NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20005	Barley, pearled, raw	200	1 cup	31.2
20012	Bulgur, dry	140	1 cup	25.6
16008	Beans, baked, canned, with franks	259	1 cup	17.9
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	16.4
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	16.3
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	15.6
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	15.0
20080	Wheat flour, whole-grain	120	1 cup	14.6
20033	Oat bran, raw	94	1 cup	14.5
09087	Dates, deglet noor	178	1 cup	14.2
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	14.0
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	13.4
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	13.2
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	13.2
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	13.1
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	12.7
16051	Beans, white, mature seeds, canned	262	1 cup	12.6
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	12.5
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	12.4
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	12.1
20011	Buckwheat flour, whole-groat	120	1 cup	12.0
11546	Tomato products, canned, paste, without salt added	262	1 cup	11.8
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	11.6
16073	Lima beans, large, mature seeds, canned	241	1 cup	11.6
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	11.2
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	11.2
09306	Raspberries, frozen, red, sweetened	250	1 cup	11.0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	10.9
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	10.8
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	10.6
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	10.3
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	10.2
19080	Candies, semisweet chocolate	168	1 cup	9.9
09340	Pears, asian, raw	275	1 pear	9.9
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	9.9
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	9.8
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	9.6
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	9.1
20020	Cornmeal, whole-grain, yellow	122	1 cup	8.9
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	8.8
20028	Couscous, dry	173	1 cup	8.7

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	8.6
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	8.3
22904	Chili con carne with beans, canned entree	222	1 cup	8.2
20013	Bulgur, cooked	182	1 cup	8.2
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	8.0
09302	Raspberries, raw	123	1 cup	8.0
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	7.9
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	7.7
09042	Blackberries, raw	144	1 cup	7.6
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	7.6
12167	Nuts, chestnuts, european, roasted	143	1 cup	7.3
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	7.3
11424	Pumpkin, canned, without salt	245	1 cup	7.1
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	7.0
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	7.0
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	6.8
08143	Cereals, WHEATENA, cooked with water	243	1 cup	6.6
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	6.5
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	6.4
14346	Shake, fast food, chocolate	333	16 fl oz	6.3
20125	Spaghetti, whole-wheat, cooked	140	1 cup	6.3
20006	Barley, pearled, cooked	157	1 cup	6.0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	5.9
11439	Sauerkraut, canned, solids and liquids	236	1 cup	5.9
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	5.9
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	5.7
20034	Oat bran, cooked	219	1 cup	5.7
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	5.6
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	5.6
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	5.6
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	5.5
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	5.5
09226	Papayas, raw	304	1 papaya	5.5
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	5.4
09298	Raisins, seedless	145	1 cup	5.4
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	5.3
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	5.3
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	5.2
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	5.1
09252	Pears, raw	166	1 pear	5.1
11461	Spinach, canned, drained solids	214	1 cup	5.1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	5.1
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	5.1
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	5.1
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	5.1
09055	Blueberries, frozen, sweetened	230	1 cup	5.1
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	5.1
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.1
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	5.0
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	5.0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	5.0
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	5.0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	4.9
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	4.9
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.8
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	4.8
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	4.8
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	4.8
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	4.8
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	4.8
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.8
19078	Baking chocolate, unsweetened, squares	28.35	1 square	4.7
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	4.7
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	4.7
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	4.7
11512	Sweetpotato, canned, vacuum pack	255	1 cup	4.6
11364	Potatoes, baked, skin, without salt	58	1 skin	4.6
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	4.6
20010	Buckwheat groats, roasted, cooked	168	1 cup	4.5
09250	Peaches, frozen, sliced, sweetened	250	1 cup	4.5
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	4.5
11674	Potato, baked, flesh and skin, without salt	202	1 potato	4.4
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	4.4
09340	Pears, asian, raw	122	1 pear	4.4
09200	Oranges, raw, all commercial varieties	180	1 cup	4.3
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	4.3
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	4.3
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	4.3
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	4.2
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	4.2
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	4.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	4.2
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	4.1
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	4.1
09277	Plantains, raw	179	1 medium	4.1
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	4.1
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	4.1
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	4.1
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	4.1
12104	Nuts, coconut meat, raw	45	1 piece	4.1
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	4.0
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	4.0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	4.0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	4.0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	4.0
18324	Pie, pecan, commercially prepared	113	1 piece	4.0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	3.9
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	3.9
09040	Bananas, raw	150	1 cup	3.9
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	3.9
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	3.8
11264	Mushrooms, canned, drained solids	156	1 cup	3.7
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	3.7
09176	Mangos, raw	207	1 mango	3.7
09094	Figs, dried, uncooked	38	2 figs	3.7
16112	Miso	68.75	1 cup	3.7
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	3.7
11549	Tomato products, canned, sauce	245	1 cup	3.7
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	3.6
09278	Plantains, cooked	154	1 cup	3.5
20037	Rice, brown, long-grain, cooked	195	1 cup	3.5
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	3.5
22905	Beef stew, canned entree	232	1 cup	3.5
09050	Blueberries, raw	145	1 cup	3.5
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	3.5
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.4
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	3.4
11081	Beets, cooked, boiled, drained	170	1 cup	3.4
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	3.4
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	3.4
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	3.3
12061	Nuts, almonds	28.35	1 oz (24 nuts)	3.3
18444	Pie, fried pies, cherry	128	1 pie	3.3
18319	Pie, fried pies, fruit	128	1 pie	3.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09316	Strawberries, raw	166	1 cup	3.3
09087	Dates, deglet noor	41.5	5 dates	3.3
09003	Apples, raw, with skin	138	1 apple	3.3
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.3
11124	Carrots, raw	110	1 cup	3.3
20083	Wheat flour, white, bread, enriched	137	1 cup	3.3
11414	Potato salad, home-prepared	250	1 cup	3.3
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	3.2
09246	Peaches, dried, sulfured, uncooked	39	3 halves	3.2
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.2
16120	Soy milk, fluid	245	1 cup	3.2
16055	Carob flour	8	1 tbsp	3.2
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.2
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	3.2
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	3.1
09200	Oranges, raw, all commercial varieties	131	1 orange	3.1
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	3.1
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	3.1
09040	Bananas, raw	118	1 banana	3.1
09020	Applesauce, canned, sweetened, without salt	255	1 cup	3.1
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	3.1
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	3.1
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	3.0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	3.0
22247	Macaroni and Cheese, canned entree	252	1 cup	3.0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	3.0
09291	Plums, dried (prunes), uncooked	42	5 prunes	3.0
11821	Peppers, sweet, red, raw	149	1 cup	3.0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	3.0
09176	Mangos, raw	165	1 cup	3.0
20089	Wild rice, cooked	164	1 cup	3.0
18326	Pie, pumpkin, commercially prepared	109	1 piece	2.9
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	2.9
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2.9
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.9
09060	Carambola, (starfruit), raw	108	1 cup	2.9
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.9
11084	Beets, canned, drained solids	170	1 cup	2.9
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.9
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	2.9
18031	Bread, indian (navajo) fry	160	10-1/2" bread	2.9
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	2.9
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	2.9
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	2.8

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.8
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	2.8
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	2.8
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	2.8
09011	Apples, dried, sulfured, uncooked	32	5 rings	2.8
18055	Bread, reduced-calorie, wheat	23	1 slice	2.8
18053	Bread, reduced-calorie, rye	23	1 slice	2.8
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	2.8
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	2.8
12120	Nuts, hazelnuts or filberts	28.35	1 oz	2.7
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.7
12142	Nuts, pecans	28.35	1 oz (20 halves)	2.7
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	2.7
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.7
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.7
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	2.7
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	2.7
21024	Fast foods, french toast sticks	141	5 sticks	2.7
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	2.7
18283	Muffins, oat bran	57	1 muffin	2.6
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	2.6
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	2.6
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	2.6
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	2.6
09294	Prune juice, canned	256	1 cup	2.6
09032	Apricots, dried, sulfured, uncooked	35	10 halves	2.6
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	2.6
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.6
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	2.6
09236	Peaches, raw	170	1 cup	2.6
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.6
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.5
11333	Peppers, sweet, green, raw	149	1 cup	2.5
11399	Potato puffs, frozen, prepared	79	10 puffs	2.5
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	2.5
09226	Papayas, raw	140	1 cup	2.5
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	2.5
18226	Crackers, rye, wafers, plain	11	1 wafer	2.5
11135	Cauliflower, raw	100	1 cup	2.5
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	2.5
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.5

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09060	Carambola, (starfruit), raw	91	1 fruit	2.5
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.4
19097	Sherbet, orange	74	1/2 cup	2.4
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.4
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.4
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.4
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	2.4
11226	Jerusalem-artichokes, raw	150	1 cup	2.4
11821	Peppers, sweet, red, raw	119	1 pepper	2.4
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	2.4
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	2.4
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	2.4
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.3
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	2.3
20084	Wheat flour, white, cake, enriched	137	1 cup	2.3
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	2.3
09191	Nectarines, raw	136	1 nectarine	2.3
11090	Broccoli, raw	88	1 cup	2.3
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	2.3
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	2.3
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.3
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	2.3
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2.3
18310	Pie, chocolate creme, commercially prepared	113	1 piece	2.3
11282	Onions, raw	160	1 cup	2.2
18057	Bread, reduced-calorie, white	23	1 slice	2.2
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.2
20029	Couscous, cooked	157	1 cup	2.2
11128	Carrots, canned, regular pack, drained solids	146	1 cup	2.2
11114	Cabbage, savoy, raw	70	1 cup	2.2
09266	Pineapple, raw, all varieties	155	1 cup	2.2
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	2.2
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	2.2
11124	Carrots, raw	72	1 carrot	2.2
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	2.2
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	2.1
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	2.1
18044	Bread, pumpernickel	32	1 slice	2.1
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	2.1
18045	Bread, pumpernickel, toasted	29	1 slice	2.1
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	2.0
18005	Bagels, cinnamon-raisin	89	4" bagel	2.0
18003	Bagels, egg	89	4" bagel	2.0

99270 Preapple, canned, harvy syrup pack, solids and liquids 254 1 exp 11333 Peppers, weet green, now 119 1 pepper 11340 Chabage, chines (pecine), coded, boiled, drained, wibout still 119 1 cup 01102 Milk, chocolare, fluid, commercial, 250 1 cup 118245 Croations, seasoned 40 1 cup 08210 Cereals ready-to-cat, QUAKER, QUAKER OAT CINNAMON LIFE 22 34 cup 09112 Grapffuit, my, pink and red, all areas. 123 1/2 grapffuit 11206 Cucanter, peelock, rank 240 1 aug 11206 Cucanter, peelock, rank 242 1 cup 11278 Vegetable juice cockail, canned 242 1 cup 11278 Vegetable juice cockail, canned 242 1 cup 11378 Vegetable juice cockail, canned 242 1 cup 11378 Vegetable juice cockail, canned 242 1 cup 11379 Bread, whole-what, curnercially prepared 28 1 data 1143 Celary, max 120 1 cup 1143 Celary, max 210 1 cup 1143 Celary, max 285 1 cup 1144 Depece 1 cup	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1112bCabbage, chinese (pe-tsai), conked, bolled, dnined, without sait11910010102Mik, chocolute, fuid, commercial,250cop18233Coutons, seasoned401 cup18243Coutons, seasoned401 cup18210Creater ready-to-ent, QUAKER, QUAKER OAT CINNAMON LIFE234 cup18210Creater ready-to-ent, QUAKER, QUAKER COAT CINNAMON LIFE234 cup18210Creater ready-to-ent, QUAKER, QUAKER OAT CINNAMON LIFE21 argerine18217Muffins, corn, commercially prepared571 muffin18218Cucumber, poeled, naw2421 cup18218Vagetable juice cocktail, ennod2421 cup19218Targerines, (mandarin oranges), raw841 lugerine19218Targerines, (mandarin oranges), raw841 cup19218Targerines, (mandarin oranges), raw23.51 oc (14) turs)19218Carder, naw, California23.51 oc (14) turs)19219Carder, mik chocolate coated peanats4010 peces19319Cardies, mik chocolate coated peanats4010 peces19310Rage, bonomercially prepared, move1041 pice19314Cardies, Mik, GOODBAR Chocolate Bar231 cup19315Pale, showid-weit, chined olidid121 cup19316Rade, kybol-weit, chined olidid23.51 cup19336Sacks, torilla tips, plain25.21 cup19347Cardies, Mike Coobel, end, chi	09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	2.0
91102Mik, chaodate, fluid, commercial,250I eup182140Coutons, sasonad40eup182140Picculas, candot-ox, gluic pack, solida and liquida24034 cup102101Grapefruit, raw, pink and red, all arcas1331 Carpefruit102102Orgenfruit, raw, pink and red, all arcas231 Large112103Outomber, peeded, new241 cup112104Orgenbruit, raw, pink and red, all arcas241 cup112105Nacada, wheek exten, commercially prepared241 cup112105Naceda, presc, chand, plain, saled23.501 cup112106Carey, raw23.501 cup112107Naceda, presc, band, plain, saled201 cup112108Naceda, presc, band, plain, saled23.601 cup112109Cardy, raw2161 cup112109Cardy, raw2161 cup112109Cardy, raw2161 cup112109Cardy, raw, cultifornia2161 cup112109Cardy, raw2161 cup112109Cardy, raw2161 cup112109Cardy, raw2161 cup112109Cardy, raw2161 cup112109Cardy, raw2161 cup112109Cardy, raw, cup2161 cup112109Cardy, raw, cup2161 cup112109Cardy, raw, cup2161 cup112109Cardy, raw, cup2161 cup	11333	Peppers, sweet, green, raw	119	1 pepper	2.0
1823Creations, seasoned40rup09286Pincapple, canned, juice pack, solids and liquids2491 cup08210Cereali ready-io-cat, QUAKER, QUAKER, OAT CINNAMON LIFE3234 cup11206Carenbrit, rivo, pink and red, all areas2801 large112178Vegabile juice costinal, commercially prepared571 mulfin11879Muffin, corn, commercially prepared2801 slace118718Vegabile juice costinal, commercially prepared2841 tungritme118715Bread, whole-wheat, commercially prepared2841 tungritme118716Cacery, raw841 tungritme118716Cacry, pretzels, hard, plain, salted6010 pretzels118716Cacrory juice, canned286.351 cuc (1 halves)119726Candeis, multi, chocoduce coated perants401 pinces119730Pince, connuterially prepared, nav1041 pince119740Candeis, multi, chocoduce coated perants401 cup118741Pince, connuterially prepared, nav1041 pince118745Pince, connuterially prepared, nave1041 pince118745Pince, connuterially prepared, toxisel251 slice118746Pince, speck, scholate, with fronting, low-far43cup11875Stacks, torula chine, shith151cup11876Stacks, curplach, drinined solids110cup11876Stacks, curplach, drinined solids120cup118	11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	2.0
99268Pineaple, canned, juice pack, solids and liquids249req882100Cereals ready-to-ent, QUAKER, QUAKER OAT CINNAMON LITE3234 cup90112Grapefruit, raw, pink and red, all areas12312 grapefruit901130Cuumber, peeld, raw2801 args18375Muffins, corn, commercially prepared271 end18375Bread, whole-wheat, commercially prepared281 end90126Traderines, (madiarii oranges), raw841 angerine90368Avocados, raw, California28,351 oz90474Snecks, preperis, hard, plain, salted28,351 oz90475Snecks, preperis, land, plain, salted2361 eup91555Carrof juice, canned2161 eup91656Carrof juice, canned2161 eup91756Carrof juice, canned1041 picece91850Pie, coconut cuatari, commercially prepared1041 eup91850Pie, coconut cuatari, commercially prepared, torated231 sice91850Pie, apple, commercially prepared, torated231 sice91851Pie, apple, commercially prepared, torated231 sice91952Snacks, torated, chrohed floar1311 caq91953Bieda, whole-wh	01102	Milk, chocolate, fluid, commercial,	250	1 cup	2.0
Name Normal Name Name Name 	18243	Croutons, seasoned	40	1 cup	2.0
09112Gingefruit, nw, pink and red, all areas1231/2 grapefruit11206Cacamber, peeled, nw280Iarge112175Vigetable juice occide, it, anned57I nuffin,112187Vigetable juice occide, it, anned242I aup112187Targerinse, (mandarin oranges), nw84I angerine09038Avcados, raw, Culifornia28.30I occi09038Avcados, raw, Culifornia28.30I ocr11438Celery, raw20I ora11439Celery, raw20.30I otpetzla11430Celery, raw23.60I otpetzla11430Cardies, milk chocolate coarde pearuts40I opceca116316Pie, coccant castard, commercially prepared104I prece117430Range heam, nature seeds, sprotted, more174I prece118440Pie, occcant castard, commercially prepared, ancide174I prece119430Range heam, nature seeds, sprotted, more174I prece119440Range heam, commercially prepared, castard25I car119450Bread, whole-wheat, commercially prepared, tastard131I cap119450Bread, whole-wheat, commercially prepared, tastard132I cap119450Bread, whole-wheat, commercially prepared, tastard132I cap119450Bread, whole-wheat, commercially prepared, tastard132I cap119450Bread, whole-wheat, commercially prepared, tastardI cap119450Bread, wh	09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	2.0
12.106Caumber, peeled, raw2801 large18279Muffins, com, commercially prepared571 muffin18375Bread, whole-wheat, commercially prepared2421 cup19375Bread, whole-wheat, commercially prepared283 slice09318Tangerines, (mandarin oranges), raw841 tangerine09318Avecados, raw, California28.351 oz.19447Stacks, pretzels, hard, plain, salted600 orp12155Nates, suglish28.351 oz(14 halves)12156Carot juice, canned23.61 cup12157Nats, wainuts, english21.01 opiece12158Nate, coouth custand, commercially prepared1041 piece11043Pie, coouth custand, commercially prepared1041 opiece11043Mang beans, mattre seeds, sprouted, raw1041 oup18301Pie, apple, commercially prepared, enriched floor1171 piece18404Bread, rye321 slice18405Bread, whole-wheat, commercially prepared, toasted251 slice18406Bread, whole-wheat, anomercially prepared, toasted311 cup18415Cakes, snack cakes, cupcakes, chocolate, with frosting, low-fat35.21 cup18420Cakes, nack cakes, cupcake, chocolate, with frosting, low-fat161 cup19431Bread, rye1201 cup19442Cakes, hopeolet, camed-caket, whithut slat15.21 cup19453Cakes, hopeo	08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	2.0
182?9Mufins, on, commercially prepared57nuffin11378Vegetable juice cocktail, canned4221 cap18075Bread, whole-wheat, commercially prepared281 slace09218Avocados, rav, California28.351 oz19047Snacks, pretzels, hard, plain, salted6010 prezzls19147Snacks, pretzels, hard, plain, salted28.351 oz19148Celor, raw201 cap19155Carofi juice, canned23.641 op19156Carofi juice, canned201 opicces19146Candies, milk chocolate coated peanuts041 picce19148Pic, coconut custard, commercially prepared1041 picce19149Die apple, commercially prepared, cariched floar1041 picce19149Candies, MR, GOODBAR Chocolate Bar291 slace19149Bread, vehole-wheat, commercially prepared, toxated251 slace19149Snacks, portle, plain23.521 op19149Snacks, torill a chips, plain23.521 cap19159Snacks, poperon, caramel-coatel, with frosting, low-fat35.21 cap19159Snacks, poperon, caramel-coatel, without stat1651 cap19159Coleaku, home-prepared1201 cap19159Coleaku, home-prepared241 cap19159Snacks, poperon, caramel-coatel, without stat1651 cap19150Coleaku, home-prepared1201 cap1915	09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	2.0
11.7.8 Vegetable juice cocktail, commercially propared 242 I cup 18075 Bread, whole-wheat, commercially propared 28 1 slice 09218 Tangerines, (mandarin oranges), raw 84 1 tangerine 09038 Avecados, raw, California 28.35 1 oz 10475 Snacks, pretzels, hard, plain, salted 60 10 pretzels 11143 Celery, raw 120 1 cup 12155 Nuts, walnuts, english 28.35 1 oz (1 halves) 11655 Carrot juice, canned 240 1 ope 11761 Precocont custard, commercially prepared 104 1 prece 11830 Pie, cocont custard, commercially prepared, mriched flour 104 1 ope 11841 Cades, smatk commercially prepared, tonsted 25 1 slice 11842 Cade, snack, conser, conser, with frosting, low-fat 245 1 cup 11845 Cades, startil, chiny, should solids 131 1 cup 11845 Bamboo shoots, canned, drained solids 131 1 cup 11845 Cades, startil	11206	Cucumber, peeled, raw	280	1 large	2.0
Brad, whole-wheat, commercially prepared281 slice09218Tangerines, (mandarin oranges), raw841 tangerine09038Avocados, raw, California28.351 oz19047Snacks, prezels, hard, plain, saled601 porzels19143Celory, raw1201 cup12155Muts, walnuts, english28.351 oz (14 halves)11655Carot juice, canned2361 cup19126Candies, milk chocolate conted peanuts4010 pieces18316Pie, coconut custard, commercially prepared1041 cup18301Pie, apple, commercially prepared, enriched flour1171 piece18016Bread, ryc321 slice18066Bread, whole-wheat, commercially prepared, toasted251 slice18076Bread, whole-wheat, commercially prepared, toasted1311 cupcake19056Snacks, toriilla chips, plain28.351 oz19056Snacks, toriilla chips, plain28.351 oz19030Macaroni, cooked, enriched Jourt1311 cup19030Snacks, porcend, aramel-coaled, without peanuts35.21 eup19030Snacks, porcend, enriched South and bibb types), raw1631 cup19031Carcani, cooked, unide, dinined, solids1311 cup19032Snacks, porcend, aramel-coaled, without salt1651 cup19132Carcan, cooked, unide, dinined, solids peanuts521 cup19142Kohlrabi, cooked, bolied, drain	18279	Muffins, corn, commercially prepared	57	1 muffin	1.9
Particles (mandarin oranges), raw841 angerine09038Avocados, raw, California28.351 oz19047Snacks, pretzels, hard, plain, salted6010 pretzels11143Celery, raw1201 cap12155Nuts, walnuts, english28.351 oz (14 haves)11655Carot juice, canned2361 cup19126Candies, milk chocolate coated peanuts4010 pieces18136Pie, coconat custard, commercially prepared1041 piece18301Pie, apple, commercially prepared, anriched flour1171 piece18304Bread, rye321 slice18405Bread, rye321 slice18476Bread, rye321 slice18472Cake, sack cakes, cupakes, chocolate, with frosting, low-fat431 cupake19056Snacks, tortilla chips, plain28.351 oz19058Snacks, conjeakes, chocolate, with frosting, low-fat35.21 cup20100Macaroni, corked, enriched1311 cup20101Macaroni, corked, enriched1201 cap20102Careals ready-to-cat, GENERAL MILLS, HONEY NUT CHEERIOS301 cup20103Macaroni, cooked, enriched1641 piece20104Macaroni, cooked, enriched1201 cup20105Creals ready-to-cat, GENERAL MILLS, HONEY NUT CHEERIOS301 cap20106Cake, chocolate, commercially prepared with chocolate frosting641 piece2010	11578	Vegetable juice cocktail, canned	242	1 cup	1.9
00038 Avocador, rav, California 28.35 1 oz 19047 Snacks, pretzels, hard, plain, salted 60 10 pretzels 11143 Celery, raw 120 cup 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 12155 Caroli juice, canned 23.36 1 oz (14 halves) 11655 Caroli juice, canned 28.35 1 oz (14 halves) 11830 Pie, coconat custard, commercially prepared 104 1 opiece 18316 Pie, coconat custard, commercially prepared, enriched flour 117 1 piece 18301 Pie, apple, commercially prepared, enriched flour 117 1 piece 18432 Cake, snack cakes, cupcakes, chocolate Bar 49 1 slice 18060 Bread, vie Jaca (1.75 oz) 1 slice 18056 Bread, whole-wheat, commercially prepared, toasted 25 1 slice 18060 Bread, whole-wheat, commercially prepared, toasted 35.2 1 cup 19056 Snacks, notrome, caramel-coated, without peanuts 35.2 1 cup 19050	18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.9
1947Snacks, pretzels, hard, plain, salted6010 pretzels11143Celery, raw1201 cup12155Nats, walnuts, english28.351 cup11656Carori juic, canned2361 cup19126Candies, milk chocolate coated peanuts040 pieces11043Mung beans, matture seeds, sprouted, raw1041 cup11044Mung beans, matture seeds, sprouted, raw1041 cup18300Pie, comut custard, commercially prepared, enriched flour1171 piece18431Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)18060Bread, whole-wheat, commercially prepared, toasted251 slice18076Bread, whole-wheat, commercially prepared, toasted251 cupcake19056Snacks, tortill ehps, plain28.351 cup19050Snacks, tortill ehps, plain28.351 cup19050Snacks, prepared, arinel-coated, without peanuts35.21 cup19150Coelsalw, home-prepared1201 cup19150Coelsalw, home-prepared1201 cup19150Coelsalw, home-prepared1201 cup19150Coelsalw, home, forzen, ernende oht chocolate frosting611 cup19150Coelsalw, home, forzen, ernende on chocolate, forsting1631 cup19150Coelsalw, home, forzen, forzen, ernende on chocolate, forsting611 cup19150Coelsalw, home, forzen, forzen, forzen, forzen, forzen, forzen, forzen, forzen, forzen, for	09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	1.9
1143Cellery, ray120rup12155Nuts, walnuts, english28.351 oz (14 halves)12155Caroci juice, canned2361 cup19126Candies, milk chocolate coated peanuts4010 pieces18316Pie, coconut custard, commercially prepared1041 piece18317Pie, apple, commercially prepared, enriched flour1171 piece19133Candies, MR. GOODBAR Chocolate Bar291 bar (1.75 oz)18404Bread, rye321 diace18505Bread, rye32.01 slice18606Bread, rye32.11 cupcake18726Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat431 cup19056Snacks, torgin commercially prepared, unstred35.21 cup19059Snacks, torgin contend, without peanuts35.21 cup19030Snacks, porporn, caramel-coated, without salt1651 cup19159Coleslaw, home-prepared1201 cup19150Coleslaw, home-prepared1201 cup19151Coleslaw, home-prepared5.41 bip19152Carak randy-to-cut, GENERAL MILLS, HONEY NUT CHEERIOS301 cup19154Cocoa, dry powder, unsweetened5.41 cup19155Cocoa, dry powder, unsweetened5.41 cup19165Cocoa, dry powder, unsweetened with chocolate frosting641 cup19150Cocoa, dry powder, fuenels on cob, cooked, boiled, drained, slishout salt1 cup </td <td>09038</td> <td>Avocados, raw, California</td> <td>28.35</td> <td>1 oz</td> <td>1.9</td>	09038	Avocados, raw, California	28.35	1 oz	1.9
1215Nuk, walnuts, english28.35I or (14 halves)11655Carrot juice, canned2361 cup19126Candies, milk chocolate coated peanuts4010 pieces18316Fie, occonut custard, commercially prepared1041 cup11043Mung beans, mature seeds, sprouted, raw1041 cup18301Pie, apple, commercially prepared, enriched flour1171 piece1843Candies, MR. GOOBBAR Chocolate Bar221 slice18000Bread, rye221 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice18058Snacks, tortilla chips, plain28.351 oz19056Snacks, tortilla chips, plain25.211 cup19059Snacks, popeorn, caramel-coated, without salt1651 cup11122Kohlrabi, cooked, enriched1401 cup11242Kohlrabi, cooked, boiled, drained, without salt1651 cup11250Lettuce, butterhead (includes boston and bibb types), raw1631 eup1154Cocoa, dry powder, unswetened541 beg11650Cacolate, commercially prepared with chocolate frosting641 piece11650Targerines, (mandarin oranges), canned, light syrup pack251 cup11750Lettuce, butterhead (includes boston and bibb types), raw1631 eup11750Lettuce, butterhead (includes boston and bibb types), raw1631 cup11800Cocoa, dry powder, unswetened160 <td>19047</td> <td>Snacks, pretzels, hard, plain, salted</td> <td>60</td> <td>10 pretzels</td> <td>1.9</td>	19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.9
1165Carrot juice, caned2361 cup19126Candies, milk chocolate coated peanuts4010 pieces18316Pie, coconut custard, commercially prepared1041 piece11043Mung beans, mature seeds, sprouted, raw1041 cup18310Pie, apple, commercially prepared, enriched flour1171 piece19143Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)18000Bread, rye321 slice18076Bread, velo-wheat, commercially prepared, toasted251 slice18076Bread, velo-wheat, conmercially prepared, toasted28.351 oz19036Snacks, tortilla chips, plain28.351 oz19039Snacks, popcorn, caranel-coated, with out peanuts35.21 cup19039Snacks, popcorn, caranel-coated, without salt1651 cup11220Kohlrabi, cooked, boiled, frained, without salt1631 cup11230Lettuce, butterhead (includes boston and bibb types), raw1631 bead19159Coceal, dry powder, unswetened5.41 bips19169Cake, chocolate, ommercially prepared with chocolate frosting611 cup19170Noodles, egg, cooked, enriched1601 cup19181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained,1 piece19181Cone, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained,1 cup19181Cone, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained,1 cup <t< td=""><td>11143</td><td>Celery, raw</td><td>120</td><td>1 cup</td><td>1.9</td></t<>	11143	Celery, raw	120	1 cup	1.9
1926Candes, milk chocolate coated peanuts4010 pieces18316Pie, coconut custard, commercially prepared1041 piece11043Mung beans, mature seeds, sprouted, raw1041 cup18301Pie, apple, commercially prepared, enriched flour1171 piece19143Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)18060Bread, rye321 slice18076Bread, nye221 slice18076Snack, cupcakes, cupcakes, chocolate, with frosting, low-fat23.01 cupcake19056Snack, stortilla chips, plain28.351 oz19039Snacks, tortilla chips, plain35.21 cup19039Snacks, popcorn, caramel-coated, without peanuts35.21 cup19142Kohlrabi, cooked, enriched1001 cup1159Coleslaw, home-prepared1201 cup19150Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS301 cup19151Cocoa, dry powder, unsweetened541 biese19165Cocoa, dry powder, unsweetened541 cup19170Nacelate, conomercially prepared with chocolate frosting641 piece19181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, slight syrup pack2521 cup19113Noodles, egg, cooked, enriched641 cup19131Noodles, egg, cooked, enriched641 cup19132Bans, snap, yellow, canned, regular pack, drained solids1601		-		1 oz (14 halves)	1.9
18316Pie, coconut custard, commercially prepared104I piece11043Mung beans, mature seeds, sprouted, raw1041 cup18301Pie, apple, commercially prepared, enriched flour1171 piece19143Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)18060Bread, rye321 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice18452Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat431 cupcake19056Snacks, tortilla chips, plain28.351 oz19039Snacks, popcorn, caramel-coated, without peanuts35.21 cup19039Snacks, popcorn, caramel-coated, without peanuts35.21 cup11159Coleslaw, home-prepared1641 cup11242Kohlrabi, cooked, enriched1201 cup1159Coleslaw, home-prepared2641 breg1159Coleslaw, bome-prepared5.41 breg1159Cocoa, dry powder, unsweetned5.41 breg1159Cocoa, dry powder, unsweetned5.41 cup1150Coroa, dry powder, unsweetned on cob, cooked, boiled, drained,			236	1 cup	1.9
IndexIndexIndexIndex11943Mung beans, mature seeds, sported, raw104I cup18301Pie, apple, commercially prepared, enriched flour1171 piece19143Candies, MR. GOODBAR Chocolate Bar491 bar (1.75 oz)18060Bread, rye321 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice18452Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat43I cupcake19056Snacks, tortilla chips, plain28.35I oz19039Snacks, popeorn, carand-looated, without peanuts35.2I cup20100Macaroni, cooked, enriched140I cup11242Kohlrabi, cooked, drained, without salt165I cup1159Coleslaw, home-prepared20I cup1054Cercals read-to-ext, GENERAL MILLS, HONEY NUT CHEERIOS30I cup1155Cocoa, dry powder, unsweetned5.4I head1165Cocoa, dry powder, unsweetned5.4I tup11781Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt63I cup20110Noodles, egg, cooked, enriched160I cup20113Noodles, chinese, chow mein45I cup20114Noodles, chinese, chow mein135I cup20115Noodles, chinese, chow mein131I cup20116Noodles, chinese, chow mein135I cup20117Noodles, chinese, chow mein		-	40	10 pieces	1.9
BasilPie, apple, commercially prepared, enriched flour1171 piece1913Candies, MR, GODDBAR Chocolate Bar491 bar (1.75 oz)18060Bread, rye321 slice18076Bread, rye321 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice18452Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat431 cupcake19056Snacks, tortilla chips, plain28.351 oz1028Bamboo shoots, canned, drained solids1311 cup19039Snacks, popcorn, caramel-coated, without peanuts35.21 cup20100Macaroni, cooked, enriched1401 cup11242Kohlrabi, cooked, boiled, drained, without salt1651 cup1159Coleslaw, home-prepared1201 cup11250Lettuce, butterhead (includes boston and bibb types), raw1631 head11955Cocoa, dry powder, unsweetened5.41 thsp1181Cake, chocolate, commercially prepared with chocolate frosting641 cup1181Noodles, egg, cooked, enriched1601 cup20110Noodles, egg, cooked, enriched1601 cup20113Noodles, chinese, chow mein451 cup2013Noodles, chinese, chow mein451 cup2014Orange juice, frozen entree2171 small pie20206Chicken pot pie, frozen entreed, undiluted2136-R-oz can				1 piece	1.9
1143Candies, Mr. GOODBAR Chocolate Bar491 bar (1.75 oz)18060Bread, rye321 slice18076Bread, rye321 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice18452Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat431 cupcake19056Snacks, tortilla chips, plain28.351 oz1028Bamboo shoots, canned, drained solids1311 cup19039Snacks, popcorn, caramel-coated, without peanuts35.21 cup20100Macaroni, cooked, enriched1401 cup11242Kohlrabi, cooked, boiled, drained, without salt1651 cup11250Coleslaw, home-prepared201 cup11250Lettuce, butterhead (includes boston and bibb types), raw1631 head19165Cocoa, dry powder, unsweetened5.41 tbsp19806Cake, chocolate, commercially prepared with chocolate frosting641 piece19111Noodles, egg, cooked, enriched1601 cup11181Core, strand- kreense on cob, cooked, boiled, drained, without salt1601 cup20110Noodles, egg, cooked, enriched1601 cup20111Noodles, ens, snap, yellow, canned, regular pack, drained solids1351 cup20123Beans, snap, yellow, canned, regular pack, drained solids1351 cup20134Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can		U U U U		1	1.9
18060Bread, rye321 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice18452Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat431 cupcake19056Snacks, tortilla chips, plain28.351 oz11028Bamboo shoots, canned, drained solids1311 cup19039Snacks, popcorn, caramel-coated, without peanuts35.21 cup20100Macaroni, cooked, enriched1401 cup11242Kohlrabi, cooked, broiled, drained, without salt1651 cup1159Coleslaw, home-prepared201 cup1150Coleslaw, home-prepared201 cup1152Cocoa, dry powder, unsweetened541 bacad1965Cocoa, dry powder, unsweetened641 piece09220Tangerines, (mandarin oranges), canned, light syrup pack2521 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained,631 cup20110Noodles, egg, cooked, enriched1601 cup20113Noodles, chow mein451 cup2013Post, snap, yellow, canned, regular pack, drained solids1351 cup21132Beans, snap, yellow, canned, regular pack, drained solids1351 cup21260Chicken pot pie, frozen entree2171 small pie22961Orange juice, frozen concentrate, unsweetened, undiluted1336-fl-oz can				*	1.9
NordBread, whole-wheat, commercially prepared, toasted251 slice18452Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat431 cupcake19056Snacks, tortilla chips, plain28.351 oz11028Bamboo shoots, canned, drained solids1311 cup19039Snacks, popcorn, caramel-coated, without peanuts35.21 cup20100Macaroni, cooked, enriched1401 cup11242Kohlrabi, cooked, boiled, drained, without salt1651 cup1159Coleslaw, home-prepared1201 cup1150Coleslaw, home-prepared1201 cup1150Coca, dry powder, unsweetened5.41 bread1965Cocoa, dry powder, unsweetened5.41 bread1976Cake, chocolate, commercially prepared with chocolate frosting641 piece09200Tangerines, (mandarin oranges), canned, light syrup pack2521 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained,631 cup20110Noodles, egg, cooked, enriched1601 cup20113Noodles, chinese, chow mein451 cup21132Beans, snap, yellow, canned, regular pack, drained solids1351 cup21132Dicken pot pie, frozen entree2171 small pie2206Chicken pot pie, frozen entree2136-fl-oz can					1.9
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22906Chicken pot pie, frozen entree2171 small pie09214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can	20113	Noodles, chinese, chow mein	45	1 cup	1.8
09214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can	11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.8
	22906	Chicken pot pie, frozen entree	217	1 small pie	1.7
11117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1701 cup	09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.7
	11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	1.7

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	1.7
18235	Crackers, whole-wheat	16	4 crackers	1.7
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.7
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	1.7
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1.6
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	1.6
18003	Bagels, egg	71	3-1/2" bagel	1.6
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	1.6
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	1.6
09150	Lemons, raw, without peel	58	1 lemon	1.6
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	1.6
18031	Bread, indian (navajo) fry	90	5" bread	1.6
11109	Cabbage, raw	70	1 cup	1.6
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	1.6
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.6
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.6
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	1.6
09039	Avocados, raw, Florida	28.35	l oz	1.6
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	1.6
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	1.6
11213	Endive, raw	50	1 cup	1.6
11282	Onions, raw	110	1 whole	1.5
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.5
18061	Bread, rye, toasted	24	1 slice	1.5
11672	Potato pancakes, home-prepared	76	1 pancake	1.5
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.5
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	1.5
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.5
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.5
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	1.5
11205	Cucumber, with peel, raw	301	1 large	1.5
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	1.5
19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.5
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.5
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	1.5
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.5
18274	Muffins, blueberry, commercially prepared	57	1 muffin	1.5
18239	Croissants, butter	57	1 croissant	1.5
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	1.5
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.5
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.5
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	1.5

Content per NDB No Measure Description Weight (g) **Common Measure** 11112 Cabbage, red, raw 70 1.5 1 cup 09236 Peaches, raw 98 1 peach 1.5 06428 Soup, clam chowder, manhattan, canned, prepared with equal volume 244 1 cup 1.5 water 11136 Cauliflower, cooked, boiled, drained, without salt 54 3 flowerets 1.5 18023 60 Bread, cornbread, dry mix, prepared 1 piece 1.4 18356 Sweet rolls, cinnamon, commercially prepared with raisins 60 1 roll 1.4 09132 Grapes, red or green (european type varieties, such as, Thompson 160 1 cup 1.4 seedless), raw 09181 Melons, cantaloupe, raw 160 1 cup 1.4 09004 Apples, raw, without skin 110 1.4 1 cup 68 09070 Cherries, sweet, raw 10 cherries 1.4 06207 Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, 238 1.4 1 cup ready-to-serve 19155 Candies, M&M MARS, SNICKERS Bar 57 1 bar (2 oz) 1.4 1 tbsp 12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most 15 1.4 common type) 19003 Snacks, corn-based, extruded, chips, plain 28.35 1 oz 1.4 17 1.4 18374 Leavening agents, yeast, baker's, compressed 1 cake 18025 Bread, cracked-wheat 25 1 slice 1.4 152 1.4 20068 Tapioca, pearl, dry 1 cup 28.35 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 1 oz 1.4 19811 Snacks, potato chips, plain, unsalted 28.35 1 oz 1.4 19404 Snacks, granola bars, soft, uncoated, chocolate chip 28.35 1 bar 1.4 09184 Melons, honeydew, raw 170 1 cup 14 18320 Pie, lemon meringue, commercially prepared 113 1.4 1 piece 18363 Tortillas, ready-to-bake or -fry, corn 26 1 tortilla 1.4 Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, 71 1 danish 1.3 18246 raspberry, strawberry) 18041 60 6-1/2" pita 1.3 Bread, pita, white, enriched Onions, cooked, boiled, drained, without salt 94 1 medium 1.3 11283 57 1 roll 1.3 18353 Rolls, hard (includes kaiser) Grapefruit, raw, white, all areas 1.3 09116 118 1/2 grapefruit 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON 30 3/4 cup 1.3 CHEERIOS 18090 Cake, boston cream pie, commercially prepared 92 1 piece 1.3 09184 Melons, honeydew, raw 160 1/8 melon 1.3 28.35 1 oz1.3 19411 Snacks, potato chips, plain, salted 28.35 18079 Bread crumbs, dry, grated, plain 1 oz 1.3 09241 Peaches, canned, heavy syrup pack, solids and liquids 98 1 half 1.3 09238 98 1.3 Peaches, canned, juice pack, solids and liquids 1 half 18104 Coffeecake, cinnamon with crumb topping, commercially prepared, 63 1 piece 1.3 enriched 18220 Crackers, melba toast, plain 20 4 pieces 1.3 18335 Pie crust, standard-type, frozen, ready-to-bake, baked 126 1 pie shell 1.3 1 cup 01103 Milk, chocolate, fluid, commercial, reduced fat 250 1.3 01104 Milk, chocolate, fluid, commercial, lowfat 250 1.3 1 cup 02010 2.3 1.2 Spices, cinnamon, ground 1 tsp

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.2
11641	Squash, summer, all varieties, raw	113	1 cup	1.2
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1.2
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	1.2
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	1.2
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	1.2
)9254	Pears, canned, juice pack, solids and liquids	76	1 half	1.2
9257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	1.2
9034	Snacks, popcorn, air-popped	8	1 cup	1.2
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	1.2
8280	Muffins, corn, dry mix, prepared	50	1 muffin	1.2
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.2
11012	Asparagus, cooked, boiled, drained	60	4 spears	1.2
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.2
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	1.2
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	1.2
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	1.2
8151	Cookies, brownies, commercially prepared	56	1 brownie	1.2
1251	Lettuce, cos or romaine, raw	56	1 cup	1.2
8305	Pie, blueberry, commercially prepared	117	1 piece	1.2
1015	Asparagus, canned, drained solids	72	4 spears	1.2
8140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.2
9326	Watermelon, raw	286	1 wedge	1.1
9145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	1.1
9183	Puddings, chocolate, ready-to-eat	113	4 oz	1.1
8048	Bread, raisin, toasted, enriched	24	1 slice	1.1
8102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.1
8047	Bread, raisin, enriched	26	1 slice	1.1
2516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.1
9035	Snacks, popcorn, oil-popped	11	1 cup	1.1
8362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	1.1
9040	Snacks, popcorn, cheese-flavor	11	1 cup	1.1
8039	Bread, oatmeal	27	1 slice	1.1
07023	Frankfurter, beef and pork	45	1 frank	1.1
8069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.1
9071	Candies, carob	28.35	1 oz	1.1
8064	Bread, wheat (includes wheat berry)	25	1 slice	1.1
8040	Bread, oatmeal, toasted	25	1 slice	1.1
8084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.1
4177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	1.1
4316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.1
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.1

Content per Measure NDB No Weight (g) Description **Common Measure** 18364 Tortillas, ready-to-bake or -fry, flour 32 1 tortilla 1.1 12147 Nuts, pine nuts, pignolia, dried 28.35 1 oz 1.0 11247 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without 104 1 cup 1.0 salt 19135 Candies, M&M MARS, MARS MILKY WAY Bar 61 1 bar (2.15 oz) 1.0 14194 206 1.0 Cocoa mix, powder, prepared with water 1 serving 19410 Snacks, potato chips, made from dried potatoes, plain 28.35 1 oz 1.0 19045 Snacks, potato chips, made from dried potatoes, light 28.35 1 oz 1.0 254 1.0 09121 Grapefruit, sections, canned, light syrup pack, solids and liquids 1 cup 1 tbsp 12201 Seeds, sesame seed kernels, dried (decorticated) 8 1.0 08103 Cereals, CREAM OF WHEAT, regular, cooked with water, without 251 1 cup 1.0 salt 11081 Beets, cooked, boiled, drained 50 1 beet 1.0 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS 27 3/4 cup 1.0 Taco shells, baked 13.3 18360 1 medium 1.0 Cocoa mix, powder 28.35 14192 3 heaping tsp 1.0 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES 1.0 08069 31 3/4 cup 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without 124 1 cup 1.0 salt Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES 08014 31 3/4 cup 1.0 30 08058 Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 1 cup 1.0 20049 165 1.0 Rice, white, long-grain, precooked or instant, enriched, prepared 1 cup 14315 Malted drink mix, chocolate, with added nutrients, powder 21 3 heaping tsp 1.0 06494 Soup, onion, dehydrated, prepared with water 246 1 cup 1.0 09161 Lime juice, canned or bottled, unsweetened 246 1 cup 1.0 Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes 08020 28 1.0 1 cup 09153 Lemon juice, canned or bottled 244 1 cup 1.0 11540 Tomato juice, canned, with salt added 243 1.0 1 cup 06440 Soup, minestrone, canned, prepared with equal volume water, 241 1.0 1 cup commercial 60 1.0 11019 Asparagus, frozen, cooked, boiled, drained, without salt 4 spears 14390 Cocoa mix, with aspartame, powder, prepared from item 14196 192 1 serving 1.0 08117 Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, 240 1.0 1 cup without salt Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS 30 1.0 08003 1 cup Cocoa mix, no sugar added, powder 15 14196 1/2 oz envelope 1.0 14175 Chocolate-flavor beverage mix for milk, powder, without added 21.6 2-3 heaping tsp 1.0 nutrients 0.9 16098 Peanut butter, smooth style, with salt 16 1 tbsp 18308 Pie, cherry, commercially prepared 117 1 piece 0.9 Nuts, cashew nuts, oil roasted, with salt added 28 35 1 oz (18 nuts) 0.9 12586 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS 08030 30 1 cup 0.9 09279 Plums, raw 66 1 plum 0.9 40 1/2" slice 0.9 18027 Bread, egg 18119 Cake, pineapple upside-down, prepared from recipe 115 0.9 1 piece 18350 Rolls, hamburger or hotdog, plain 43 1 roll 0.9 08048 Cereals ready-to-eat, GENERAL MILLS, KIX 30 1-1/3 cup 0.9

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.9
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.9
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	0.9
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.9
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.9
02009	Spices, chili powder	2.6	1 tsp	0.9
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.9
18217	Crackers, matzo, plain	28.35	1 matzo	0.9
16158	Hummus, commercial	14	1 tbsp	0.8
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.8
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.8
11260	Mushrooms, raw	70	1 cup	0.8
11206	Cucumber, peeled, raw	119	1 cup	0.8
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.8
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.8
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.8
11090	Broccoli, raw	31	1 spear	0.8
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.8
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.8
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.8
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.8
11961	Hearts of palm, canned	33	1 piece	0.8
19270	Ice creams, chocolate	66	1/2 cup	0.8
02028	Spices, paprika	2.1	1 tsp	0.8
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.8
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.8
11937	Pickles, cucumber, dill	65	1 pickle	0.8
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.8
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.8
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.8
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.8
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.8
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.8
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.7
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.7
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.7
18170	Cookies, fig bars	16	1 cookie	0.7
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.7
11253	Lettuce, green leaf, raw	56	1 cup	0.7
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.7
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.7
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.7

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.7
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.7
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.7
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.7
18245	Danish pastry, cheese	71	1 danish	0.7
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.7
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.7
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.7
09021	Apricots, raw	35	1 apricot	0.7
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.7
19014	Snacks, fruit leather, rolls	21	1 large	0.7
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.7
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.7
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.7
11819	Peppers, hot chili, red, raw	45	1 pepper	0.7
11670	Peppers, hot chili, green, raw	45	1 pepper	0.7
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.7
02015	Spices, curry powder	2	1 tsp	0.7
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.7
11457	Spinach, raw	30	1 cup	0.7
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.7
18268	French toast, frozen, ready-to-heat	59	1 slice	0.6
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.6
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.6
11954	Tomatillos, raw	34	1 medium	0.6
02027	Spices, oregano, dried	1.5	1 tsp	0.6
11143	Celery, raw	40	1 stalk	0.6
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.6
09181	Melons, cantaloupe, raw	69	1/8 melon	0.6
18041	Bread, pita, white, enriched	28	4" pita	0.6
09326	Watermelon, raw	152	1 cup	0.6
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.6
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.6
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.6
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.6
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.6
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.6
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.6
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.6
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.6
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.6
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.6

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.6
02030	Spices, pepper, black	2.1	1 tsp	0.6
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.6
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.6
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.5
18033	Bread, italian	20	1 slice	0.5
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.5
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.5
11205	Cucumber, with peel, raw	104	1 cup	0.5
09298	Raisins, seedless	14	1 packet	0.5
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.5
06166	Sauce, homemade, white, medium	250	1 cup	0.5
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.5
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.5
09207	Orange juice, canned, unsweetened	249	1 cup	0.5
09223	Tangerine juice, canned, sweetened	249	1 cup	0.5
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.5
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.5
09206	Orange juice, raw	248	1 cup	0.5
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.5
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.5
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.5
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.5
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	l cup	0.5
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.5
14181	Chocolate syrup	18.75	1 tbsp	0.5
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.5
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.5
19095	Ice creams, vanilla	66	1/2 cup	0.5
11284	Onions, dehydrated flakes	5	1 tbsp	0.5
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.5
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.5
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.5
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.4
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.4
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.4
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.4
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.4
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.4
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.4
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.4

1886Cake, anglefoed, connectially prepared28I piece0465055Chicke, hostiers or fryes, freat, met and skin, coked, fried, harer14012 Preast0419127Canders, milk chocolare coaler raisins1010 pieces0409282Plarns, carned, purple, loca pak, solids and liquids461 plann0409284Plarns, carned, purple, loca pak, solids and liquids461 plann0410848Beets, canned, dramed solids241 beet0411849Cokkie, outrand, commercially prepared, soli-type151 cookie04118172Cokkie, named, anned, solids131 bept04118172Cokkie, named, harva yayrup pack, solids and liquids491 slice04118172Cokkie, named, harva yayrup pack, solids and liquids142 squares04118172Cokkie, spatener, dichides cimano)142 squares04118173Cokkie, spatener, balor va yayrup pack, solids and liquids491 slice04118174Onions, gring or scalifors (findlast ops and bub); rav151 whole04118184Cokkies, sheat ar, known rike, plain91 slice04118185Cokkies, sheat ar, known rike, plain91 slice04118184Cokkies, sheat ar, known rike, plain91 slice04118185Cokkies, sheat ar, known rike, plain91 slice04118185Cokkies, sheat ar, known rike, plain91 slice <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
80898 Chicken, broilers or fryen, breast, meat and skin, cooked, fried, batter 140 12 breast 044 19127 Candies, mitk chooble couled minims 10 10 pieces 044 09282 Plums, canned, purple, juice pack, solids and liquids 46 1 plum 044 11384 Machrours, shinke, dried 3.6 1 machrourn 04 11384 Machrours, shinke, dried 3.6 1 machrourn 04 11384 Machrours, shinke, dried 3.6 1 machrourn 04 11384 Bestics, canned, drinned solids 24 1 beet 04 11381 Bockis, untimal, connecilly prepared, soli-ype 15 1 cookie 04 11381 Biscis, nitrat, connecilly prepared, soli-ype 13 1 thep 04 11392 Cokkis, gradue conkers, phair or houvy (includes cimarron) 14 2 squares 04 11392 Cokkis, gradue conkers, phair or houvy (includes cimarron) 14 2 squares 04 11302 Sanckis, nece ackes, hown rice, plain 9 1 sakce 04	14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.4
19127 Candies, milk chocotate contat riskins 10 10 pieces 0.4 19282 Plums, canned, purple, juice pack, solids and liquids 46 1 plum 0.4 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 46 1 plum 0.4 11864 Mushrooms, shinake, circl 3.6 1 mushroom 0.4 11879 Cookies, oatmed, cormercially prepared, soft-type 15 1 cookie 0.4 11817 Baccits, plan or butternilk, refrigerated dough, lower fat, baked 21 2.14* baccit 0.4 11817 Cookies, grahum crackers, plain or honey (includes cimannon) 14 2 squares 0.4 11817 Cookies, grahum crackers, plain or honey (includes cimannon) 14 2 squares 0.4 11810 Sincks, rice caker, brown rice, plain 9 1 cake 0.4 11810 Sincks, rice caker, brown rice, plain 9 1 cake 0.4 11821 Sincks, rice caker, brown rice, plain 9 1 cake 0.4 11822 Crackers, what; regular 8 4 crackers 0.4 11823 Crackers, what; regular 18	18086	Cake, angelfood, commercially prepared	28	1 piece	0.4
90222Plums, canned, purple, juice pack, solids and liquids461 plum0.490234Plums, canned, purple, heavy symp pack, solids and liquids3.61 mushroom0.411046Beets, canned, drained solids2.61 exotaics0.418177Cake, snake, actioner-filled, chocolare with frasting501 exotaics0.418187Cake, snake, actioner-filled, chocolare with frasting501 exotaics0.418187Cake, snake, actioner, filled, chocolare with frasting501 exotaics0.402029Spices, paraley, dried1.31 dap0.402107Pinapple, canned, harvy symp pack, solids and liquids491 slice0.418173Cookies, graham crackers, pluin or honey (includes cimannon)142 squares0.419021Snicks, frozer, prehested281 slick (4" x 1" x 12")0.419031Snicks, frozer, prehested281 slice0.419031Snicks, frozer, prehested281 slick (4" x 1" x 12")0.419031Snicks, frozer, prehested181 strasberry0.419032Snicks, roce, lipin or honey (includes cimannon)124 enackers0.419031Snicks, frozer, prehested281 slick0.419032Snicks, frozer, prehested101 cake0.419032Snicks, roce, lipin or honey (includes cimannon)124 enackers0.419032Snicks, roce, lipin or honey (includes cimannon)124	05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.4
90284 Plums, canned, purple, heavy symp pack, solids and liquids 46 1 plum 0.4 11286 Mishrooms, shinake, dried 3.6 I mushroom 0.4 11281 Beets, canned, drained solids 2.4 1 heet 0.4 11817 Cokies, sutined, fournercially prepared, sol-type 15 1 cookie 0.4 18127 Cake, snack cakes, creme-filled, chorolate with frosting 50 1 capcake 0.4 18128 Spices, paraley, dried 1.3 1 disp 0.4 18127 Cokies, graham crachers, plain or honey (includes cimamon) 14 2 spaares 0.4 18173 Cokies, praham crachers, plain or honey (includes cimamon) 14 2 spaares 0.4 19107 Fish, fish portions and sides, forceam, preheated 28 1 stick (*1 * 1/2") 0.4 19128 Conckers, shart, regular 8 4 canckers 0.4 19284 Pineapple, canned, hice pask, solids and liquids 47 1 slice 0.4 19285 Stacks, fine cakes, hours, include as opticr, regular 18 1 starwherris	19127	Candies, milk chocolate coated raisins	10	10 pieces	0.4
11288Mushrooms, shiinake, dried3.6Inushroom0.411084Beets, canned, drained solids241 beet0.4118179Cookies, oatneal, commercially prepared, solt-type151 cookie0.4118173Cookies, eande, calkes, ereme-filled, chocolate with frosting501 cupcake0.411813Biscuits, plain or butternilk, refrigerated dough, lower fat, baked212-1/4" biscuit0.411813Cookies, graham cockers, plain or honey (includes cinamon)1.42 squares0.411827Cisk, fash portions and sticks, freen, preheated281 stick (4" x 1" x 1/2")0.411821Onions, spring or scallions (includes tops and bulb), raw151 whole0.411821Onions, spring or scallions (includes tops and bulb), raw181 stansberry,0.411822Crackers, wheat, regular84 crackers0.411822Crackers, wheat, regular101 cookie0.411822Crackers, wheat, regular124 crackers0.411823Crackers, wheat, regular131 large pice0.411824Crackers, wheat, regular351 waffle0.411825KELLOGGS Eggo Lowfrat Homestyle Waffles351 waffle0.411826Footings, chocolate, cranany, ready-to-cat381/12 package0.311926Footings, chocolate, free magnetime choide811 doc0.311927Parsley, raw101 loopings0.3 <td>09282</td> <td>Plums, canned, purple, juice pack, solids and liquids</td> <td>46</td> <td>1 plum</td> <td>0.4</td>	09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.4
11044Beeks, canned, drained solids24i beet0.418177Cookies, outmeal, commercially prepared, soft-type151 cupcake0.418127Cake, snake akes, erem-filled, chocolate with frosting501 cupcake0.402029Spices, parsley, dried1.31 thsp0.402029Pineapple, canned, heavy symp pack, solids and fiquids491 slice0.402021Pineapple, canned, heavy symp pack, solids and fiquids491 slice0.402025Pineapple, canned, heavy symp pack, solids and fiquids491 slice (d'''s 1''s 1''s')0.411217Onions, spring or scallions (includes tops and bulh), raw151 strake (d'''s 1''s')0.410208Pineapple, canned, juice pack, solids and liquids471 slice0.410218Cookies, chocolate chip, commercially prepared, paglar, lower fat101 cake0.4128220Crackers, sultars (includes oyster, soda, soup)124 crackers0.418233Crackers, solids and liquids3551 arge pice0.414003Alcoholic beverage, beer, regular3551 oz0.414004KLLLOGGS Egge Lowfat Homestyle Waffles351 oz0.314174Nake, ford out, sing and too dicted potatoes, sour-craam and onio- facor8.31 oz0.315150Craskers, shrong-ring, macky-to-ceat331 of loo0.316162Tosike, noto-chip, made Hom dicted potatoes, sour-craam and onio- facor8.4 <td< td=""><td>09284</td><td>Plums, canned, purple, heavy syrup pack, solids and liquids</td><td>46</td><td>1 plum</td><td>0.4</td></td<>	09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.4
18172Cookies, eatmeal, commercially prepared, soft-type15I cookie0418127Cake, snack eakes, creme-filled, chocolue with forsing50I cupake0418013Biscuits, plain or butternilk, refrigerated dough, lower fat, baled212-1/4" biscuit0409204Spices, parsky, dried1.3I shop0409275Pineapple, canned, heavy syrup pack, solids and liquids491 slice0418173Cookies, graham crackers, plain or hone; (includes cirnamon)142 squares0419027Pineapple, canned, juice pack, solids and liquids491 slice (4" x 1" x 1/2")0419031Snacks, rice cakes, brown rice, plain91 cake0409286Pineapple, canned, juice pack, solids and liquids471 strawberry0409216Snacks, freic cakes, brown rice, plain181 strawberry0419232Crackers, shains (includes soyare, toch, soup)124 crackers0418238Cookies, chocolate chip, commercially prepared, regular, lower fat101 cookie0418238KLLLOGGS Eggo Lowfat Homestyle Walles351 large piece0418230KLLLOGGS Eggo Lowfat Homestyle Walles351 cake0418240Pinsky, mout form dried potales, sour-cream and onion1 slix0418250KLLLOGGS Eggo Lowfat Homestyle Walles331 cake0318261Cakes, shotoki, nym, mixed species, cooked, breaded and fried83 oz03 <tr< td=""><td>11268</td><td>Mushrooms, shiitake, dried</td><td>3.6</td><td>1 mushroom</td><td>0.4</td></tr<>	11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.4
18127 Cake, snack cakes, creme-filled, choolate with fosting 50 1 capcake 0.4 18013 Bisouts, plain or buttermilk, refrigerated dough, lower fat, baked 21 2.1/4" biscuit 0.4 02029 Spices, parsley, dried 1.3 1 thep. 0.4 02027 Pineapple, cancel, heavy symp pack, solids and liquids 40 1 slice 0.4 18173 Cookies, graham crackers, plain or honey (includes cimamon) 14 2 squares 0.4 18102 Fish, fish portions and sticks, frozen, proheated 28 1 stick (4" x 1"x 1/2") 0.4 19021 Stacks, rice cakes, brown rice, plain 9 1 cake 0.4 19021 Stacks, rice cakes, brown rice, plain 8 4 crackers 0.4 18232 Crackers, sheat, regular 8 4 crackers 0.4 18232 Crackers, sheat, regular 95 1 arcekors 0.4 18022 Stacks, bee' jerky, chopped and formed 19.8 1 large piece 0.4 19002 Stacks, bee' jerky, chopped and formed 19.8 1 large piece 0.4 19034 Alcohotic beverage, beer, regular 35	11084	Beets, canned, drained solids	24	1 beet	0.4
18013 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked 21 2-1/4" biscuit 0.4 02029 Spices, parsley, dried 1.3 1 htsp 0.4 02020 Pincapple, canned, heavy symp pack, solids and liquids 49 1 slice 0.4 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0.4 11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 0.4 109268 Pincapple, canned, juice pack, solids and liquids 47 1 slice 0.4 18228 Crackers, wheat, regular 8 4 crackers 0.4 18228 Crackers, wheat, regular 12 4 crackers 0.4 18228 Crackers, subtres (includes oyser, soda, soup) 12 4 crackers 0.4 18228 Crackers, subtres (includes oyser, soda, soup) 12 1 sor 0.4 18228 Crackers, subtres (includes oyser, soda, soup) 12 1 coakier 0.4 18228 Crackers, subtres (includes oyser, soup, asoup) 12 1 coakier	18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.4
Q2029 Spices, parsley, dried 1.3 1 thsp 0.4 09270 Pineapple, canned, heavy syrup pack, solids and liquids 49 1 slice 0.4 18173 Cookies, graham crackers, plain or horey (includes cinnamon) 14 2 squares 0.4 15027 Fish, fish portions and sticks, frozen, preheated 28 1 stick (4" x 1" x 1/2") 0.4 19051 Snacks, rice cakes, brown rice, plain 9 1 cake 0.4 99268 Pineapple, canned, juice pack, solids and liquids 47 1 slice 0.4 09316 Strawberries, raw 18 4 crackers 0.4 18222 Crackers, what, regular 8 4 crackers 0.4 18223 Crackers, subtines (includes oyster, soda, soup) 12 4 crackers 0.4 18224 Crackers, subtines (includes oyster, soda, soup) 12 4 crackers 0.4 18225 Crackers, subtines (includes oyster, soda, soup) 12 10 ac 0.3 18003 Alcoholic beverage, beer, regular 35 12 fl oz 0.3	18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.4
Pincapile, canned, heavy syrup pack, solids and liquids 49 1 slice 04 18173 Cookies, gnaham erackers, plain or honey (includes cinnamon) 14 2 squares 04 15027 Fish, fish portions and stick, frozen, preheated 28 1 stick (4"x 1"x 1/2") 04 11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 04 09268 Pincapple, canned, juice pack, solids and liquids 47 1 slice 04 09316 Strawberries, raw 18 1 strawberry 04 18232 Crackers, wheat, regular 8 4 crackers 04 18232 Crackers, submericiply prepared, regular, lower fat 10 1 cookie 04 18235 Crackers, submericiply ergared, regular, lower fat 10 1 cookie 04 19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 04 14003 Alcoholic beverage, beer, regular 355 1 2 droz 04 19046 Snacks, potot obins, made from dried potatocs, sour-cream and onioni- flavor 183 1 oz	18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.4
1813Cookies, graham erackers, plain or honey (includes cinnamon)142 squares0.415027Fish, fish portions and sticks, frozen, preheated281 stick (4" x 1" x 1/2")0.411291Onions, spring or scallions (includes tops and bulb), raw151 whole0.4109216Stacks, rice cakes, brown rice, plain91 cake0.409268Strawberries, raw181 strawberry0.418222Crackers, wheat, regular84 crackers0.418238Crackers, sultines (includes oyster, soda, soup)124 crackers0.419002Snacks, beer jerky, chopped and formed1981 algre piece0.419002Snacks, beer jerky, chopped and formed1981 algre piece0.419003Alcoholic borrage, beer, regular35512 flo a0.419024Frostings, chocolate, creamy, ready-to-eat381/12 package0.319104Snacks, polito chips, made from dried potatoes, sour-cream and onion- rayor28.351 oz0.319135Crustecans, shring, mixed species, cooked, breaded and fried853 oz0.319147Shake, fast food, vanilla33316 flowered0.319147Shake, fast food, vanilla33316 flowered0.319147Cookies, chocolate sandwich, with erem filling, regular101 cookie0.319147Cookies, chocolate sandwich, with erem filling, regular641 paty0.319147Cookies, choc	02029	Spices, parsley, dried	1.3	1 tbsp	0.4
15027 Fish, fish portions and sticks, frozen, preheated 28 1 stick (4" x 1" x 1/2") 0.4 11291 Onions, spring or scallions (includes tops and bulb), nw 15 1 whole 0.4 19051 Snacks, rice cakes, brown rice, plain 9 1 cake 0.4 09268 Pineapple, canned, juice pack, solids and liquids 47 1 slice 0.4 09316 Strawberries, raw 8 4 crackers 0.4 18232 Crackers, what, regular 8 4 crackers 0.4 1828 Cookies, chocolate chip, commercially prepared, regular, lower fat 10 1 cookie 0.4 18204 Crackers, saltines (includes oyster, soda, soup) 12 4 crackers 0.4 18003 Acoholic beverage, beer, regular 355 1 large piece 0.4 14003 Acoholic beverage, beer, regular 355 1 varfle 0.4 19026 Frostings, chocolate, creamy, ready-to-eat 38 1/12 package 0.3 19140 Snacks, fast food, vanilla 333 1 of co 0.3 19151 Crustaceans, shrimp, mixed species, cocked, breaded and fried 81	09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.4
11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 0.4 19051 Snacks, rice cakes, brown rice, plain 9 1 cake 0.4 09268 Pincapple, canned, juice pack, solids and liquids 47 1 slice 0.4 09316 Strawberris, nw 18 1 strawberry 0.4 18232 Crackers, wheat, regular 8 4 crackers 0.4 18238 Cookies, chocolate chip, commercially prepared, regular, lower fat 10 1 cookie 0.4 19002 Snacks, heef jerky, chopped and formed 19.8 1 large piece 0.4 14003 Alcoholic beverage, beer, regular 355 1 2 fl o.2 0.4 18505 KELLOGG'S Eggo Lowfat Homestyle Waffles 35 1 waffle 0.4 19026 Frostings, chocolate, cramy, ready-to-ent 38 1/12 package 0.3 19046 Snacks, potato chips, made from dried potatoes, sour-cream and onion- 28.35 1 oz 0.3 15150 Crustecans, shrimp, mixed species, cooked, breaded and fried 85 3 oz 0.3 11135 Cauliflower, raw 13 1 f	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.4
1951 Snacks, rice cakes, brown rice, plain 9 I cake 0.4 09268 Pincapple, canned, juice pack, solids and liquids 47 1 slice 0.4 09316 Strawberries, raw 18 1 strawberry 0.4 18232 Crackers, wheat, regular 8 4 crackers 0.4 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 10 1 cookie 0.4 18228 Crackers, saltines (includes oyster, soda, soup) 12 4 crackers 0.4 19002 Snacks, beef jreky, chopped and formed 19.8 1 large piece 0.4 14003 Alcoholic beverage, beer, regular 355 1 2 fl oz 0.4 1805 KELLOGGY Eggo Lowfat Homestyle Waffles 35 1 oz 0.3 19046 Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor 28.35 1 oz 0.3 15150 Crustaceans, shrimp, mixed species, cooked, breaded and fried 85 3 oz 0.3 1135 Cauliflower, raw 13 1 floweret 0.3	15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.4
Pincapple, canned, juice pack, solids and liquids 47 1 slice 64 09316 Strawberries, raw 18 1 strawberry 04 18232 Crackers, wheat, regular 8 4 crackers 04 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 10 1 cookie 04 18228 Crackers, sultines (includes oyster, soda, soup) 12 4 crackers 04 19002 Snacks, beef jerky, choped and formed 19.8 1 large piece 04 14003 Alcoholic beverage, beer, regular 355 12 fl oz 04 14205 KELLOGGYS Eggo Lowfat Homestyle Waffles 35 1 varffle 04 19226 Frostings, chocolate, creamy, ready-to-cat 38 1/12 package 03 19304 Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor 18.3 oz 1 oz 03 19437 Shake, fast food, vanilla 333 1 of fl oz 03 1135 Cauliflower, raw 13 1 floweret 03 11437 Cheesecake comme	11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.4
99316 Strawberries, raw 18 1 strawberry 0.4 18232 Crackers, wheat, regular 8 4 crackers 0.4 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 10 1 cookie 0.4 18228 Crackers, slatines (includes oyster, soda, soup) 12 4 crackers 0.4 19002 Snacks, beef jerky, chopped and formed 19.8 1 large picee 0.4 14003 Alcoholic beverage, beer, regular 355 12 fl oz 0.4 1805 KELLOGG'S Eggo Lowfat Homestyle Waffles 38 1/12 package 0.3 19266 Frostings, chocolate, creamy, ready-to-eat 38 1 oz 0.3 19316 Crustaceans, shrimp, mixed species, cooked, breaded and fried 85.3 3 oz 0.3 19350 Crustaceans, shrimp, mixed species, cooked, breaded and fried 81 1 d.4 block 0.3 19371 Shake, fast food, vanilla 333 16 fl oz 0.3 19351 Cauliflower, raw 13 1 floweret 0.3	19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.4
1832Crackers, wheat, regular84 crackers018158Cookies, chocolate chip, commercially prepared, regular, lower fat101 cookie0.418228Crackers, saltines (includes oyster, soda, soup)124 crackers0.419002Snacks, beef jerky, chopped and formed19.81 large piece0.414003Alcoholic beverage, beer, regular3551 2 fl oz0.418256KELLOGG'S Egge Lowfat Homestyle Waffles351 waffle0.319046Snacks, potato chips, made from dried potatoes, sour-crean and onion flavor28.351 oz0.315150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz0.31135Caulifower, raw1010 sprigs0.31135Caulifower, raw131 floweret0.316162Cookies, chocolate sandwich, with creme filling, regular811/4 block0.318176Cookies, chocolate sandwich, with creme filling, regular101 cookie [auge (3-1/2" to 4"0.318177Cookies, nolases321 cookie [auge (3-1/2" to 4"0.318178Cookies, nolases321 cookie [auge (3-1/2" to 4"0.318179Nats, pine nuts, pignolia, dried631 doz0.318170Cookies, nolases321 cookie [auge (3-1/2" to 4"0.318171Nats, pine nuts, pignolia, dried631 doz0.318172Snacks, connbased, extruded, puffs or twists, cheese-flavor8.	09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.4
R158 Cookies, chocolate chip, commercially prepared, regular, lower fat 10 1 cookie 04 18228 Crackers, saltines (includes oyster, soda, soup) 12 4 crackers 0.4 19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 0.4 14003 Alcoholic beverage, beer, regular 355 12 fl oz 0.4 18256 KELLOGG'S Eggo Lowfat Homestyle Waffles 35 1 waffle 0.4 19226 Frostings, chocolate, creamy, ready-to-cat 38 1/12 package 0.3 19046 Snacks, potato chips, made from dried potatoes, sour-cream and onion- flavor 28.35 3 oz 0.3 15150 Crustaceans, shrimp, mixed species, cooked, breaded and fried 85 3 oz 0.3 11347 Shake, fast food, vanilla 333 16 fl oz 0.3 1127 Parsley, raw 10 10 sprigs 0.3 1135 Cauliflower, raw 13 1 floweret 0.3 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0.3	09316	Strawberries, raw	18	1 strawberry	0.4
B228 Crackers, saltines (includes oyster, soda, soup) 12 4 crackers 04 19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 0.4 14003 Alcoholic beverage, beer, regular 355 12 fl oz 0.4 18505 KELLOGG'S Eggo Lowfat Homestyle Waffles 35 1 waffle 0.4 19226 Frostings, chocolate, creamy, ready-to-eat 38 1/12 package 0.3 19046 Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor 28.35 1 oz 0.3 15150 Crustaceans, shrimp, mixed species, cooked, breaded and fried 85 3 oz 0.3 14347 Shake, fast food, vanila 333 16 fl oz 0.3 1127 Parsley, raw 10 10 sprigs 0.3 1135 Cauliflower, raw 13 1 floweret 0.3 16126 Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) 81 1 /4 block 0.3 18147 Cheescake commercially prepared 80 1 piece 0.3 18170 Cookies, nobases 32 1 cookie 0.3 <	18232	Crackers, wheat, regular	8	4 crackers	0.4
19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 0.1 14003 Alcoholic beverage, beer, regular 355 12 fl oz 0.4 18505 KELLOGG'S Eggo Lowfat Homestyle Waffles 35 1 waffle 0.4 19226 Frostings, chocolate, creamy, ready-to-eat 38 1/12 package 0.3 19046 Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor 28.35 1 oz 0.3 15150 Crustaceans, shrimp, mixed species, cooked, breaded and fried 85 3 oz 0.3 14347 Shake, fast food, vanilla 333 16 fl oz 0.3 11297 Parsley, raw 10 10 sprigs 0.3 11135 Cauliflower, raw 13 1 floweret 0.3 16166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0.3 18170 Cheescake commercially prepared 80 1 piece 0.3 18166 Cookies, nolasses 32 1 cookie, large (3-1/2" to 4" 0.3 05292	18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.4
14003 Alcoholis beverage, beer, regular 355 12 fl oz 0.4 18505 KELLOGG'S Eggo Lowfat Homestyle Waffles 35 1 waffle 0.4 19226 Frostings, chocolate, creamy, ready-to-eat 38 1/12 package 0.3 19046 Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor 28.35 1 oz 0.3 15150 Crustaceans, shrimp, mixed species, cooked, breaded and fried 85 3 oz 0.3 14347 Shake, fast food, vanilla 333 16 fl oz 0.3 11297 Parsley, raw 10 10 sprigs 0.3 11135 Cauliflower, raw 13 1 floweret 0.3 16166 Cookies, chocolate sandwich, with calcium sulfate and magnesium chloride (nigari) 81 1/4 block 0.3 18170 Cheescake commercially prepared 80 1 piece 0.3 18171 Cookies, nolasses 32 1 cookie, large (3-1/2" to 4") 0.3 18177 Cookies, molasses 32 1 cookie, large (3-1/2" to 4") 0.3 05292 Turkey paties, breaded, battered, fried 64 1 paty <t< td=""><td>18228</td><td>Crackers, saltines (includes oyster, soda, soup)</td><td>12</td><td>4 crackers</td><td>0.4</td></t<>	18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.4
18505KELLOGG'S Ego Lowfat Homestyle Waffles351 waffle419226Frostings, chocolate, creamy, ready-to-eat381/12 package3319046Snacks, potato chips, made from dried potatoes, sour-cream and onion- flavor28.351 oz3315150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz0.314347Shake, fast food, vanilla33316 fl oz0.311297Parsley, raw1010 sprigs0.31135Cauliflower, raw131 floweret0.316162Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block0.318164Cookies, chocolate sandwich, with creme filling, regular101 cookie, large (3-1/2" to 4"0.318174Cheesecake commercially prepared801 piece0.318175Cookies, nolasses321 cookie, large (3-1/2" to 4"0.305292Turkey patties, breaded, battered, fried8.61 thsp0.312147Nuts, pine nuts, pignolia, dried8.61 thsp0.306930Sauce, cheese, ready-to-serve631/4 cup0.308064Cereals ready-to-eat, GENERAL MILLS, Rice CHEX31-1/4 cup0.318451Cake, pound, commercially prepared, fat-free281 slice0.318451Cake, pound, commercially prepared, fat-free281 slice0.318451Cake, pound, commercially prepared, fat-free281	19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.4
Parabolic Prostings, chocolate, creamy, ready-to-eat381/12 package0.319046Snacks, potato chips, made from dried potatoes, sour-cream and onion- flavor28.351 oz0.315150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz0.314347Shake, fast food, vanilla33316 fl oz0.311297Parsley, raw1010 sprigs0.31135Cauliflower, raw131 floweret0.316126Tofu, firm, prepared with calcium sulfate and magnesium chloride (rigari)811/4 block0.318147Cheesecake commercially prepared801 piece0.318166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.318174Cheesecake comdercially prepared641 patty0.312147Nuts, pine nuts, pignolia, dried8.61 tbsp0.305292Turkey patties, breaded, battered, fried8.61 tbsp0.31908Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.319084Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.318451Cake, pound, commercially prepared, fat-free281 slice0.319055Gadies, M&MMARS, MARS MILKY WAY Bar181 fun size bar0.3	14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.4
19046Snacks, potato chips, made from dried potatoes, sour-cream and onion- flavor28.351 oz0.315150Crustaceans, shrimp, mixed species, cooked, breaded and fried853 oz0.314347Shake, fast food, vanilla33316 fl oz0.311297Parsley, raw1010 sprigs0.31135Cauliflower, raw131 floweret0.316126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block0.318147Cheesecake commercially prepared801 piece0.318166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.318177Cookies, molasses321 cookie, large (3-1/2" to 4"0.305292Turkey patties, breaded, battered, fried641 patty0.306930Sauce, cheese, ready-to-serve631/4 cup0.319008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.318451Cake, pound, commercially prepared, fat-free281 slice0.318451Cake, pound, commercially prepared, fat-free281 slice0.319135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.4
flavorflavo	19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.3
14347Shake, fast food, vanilla33316 fl oz0.311297Parsley, raw1010 sprigs0.311135Cauliflower, raw131 floweret0.316126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block0.318147Cheesecake commercially prepared801 piece0.318166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.318177Cookies, nolasses321 cookie, large (3-1/2" to 4"0.312147Nuts, pine nuts, pignolia, dried641 patty0.31908Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.318451Cake, pound, commercially prepared, fat-free281 slice0.319135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	19046		28.35	l oz	0.3
11297Parsley, raw1010 sprigs0.311135Cauliflower, raw131 floweret0.316126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block0.318147Cheesecake commercially prepared801 piece0.318166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.318177Cookies, nolasses321 cookie, large (3-1/2" to 4"0.318174Nuts, pine nuts, pignolia, dried641 patty0.312147Nuts, pine nuts, pignolia, dried8.61 tbsp0.319008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.318451Cake, pound, commercially prepared, fat-free281 slice0.319135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.3
11135Cauliflower, raw131 floweret0.316126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block0.318147Cheesecake commercially prepared801 piece0.318166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.318177Cookies, molasses321 cookie, large (3-1/2" to 4"0.305292Turkey patties, breaded, battered, fried641 patty0.312147Nuts, pine nuts, pignolia, dried8.61 bbsp0.306930Sauce, cheese, ready-to-serve631/4 cup0.319008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.318451Cake, pound, commercially prepared, fat-free281 slice0.31935Candies, M&MARS, MARS MILKY WAY Bar181 fun size bar0.3	14347	Shake, fast food, vanilla	333	16 fl oz	0.3
16126Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)811/4 block0.318147Cheesecake commercially prepared801 piece0.318166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.318177Cookies, molasses321 cookie, large (3-1/2" to 4"0.305292Turkey patties, breaded, battered, fried641 patty0.312147Nuts, pine nuts, pignolia, dried8.61 tbsp0.306930Sauce, cheese, ready-to-serve631/4 cup0.319008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.318451Cake, pound, commercially prepared, fat-free281 slice0.31935Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	11297	Parsley, raw	10	10 sprigs	0.3
(nigari)801 piece0.318147Cheesecake commercially prepared801 piece0.318166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.318177Cookies, molasses321 cookie, large (3-1/2" to 4"0.305292Turkey patties, breaded, battered, fried641 patty0.312147Nuts, pine nuts, pignolia, dried8.61 bbsp0.306930Sauce, cheese, ready-to-serve631/4 cup0.319008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.308064Cereals ready-to-eat, GENERAL MILLS, Rice CHEX311-1/4 cup0.318451Cake, pound, commercially prepared, fat-free281 slice0.31905Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	11135	Cauliflower, raw	13	1 floweret	0.3
18166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.318177Cookies, molasses321 cookie, large (3-1/2" to 4"0.305292Turkey patties, breaded, battered, fried641 patty0.312147Nuts, pine nuts, pignolia, dried8.61 tbsp0.306930Sauce, cheese, ready-to-serve631/4 cup0.319008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.308064Cereals ready-to-eat, GENERAL MILLS, Rice CHEX311-1/4 cup0.318451Cake, pound, commercially prepared, fat-free281 slice0.319135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	16126		81	1/4 block	0.3
18177Cookies, molasses321 cookie, large (3-1/2" to 4"0.305292Turkey patties, breaded, battered, fried641 patty0.312147Nuts, pine nuts, pignolia, dried8.61 tbsp0.306930Sauce, cheese, ready-to-serve631/4 cup0.319008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.308064Cereals ready-to-eat, GENERAL MILLS, Rice CHEX311-1/4 cup0.318451Cake, pound, commercially prepared, fat-free281 slice0.319135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	18147	Cheesecake commercially prepared	80	1 piece	0.3
05292Turkey patties, breaded, battered, fried641 patty0.312147Nuts, pine nuts, pignolia, dried8.61 tbsp0.306930Sauce, cheese, ready-to-serve631/4 cup0.319008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.308064Cereals ready-to-eat, GENERAL MILLS, Rice CHEX311-1/4 cup0.318451Cake, pound, commercially prepared, fat-free281 slice0.319135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.3
12147Nuts, pine nuts, pignolia, dried8.61 tbsp0.306930Sauce, cheese, ready-to-serve631/4 cup0.319008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.308064Cereals ready-to-eat, GENERAL MILLS, Rice CHEX311-1/4 cup0.318451Cake, pound, commercially prepared, fat-free281 slice0.319135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.3
06930Sauce, cheese, ready-to-serve631/4 cup0.319008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.308064Cereals ready-to-eat, GENERAL MILLS, Rice CHEX311-1/4 cup0.318451Cake, pound, commercially prepared, fat-free281 slice0.319135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	05292	Turkey patties, breaded, battered, fried	64	1 patty	0.3
19008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz0.308064Cereals ready-to-eat, GENERAL MILLS, Rice CHEX311-1/4 cup0.318451Cake, pound, commercially prepared, fat-free281 slice0.319135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.3
08064Cereals ready-to-eat, GENERAL MILLS, Rice CHEX311-1/4 cup0.318451Cake, pound, commercially prepared, fat-free281 slice0.319135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.3
18451Cake, pound, commercially prepared, fat-free281 slice0.319135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.3
19135Candies, M&M MARS, MARS MILKY WAY Bar181 fun size bar0.3	08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.3
	18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.3
08057Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX303/4 cup0.3	19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.3
	08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.3

Description	Weight (g)	Common Measure	Content per Measure
opcorn, cakes	10	1 cake	0.3
udge, chocolate, prepared-from-recipe	17	1 piece	0.3
rlic powder	2.8	1 tsp	0.3
beanut butter, commercially prepared, regular	15	1 cookie	0.3
proilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.3
D, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie	16	1 cookie	0.3
dy-to-serve, salsa	16	1 tbsp	0.3
ers, apple	17	1 tbsp	0.3
juice cocktail, bottled	253	8 fl oz	0.3
ee, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.3
eken noodle, dehydrated, prepared with water	252.3	1 cup	0.3
shortbread, commercially prepared, pecan	14	1 cookie	0.3
t juice, white, canned, sweetened	250	1 cup	0.3
and orange juice drink, canned	250	8 fl oz	0.3
chocolate chip, commercially prepared, reg, higher fat,	10	1 cookie	0.3
and grapefruit juice drink, canned	250	8 fl oz	0.3
ee, frozen concentrate, sweetened, diluted with 3 volume h added vitamin C	250	1 cup	0.3
ee, canned or bottled, unsweetened, without added ascorbic	248	1 cup	0.2
e, frozen concentrate, white, prepared with water	248	8 fl oz	0.2
ady-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.2
am of chicken, prepared with equal volume milk, commercial	248	1 cup	0.2
t juice, white, canned, unsweetened	247	1 cup	0.2
t juice, white, raw	247	1 cup	0.2
t juice, white, frozen concentrate, unsweetened, diluted with water	247	l cup	0.2
, sun-dried	2	1 piece	0.2
am of chicken, canned, prepared with equal volume water, al	244	1 cup	0.2
uce, prepared from recipe	243	1 cup	0.2
ies, raw	12	1 strawberry	0.2
, red, ripe, raw, year round average	20	1 slice	0.2
cheese, regular	10	10 crackers	0.2
, prepared with calcium sulfate and magnesium chloride	120	1 piece	0.2
key, canned	59.6	1/4 cup	0.2
ishroom, canned	59.6	1/4 cup	0.2
icken, canned	59.5	1/4 cup	0.2
ady-to-eat, rice, puffed, fortified	14	1 cup	0.2
cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.2
lery seed		1 tsp	0.2
ef, canned		*	0.2
canned			0.2
vanilla sandwich with creme filling			0.2 0.2
lery s ef, ca canne	seed nned d	keed 2 nned 58.25 d 12	keed21 tspnned58.251/4 cupd121 tbspa sandwich with creme filling151 cookie

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19297	Jams and preserves	20	1 tbsp	0.2
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.2
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.2
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.2
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.2
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.2
19088	Ice creams, vanilla, light	66	1/2 cup	0.2
11282	Onions, raw	14	1 slice	0.2
11935	Catsup	15	1 tbsp	0.2
18229	Crackers, standard snack-type, regular	12	4 crackers	0.2
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.2
19300	Jellies	19	1 tbsp	0.2
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.2
09152	Lemon juice, raw	47	juice of 1 lemon	0.2
11960	Carrots, baby, raw	10	1 medium	0.2
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.2
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.2
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.2
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.2
09206	Orange juice, raw	86	juice from 1 orange	0.2
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.2
11333	Peppers, sweet, green, raw	10	1 ring	0.2
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.2
11945	Pickle relish, sweet	15	1 tbsp	0.2
02055	Horseradish, prepared	5	1 tsp	0.2
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.2
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.2
09160	Lime juice, raw	38	juice of 1 lime	0.2
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.2
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.2
18177	Cookies, molasses	15	1 cookie, medium	0.2
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.1
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.1
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.1
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.1
19129	Syrups, table blends, pancake	20	1 tbsp	0.1
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.1
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.1
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.1
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.1
11253	Lettuce, green leaf, raw	10	1 leaf	0.1
11445	Seaweed, kelp, raw	10	2 tbsp	0.1
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.1
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.1
19074	Candies, caramels	10.1	1 piece	0.1
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.1
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.1
02026	Spices, onion powder	2.1	1 tsp	0.1
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.1
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.1
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.1
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.1
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.1
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.1
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.1
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.1
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.1
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.1
11935	Catsup	6	1 packet	0.1
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.1
11156	Chives, raw	3	1 tbsp	0.1
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.1
20027	Cornstarch	8.064	1 tbsp	0.1
11429	Radishes, raw	4.5	1 radish	0.1
11215	Garlic, raw	3	1 clove	0.1
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.1
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.1
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.1
19108	Candies, jellybeans	28.35	10 large	0.1
19116	Candies, marshmallows	50	1 cup	0.1
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.0
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.0
19296	Honey	21	1 tbsp	0.0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.0
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.0
07073	Sandwich spread, pork, beef	15	1 tbsp	0.0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
02045	Dill weed, fresh	1	5 sprigs	0.0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.0
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.0
19041	Snacks, pork skins, plain	28.35	1 oz	0.0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.0
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.0
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.0
02050	Vanilla extract	4.2	1 tsp	0.0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	l tbsp	0.0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.0
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.0
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.0
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.0
01186	Cheese, cream, fat free	15.6	1 tbsp	0.0
19336	Sugars, powdered	8	1 tbsp	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.0
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.0
04002	Lard	12.8	1 tbsp	0.0
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.0
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.0
19350	Syrups, corn, light	20	1 tbsp	0.0
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.0
19353	Syrups, maple	20	1 tbsp	0.0
02047	Salt, table	6	1 tsp	0.0
02048	Vinegar, cider	15	1 tbsp	0.0
04133	Salad dressing, french, home recipe	14	1 tbsp	0.0
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.0
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.0
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.0
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.0
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.0
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.0
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.0
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.0
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.0
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.0
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.0
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.0
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.0
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.0
04582	Vegetable oil, canola	14	1 tbsp	0.0
01145	Butter, without salt	14.2	1 tbsp	0.0
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.0
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.0
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.0
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.0
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.0
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.0
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.0
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.0
01052	Cream, fluid, light whipping	15	1 tbsp	0.0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.0
01040	Cheese, swiss	28.35	1 oz	0.0
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.0
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	l oz	0.0
01036	Cheese, ricotta, whole milk	246	1 cup	0.0
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.0
01035	Cheese, provolone	28.35	1 oz	0.0
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.0
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.0
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.0
01056	Cream, sour, cultured	12	1 tbsp	0.0
01057	Eggnog	254	1 cup	0.0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01049	Cream, fluid, half and half	15	1 tbsp	0.0
01017	Cheese, cream	14.5	1 tbsp	0.0
01004	Cheese, blue	28.35	1 oz	0.0
01007	Cheese, camembert	38	1 wedge	0.0
01009	Cheese, cheddar	28.35	1 oz	0.0
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.0
19305	Molasses, blackstrap	20	1 tbsp	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
01037	Cheese, ricotta, part skim milk	246	1 cup	0.0
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.0
01019	Cheese, feta	28.35	1 oz	0.0
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.0
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.0
01030	Cheese, muenster	28.35	1 oz	0.0
01031	Cheese, neufchatel	28.35	1 oz	0.0
01032	Cheese, parmesan, grated	5	1 tbsp	0.0
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.0
01125	Egg, yolk, raw, fresh	16.6	1 large	0.0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.0
01121	Egg, whole, raw, fresh	50	1 large	0.0
01123	Egg, whole, raw, fresh	44	1 medium	0.0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.0
01124	Egg, white, raw, fresh	33.4	1 large	0.0
19334	Sugars, brown	3.2	1 tsp	0.0
01128	Egg, whole, cooked, fried	46	1 large	0.0
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.0
01131	Egg, whole, cooked, poached	50	1 large	0.0
01132	Egg, whole, cooked, scrambled	61	1 large	0.0
01143	Egg substitute, liquid	62.75	1/4 cup	0.0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.0
01123	Egg, whole, raw, fresh	58	1 extra large	0.0
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.0
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.0
01072	Dessert topping, pressurized	4	1 tbsp	0.0
01072	Dessert topping, semi solid, frozen	4	1 tbsp	0.0
01075	Milk, whole, 3.25% milkfat	244	1 cup	0.0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.0
01079	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.0
01082	Milk shakes, thick vanilla	313	11 fl oz	0.0
				0.0
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19335	Sugars, granulated	4.2	1 tsp	0.0
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.0
01095	Milk, canned, condensed, sweetened	306	1 cup	0.0
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.0
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.0
01001	Butter, salted	14.2	1 tbsp	0.0
01069	Cream substitute, powdered	2	1 tsp	0.0
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.0
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.0
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.0
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.0
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.0
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.0
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	150	1/2 fillet	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.0
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.0
	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.0
05180	Fish, tuna, light, canned in oil, drained solids		3 oz	
15119		85.05		0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4"	237	8 fl oz	0.0
17044	fat, choice, cooked, braised	85	3 oz	0.0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
19107	Candies, hard	3	1 small piece	0.0
15128	Fish, tuna salad	205	1 cup	0.0
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.0
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.0
14429	Water, municipal	237	8 fl oz	0.0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.0
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.0
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.0
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.0
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.0
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.0
19107	Candies, hard	6	1 piece	0.0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.0
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.0
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.0
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.0
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.0
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.0
19089	Ice creams, vanilla, rich	74	1/2 cup	0.0
06174	Soup, stock, fish, home-prepared	233	1 cup	0.0

Content per NDB No Measure Description Weight (g) **Common Measure** 15142 60 1 cake 0.0 Crustaceans, crab, blue, crab cakes 15141 Crustaceans, crab, blue, canned 135 1 cup 0.0 13348 Beef, cured, corned beef, canned 85.05 3 oz 0.0 15138 Crustaceans, crab, alaska king, imitation, made from surimi 85 3 oz 0.0 13327 Beef, variety meats and by-products, liver, cooked, pan-fried 85 3 oz 0.0 19087 Candies, confectioner's coating, white 170 0.0 1 cup Snacks, fruit leather, pieces 19013 28.35 1 oz 0.0 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 42 1.5 fl oz 0.0 17012 Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, 85 3 oz 0.0 trimmed to 1/4" fat, choice, cooked, roasted 14057 Alcoholic beverage, wine, dessert, sweet 103 3.5 fl oz 0.0 14096 Alcoholic beverage, wine, table, red 103 3.5 fl oz 0.0 85 3 oz 0.0 15140 Crustaceans, crab, blue, cooked, moist heat 0.0 18372 Leavening agents, baking soda 4.6 1 tsp 15086 Fish, salmon, sockeye, cooked, dry heat 85 3 oz 0.0 142 0.0 05277 Chicken, canned, meat only, with broth 5 oz 142 05286 Turkey and gravy, frozen 5-oz package 0.0 13168 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all 85 3 oz 0.0 grades, cooked, braised 05296 Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted 85.05 3 oz 0.0 05306 Poultry food products, ground turkey, cooked 82 1 patty 0.0 28.35 0.0 13350 Beef, cured, dried 1 oz 13176 Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, 85 3 oz 0.0 all grades, cooked, roasted 12 fl oz 366 0.0 14136 Carbonated beverage, ginger ale 06075 Soup, beef broth or bouillon, powder, dry 1 packet 0.0 6 15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz 0.0 15148 Crustaceans, lobster, northern, cooked, moist heat 85 3 oz 0.0 13184 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all 85 3 oz 0.0 grades, cooked, roasted 13278 Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, 3 oz 0.0 85 cooked, broiled Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, 3 oz 13287 85 0.0 cooked, broiled 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled 85 3 oz 0.0 07064 Pork sausage, fresh, cooked 27 1 patty 0.0 07014 Braunschweiger (a liver sausage), pork 56.7 2 slices 0.0 Chicken roll, light meat 07017 56.7 2 slices 0.0 07022 Frankfurter, beef 45 1 frank 0.0 14297 Lemonade-flavor drink, powder, prepared with water 266 8 fl oz 0.0 1 frank 07024 Frankfurter, chicken 45 0.0 07027 Ham, chopped, not canned 21 2 slices 0.0 14106 Alcoholic beverage, wine, table, white 103 3.5 fl oz 0.0 3 oz 0.0 15137 Crustaceans, crab, alaska king, cooked, moist heat 85 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, 85 3 oz 0.0 cooked, broiled 07064 2 links 0.0 Pork sausage, fresh, cooked 26 07065 26 2 links 0.0 Pork and beef sausage, fresh, cooked

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07069	Salami, cooked, beef and pork	56.7	2 slices	0.0
07072	Salami, dry or hard, pork, beef	20	2 slices	0.0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.0
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.0
14157	Carbonated beverage, root beer	370	12 fl oz	0.0
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
14142	Carbonated beverage, grape soda	372	12 fl oz	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.0
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.0
07008	Bologna, beef and pork	56.7	2 slices	0.0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.0
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.0
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
14277	Grape drink, canned	250	8 fl oz	0.0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
14150	Carbonated beverage, orange	372	12 fl oz	0.0