
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	73
01102	Milk, chocolate, fluid, commercial,	250	1 cup	30
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	8
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	18
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	4
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	5
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	20

Ailk, whole, 3.25% milkfat Aiso Aolasses, blackstrap Aollusks, clam, mixed species, canned, drained solids Aollusks, clam, mixed species, raw Aollusks, oyster, eastern, cooked, breaded and fried Aollusks, oyster, eastern, wild, raw Aollusks, scallop, mixed species, cooked, breaded and fried Auffins, blueberry, commercially prepared Auffins, blueberry, prepared from recipe, made with low fat (2%) milk Auffins, corn, commercially prepared Auffins, corn, dry mix, prepared Auffins, oat bran Auffins, wheat bran, toaster-type with raisins, toasted Aung beans, mature seeds, sprouted, cooked, boiled, drained, without alt	244 68.75 20 85 85 85 84 93 57 57 57 57 50 57 34	l cup l cup l tbsp 3 oz 3 oz 3 oz 6 medium 6 large 1 muffin 1 muffin 1 muffin 1 muffin 1 muffin	24 0 57 29 69 45 57 17 21 15 31
Aolasses, blackstrap Aollusks, clam, mixed species, canned, drained solids Aollusks, clam, mixed species, raw Aollusks, oyster, eastern, cooked, breaded and fried Aollusks, oyster, eastern, wild, raw Aollusks, scallop, mixed species, cooked, breaded and fried Auffins, blueberry, commercially prepared Auffins, blueberry, prepared from recipe, made with low fat (2%) milk Auffins, corn, commercially prepared Auffins, corn, dry mix, prepared Auffins, oat bran Auffins, wheat bran, toaster-type with raisins, toasted Aung beans, mature seeds, sprouted, cooked, boiled, drained, without	20 85 85 84 93 57 57 57 50 57	1 tbsp 3 oz 3 oz 3 oz 6 medium 6 large 1 muffin 1 muffin 1 muffin 1 muffin	0 57 29 69 45 57 17 21 15
Aollusks, clam, mixed species, canned, drained solids Aollusks, clam, mixed species, raw Aollusks, oyster, eastern, cooked, breaded and fried Aollusks, oyster, eastern, wild, raw Aollusks, scallop, mixed species, cooked, breaded and fried Auffins, blueberry, commercially prepared Auffins, blueberry, prepared from recipe, made with low fat (2%) milk Auffins, corn, commercially prepared Auffins, corn, dry mix, prepared Auffins, oat bran Auffins, wheat bran, toaster-type with raisins, toasted Auffins, mature seeds, sprouted, cooked, boiled, drained, without	 85 85 84 93 57 57 57 50 57 	3 oz 3 oz 3 oz 6 medium 6 large 1 muffin 1 muffin 1 muffin 1 muffin	57 29 69 45 57 17 21 15
Mollusks, clam, mixed species, raw Mollusks, oyster, eastern, cooked, breaded and fried Mollusks, oyster, eastern, wild, raw Mollusks, scallop, mixed species, cooked, breaded and fried Muffins, blueberry, commercially prepared Muffins, blueberry, prepared from recipe, made with low fat (2%) milk Muffins, corn, commercially prepared Muffins, corn, dry mix, prepared Muffins, oat bran Muffins, wheat bran, toaster-type with raisins, toasted Mung beans, mature seeds, sprouted, cooked, boiled, drained, without	 85 84 93 57 57 57 50 57 	3 oz 3 oz 6 medium 6 large 1 muffin 1 muffin 1 muffin 1 muffin	29 69 45 57 17 21 15
Aollusks, oyster, eastern, cooked, breaded and fried Aollusks, oyster, eastern, wild, raw Aollusks, scallop, mixed species, cooked, breaded and fried Auffins, blueberry, commercially prepared Auffins, blueberry, prepared from recipe, made with low fat (2%) milk Auffins, corn, commercially prepared Auffins, corn, dry mix, prepared Auffins, oat bran Auffins, wheat bran, toaster-type with raisins, toasted Aung beans, mature seeds, sprouted, cooked, boiled, drained, without	85 84 93 57 57 57 50 57	3 oz 6 medium 6 large 1 muffin 1 muffin 1 muffin 1 muffin	69 45 57 17 21 15
Aollusks, oyster, eastern, wild, raw Aollusks, scallop, mixed species, cooked, breaded and fried Auffins, blueberry, commercially prepared Auffins, blueberry, prepared from recipe, made with low fat (2%) milk Auffins, corn, commercially prepared Auffins, corn, dry mix, prepared Auffins, oat bran Auffins, wheat bran, toaster-type with raisins, toasted Auffins, mature seeds, sprouted, cooked, boiled, drained, without	84 93 57 57 57 50 57	6 medium 6 large 1 muffin 1 muffin 1 muffin 1 muffin	45 57 17 21 15
Aollusks, scallop, mixed species, cooked, breaded and fried Auffins, blueberry, commercially prepared Auffins, blueberry, prepared from recipe, made with low fat (2%) milk Auffins, corn, commercially prepared Auffins, corn, dry mix, prepared Auffins, oat bran Auffins, wheat bran, toaster-type with raisins, toasted Aung beans, mature seeds, sprouted, cooked, boiled, drained, without	93 57 57 57 50 57	6 large 1 muffin 1 muffin 1 muffin 1 muffin	57 17 21 15
Auffins, blueberry, commercially prepared Auffins, blueberry, prepared from recipe, made with low fat (2%) milk Auffins, corn, commercially prepared Auffins, corn, dry mix, prepared Auffins, oat bran Auffins, wheat bran, toaster-type with raisins, toasted Aung beans, mature seeds, sprouted, cooked, boiled, drained, without	57 57 57 50 57	1 muffin 1 muffin 1 muffin 1 muffin	17 21 15
Auffins, blueberry, prepared from recipe, made with low fat (2%) milk Auffins, corn, commercially prepared Auffins, corn, dry mix, prepared Auffins, oat bran Auffins, wheat bran, toaster-type with raisins, toasted Aung beans, mature seeds, sprouted, cooked, boiled, drained, without	57 57 50 57	1 muffin 1 muffin 1 muffin	21 15
Auffins, corn, commercially prepared Auffins, corn, dry mix, prepared Auffins, oat bran Auffins, wheat bran, toaster-type with raisins, toasted Aung beans, mature seeds, sprouted, cooked, boiled, drained, without	57 50 57	1 muffin 1 muffin	15
Auffins, corn, dry mix, prepared Auffins, oat bran Auffins, wheat bran, toaster-type with raisins, toasted Aung beans, mature seeds, sprouted, cooked, boiled, drained, without	50 57	1 muffin	
Auffins, oat bran Auffins, wheat bran, toaster-type with raisins, toasted Aung beans, mature seeds, sprouted, cooked, boiled, drained, without	57		31
Auffins, wheat bran, toaster-type with raisins, toasted Aung beans, mature seeds, sprouted, cooked, boiled, drained, without		1 muffin	
Aung beans, mature seeds, sprouted, cooked, boiled, drained, without	34		0
	54	1 muffin	3
	124	1 cup	0
Jung beans, mature seeds, sprouted, raw	104	1 cup	0
Aushrooms, canned, drained solids	156	1 cup	0
Jushrooms, cooked, boiled, drained, without salt	156	1 cup	0
Aushrooms, raw	70	1 cup	0
Aushrooms, shiitake, cooked, without salt	145	1 cup	0
Aushrooms, shiitake, dried	3.6	1 mushroom	0
Justard greens, cooked, boiled, drained, without salt	140	1 cup	0
/ustard, prepared, yellow	5	1 tsp or 1 packet	0
IABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0
Vectarines, raw	136	1 nectarine	0
loodles, chinese, chow mein	45	1 cup	0
Noodles, egg, cooked, enriched	160	1 cup	53
loodles, egg, spinach, cooked, enriched	160	1 cup	53
luts, almonds	28.35	1 oz (24 nuts)	0
		1 oz (6-8 nuts)	0
-	28.35	l oz	0
		1 oz (18 nuts)	0
Juts, chestnuts, european, roasted		1 cup	0
		1 cup	0
Juts, coconut meat, raw	45	1 piece	0
Juts, hazelnuts or filberts	28.35	1 oz	0
Juts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0
Juts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0
Juts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0
luts, pecans	28.35	1 oz (20 halves)	0
luts, pine nuts, pignolia, dried	28.35	1 oz	0
	ushrooms, cooked, boiled, drained, without salt ushrooms, raw ushrooms, shiitake, cooked, without salt ustard greens, cooked, boiled, drained, without salt ustard greens, cooked, boiled, drained, without salt ustard, prepared, yellow ABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie ikes ectarines, raw bodles, chinese, chow mein bodles, egg, cooked, enriched bodles, egg, spinach, cooked, enriched uts, almonds uts, brazilnuts, dried, unblanched uts, cashew nuts, dry roasted, with salt added uts, cashew nuts, oil roasted, with salt added uts, coconut meat, dried (desiccated), sweetened, shredded uts, coconut meat, raw uts, hazelnuts or filberts uts, macadamia nuts, dry roasted, with salt added uts, mixed nuts, oil roasted, with peanuts, with salt added uts, mixed nuts, oil roasted, with peanuts, with salt added uts, mixed nuts, oil roasted, with peanuts, with salt added uts, mixed nuts, oil roasted, with peanuts, with salt added uts, mixed nuts, oil roasted, with peanuts, with salt added uts, mixed nuts, dry roasted, with peanuts, with salt added uts, mixed nuts, oil roasted, with peanuts, with salt added uts, mixed nuts, oil roasted, with peanuts, with salt added uts, mixed nuts, oil roasted, with peanuts, with salt added uts, mixed nuts, oil roasted, with peanuts, with salt added uts, pecans	ushrooms, cooked, boiled, drained, without salt ushrooms, raw 70 ushrooms, shiitake, cooked, without salt 145 ushrooms, shiitake, dried 3.6 ustard greens, cooked, boiled, drained, without salt 140 ustard, prepared, yellow 5 ABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie 16 kes 136 cetarines, raw 136 coolles, chinese, chow mein 45 boolles, egg, cooked, enriched 160 usts, almonds 28.35 uts, brazilnuts, dried, unblanched 28.35 uts, cashew nuts, oil roasted, with salt added 28.35 uts, cashew nuts, oil roasted, with salt added 143 uts, coconut meat, raw 45 uts, coconut meat, raw 45 uts, nazelnuts or filberts 28.35 uts, macedamia nuts, dry roasted, with salt added 28.35 uts, mixed nuts, oil roasted, with peanuts, with salt added 28.35 uts, pecans 28.35	ushrooms, raw1561 cupushrooms, raw701 cupushrooms, shiitake, cooked, without salt1451 cupushrooms, shiitake, dried3.61 mushroomustard greens, cooked, boiled, drained, without salt1401 cupustard greens, cooked, boiled, drained, without salt1401 cupustard greens, cooked, boiled, drained, without salt1601 tsp or 1 packetABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie161 cookiecetarines, raw1361 nectarinepoolles, chinese, chow mein1601 cuppoolles, egg, cooked, enriched1601 cuppoolles, egg, spinach, cooked, enriched28.351 oz (24 nuts)tts, cashew nuts, driv oasted, with salt added28.351 oz (18 nuts)tts, cashew nuts, driv oasted, with salt added28.351 oz (18 nuts)tts, coconut meat, dried (desiccated), sweetened, shredded931 cuptts, coconut meat, raw451 piecetts, hazehuts or filberts28.351 oz (10-12 nuts)tts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)tts, macadamia nuts, dry roasted, with salt added28.351 oztts, macadamia nuts, dry

12652Nuts, pitachio nuts, dry roasted, with salt added28.35I or (/ 1 Aube)12155Nuts, walnuts, english28.35I or (/ 1 Aube)20303Oat bran, cooked13.9I cap2033Oat bran, row94I cap20445Oil, olive, sallad or cooking13.5I tbsp40452Oil, semar, salad or cooking13.6I tbsp40454Oil, sophen, salad or cooking, (hydrogenated)13.6I tbsp40518Oil, vegatable con, salad or cooking, (hydrogenated)13.6I tbsp40519Oil, vegatable con, salad or cooking, oleic, wer 70% tprimary13.6I tbsp40510Oil, vegatable con, salad or cooking, oleic, wer 70% tprimary13.6I tbsp411219Okins, cooked, holied, drinned, without salt1401 cap11210Okins, cooked, holied, drinned, without salt1401 cap11213Onions, cooked, holied, drinned, without salt941 disp11224Onions, cooked, holied, drinned, without salt1601 cap11224Onions, cooked, holied, drinned, without salt1601 cap11235Onions, cooked, holied, drinned, without salt1601 cap11242Onions, cooked, holied, drinned, without salt1601 cap<	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20044Oat bran, cooked2191 cup20033Oat bran, raw941 cup20033Odi, bran, raw941 cup20034Odi, by, salad or cooking13.51 thsp20045Odi, scoptan, salad or cooking13.61 thsp200464Odi, sopban, salad or cooking13.61 thsp200474Odi, sopban, salad or cooking13.61 thsp20058Odi, vegetable con, salad or cooking, olytorgenated) and cotonsced13.61 thsp20149Odi, vegetable con, salad or cooking, olytorgenated)13.61 thsp201510Odi, vegetable, sanflower, ineleic, (60% and over)13.61 thsp201511Odi, vegetable, sanflower, ineleic, (60% and over)13.61 thsp201711Okra, cooked, boiled, drianed, without salt1601 cup201812Onicorn, cooked, boiled, drianed, without salt2101 cup20182Onicorn, cooked, boiled, drianed, without salt2101 medium2022Onicorn, cooked, boiled, drianed, without salt2101 cup20332Onicorn, cooked, boiled, drianed, without salt1601 cup2044Onicorn, cooked, boiled, drianed, without salt1001 selec20532Onicorn, cooked, boiled, drianed, without salt2101 cup20543Onicorn, cooked, boiled, drianed, without salt1001 cup20544Onicorn, cooked, boiled, drianed, without salt1001 cup20545Onicorn, cooked, boiled, drianed, without salt </td <td>12652</td> <td>Nuts, pistachio nuts, dry roasted, with salt added</td> <td>28.35</td> <td>1 oz (47 nuts)</td> <td>0</td>	12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0
2003Others, raw94I cup200430Oli, ohve, stald or cooking13.51 bbp200442Oli, beant, sallad or cooking13.51 bbp200450Oli, sesme, sallad or cooking, (hydrogenated)13.61 bbp200441Oli, soybean, sallad or cooking, (hydrogenated)13.61 bbp200451Oli, soybean, sallad or cooking, (hydrogenated)13.61 bbp200451Oli, vegetable safflower, salled or cooking, ole;, over 70% (primary stifflower oil of commerce)13.61 bbp201450Oli, vegetable, safflower, salled or cooking, ole;, over 70% (primary stifflower oil of commerce)13.61 bbp201450Oli, vegetable, safflower, salled or cooking, ole;, over 70% (primary stifflower oil of commerce)13.61 bbp201450Oli, vegetable, safflower, salled or cooking, ole;, over 70% (primary 	12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0
MM13Oli, one, salad or cooking13.5I bapM442Oli, peaner, salad or cooking13.5I bapM4158Oli, seymen, salad or cooking, (hydrogenated)13.6I bapM4151Oli, soybean, salad or cooking, (hydrogenated)13.6I bapM4513Oli, soybean, salad or cooking, (hydrogenated)13.6I bapM4514Oli, vegetable strower, land or cooking, ole:, over 70% (primary13.6I bapM4517Okr, vegetable strower, land or cooking, ole:, over 70% (primary13.6I bapM4518Oli, vegetable strower, land or cooking, ole:, over 70% (primary13.6I bapM4506Oli, vegetable strower, land or cooking, ole:, over 70% (primary13.6I capM4507Okr, crozen, cooked, boiled, drained, without salt160I capM1284Onions, cooked, boiled, drained, without salt21.0I capM1284Onions, cooked, boiled, drained, without salt94.0I capM1284Onions, cooked, boiled, drained, without salt94.0I scieM1284Onions, cooked, boiled, drained, without salt94.0I capM1284Onions, naw160I capM1284Onions, spring or scallons (includes tops and bulb), raw160I capM1284Orions, spring or scallons (includes tops and bulb), raw160I capM2900Orange juice, frozen concentrate, unsweetened, dilated with 3 volume249I capM2910Orange juice, frozen concentrate, unsweetened, dilated with 3 volume160I	20034	Oat bran, cooked	219	1 cup	0
Hard2Oil, peame, shald or cooking13.5I bepH058Oil, seame, shald or cooking, (hydrogenated)13.6I bepH034Oil, soyban, shald or cooking, (hydrogenated) and cotonseed13.6I bepH351Oil, vegetable corn, shald or cooking, (hydrogenated) and cotonseed13.6I bepH4518Oil, vegetable corn, shald or cooking, (hydrogenated)13.6I bepH511Oil, vegetable, samflower, initoleic, (60% and over)13.6I bepH512Oil, vegetable, samflower, initoleic, (60% and over)13.6I capH1219Oiker, cooked, boiled, drained, without salt160I capH1219Oiker, cooked, boiled, drained, without salt120I capH1219Oiker, pe, canned (smill-extra large)210I capH1220Oiker, cooked, boiled, drained, without salt210I capH1281Oiker, cooked, boiled, drained, without salt10I capH1282Oiker, cooked, boiled, drained, without salt10I capH1283Oiker, cooked, boiled, drained, without salt10I capH1284Oiker, canned, uswithour salt100I capH1282Oiker, ange or callions (includes tops and bulb), raw100I capH1284Oiker, spring or scallions (includes tops and bulb), raw136I capH1294Oiner, spring or scallions (includes tops and bulb), raw136I capH1294Oiner, spring or scallions (includes tops and bulb), raw140I capH1294Oiner, sp	20033	Oat bran, raw	94	1 cup	0
P4038Oil, sesame, salad or cooking, (hydrogenated)13.6I hsp44034Oil, soybean, salad or cooking, (hydrogenated)13.6I hsp4518Oil, ocyetable converting, (hydrogenated) and cotonseed13.6I hsp4518Oil, vegetable safflover, salad or cooking, olei, over 70% (primary safflover oil of commerce)13.6I hsp4511Oil, vegetable safflover, salad or cooking, olei, over 70% (primary safflover, oil of commerce)13.6I hsp4513Oil, vegetable safflover, salad or cooking, olei, over 70% (primary safflover, oil of commerce)13.6I hsp11279Okra, cooked, boiled, drained, without salt160I cup11280Ohiors, cooked, boiled, drained, without salt160I cup11281Ohions, cooked, boiled, drained, without salt210I cup11282Onions, cooked, boiled, drained, without salt210I medium11282Onions, cooked, boiled, drained, without salt160I slice11282Onions, raw160I cup11282Onions, raw160I cup11291Onions, spring or safilons (includes tops and blb), raw160I cup11291Onions, spring or safilons (includes tops and blb), raw136I cup11291Onions, spring or safilons (includes tops and blb), raw136I cup11291Onions, spring or safilons (includes tops and blb), raw136I cup11291Onions, spring or safilons (includes tops and blb), raw136I cup11292Ora	04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
D4044Oil, soyban, salad or cooking, (hydrogenated)1.3.61.4sp04543Oil, soyban, salad or cooking, (hydrogenated) and cottonseed13.61.4sp045418Oil, vegetable simflower, salad or cooking, olici, over 70% (primary)13.61.4sp04506Oil, vegetable simflower, salad or cooking, olici, over 70% (primary)13.61.4sp04507Oil, vegetable simflower, salad or cooking, olici, over 70% (primary)13.61.4sp04508Oil, vegetable simflower, inoleic, (60% and over)16.01.cup11270Okra, cooke, boiled, drained, without salt1601.cup11281Oinon rings, breaded, par field, fiozen, repared, heated in oven60.01.0tngs11282Onions, cooke, boiled, drained, without salt2101.cup11283Onions, cooked, boiled, drained, without salt2101.cup11284Onions, cooked, boiled, drained, without salt941.medium11282Onions, cooked, boiled, drained, without salt1001.sup11282Onions, cooked, boiled, drained, without salt1001.cup11282Onions, raw1601.cup11282Onions, raw1601.cup11294Onions, spring or scallions (includes tops and bulb), raw151.wela11295Oniong, inge, cince, dinaweetened1411.cup11296Onions, raw1601.cup11297Oninge, ince, finzer, coocentrate, unsweetened, diluted with 3 volume2491.cup11290Orange, ince, finz	04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
M433Oil, soybean, salad or cooking, (hydrogenated) and cottonsced13.6I bspM4518Oil, vegetable corn, salad or cooking, oleic, over 70% (primary structure of a commerce)13.6I bspM4518Oil, vegetable, sunflower, salad or cooking, oleic, over 70% (primary structure of a commerce)13.6I bspM4506Oil, vegetable, sunflower, linoleic, (60% and over)13.6I bspM4506Oil, vegetable, sunflower, linoleic, (60% and over)13.6I bspM1279Okra, cooked, boiled, drained, without salt160I cup11281Okra, frozen, cooked, boiled, drained, without salt210I cup11283Onions, cooked, boiled, drained, without salt210I cup11284Onions, cooked, boiled, drained, without salt94I bsp11282Onions, cooked, boiled, drained, without salt101I whole11284Onions, divglanted flakes5I bsp11282Onions, raw160I cup11282Onions, raw160I cup11291Onions, spring or scallions (includes tops and bulb), raw160I cup11291Onions, spring or scallions (includes tops and bulb), raw160I cup129206Orange juice, chilled, includes from concentrate249I cup129216Orange juice, raw249I cup129217Orange juice, raw248I cup129216Orange juice, raw248I cup129216Orange juice, raw38I pancake	04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
D4518Oil, vegetable corn, salad or cooking, oleic, over 70% (primary 13.61.5.61. theyM511Soil, vegetable, sufflower, indice, (60% and over)13.61. theyD4506Oil, vegetable, sufflower, indice, (60% and over)13.61. theyD4506Oil, vegetable, sufflower, indice, (60% and over)13.61. theyD1279Okra, cooked, boiled, drained, without salt1601. cupD1281Okra, cooked, boiled, drained, without salt1841. cupD1283Onion rings, breaded, par fied, frozen, prepared, heated in oven6010 fingsD1284Onions, cooked, boiled, drained, without salt2101. cupD1283Onions, cooked, boiled, drained, without salt941. mediumD1284Onions, cooked, boiled, drained, without salt941. cupD1282Onions, raw1101. wholeD1282Onions, raw1601. cupD1282Onions, raw1601. cupD1291Onions, spring or scallions (includes tops and bulb), raw151. wholeD1291Orange juice, camed, unsweetened2491. cupD29206Orange juice, frozen concentrate2491. cupD29215Orange juice, raw2481. cupD29206Orange juice, raw2481. cupD29206Orange juice, raw2481. cupD29206Orange juice, raw381. pancakeD29206Orange, raw, all commercial varieties1311. orangeD2	04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
PM411Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerces)13.6It baspPM4506Oil, vegetable, sufflower, linolice, (60% and over)13.6I eduPM4507Okra, cooked, boiled, drained, without salt160I cupPM1218Okra, cooked, boiled, drained, without salt184I cupPM1218Okins, cooked, boiled, drained, without salt225 largePM1218Onions, cooked, boiled, drained, without salt210I cupPM1218Onions, cooked, boiled, drained, without salt210I cupPM1218Onions, cooked, boiled, drained, without salt94I mediumPM1218Onions, cooked, boiled, drained, without salt94I mediumPM1218Onions, cooked, boiled, drained, without salt100I subpPM1218Onions, cooked, boiled, drained, without salt94I cupPM1224Onions, cooked, boiled, drained, without salt100I cupPM1224Onions, raw100I cupPM1224Onions, raw100I cupPM1224Onions, raw100I cupPM1224Onions, spring or scallions (includes tops and bulb), raw100I cupPM2140Orange juice, chilled, includes from concentrate249I cupPM2040Orange juice, chilled, includes from concentrate249I cupPM2040Orange juice, raw248I cupPM2040Orange juice, raw248I cupPM2040Orange juic	04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
safflower oil of commerce)13.61 thep04506Oil, vegetable, sunflower, inoleic, (60% and over)13.61 thep11279Okra, cooked, boiled, drained, without salt1841 cup09193Olives, ripe, camed (small-extra large)225 large11284Onions, rooked, boiled, drained, without salt2010 rings11285Onions, cooked, boiled, drained, without salt201 cup11284Onions, cooked, boiled, drained, without salt2101 cup11282Onions, cooked, boiled, drained, without salt941 shee11284Onions, cooked, boiled, drained, without salt101 whole11282Onions, raw1001 cup11282Onions, raw1601 cup11282Onions, raw1001 cup11291Onions, pring or scallions (includes tops and bulb), raw1001 cup11291Onions, pring or scallions (includes tops and bulb), raw1001 cup11292Orange juice, canned, unsweetened2491 cup11291Orange juice, frozen concentrate, unsweetened, undiluted with 3 volume2491 cup129206Orange juice, frozen concentrate, unsweetened, undiluted with 3 volume2481 cup129206Orange juice, raw2481 cup129207Orange juice, raw361 pancake129208Orange juice, raw, all commercial varieties381 pancake129209Orange juice, raw361 pancake129200 <td>04518</td> <td>Oil, vegetable corn, salad or cooking</td> <td>13.6</td> <td>1 tbsp</td> <td>0</td>	04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0
11279Okra, cooked, boiled, drained, without salt1601 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup11283Olives, ripc, canned (small-extra large)225 large11284Onion rips, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup11284Onions, dehydrated flakes51 thep11282Onions, raw1101 whole11282Onions, raw1601 cup11284Onions, graw1601 cup11282Onions, graw1 cup1 cup11284Onions, graw1 cup1 cup11282Onions, graw1 cup1 cup11284Onions, gring or scallions (includes tops and bulb), raw1601 cup11291Onions, spring or scallions (includes tops and bulb), raw1 cup11291Oriange juice, canned, unswetened2491 cup11291Oriange juice, chiled, includes from concentrate2491 cup11291Oriange juice, frozen concentrate, unswetened, undiluted with 3 volume2481 cup11291Oriange juice, may1 cup1 cup11291Oriange, juice, may1 cup <td>04511</td> <td></td> <td>13.6</td> <td>1 tbsp</td> <td>0</td>	04511		13.6	1 tbsp	0
11281Okra, frozen, cooked, boiled, drained, without salt184i.cup19193Oirves, ripe, canned (small-extra large)225 large11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup11284Onions, cooked, boiled, drained, without salt941 medium11284Onions, cooked, boiled, drained, without salt941 medium11284Onions, cooked, boiled, drained, without salt941 suc11282Onions, raw141 sloce11282Onions, raw1601 cup11282Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Oniong, juice, caned, unsweetened2491 cup11291Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2491 cup109216Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2491 cup109216Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2491 cup109216Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2491 cup109216Orange juice, frozen concentrate, unsweetened1311 orange109206Orange juice, raw2481 cup109206Orange, juice, raw, all commercial varieties1381 cup <trr>11828Pancakes, pla</trr>	04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0
DifferDifferSingle11296Ohion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup11283Onions, cooked, boiled, drained, without salt941 medium11284Onions, cooked, boiled, drained, without salt941 medium11284Onions, cooked, boiled, drained, without salt941 medium11284Onions, raw1101 whole11282Onions, raw1601 cup11282Onions, spring or scallions (includes tops and bulb), raw1601 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw151 cup11291Onions, spring or scallions (includes tops and bulb), raw1601 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw1601 cup11291Onions, spring or scallions (includes tops and bulb), raw151 cup11291Onions, spring or scallions (includes tops and bulb), raw2491 cup11291Orange juice, frozen concentrate, unsweetened, undiluted with 3 volume2491 cup11291Orange juice, frozen concentrate, unsweetened, undiluted with 3 volume2481 cup11291Orange juice, raw, all commercial varieties1311 orange11290 <td< td=""><td>11279</td><td>Okra, cooked, boiled, drained, without salt</td><td>160</td><td>1 cup</td><td>0</td></td<>	11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0
DefinitionDefinitionDefinition11286Onton rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup11284Onions, cooked, boiled, drained, without salt941 medium11284Onions, cooked, boiled, drained, without salt51 tbsp11284Onions, raw1101 whole11282Onions, raw1601 cup11282Onions, gray1601 cup11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw2491 cup11291Orange juice, canned, unsweetened2491 cup12920Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can199206Orange juice, frozen concentrate, unsweetened, undiluted2481 cup199206Orange juice, raw86juice from 1 orange199206Orange juice, raw1601 cup199207Orange, juice, raw381 pancake199208Pancakes, plain, frozen, ready-to-heat (includes buttermilk)361 pancake18920Pancakes, plain, dry mix, incomplete, prepared381 pancake189216Pancakes, plain, dry mix, incomplete, prepared3041 papaya189226Papayas, raw101 cup <tr< td=""><td>11281</td><td>Okra, frozen, cooked, boiled, drained, without salt</td><td>184</td><td>1 cup</td><td>0</td></tr<>	11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0
DeferminantControlControl11283Onions, cooked, boiled, drained, without salt2101 cup11284Onions, cooked, boiled, drained, without salt941 medium11284Onions, dohydrated flakes51 thsp11282Onions, raw1101 whole11282Onions, raw1601 cup11282Onions, raw1601 cup11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw1601 cup11291Onions, gring or scallions (includes tops and bulb), raw1601 cup11291Onions, gring or scallions (includes tops and bulb), raw1601 cup11291Onions, gring or scallions (includes tops and bulb), raw1601 cup11291Onions, gring or scallions (includes tops and bulb), raw2491 cup11291Orange juice, choreentrate, unsweetened, undiluted2136-fl-oz can11291Orange juice, frozen concentrate, unsweetened, undiluted2131 cup11291Orange juice, raw2481 cup11291Orange, raw, all commercial varieties1311 orange11291Orange, raw, all commercial varieties1801 cup11292Pancakes, plain, frozen, ready-to-heat (includes buttermilk)361 pancake11291Pancakes, plain, dry mix, incomplete,	09193	Olives, ripe, canned (small-extra large)	22	5 large	0
1123Onions, cooked, boiled, drained, without salt94Inedium11284Onions, cooked, boiled, drained, without salt51 thsp11284Onions, raw1101 whole11282Onions, raw141 slice11282Onions, raw1601 cup11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw151 cup11291Oriange juice, canned, unsweetened2491 cup10900Orange juice, chiled, includes from concentrate2491 cup109214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2491 cup109215Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can109206Orange juice, raw2481 cup109206Orange juice, raw141 cup109206Orange, raw, all commercial varieties1801 cup109206Orange, raw, all commercial varieties1801 pancake182802Pancakes, plain, frozen, ready-to-heat (includes butternilk)361 pancake19226Papayas, raw1401 cup19236Papayas, raw1401 cup19246Papayas, raw1011 orap19256Papayas, raw1601 cup19256Papayas, raw1021 orap1925	11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0
11284Onions, dehydrated flakes5I thsp11282Onions, raw110I whole11282Onions, raw14I slice11282Onions, raw160I cup11291Onions, spring or scallions (includes tops and bulb), raw100I cup11291Onions, spring or scallions (includes tops and bulb), raw15I whole11291Onions, spring or scallions (includes tops and bulb), raw15I whole11291Orange juice, canned, unsweetened249I cup10900Orange juice, chilled, includes from concentrate249I cup10911Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water249I cup109214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can109205Orange juice, raw248I cup109206Orange, raw, all commercial varieties131I orange109200Orange, raw, all commercial varieties1801 cup18280Pancakes, plain, frozen, ready-to-heat (includes buttermilk)361 pancake18292Pancakes, plain, dry mix, complete, prepared381 pancake19226Papayas, raw140I cup19236Papayas, raw140I cup19236Papayas, raw140I cup19236Papayas, raw140I cup19236Papayas, raw140I cup19237Parsley, raw1010 sprigs19238Pap	11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0
11282Onions, raw110i whole11282Onions, raw141 slice11282Onions, raw1601 cup11284Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw151 cup11291Orange juice, canned, unsweetened2491 cup109207Orange juice, chilled, includes from concentrate2491 cup109218Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can109214Orange juice, frozen concentrate, unsweetened, undiluted2481 cup109206Orange juice, raw2481 cup109200Orange, raw, all commercial varieties1311 orange109200Oranges, raw, all commercial varieties1801 pancake11822Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake11824Pancakes, plain, dry mix, complete, prepared381 pancake119224Pancakes, plain, dry mix, incomplete, prepared3641 pancake119234Panyas, raw1001 cup11924Parsips, cooked, boiled, drained, without salt1661 cup11924Parsips, cooked, boiled, drained, without salt1661 cup11924Parsiny, coomed, parsey, solids and liquids9201 cup11924Parsiny, cande, heavy syrup pack, soli	11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0
11282Onions raw14Islice11282Onions, raw1601 cup11294Onions, spring or scalions (includes tops and bulb), raw1001 cup11294Onions, spring or scalions (includes tops and bulb), raw151 whole11294Orange juice, canned, unsweetened2491 cup10205Orange juice, finzen concentrate, unsweetened, diluted with 3 volume2491 cup10216Orange juice, finzen concentrate, unsweetened, undiluted2136-fl-oz can10217Orange juice, finzen concentrate, unsweetened, undiluted2481 cup10218Orange juice, raw2481 cup10219Orange juice, raw1311 orange10210Orange, raw, all commercial varieties1801 cup10210Orange, raw, all commercial varieties361 pancake10210Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake10211Pancakes, plain, dry mix, incomplete, prepared381 pancake102224Papaya, raw1401 cup10234Papaya, raw1401 cup11237Parsley, raw101 cup11239Parsley, colled, drained, without salt1561 cup11239Pashei, bailei, tomato sauce, canned entree2521 cup11239Patent, bailei, baile	1284	Onions, dehydrated flakes	5	1 tbsp	0
11282Now1601 cup11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole109070Orange juice, canned, unswetened2491 cup109109Orange juice, chilled, includes from concentrate2491 cup109210Orange juice, frozen concentrate, unsweetened, diluted with 3 volum2491 cup109214Orange juice, frozen concentrate, unsweetened, diluted with 3 volum2496-fl-oz can109215Orange juice, frozen concentrate, unsweetened, diluted with 3 volum2486-fl-oz can109206Orange juice, raw2481 cup109206Orange juice, raw1311 orange109207Oranges, raw, all commercial varieties1301 cup11828Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake11820Pancakes, plain, dry mix, noomplete, prepared381 pancake11820Pancakes, plain, dry mix, incomplete, prepared3041 cup11820Papaya, raw1001 cup11271Papaya, raw101 cup11272Papaya, raw101 cup11273Parsey, caw, di cumato sauce, canned entree2521 cup11294Patentells in tomato sauce, canned entree2611 cup12974Patentells lin tomato sauce, canned entree2521 cup12974Patentells lin tomato sauce, canned entree <t< td=""><td>1282</td><td>Onions, raw</td><td>110</td><td>1 whole</td><td>0</td></t<>	1282	Onions, raw	110	1 whole	0
Number DescriptionNumber DescriptionNumber Description11291Onions, spring or scallions (includes tops and bulb), raw151 whole19207Orange juice, canned, unsweetened2491 cup19209Orange juice, chilled, includes from concentrate2491 cup19214Orange juice, frozen concentrate, unsweetened, uldited with 3 volume water2496-fl-oz can19214Orange juice, frozen concentrate, unsweetened, undituted2136-fl-oz can19205Orange juice, raw86juice from 1 orange19206Orange juice, raw2481 cup19200Orange, raw, all commercial varieties1311 orange19200Oranges, raw, all commercial varieties1801 pancake18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18292Pancakes, plain, dry mix, complete, prepared381 pancake19205Papaya, raw3041 pancake19206Papaya, raw1401 cup19227Parsley, raw101 orange19228Papaya, raw1201 orange19229Papaya, raw1401 cup19230Parsley, raw101 orange19240Parsley, raw101 orange19250Papaya, raw1201 orange19261Papaya, raw1201 orange19274Parsley, raw101 orange19284Parsley, raw101 oran	11282	Onions, raw	14	1 slice	0
1291Onions, spring or scallions (includes tops and bulb), raw151 whole199207Orange juice, canned, unsweetened2491 cup199209Orange juice, chilled, includes from concentrate2491 cup199215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cup199214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can199206Orange juice, frozen concentrate, unsweetened, undiluted2481 cup199206Orange juice, raw86juice from 1 orange199206Orange juice, raw2481 cup199200Oranges, raw, all commercial varieties1311 orange199200Oranges, raw, all commercial varieties1801 cup18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18292Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake199226Papayas, raw3041 papaya199226Papayas, raw101 cup11297Parshey, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup12927Pasta with meatballs in tomato sauce, canned entree2521 cup19924Peaches, canned, heavy syrup pack, solids and liquids981 half	11282	Onions, raw	160	1 cup	0
DescriptionDescriptionDescription09207Orange juice, canned, unsweetened2491 cup09209Orange juice, chilled, includes from concentrate2491 cup09215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cup19214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can19206Orange juice, raw86juice from 1 orange19206Orange juice, raw2481 cup19200Oranges, raw, all commercial varieties1311 orange19200Oranges, raw, all commercial varieties1801 cup18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake19226Papayas, raw3041 papaya19226Papayas, raw101 cup11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22007Pasta with meatballs in tomato sauce, canned entree2521 cup09210Peaches, canned, heavy syrup pack, solids and liquids981 half	11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0
DescriptionDescriptionDescriptionD9209Orange juice, chilled, includes from concentrate2491 cupD9214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2491 cupD9214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz canD9206Orange juice, raw86juice from 1 orangeD9206Orange juice, raw2481 cupD9206Orange, raw, all commercial varieties1311 orangeD9200Oranges, raw, all commercial varieties1801 cupD9201Oranges, raw, all commercial varieties361 pancake18284Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake19226Papayas, raw3041 papaya19226Papayas, raw1401 cup11297Parsley, raw1010 sprigs11297Parsley, raw1561 cup11299Parsnips, cooked, boiled, drained, without salt1561 cup12900Paetes, canned, heavy syrup pack, solids and liquids981 half	11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0
D9215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cupD9214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz canD9206Orange juice, raw86juice from 1 orangeD9206Orange juice, raw2481 cupD9206Orange, raw, all commercial varieties1311 orangeD9200Oranges, raw, all commercial varieties1801 cupD9204Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancakeB2920Pancakes, plain, dry mix, complete, prepared381 pancakeB29226Pancakes, plain, dry mix, incomplete, prepared381 pancakeD9226Papayas, raw1041 cupD9226Papayas, raw10010 sprigsB1297Parsley, raw1561 cupB2907Past with meatballs in tomato sauce, canned entree2521 cupD9226Paeches, canned, heavy syrup pack, solids and liquids981 half	09207	Orange juice, canned, unsweetened	249	1 cup	0
waterwater09214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can09206Orange juice, raw86juice from 1 orange09206Orange juice, raw2481 cup09200Oranges, raw, all commercial varieties1311 orange09200Oranges, raw, all commercial varieties1801 cup18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared3041 papaya19226Papayas, raw1001 cup11297Parsley, raw101 orange11299Parsnips, cooked, boiled, drained, without salt1561 cup122007Pasta with meatballs in tomato sauce, canned entree2521 cup122007Peaches, canned, heavy syrup pack, solids and liquids981 half	09209	Orange juice, chilled, includes from concentrate	249	1 cup	0
09206Orange juice, raw86juice from 1 orange09206Orange juice, raw2481 cup09200Oranges, raw, all commercial varieties1311 orange09200Oranges, raw, all commercial varieties1801 cup18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake09226Papayas, raw3041 papaya12927Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22007Pasta with meatballs in tomato sauce, canned entree2521 cup09241Peaches, canned, heavy syrup pack, solids and liquids981 half	09215		249	1 cup	0
D9206Orange juice, raw2481 cupD9200Oranges, raw, all commercial varieties1311 orangeD9200Oranges, raw, all commercial varieties1801 cup18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared3041 papaya19226Papayas, raw1401 cup11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22007Pasta with meatballs in tomato sauce, canned entree2521 cup09241Peaches, canned, heavy syrup pack, solids and liquids981 half	09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0
D9200Oranges, raw, all commercial varieties1311 orangeD9200Oranges, raw, all commercial varieties1801 cup18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared3041 papaya19226Papayas, raw1401 cup11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22007Pasta with meatballs in tomato sauce, canned entree2521 cup1000000Paches, canned, heavy syrup pack, solids and liquids981 half	09206	Orange juice, raw	86	juice from 1 orange	0
D9200Oranges, raw, all commercial varieties1801 cup18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared3041 papaya19226Papayas, raw1401 cup11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22007Pasta with meatballs in tomato sauce, canned entree2521 cup1000000000000000000000000000000000000	09206	Orange juice, raw	248	1 cup	0
18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake19226Papayas, raw3041 papaya19226Papayas, raw1401 cup11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup19241Peaches, canned, heavy syrup pack, solids and liquids981 half	09200	Oranges, raw, all commercial varieties	131	1 orange	0
18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Papayas, raw3041 papaya19226Papayas, raw3041 cup11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup19241Peaches, canned, heavy syrup pack, solids and liquids981 half	09200	Oranges, raw, all commercial varieties	180	1 cup	0
18292Pancakes, plain, dry mix, incomplete, prepared381 pancake09226Papayas, raw3041 papaya09226Papayas, raw1401 cup11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup09241Peaches, canned, heavy syrup pack, solids and liquids981 half	18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	3
D9226Papayas, raw3041 papayaD9226Papayas, raw1401 cupD9226Papayas, raw1010 sprigs11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup09241Peaches, canned, heavy syrup pack, solids and liquids981 half	18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	5
199226Papayas, raw1401 cup11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup09241Peaches, canned, heavy syrup pack, solids and liquids981 half	18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	27
11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup09241Peaches, canned, heavy syrup pack, solids and liquids981 half)9226	Papayas, raw	304	1 papaya	0
Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup09241Peaches, canned, heavy syrup pack, solids and liquids981 half)9226	Papayas, raw	140	1 cup	0
22907Pasta with meatballs in tomato sauce, canned entree2521 cup09241Peaches, canned, heavy syrup pack, solids and liquids981 half	1297	Parsley, raw	10	10 sprigs	0
19241Peaches, canned, heavy syrup pack, solids and liquids981 half	1299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0
	22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	20
99241Peaches, canned, heavy syrup pack, solids and liquids2621 cup	09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0
	09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
)9238	Peaches, canned, juice pack, solids and liquids	98	1 half	0
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0
)9246	Peaches, dried, sulfured, uncooked	39	3 halves	0
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0
)9236	Peaches, raw	98	1 peach	0
)9236	Peaches, raw	170	1 cup	0
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0
09340	Pears, asian, raw	122	1 pear	0
09340	Pears, asian, raw	275	1 pear	0
)9257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0
9257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0
)9254	Pears, canned, juice pack, solids and liquids	248	1 cup	0
)9254	Pears, canned, juice pack, solids and liquids	76	1 half	0
)9252	Pears, raw	166	1 pear	0
1301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0
1303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0
1308	Peas, green, canned, regular pack, drained solids	170	1 cup	0
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0
11670	Peppers, hot chili, green, raw	45	1 pepper	0
1819	Peppers, hot chili, red, raw	45	1 pepper	0
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0
11333	Peppers, sweet, green, raw	149	1 cup	0
1333	Peppers, sweet, green, raw	10	1 ring	0
11333	Peppers, sweet, green, raw	119	1 pepper	0
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0
11821	Peppers, sweet, red, raw	119	1 pepper	0
11821	Peppers, sweet, red, raw	149	1 cup	0
1945	Pickle relish, sweet	15	1 tbsp	0
1937	Pickles, cucumber, dill	65	1 pickle	0
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0
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	0
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0
18302	Pie, apple, prepared from recipe	155	1 piece	0
18305	Pie, blueberry, commercially prepared	117	1 piece	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18306	Pie, blueberry, prepared from recipe	147	1 piece	0
18308	Pie, cherry, commercially prepared	117	1 piece	0
18309	Pie, cherry, prepared from recipe	180	1 piece	0
18310	Pie, chocolate creme, commercially prepared	113	1 piece	6
18316	Pie, coconut custard, commercially prepared	104	1 piece	36
18444	Pie, fried pies, cherry	128	1 pie	0
18319	Pie, fried pies, fruit	128	1 pie	0
18320	Pie, lemon meringue, commercially prepared	113	1 piece	51
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	67
18324	Pie, pecan, commercially prepared	113	1 piece	36
18325	Pie, pecan, prepared from recipe	122	1 piece	106
18326	Pie, pumpkin, commercially prepared	109	1 piece	22
18327	Pie, pumpkin, prepared from recipe	155	1 piece	65
11943	Pimento, canned	12	1 tbsp	0
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0
09266	Pineapple, raw, all varieties	155	1 cup	0
09278	Plantains, cooked	154	1 cup	0
09277	Plantains, raw	179	1 medium	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0
09291	Plums, dried (prunes), uncooked	42	5 prunes	0
09279	Plums, raw	66	1 plum	0
07065	Pork and beef sausage, fresh, cooked	26	2 links	18
07064	Pork sausage, fresh, cooked	26	2 links	22
07064	Pork sausage, fresh, cooked	27	1 patty	23
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	21
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	27
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	35
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	53
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	47
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	100
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	80
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	80
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	70

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
0179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	78
0042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	70
0176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	78
0047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	62
0051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	60
0205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	74
0075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	93
0078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	97
0089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	103
1672	Potato pancakes, home-prepared	76	1 pancake	73
1399	Potato puffs, frozen, prepared	79	10 puffs	0
1414	Potato salad, home-prepared	250	1 cup	170
1674	Potato, baked, flesh and skin, without salt	202	1 potato	0
1385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	37
1373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	56
1363	Potatoes, baked, flesh, without salt	156	1 potato	0
1364	Potatoes, baked, skin, without salt	58	1 skin	0
1365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0
1367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0
1367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0
1403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0
1391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0
1370	Potatoes, hashed brown, home-prepared	156	1 cup	0
1379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	29
1657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	4
1371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2
1387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	27
1372	Potatoes, scalloped, home-prepared with butter	245	1 cup	29
05306	Poultry food products, ground turkey, cooked	82	1 patty	84
9294	Prune juice, canned	256	1 cup	0
9123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	9
9190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	10
9183	Puddings, chocolate, ready-to-eat	113	4 oz	3
9193	Puddings, rice, ready-to-eat	113.4	4 oz	1
9218	Puddings, tapioca, ready-to-eat	113	4 oz	1
9212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	10
9201	Puddings, vanilla, ready-to-eat	113	4 oz	8
1424	Pumpkin, canned, without salt	245	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0
11429	Radishes, raw	4.5	1 radish	0
09298	Raisins, seedless	145	1 cup	0
09298	Raisins, seedless	14	1 packet	0
09306	Raspberries, frozen, red, sweetened	250	1 cup	0
09302	Raspberries, raw	123	1 cup	0
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	20
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0
20037	Rice, brown, long-grain, cooked	195	1 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0
18353	Rolls, hard (includes kaiser)	57	1 roll	0
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	3
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	9
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	1
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5
04015	Salad dressing, russian dressing	15.3	1 tbsp	3
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	1
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	4
07069	Salami, cooked, beef and pork	56.7	2 slices	37
07072	Salami, dry or hard, pork, beef	20	2 slices	16
02047	Salt, table	6	1 tsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	6
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	111
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	50
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	87
06150	Sauce, barbecue sauce	15.75	1 tbsp	0
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	18
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06166	Sauce, homemade, white, medium	250	1 cup	18
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	20
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	8
11445	Seaweed, kelp, raw	10	2 tbsp	0
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	l oz	0
14346	Shake, fast food, chocolate	333	16 fl oz	43
14347	Shake, fast food, vanilla	333	16 fl oz	37
11677	Shallots, raw	10	1 tbsp	0
19097	Sherbet, orange	74	1/2 cup	0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	10
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1
19013	Snacks, fruit leather, pieces	28.35	1 oz	0
19014	Snacks, fruit leather, rolls	21	1 large	0
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	3
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0
19034	Snacks, popcorn, air-popped	8	1 cup	0
19036	Snacks, popcorn, cakes	10	1 cake	0
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0
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	0
19041	Snacks, pork skins, plain	28.35	1 oz	27
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0

Content per NDB No Description Weight (g) **Common Measure** Measure 19045 Snacks, potato chips, made from dried potatoes, light 28.35 1 oz 0 19410 Snacks, potato chips, made from dried potatoes, plain 28.35 1 oz 0 19046 Snacks, potato chips, made from dried potatoes, sour-cream and onion-28.35 1 oz 1 flavor 19411 Snacks, potato chips, plain, salted 28.35 1 oz 0 19811 Snacks, potato chips, plain, unsalted 28.35 1 oz Ω 19422 28.35 Snacks, potato chips, reduced fat 1 oz0 28.35 19043 Snacks, potato chips, sour-cream-and-onion-flavor 1 oz 2 19047 Snacks, pretzels, hard, plain, salted 60 10 pretzels 9 19051 1 cake Snacks, rice cakes, brown rice, plain 19057 Snacks, tortilla chips, nacho-flavor 28.35 1 oz 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 28.35 19056 1 oz Snacks, tortilla chips, plain 19062 Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds 146 1 cup 6 19061 Snacks, trail mix, tropical 140 1 cup 0 Soup, bean with ham, canned, chunky, ready-to-serve, commercial 243 22 06007 1 cup 253 3 06404 Soup, bean with pork, canned, prepared with equal volume water, 1 cup commercial 06075 Soup, beef broth or bouillon, powder, dry 6 1 packet 1 Soup, beef broth, bouillon, consomme, prepared with equal volume 06432 241 0 1 cup water, commercial 06409 Soup, beef noodle, canned, prepared with equal volume water, 244 1 cup 5 commercial 06018 Soup, chicken noodle, canned, chunky, ready-to-serve 240 19 1 cup 06419 Soup, chicken noodle, canned, prepared with equal volume water, 241 1 cup 7 commercial 06528 Soup, chicken noodle, dehydrated, prepared with water 252.3 1 cup 10 06024 Soup, chicken vegetable, canned, chunky, ready-to-serve 240 17 1 cup 06423 Soup, chicken with rice, canned, prepared with equal volume water, 241 7 1 cup commercial 06428 Soup, clam chowder, manhattan, canned, prepared with equal volume 244 1 cup 2 water 06230 Soup, clam chowder, new england, canned, prepared with equal 248 1 cup 22 volume milk, commercial 06416 Soup, cream of chicken, canned, prepared with equal volume water, 244 1 cup 10 commercial 248 27 06216 Soup, cream of chicken, prepared with equal volume milk, commercial 1 cup 20 06243 Soup, cream of mushroom, canned, prepared with equal volume milk, 248 1 cup commercial 06443 Soup, cream of mushroom, canned, prepared with equal volume water, 2 244 1 cup commercial 06440 Soup, minestrone, canned, prepared with equal volume water, 241 1 cup 2 commercial 06094 Soup, onion mix, dehydrated, dry form 39 1 packet 2 06494 Soup, onion, dehydrated, prepared with water 246 1 cup 0 06449 Soup, pea, green, canned, prepared with equal volume water, 250 1 cup 0 commercial 06200 Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, 237 1 cup 19 canned, ready-to-serve Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH 06202 239 17 1 cup VEGETABLES, canned, ready-to-serve

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	0
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	0
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	5
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	5
06174	Soup, stock, fish, home-prepared	233	1 cup	2
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	0
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	5
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1
16120	Soy milk, fluid	245	1 cup	0
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	17
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0
02007	Spices, celery seed	2	1 tsp	0
02009	Spices, chili powder	2.6	1 tsp	0
02010	Spices, cinnamon, ground	2.3	1 tsp	0
02015	Spices, curry powder	2	1 tsp	0
02020	Spices, garlic powder	2.8	1 tsp	0
02026	Spices, onion powder	2.1	1 tsp	0
02027	Spices, oregano, dried	1.5	1 tsp	0
02028	Spices, paprika	2.1	1 tsp	0
02029	Spices, parsley, dried	1.3	1 tbsp	0
02030	Spices, pepper, black	2.1	1 tsp	0
11658	Spinach souffle, home-prepared	136	1 cup	184
11461	Spinach, canned, drained solids	214	1 cup	0
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0
11457	Spinach, raw	30	1 cup	0
11457	Spinach, raw	10	1 leaf	0
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0
11641	Squash, summer, all varieties, raw	113	1 cup	0
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0
09316	Strawberries, raw	166	1 cup	0
09316	Strawberries, raw	12	1 strawberry	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09316	Strawberries, raw	18	1 strawberry	0
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	40
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	8
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	0
19129	Syrups, table blends, pancake	20	1 tbsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	0
)9223	Tangerine juice, canned, sweetened	249	1 cup	0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0
9218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0
20068	Tapioca, pearl, dry	152	1 cup	0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0
11954	Tomatillos, raw	34	1 medium	0
1540	Tomato juice, canned, with salt added	243	1 cup	0
1546	Tomato products, canned, paste, without salt added	262	1 cup	5
11547	Tomato products, canned, puree, without salt added	250	1 cup	5
1549	Tomato products, canned, sauce	245	1 cup	0
1533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0
1531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0
1529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0
11955	Tomatoes, sun-dried	2	1 piece	0
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0
21088	Tostada with guacamole	130.5	1 tostada	20
05286	Turkey and gravy, frozen	142	5-oz package	26
05292	Turkey patties, breaded, battered, fried	64	1 patty	40
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	45
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	71
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	419
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	58
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	106
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	185
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0
02050	Vanilla extract	4.2	1 tsp	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	114
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	94
11578	Vegetable juice cocktail, canned	242	1 cup	0
04582	Vegetable oil, canola	14	1 tbsp	0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0
02048	Vinegar, cider	15	1 tbsp	0
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	8
18367	Waffles, plain, prepared from recipe	75	1 waffle	52
14429	Water, municipal	237	8 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0
09326	Watermelon, raw	152	1 cup	0
09326	Watermelon, raw	286	1 wedge	0
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0
20083	Wheat flour, white, bread, enriched	137	1 cup	0
20084	Wheat flour, white, cake, enriched	137	1 cup	0
20080	Wheat flour, while, early, enricided	120	1 cup	0
20080	Wild rice, cooked	164	1 cup	0
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	9
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	14

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	5
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	30