| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|------------------------|
| 11546 | Tomato products, canned, paste, without salt added | 262 | 1 cup | 2657 |
| 09214 | Orange juice, frozen concentrate, unsweetened, undiluted | 213 | 6-fl-oz can | 1436 |
| 11087 | Beet greens, cooked, boiled, drained, without salt | 144 | 1 cup | 1309 |
| 16051 | Beans, white, mature seeds, canned | 262 | 1 cup | 1189 |
| 09087 | Dates, deglet noor | 178 | 1 cup | 1168 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 169 | 1 large | 1164 |
| 01095 | Milk, canned, condensed, sweetened | 306 | 1 cup | 1135 |
| 11547 | Tomato products, canned, puree, without salt added | 250 | 1 cup | 1098 |
| 09298 | Raisins, seedless | 145 | 1 cup | 1086 |
| 11674 | Potato, baked, flesh and skin, without salt | 202 | 1 potato | 1081 |
| 09125 | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted | 207 | 6-fl-oz can | 1002 |
| 19061 | Snacks, trail mix, tropical | 140 | 1 cup | 993 |
| 11451 | Soybeans, green, cooked, boiled, drained, without salt | 180 | 1 cup | 970 |
| 11373 | Potatoes, au gratin, home-prepared from recipe using butter | 245 | 1 cup | 970 |
| 16072 | Lima beans, large, mature seeds, cooked, boiled, without salt | 188 | 1 cup | 955 |
| 19062 | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds | 146 | 1 cup | 946 |
| 11372 | Potatoes, scalloped, home-prepared with butter | 245 | 1 cup | 926 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 134 | 1 medium | 923 |
| 15037 | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 159 | 1/2 fillet | 916 |
| 11370 | Potatoes, hashed brown, home-prepared | 156 | 1 cup | 899 |
| 11644 | Squash, winter, all varieties, cooked, baked, without salt | 205 | 1 cup | 896 |
| 09277 | Plantains, raw | 179 | 1 medium | 893 |
| 16109 | Soybeans, mature cooked, boiled, without salt | 172 | 1 cup | 886 |
| 01097 | Milk, canned, evaporated, nonfat | 256 | 1 cup | 850 |
| 12167 | Nuts, chestnuts, european, roasted | 143 | 1 cup | 847 |
| 11458 | Spinach, cooked, boiled, drained, without salt | 180 | 1 cup | 839 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 539 | 1 head | 819 |
| 11549 | Tomato products, canned, sauce | 245 | 1 cup | 811 |
| 09292 | Plums, dried (prunes), stewed, without added sugar | 248 | 1 cup | 796 |
| 11512 | Sweetpotato, canned, vacuum pack | 255 | 1 cup | 796 |
| 09226 | Papayas, raw | 304 | 1 papaya | 781 |
| 15071 | Fish, rockfish, Pacific, mixed species, cooked, dry heat | 149 | 1 fillet | 775 |
| 01096 | Milk, canned, evaporated, without added vitamin A | 252 | 1 cup | 764 |
| 16011 | Beans, baked, canned, with pork and tomato sauce | 253 | 1 cup | 759 |
| 16006 | Beans, baked, canned, plain or vegetarian | 254 | 1 cup | 752 |
| 11461 | Spinach, canned, drained solids | 214 | 1 cup | 740 |
| 11040 | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 180 | 1 cup | 740 |
| 06931 | Sauce, pasta, spaghetti/marinara, ready-to-serve | 250 | 1 cup | 738 |
| 16070 | Lentils, mature seeds, cooked, boiled, without salt | 198 | 1 cup | 731 |
| 21082 | Fast foods, taco | 263 | 1 large | 729 |
| 09278 | Plantains, cooked | 154 | 1 cup | 716 |
| 16033 | Beans, kidney, red, mature seeds, cooked, boiled, without salt | 177 | 1 cup | 713 |
| 16086 | Peas, split, mature seeds, cooked, boiled, without salt | 196 | 1 cup | 710 |
| 09294 | Prune juice, canned | 256 | 1 cup | 707 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|------------------------|
| 11508 | Sweetpotato, cooked, baked in skin, without salt | 146 | 1 potato | 694 |
| 20011 | Buckwheat flour, whole-groat | 120 | 1 cup | 692 |
| 16025 | Beans, great northern, mature seeds, cooked, boiled, without salt | 177 | 1 cup | 692 |
| 21042 | Fast foods, chili con carne | 253 | 1 cup | 691 |
| 11192 | Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt | 165 | 1 cup | 690 |
| 11655 | Carrot juice, canned | 236 | 1 cup | 689 |
| 11371 | Potatoes, mashed, home-prepared, whole milk and margarine added | 210 | 1 cup | 685 |
| 16010 | Beans, baked, canned, with pork and sweet sauce | 253 | 1 cup | 673 |
| 16103 | Refried beans, canned (includes USDA commodity) | 252 | 1 cup | 673 |
| 01110 | Milk shakes, thick chocolate | 300 | 10.6 fl oz | 672 |
| 16038 | Beans, navy, mature seeds, cooked, boiled, without salt | 182 | 1 cup | 670 |
| 14346 | Shake, fast food, chocolate | 333 | 16 fl oz | 666 |
| 16034 | Beans, kidney, red, mature seeds, canned | 256 | 1 cup | 658 |
| 11226 | Jerusalem-artichokes, raw | 150 | 1 cup | 644 |
| 11196 | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 170 | 1 cup | 638 |
| 11414 | Potato salad, home-prepared | 250 | 1 cup | 635 |
| 11117 | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170 | 1 cup | 631 |
| 11657 | Potatoes, mashed, home-prepared, whole milk added | 210 | 1 cup | 622 |
| 19080 | Candies, semisweet chocolate | 168 | 1 cup | 613 |
| 16015 | Beans, black, mature seeds, cooked, boiled, without salt | 172 | 1 cup | 611 |
| 11363 | Potatoes, baked, flesh, without salt | 156 | 1 potato | 610 |
| 16008 | Beans, baked, canned, with franks | 259 | 1 cup | 609 |
| 22904 | Chili con carne with beans, canned entree | 222 | 1 cup | 608 |
| 21077 | Fast foods, frijoles with cheese | 167 | 1 cup | 605 |
| 15034 | Fish, haddock, cooked, dry heat | 150 | 1 fillet | 599 |
| 11672 | Potato pancakes, home-prepared | 76 | 1 pancake | 597 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 168 | 1 cup | 595 |
| 21070 | Fast foods, chimichanga, with beef | 174 | 1 chimichanga | 586 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 85 | 1 small | 586 |
| 15086 | Fish, salmon, sockeye, cooked, dry heat | 155 | 1/2 fillet | 581 |
| 14347 | Shake, fast food, vanilla | 333 | 16 fl oz | 579 |
| 01118 | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 227 | 8-oz container | 579 |
| 14316 | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 265 | 1 cup | 578 |
| 20012 | Bulgur, dry | 140 | 1 cup | 574 |
| 11464 | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 190 | 1 cup | 574 |
| 01111 | Milk shakes, thick vanilla | 313 | 11 fl oz | 573 |
| 11299 | Parsnips, cooked, boiled, drained, without salt | 156 | 1 cup | 573 |
| 21114 | Fast foods, hamburger, large, double patty, with condiments and vegetables | 226 | 1 sandwich | 570 |
| 11423 | Pumpkin, cooked, boiled, drained, without salt | 245 | 1 cup | 564 |
| 11242 | Kohlrabi, cooked, boiled, drained, without salt | 165 | 1 cup | 561 |
| 20005 | Barley, pearled, raw | 200 | 1 cup | 560 |
| 05142 | Duck, domesticated, meat only, cooked, roasted | 221 | 1/2 duck | 557 |
| | | | | |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|------------------------|
| 11540 | Tomato juice, canned, with salt added | 243 | 1 cup | 556 |
| 11261 | Mushrooms, cooked, boiled, drained, without salt | 156 | 1 cup | 555 |
| 11436 | Rutabagas, cooked, boiled, drained, without salt | 170 | 1 cup | 554 |
| 09040 | Bananas, raw | 150 | 1 cup | 537 |
| 11385 | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter | 245 | 1 cup | 537 |
| 15160 | Mollusks, clam, mixed species, canned, drained solids | 85 | 3 oz | 534 |
| 20033 | Oat bran, raw | 94 | 1 cup | 532 |
| 01117 | Yogurt, plain, low fat, 12 grams protein per 8 ounce | 227 | 8-oz container | 531 |
| 16073 | Lima beans, large, mature seeds, canned | 241 | 1 cup | 530 |
| 14310 | Malted drink mix, natural, with added nutrients, powder, prepared with whole milk | 265 | 1 cup | 530 |
| 11533 | Tomatoes, red, ripe, canned, stewed | 255 | 1 cup | 528 |
| 21111 | Fast foods, hamburger, regular, double patty, with condiments | 215 | 1 sandwich | 527 |
| 11081 | Beets, cooked, boiled, drained | 170 | 1 cup | 519 |
| 11038 | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 170 | 1 cup | 517 |
| 11365 | Potatoes, boiled, cooked in skin, flesh, without salt | 136 | 1 potato | 515 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 156 | 1 cup | 512 |
| 18371 | Leavening agents, baking powder, low-sodium | 5 | 1 tsp | 505 |
| 15141 | Crustaceans, crab, blue, canned | 135 | 1 cup | 505 |
| 11424 | Pumpkin, canned, without salt | 245 | 1 cup | 505 |
| 19305 | Molasses, blackstrap | 20 | 1 tbsp | 498 |
| 11387 | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter | 245 | 1 cup | 497 |
| 09206 | Orange juice, raw | 248 | 1 cup | 496 |
| 18373 | Leavening agents, cream of tartar | 3 | 1 tsp | 495 |
| 11099 | Brussels sprouts, cooked, boiled, drained, without salt | 156 | 1 cup | 495 |
| 19422 | Snacks, potato chips, reduced fat | 28.35 | 1 oz | 494 |
| 16043 | Beans, pinto, mature seeds, cooked, boiled, without salt | 171 | 1 cup | 494 |
| 21086 | Fast foods, tostada, with beans, beef, and cheese | 225 | 1 tostada | 491 |
| 15037 | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 85 | 3 oz | 490 |
| 19087 | Candies, confectioner's coating, white | 170 | 1 cup | 486 |
| 20080 | Wheat flour, whole-grain | 120 | 1 cup | 486 |
| 15221 | Fish, tuna, yellowfin, fresh, cooked, dry heat | 85 | 3 oz | 484 |
| 21113 | Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables | 218 | 1 sandwich | 480 |
| 16063 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 172 | 1 cup | 478 |
| 16057 | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 164 | 1 cup | 477 |
| 11581 | Vegetables, mixed, canned, drained solids | 163 | 1 cup | 474 |
| 21082 | Fast foods, taco | 171 | 1 small | 474 |
| 09209 | Orange juice, chilled, includes from concentrate | 249 | 1 cup | 473 |
| 09215 | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water | 249 | 1 cup | 473 |
| 11578 | Vegetable juice cocktail, canned | 242 | 1 cup | 467 |
| 14177 | Chocolate-flavor beverage mix, powder, prepared with whole milk | 266 | 1 cup | 458 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|-----------------------|------------------------|
| 11091 | Broccoli, cooked, boiled, drained, without salt | 156 | 1 cup | 457 |
| 11531 | Tomatoes, red, ripe, canned, whole, regular pack | 240 | 1 cup | 451 |
| 11101 | Brussels sprouts, frozen, cooked, boiled, drained, without salt | 155 | 1 cup | 450 |
| 06359 | Soup, tomato, canned, prepared with equal volume milk, commercial | 248 | 1 cup | 449 |
| 15017 | Fish, cod, Atlantic, canned, solids and liquid | 85 | 3 oz | 449 |
| 21054 | Fast foods, salad, vegetable, tossed, without dressing, with chicken | 218 | 1-1/2 cups | 447 |
| 21098 | Fast foods, cheeseburger, large, single patty, with condiments and vegetables | 219 | 1 sandwich | 445 |
| 09223 | Tangerine juice, canned, sweetened | 249 | 1 cup | 443 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 135 | 1 potato | 443 |
| 01121 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce | 227 | 8-oz container | 443 |
| 11205 | Cucumber, with peel, raw | 301 | 1 large | 442 |
| 15071 | Fish, rockfish, Pacific, mixed species, cooked, dry heat | 85 | 3 oz | 442 |
| 15192 | Fish, cod, Pacific, cooked, dry heat | 85 | 3 oz | 439 |
| 15029 | Fish, flatfish (flounder and sole species), cooked, dry heat | 127 | 1 fillet | 437 |
| 09207 | Orange juice, canned, unsweetened | 249 | 1 cup | 436 |
| 22121 | WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen | 85 | 1 patty | 434 |
| 11281 | Okra, frozen, cooked, boiled, drained, without salt | 184 | 1 cup | 431 |
| 09181 | Melons, cantaloupe, raw | 160 | 1 cup | 427 |
| 11164 | Collards, frozen, chopped, cooked, boiled, drained, without salt | 170 | 1 cup | 427 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 180 | 1 cup | 427 |
| 11144 | Celery, cooked, boiled, drained, without salt | 150 | 1 cup | 426 |
| 06007 | Soup, bean with ham, canned, chunky, ready-to-serve, commercial | 243 | 1 cup | 425 |
| 01104 | Milk, chocolate, fluid, commercial, lowfat | 250 | 1 cup | 425 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 120 | 1 medium | 425 |
| 01103 | Milk, chocolate, fluid, commercial, reduced fat | 250 | 1 cup | 423 |
| 09040 | Bananas, raw | 118 | 1 banana | 422 |
| 01057 | Eggnog | 254 | 1 cup | 419 |
| 01102 | Milk, chocolate, fluid, commercial, | 250 | 1 cup | 418 |
| 11236 | Kale, frozen, cooked, boiled, drained, without salt | 130 | 1 cup | 417 |
| 05168 | Turkey, all classes, meat only, cooked, roasted | 140 | 1 cup | 417 |
| 21083 | Fast foods, taco salad | 198 | 1-1/2 cups | 416 |
| 22907 | Pasta with meatballs in tomato sauce, canned entree | 252 | 1 cup | 416 |
| 16064 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain | 240 | 1 cup | 413 |
| 16058 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned | 240 | 1 cup | 413 |
| 22401 | Spaghetti w/Meat Sauce, frozen entree | 283 | 1 package | 408 |
| 09032 | Apricots, dried, sulfured, uncooked | 35 | 10 halves | 407 |
| 14196 | Cocoa mix, no sugar added, powder | 15 | 1/2 oz envelope | 405 |
| 14390 | Cocoa mix, with aspartame, powder, prepared from item 14196 | 192 | 1 serving | 405 |
| 09124 | Grapefruit juice, white, canned, sweetened | 250 | 1 cup | 405 |
| 22905 | Beef stew, canned entree | 232 | 1 cup | 404 |
| 09024 | Apricots, canned, juice pack, with skin, solids and liquids | 244 | 1 cup | 403 |
| 06404 | Soup, bean with pork, canned, prepared with equal volume water, commercial | 253 | 1 cup | 402 |

Content per Measure NDB No Description Weight (g) **Common Measure** 11439 Sauerkraut, canned, solids and liquids 236 401 1 cup 09128 Grapefruit juice, white, raw 247 1 cup 40009404 Grapefruit juice, pink, raw 247 1 cup 400 06067 Soup, vegetable, canned, chunky, ready-to-serve, commercial 240 1 cup 396 21033 Fast foods, sundae, hot fudge 158 1 sundae 395 394 21124 Fast foods, submarine sandwich, with cold cuts 228 1 sandwich, 6" roll 01092 Milk, dry, nonfat, instant, with added vitamin A 23 1/3 cup 392 05172 Turkey, all classes, giblets, cooked, simmered, some giblet fat 145 1 cup 392 15111 Fish, swordfish, cooked, dry heat 106 1 piece 391 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 391 06166 Sauce, homemade, white, medium 250 1 cup 390 39 09246 Peaches, dried, sulfured, uncooked 3 halves 388 09282 Plums, canned, purple, juice pack, solids and liquids 252 1 cup 388 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head 388 170 388 09184 Melons, honeydew, raw 1 cup 11301 Peas, edible-podded, cooked, boiled, drained, without salt 160 1 cup 384 11179 Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, 164 1 cup 382 without salt 382 10176 Pork, fresh, loin, center loin (chops), bone-in, separable lean only, 85 3 ozcooked, pan-fried 11206 Cucumber, peeled, raw 280 1 large 381 196 378 11647 Sweetpotato, canned, syrup pack, drained solids 1 cup 09123 Grapefruit juice, white, canned, unsweetened 247 1 cup 378 19043 Snacks, potato chips, sour-cream-and-onion-flavor 28.35 1 oz 377 Fish, trout, rainbow, farmed, cooked, dry heat 85 3 oz 375 15241 11724 Beans, snap, yellow, cooked, boiled, drained, without salt 125 1 cup 374 08060 Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN 61 1 cup 372 10051 371 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, 85 3 oz cooked, roasted 21053 Fast foods, salad, vegetable, tossed, without dressing, with cheese and 217 1-1/2 cups 371 egg 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 370 Turnip greens, frozen, cooked, boiled, drained, without salt 164 367 11575 1 cup Soup, chicken vegetable, canned, chunky, ready-to-serve 240 06024 1 cup 367 Carrots, cooked, boiled, drained, without salt 156 11125 367 1 cup Fish, tuna salad 205 15128 1 cup 365 160 09184 Melons, honeydew, raw 1/8 melon 365 HEALTHY CHOICE Beef Macaroni, frozen entree 240 22402 365 1 package 19411 Snacks, potato chips, plain, salted 28.35 1 oz 361 28.35 19811 361 Snacks, potato chips, plain, unsalted 1 oz 10179 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, 85 3 oz 361 cooked, pan-fried 09027 Apricots, canned, heavy syrup pack, with skin, solids and liquids 258 1 cup 361 09226 140 360 Papayas, raw 1 cup 1 potato 11510 Sweetpotato, cooked, boiled, without skin 156 359 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, 85 3 oz 358 cooked, roasted

| 08247 Carads nauly-do-at, GENERAL MILLS, TOTAL Raisin Bran 55 1 cup 355 21106 Fast foods, finks multicly, with narra sance and chose 183 1 sandwich 355 21102 Fast foods, chicken filler sandwich, plain 182 1 sandwich 353 211124 Carnots, row 110 1 cup 355 20200 Commoal, whole-grain, yellow 122 1 cup 353 20200 Commoal, whole-grain, yellow 122 1 cup 354 11303 Poas, edithie-podds, froorn, cooked, holied, drained, without salt 160 1 cup 344 1142 Sapash, sammer, all varieties, cooked, brained, without salt 180 1 cup 344 1142 Sapash, sammed, craan style, regular pack 256 1 cup 344 11414 Chone sasce, prepared from resipe 343 3 cu 342 1143 Onicose, masked, delwy carmoty, regular pack 256 1 cup 344 1144 Chone sasce, prepared from resipe 345 3 cu 342 1143 Poat | NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--|--------|---|------------|---------------------|------------------------|
| 21106Fast foods, fish sandwich, vith tuttar succ and cheese18.31 sandwich35.221102Fast foods, fish sandwich, plain18.21 sandwich35.311124Carrote, raw1101 cup35.220202Commeal, whole grain, yellow1221 cup35.420202Commeal, whole grain, yellow1221 cup36.411303Pease, cohic, divide, dirained, without salt1601 cup34.411612Squach, sammer, all varieties, cooked, boiled, dirained, without salt1801 cup34.411612Soy milk, findi24.51 cup34.411614Cheese sance, pregnoar ofyte, regular pack25.61 cup34.411714Com, sweet, yellow, carmod, cream style, regular pack25.61 cup34.411717Potice, masked, edwight in mink to 1/4* fir, all grades, ocoled, buildi853 oz34.411717Potice, masked, edwight in grant form fiskes without milk, whole milk and butter added1 cup34.411717Potice, masked, edwight in grant form fiskes without milk, whole milk and butter added853 oz33.611718Potice, masked, edwight in grant in solid without add21.01 cup34.411718Potice, masked, edwight in grant is solid without add21.01 cup34.411719Potice, masked, edwight in grant is solid without add21.01 cup33.611719Potice, masked, edwight in grant is solid without added1 cup34.4 | 19042 | Snacks, potato chips, barbecue-flavor | 28.35 | 1 oz | 357 |
| 21102Fast foots, chicken fillet sandwich, plain1821 sandwich353111124Carots, nw100i cup55301116Yogurt, plain, whole milk, 8 grams protein per 8 ounce2278-oc container35301000Cornmed, whole gram, yellow1221 cup35411238Onions, cocked, holied, drained, without salt1601 cup34411303Peas, edible-podded, frozen, cocked, boiled, drained, without salt1601 cup34411612Suymilk, fluid2451 cup345116178Pork, effsh, shoulder, mrpincir, separable lean only, cocked, brained2561 cup34411714Carn, sweer, yellow, canned, ceram style, regular pack2561 cup34411737Pontse, masked, dwylnaed, nyrand ton 14" fat, all grades, whole milk and burter added353 oc34211738Berdt, top sitelin, separable lean only, trimmed to 14" fat, all grades, whole milk and burter added853 oc33310079Milk, reduced fur, futd, 25" milk/kit, with added vitamin A2441 cup34410304Fish, haudiler, reduced from trakes withour milk, whole milk and burter added853 oc33310304Fish, haudiler, reduced from trakes withour milk, whole milk and burter added853 oc33410304Fish, haudiler, reduced from trakes withour milk241 cup34410304Fish, haudiler, reduced from trakes withour milk853 oc33510304 | 08247 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran | 55 | 1 cup | 354 |
| 11124Carrots, nw1101 cup35310116Yogur, Iplin, whole milk, § gruns protein per 8 ounce2278-oz conthiner35320202Commeal, whole-grain, yellow1221 cup35411383Onisc, coded, boiled, drained, without sult2101 cup34411610Squahs, summer, all varieties, coded, boiled, drained, without sult1601 cup34411612Squahs, summer, all varieties, coded, boiled, drained, without sult1801 cup34411610Soy milk, find2451 cup3431174Corn, oweet, yellow, canned, erean style, regular pack2561 cup3431178Corn, oweet, yellow, canned, erean style, regular pack2561 cup3431178Corn, oweet, yellow, canned, erean style, regular pack2561 cup3431178Corn, oweet, yellow, canned, organitale lean only, runned to 14" firt, all grades, cooked, broiled853 oz3331179Potaroen, mached, delydrated, regular pack2101 cup3431180Reduced fir, findi, 257 milk firt, with added vitamin A2441 cup34311970Milk, folder off in firth allses without mulk, leaserree2101 cup34311984Fish, haddock, cooked, dry heat853 oz33311986Fish, andfork, forsen concentrate, unsweetened, difued with 3 volume water2421 cup33311986Fish, forsen, concentrate, unsweetened, difued with 3 volume water256 </td <td>21106</td> <td>Fast foods, fish sandwich, with tartar sauce and cheese</td> <td>183</td> <td>1 sandwich</td> <td>353</td> | 21106 | Fast foods, fish sandwich, with tartar sauce and cheese | 183 | 1 sandwich | 353 |
| N1116Vogurt, plain, whole milk, 8 grams protein per 8 ounce2278-or container357200200Command, whole-grain, yellow1221 eup35011283Onions, cooked, boiled, drained, without salt1201 eup34011304Pene, chiller, poldel, fursend, without salt1801 cup34411612Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup34411612Soy milk, Tuid2451 eup34211174Corn, sweet, yellow, canned, cream style, regular pack2561 cup342112337Beef, top, sirfon, sparable lean only, cooked, hraised853 oz34211379Water, smahed, delydonied, pregular pack2561 cup34211379Beef, top, sirfon, sparable lean only, trimmed to 1/4" fit, all grades, whole milk and butter added301 cup34311379Water, smahed, delydonied, pregular pack2101 cup34311379Patter, smahed, delydonied, pregular pack2101 cup34311384Fish, hadater, cooked, dry hart853 oz33315088Fish, sardine, Atlantic, canned in oil, drained solido with bone85.053 oz33315088Fish, sardine, Atlantic, canned in oil, drained solido with bone85.053 oz33415084Fish, sardine, duibe party, with condiments and bector in water2601 cup33515085Fish, sardine, duibe, without added acorthic acid2101 cup </td <td>21102</td> <td>Fast foods, chicken fillet sandwich, plain</td> <td>182</td> <td>1 sandwich</td> <td>353</td> | 21102 | Fast foods, chicken fillet sandwich, plain | 182 | 1 sandwich | 353 |
| 20120Cormal, whole-grain, yellow1221 cap35011283Ohions, cooked, holied, drained, without salt2101 cap34111303Peas, edble-podded, frozen, cooked, boiled, drained, without salt1601 cap34111642Soys milk, fluid2451 cap342116142Soys milk, fluid2451 cap342116142Cheses sauce, prepared from recipe2431 cap34311714Corns, seed, yellow, canned, cream style, regular pack2561 cap34211737Pots, fresh, shoulder, arm jicnici, separable lean only, cooked, braised853 oz34211738Beef, top strichi, separable lean only, trimmed to 1/4" fat, all grades, and the initia and burier added853 oz34211739Pototes, mashed, dehydrated, prepared from flakes without milk, teap2101 cap34311739Pototes, mashed, dehydrated, prepared from flakes without milk, teap2101 cap34311398Fish, haddock, cooked, dry hat853 oz33310301Cereals ready-to-att, KELLOGG, KELLOGG S ALL-BRAN Original grades, cooked, dry hat853 oz33310302Grapefritit jinge, white, frozen concentrate, unsweetened, diluted with grades, cooked, navated2421 cap33413184Beef, round, expanable lean only, trimmed to 1/4" fat, all grades, cooked, fasated3 oz333313184Beef, round, expanable lean only, trimmed to 1/4" fat, all grades, cooked, divin, with un | 11124 | Carrots, raw | 110 | 1 cup | 352 |
| 11283 Onions, cooked, boiled, drained, without salt 210 1 cup 344 11303 Peas, edible-podded, fozen, cooked, boiled, drained, without salt 160 1 cup 344 11612 Squash, summer, all varietis, cooked, boiled, drained, without salt 180 1 cup 344 11612 Soy milk, fluid 245 1 cup 344 10163 Poek, fresh, shoulder, arm pienic, separable lean only, cooked, braised 85 3 oz 344 11747 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 343 11787 Poeta, fresh, shoulder, arm pienic, separable lean only, cooked, brained, set on pack 365 3 oz 342 11787 Portaces, mashed, delydrated, prepared from flakes without milk, whole milk and butter added 210 1 cup 343 11788 Peataces, mashed, delydrated, prepared from flakes without milk, whole milk and butter added 85 3 oz 353 11780 Coreads ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 30 1/2 cup 333 11781 Ref, sudare, duantie, stoparable lean only, trimmed to 1/4" fat, all 85 3 oz 334 11784 Fish, sudfar, f | 01116 | Yogurt, plain, whole milk, 8 grams protein per 8 ounce | 227 | 8-oz container | 352 |
| 11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup34411642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup34416120Soy milk, fluid2451 cup34416170Checes sauce, prepared from recipe2431 cup34410174Corn, sweet, yellow, canned, cream style, regular pack2561 cup34313387Boef, for shifolin, separable lean only, trimmed to 1/4" fat, all grades, and kellow link, reduced, hroiled853 oz34410179Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup34311379Potatoes, mashed, delydated, prepared from flakes without milk, low link, and bue milk, and bue trade add853 oz35310079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup34411379Potatoes, mashed, delydated, prepared from flakes without milk, store and vich, conked, dry heat853 oz35310010Cereals ready-to-ent, KELLOGG, KELLOGGYS ALL-BRAN Original301/2 cup335106204Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve2421 cup33610174Soup, stock, fish, home-prepared2331 cup33210174Soup, stock, fish, home-prepared2331 cup33210174Soup, stock, fish, home-prepared2331 cup33310174Soup, stock, fish, home-prepared2331 cup333 | 20020 | Cornmeal, whole-grain, yellow | 122 | 1 cup | 350 |
| 11642Squash, summer, all varieties, cooled, boiled, drained, without salt1801 cup34416120Soy milk, fluid2451 cup34510164Cheese sauce, prepared from recipe2431 cup34410078Pork, fresh, sbruidler, arm pienic, separable lean only, cooked, braised853 oz34412387Boef, top sindon, separable lean only, trimmed to 1/4" fat, all grades,853 oz34213287Boef, top sindon, separable lean only, trimmed to 1/4" fat, all grades,853 oz34213287Polatoes, mashed, dehydrated, prepared from fakes without milk, polatoes, mashed, dehydrated, prepared from fakes without milk, top and be milk and buert added2101 cup34415034Fish, haddoek, cooked, dy heat853 oz33518080Cereals ready-toast, KELLOGG'S ALL-BRAN Original011 cup33618084Fish, sardine, Atlantic, canned in oil, drained solids with bone85 o53 oz33218088Fish, sardine, Atlantic, canned in oil, drained solids with bone85 o53 oz33218089Fish, sardine, Atlantic, canned in oily, trimmed to 1/4" fat, all853 oz3321808Fish, sardine, Atlantic, anned in oily, trimmed to 1/4" fat, all853 oz33219126Grapefruit juice, white, frozen concentrate, unswerened, diluted with 3 volume water2421 cup3331814Ber, frond, sep of round, separable lean only, trimmed to 1/4" fat, all853 oz3321 | 11283 | Onions, cooked, boiled, drained, without salt | 210 | 1 cup | 349 |
| 16120Soy milk, fluid2451 cup34401164Cheese sauce, prepared from recipe2431 cup34501078Pork, fresh, shoulder, arm pinic, separable lean only, cooked, brisied853 oz34211174Corn, sweet, yellow, canned, cream style, regular pack2561 cup34313287Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, brisided853 oz34301079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup34413173Pottoses, mashed, delydrated, prepared from flakes without milk, whole milk and butter added853 oz33308001Cereals ready-to-eat, KELLOGG, KELLOGGS ALL-BRAN Original301/2 cup33408024Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- graded, costeve2421 cup33408125Grapefruit juice, white, forzen concentrate, unsweetened, diluted with grades, cooked, roastad2561 sandwich, 6" roll3330814Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roastad2561 sandwich, 6" roll3330815Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll3330816Pears, asian, ramed, unsweetened, without added vitamin2531 cup33408176Fast foods, submarine sandwich, with condiments and upgras, bian, ramed, unsweetened, without added vitamin2531 cup33308177Bienerple juice, anned, unsweetened, wi | 11303 | Peas, edible-podded, frozen, cooked, boiled, drained, without salt | 160 | 1 cup | 347 |
| 01164Cheese sauce, prepared from recipe2431 cup34410078Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised853 oz34411174Corn, sveet, yellow, canad, cream style, regular pack2561 cup34313287Beerf, top sidnio, separable lean only, trimmed to 14" fat, all grades, cooked, broiled3 oz34301079Milk, reduced fat, fluid, 2% milk fat, with added vitamin A2441 cup3441337Potoses, mashed, divplered, prepared from flakes without milk, whole milk and butter added853 oz35915034Fish, haddock, cooked, dry heat853 oz33315088Fish, sardine, Atlantic, canned in oil, drained solids with bone85 053 oz33315088Fish, sardine, Atlantic, canned in oil, drained solids with bone85 053 oz33315088Fish, sardine, Atlantic, canned in oil, drained solids with bone85 053 oz33315088Fish, sardine, Atlantic, canned in oil, drained solids with bone85 053 oz33315084Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, rossted2331 cup33421126Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll3332126Fast foods, submarine sandwich, with tuna salad2501 cup3342126Fast foods, submarine sandwich, with condiments and regular, condex, enned or bottled, unsweetened, without added vitamin C2331 cup <td>11642</td> <td>Squash, summer, all varieties, cooked, boiled, drained, without salt</td> <td>180</td> <td>1 cup</td> <td>346</td> | 11642 | Squash, summer, all varieties, cooked, boiled, drained, without salt | 180 | 1 cup | 346 |
| Normal Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised853 oz34411174Corn, sweet, yellow, canned, cream style, regular pack2561 cup34313287Boef, top sirbini, separable lean only, trimmed to 1/4" fat, all grades, oked, broide853 oz34210079Milk, reduced fat, fluid, 2% milk/at, with added vitamin A2441 cup34211379Potatoes, mashed, dehydrated, prepared from flakes without milk, both emilk and butter added2101 cup34215034Fish, haddoek, cooked, dry heat853 oz33508001Cereals ready-to-eat, KELLOGG, KELLOGGS ALL-BRAN Original301/2 cup33615088Fish, sardine, Atlantic, canned in oil, drained solids with bone85.03 oz33606040Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve2421 cup3360714Soup, ROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve2431 cup3360714Soup, stock, fish, home-prepared2331 cup3320715Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll3330716Fast foods, cuseburger, regular, double patty, with condiments and vegetubles.1661 sandwich3320715Grape juice, canned, unsweetened, without added ascorbic acid vegetubles.2501 cup3330716Sandwichs and burgers, checesburger, large, single meat patty, with style back, skin, without salt581 sandwich< | 16120 | Soy milk, fluid | 245 | 1 cup | 345 |
| 11114Corn, sweet, yellow, canned, crean style, regular pack2561 cup34313287Beef, top sirkoin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broited5 oz3 oz34311379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup34411379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added853 oz33815034Fish, haddoet, cooked, dry heat853 oz33806001Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original301/2 cup33615088Fish, sardine, Atlantic, canned in oil, drained solids with bone85.053 oz33806204Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- serve2421 cup33609126Grapefurij uice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup33613184Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted2561 sandwich, 6" roll33321026Fast foods, cheeseburger, regular, double patty, with condiments and vegetables1661 sandwich, 6" roll33221037Phatopaple juice, canned or bottled, unsweetened, without added ascorbic acid2501 cup33221037Sandwich, Saubmarine sandwich, with outs abeef2161 sandwich, 6" roll33321037Sandwiches, walley, without salt581 sandwich33221037Baking cho | 01164 | Cheese sauce, prepared from recipe | 243 | 1 cup | 345 |
| 13287Beef, top, sirbin, separable lean only, trimmed to 1/4" fat, all grades, cooked, troiled853 oz34201079Milk, reduced fat, fluid, 2% milkfnt, with added vitamin A2441 cup34211379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup34315034Fish, haddock, cooked, dry heat853 oz33516041Cereals ready-to-eat, KELLOGG, KELLOGGS ALL-BRAN Original301/2 cup33615088Fish, sardine, Atlantic, canned in oil, drained solids with bone85.053 oz33606204Soup, PROCRESSO HEALTHY CLASSICS LENTIL, canned, ready- serve2421 cup33609126Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup33613184Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, rousted2331 cup33612126Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll33321037Pineapple juice, canned, unsweetened, without added vitamin C2531 cup332190340Pears, asian, raw2751 pear33321047Baking chocolate, unsweetened, without added vitamin C2531 oz33321077Baking chocolate, unsweetened, without added vitamin C2531 oz33321087Fast foods, submarine sandwich, with torast beef2161 sandwich, 6" roll33321047Baking | 10078 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised | 85 | 3 oz | 344 |
| ecoked, broiledand the broken of | 11174 | Corn, sweet, yellow, canned, cream style, regular pack | 256 | 1 cup | 343 |
| 11379Potatees, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup34415034Fish, haddock, cooked, dry heat853 oz33315085Fish, sardine, Atlantic, canned in oil, drained solids with bone85.053 oz338160801Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original301/2 cup33616082Soup, PROGRESSO IIEALTHY CLASSICS LENTIL, canned, ready- to-serve2421 cup33606126Grapefruit juice, white, frozen concentrate, unsweetened, diluted with to-serve2471 cup33613184Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted2331 cup33321126Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll33321093Fast foods, cheeseburger, regular, double patty, with condiments and regetables1661 sandwich33309340Pears, asian, raw2751 cup33409340Pears, asian, raw2751 pear33321097Baking chocolate, unsweetened, without added vitamin C2531 oz33321097Baking chocolate, unsweetened, hiquid28.351 oz33221097Baking shocolate, unsweetened, tiquid28.351 oz33321097Baking chocolate, unsweetened, tiquid28.351 oz33321097Baking chocolate, unsweetened, topid2541 sandwich, 6" roll3332105 <td>13287</td> <td></td> <td>85</td> <td>3 oz</td> <td>343</td> | 13287 | | 85 | 3 oz | 343 |
| whole milk and butter added853 oz33515034Fish, haddock, cooked, dry heat853 oz33508001Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original301/2 cup33615088Fish, sardine, Atlantic, canned in oil, drained solids with bone8,0553 oz33606204Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-2421 cup33607126Grapefruit juice, white, frozen concentrate, unsweetened, diluted with grades, cooked, roasted2471 cup33613184Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz36206174Soup, stock, fish, home-prepared2331 cup33621126Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll33221093Fast foods, cheeseburger, regular, double patty, with condiments and vegetables1661 sandwich33309340Pears, asian, raw2751 pear33311364Potates, baked, skin, without salt581 skin33321097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments28.351 oz33311364Potates, baked, skin, with toast beef2161 sandwich, 6" roll33321097Baking chocolate, unsweetened, liquid28.351 oz33321125Fast foods, burrito, with beans and meat115.51 burrito332 <trr<td>21063Fast foods, burrito</trr<td> | 01079 | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A | 244 | 1 cup | 342 |
| 08001Cereals ready-to-eat, KELLOGG, KELLOGGS ALL-BRAN Original301/2 cup33515088Fish, sardine, Atlantic, canned in oil, drained solids with bone85.053 oz33606204Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve2421 cup33609126Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup33613184Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all s volume water853 oz36606174Soup, stock, fish, home-prepared2331 cup33621126Fast foods, cheeseburger, regular, double patty, with condiments and vegetables1661 sandwich, 6" roll3330930Pears, asian, raw2751 cup33309314Pears, asian, raw2751 pear33311364Potatoes, baked, skin, without salt581 skin33211377Baking chocolate, unsweetened, liquid28.351 oz33111364Potatoes, baked, skin, with roast beef2161 sandwich, 6" roll33312077Baking chocolate, unsweetened, liquid28.351 oz33213184Grapefruit, sections, canned, light syrup pack, solds and liquids2541 cup3321318Grapefruit, sections, canned, light syrup pack, solds and liquids2541 cup3321318Grapefruit, sections, canned, dight syrup pack, solds and liquids2541 cup3221313Grapefrui | 11379 | | 210 | 1 cup | 340 |
| 15088Fish, sardine, Atlantic, canned in oil, drained solids with bone85.053 oz33806204Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve2421 cup33609126Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup33613184Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz33606174Soup, stock, fish, home-prepared2331 cup33621126Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll33521093Fast foods, cheeseburger, regular, double patty, with condiments and vegetables1661 sandwich33609136Grape juice, canned, unsweetened, without added ascorbic acid2501 cup33609137Pincapple juice, canned, unsweetened, without added vitamin C2531 cup33609136Grape juice, canned, unsweetened, without added vitamin C2531 cup33721097Sandwiches and burgers, cheeseburger, large, single meat patty, with1951 sandwich33721150Fast foods, submarine sandwich, with roast beef2161 sandwich, 6" roll33721257Fast foods, unsweetened, liquid2541 cup32821063Fast foods, unitho, with beans and meat115.51 burrito32821057Fast foods, unith, with beans and meat2541 cup32821058Fast foods, unalt, eperok, and cherry- | 15034 | Fish, haddock, cooked, dry heat | 85 | 3 oz | 339 |
| ActionSoup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve2421 cup33609126Grapefruit juice, white, frozen concentrate, unsweetened, diluted with a volume water2471 cup33613184Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz336106174Soup, stock, fish, home-prepared2331 cup33621126Fast foods, submarine sandwich, with tuna salad2561 sandwich, o" roll33221093Fast foods, cheeseburger, regular, double patty, with condiments and vegetables1661 sandwich33309135Grape juice, canned or bottled, unsweetened, without added vitamin C2531 cup33409340Pears, asian, raw2751 pear33321097Sandwichs, shin, without salt581 skin33221097Baking chocolate, unsweetened, liquid28.351 oz33121097Baking chocolate, unsweetened, hiquid28.351 oz33121097Baking chocolate, unsweetened, liquid28.351 oz33121125Fast foods, submarine sandwich, with roast beef2161 sandwich, 6" roll33621097Baking chocolate, unsweetened, liquid2541 cup32621063Fast foods, barrino, with beans and meat115.51 burrito3262105Fast foods, burrito, with beans and meat115.51 burrito32621063Fast foods, burrito, with beans and meat | 08001 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original | 30 | 1/2 cup | 339 |
| to-serve09126Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water247l cup36613184Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz36213184Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz366206174Soup, stock, fish, home-prepared2331 cup36621126Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll35221093Fast foods, cheeseburger, regular, double patty, with condiments and uegetables1661 sandwich36609273Pineapple juice, canned, unsweetened, without added ascorbic acid2501 cup33209340Pears, asian, raw2751 pear33311364Potatoes, baked, skin, without salt581 skin33221097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich, 6" roll33619077Baking chocolate, unsweetened, liquid28.351 oz33115067Fish, pollock, walleye, cooked, dry heat853 oz32219121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 lourito32619121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup32619121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup326 </td <td>15088</td> <td>Fish, sardine, Atlantic, canned in oil, drained solids with bone</td> <td>85.05</td> <td>3 oz</td> <td>338</td> | 15088 | Fish, sardine, Atlantic, canned in oil, drained solids with bone | 85.05 | 3 oz | 338 |
| 3 volume water13184Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz3616174Soup, stock, fish, home-prepared2331 cup33621126Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll33521093Fast foods, cheeseburger, regular, double patty, with condiments and vegetables1661 sandwich33520973Pineapple juice, canned, unsweetened, without added ascorbic acid2501 cup33509135Grape juice, canned or bottled, unsweetened, without added vitamin C2531 cup33509136Pears, asian, raw2751 pear33211364Potatoes, baked, skin, without salt581 skin3321097Baking chocolate, unsweetened, liquid28.351 oz33121097Baking chocolate, unsweetened, liquid28.351 oz3321077Baking chocolate, unsweetened, liquid28.351 oz3321078Fast foods, submarine sandwich, with roast beef2161 sandwich, 6" roll33210507Fish, pollock, walleye, cooked, dry heat853 oz3222013Fast foods, burrito, with beans and meat115.51 burrito3252014Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup3252015Fast foods, burrito, with beans and meat115.51 burrito3262012Grapefruit, sections, canned, light | 06204 | | 242 | 1 cup | 336 |
| grades, cooked, roasted2331 cup3606174Soup, stock, fish, home-prepared2331 cup3621126Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll3321093Past foods, cheeseburger, regular, double patty, with condiments and vegetables1661 sandwich3309273Pineapple juice, canned, unsweetened, without added ascorbic acid2501 cup3309135Grape juice, canned or bottled, unsweetened, without added vitamin C2531 cup3309340Pears, asian, raw2751 pear3311364Potatoes, baked, skin, without salt581 skin3321097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich332115Fast foods, submarine sandwich, with roast beef2161 sandwich, 6" roll3321063Fish, pollock, walleye, cooked, dry heat853 oz3221054Fast foods, burrito, with beans and meat115.51 burrito3421055Fish, pollock, walleye, cooked, dry heat2541 cup3221054Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), forzer, sweetened2501 cup3221035Fish, roughy, orange, cooked, dry heat853 oz3221036Fast foods, burrito, with beans and meat115.51 cup322152Fish, roughy, orange, cooked, dry heat853 oz <td></td> <td>3 volume water</td> <td>247</td> <td>1 cup</td> <td>336</td> | | 3 volume water | 247 | 1 cup | 336 |
| 21126Fast foods, submarine sandwich, with tuna salad2561 sandwich, 6" roll33521093Fast foods, cheeseburger, regular, double patty, with condiments and vegetables1661 sandwich33509273Pineapple juice, canned, unsweetened, without added ascorbic acid2501 cup33609135Grape juice, canned or bottled, unsweetened, without added vitamin C2531 cup33609340Pears, asian, raw2751 pear33211364Potatoes, baked, skin, without salt581 skin33221097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich33119077Baking chocolate, unsweetened, liquid28.351 oz33121125Fast foods, submarine sandwich, with roast beef2161 sandwich, 6" roll33615067Fish, pollock, walleye, cooked, dry heat853 oz32220131Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup32620142Grapefruit, sections, canned, near - sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32820152Fish, roughy, orange, cooked, dry heat853 oz32720153Fish, roughy, orange, cooked, dry heat853 oz32920154Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32820155Fish, roughy, orange, cooked, dry heat <td>13184</td> <td></td> <td></td> <td>3 oz</td> <td>336</td> | 13184 | | | 3 oz | 336 |
| 21093Fast foods, cheeseburger, regular, double patty, with condiments and vegetables1661 sandwich33509273Pineapple juice, canned, unsweetened, without added ascorbic acid2501 cup33509135Grape juice, canned or bottled, unsweetened, without added vitamin C2531 cup33409340Pears, asian, raw2751 pear33209341Potatoes, baked, skin, without salt581 skin33221097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich33219077Baking chocolate, unsweetened, liquid28.351 oz33121125Fast foods, submarine sandwich, with roast beef2161 sandwich, 6" roll33221063Fast foods, burrito, with beans and meat115.51 burrito32609180Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32609200Oranges, raw, all commercial varieties1801 cup326 | 06174 | Soup, stock, fish, home-prepared | 233 | 1 cup | 336 |
| vegetables< | 21126 | Fast foods, submarine sandwich, with tuna salad | 256 | 1 sandwich, 6" roll | 335 |
| Op135Grape juice, canned or bottled, unsweetened, without added vitamin C253I cup33409340Pears, asian, raw275I pear33311364Potatoes, baked, skin, without salt58I skin33221097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments195I sandwich33219077Baking chocolate, unsweetened, liquid28.35I oz33121125Fast foods, submarine sandwich, with roast beef216I sandwich, 6" roll33015067Fish, pollock, walleye, cooked, dry heat853 oz32221063Fast foods, burrito, with beans and meat115.5I burrito32809121Grapefruit, sections, canned, light syrup pack, solids and liquids254I cup32809189Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened250I cup32815232Fish, roughy, orange, cooked, dry heat853 oz32709200Oranges, raw, all commercial varieties180I cup326 | 21093 | | 166 | 1 sandwich | 335 |
| 09340Pears, asian, raw2751 pear33311364Potatoes, baked, skin, without salt581 skin33221097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich33219077Baking chocolate, unsweetened, liquid28.351 oz33121125Fast foods, submarine sandwich, with roast beef2161 sandwich, 6" roll33215067Fish, pollock, walleye, cooked, dry heat853 oz32921063Fast foods, burrito, with beans and meat115.51 burrito32809121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup32809189Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32815232Fish, roughy, orange, cooked, dry heat853 oz32709200Oranges, raw, all commercial varieties1801 cup326 | 09273 | Pineapple juice, canned, unsweetened, without added ascorbic acid | 250 | 1 cup | 335 |
| 11364Potatoes, baked, skin, without salt581 skin33221097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich33219077Baking chocolate, unsweetened, liquid28.351 oz33121125Fast foods, submarine sandwich, with roast beef2161 sandwich, 6" roll33221063Fast foods, burrito, with beans and meat115.53 oz32521063Fast foods, burrito, with beans and meat115.51 burrito32609121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup32609189Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32615232Fish, roughy, orange, cooked, dry heat853 oz32709200Oranges, raw, all commercial varieties1801 cup326 | 09135 | Grape juice, canned or bottled, unsweetened, without added vitamin C | 253 | 1 cup | 334 |
| 21097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich33219077Baking chocolate, unsweetened, liquid28.351 oz33121125Fast foods, submarine sandwich, with roast beef2161 sandwich, 6" roll33215067Fish, pollock, walleye, cooked, dry heat853 oz32921063Fast foods, burrito, with beans and meat115.51 burrito32809121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup32809189Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32815232Fish, roughy, orange, cooked, dry heat853 oz32709200Oranges, raw, all commercial varieties1801 cup328 | 09340 | | | 1 pear | 333 |
| bacon and condimentsbacon and condimentsbacon and condiments19077Baking chocolate, unsweetened, liquid28.351 oz33121125Fast foods, submarine sandwich, with roast beef2161 sandwich, 6" roll33015067Fish, pollock, walleye, cooked, dry heat853 oz32921063Fast foods, burrito, with beans and meat115.51 burrito32809121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup32809189Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32815232Fish, roughy, orange, cooked, dry heat853 oz32709200Oranges, raw, all commercial varieties1801 cup326 | 11364 | Potatoes, baked, skin, without salt | 58 | 1 skin | 332 |
| 21125Fast foods, submarine sandwich, with roast beef2161 sandwich, 6" roll33015067Fish, pollock, walleye, cooked, dry heat853 oz32921063Fast foods, burrito, with beans and meat115.51 burrito32809121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup32809189Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32815232Fish, roughy, orange, cooked, dry heat853 oz32709200Oranges, raw, all commercial varieties1801 cup326 | | bacon and condiments | | 1 sandwich | 332 |
| 15067Fish, pollock, walleye, cooked, dry heat853 oz32921063Fast foods, burrito, with beans and meat115.51 burrito32809121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup32809189Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32815232Fish, roughy, orange, cooked, dry heat853 oz32709200Oranges, raw, all commercial varieties1801 cup326 | | • • • • | | 1 oz | 331 |
| 21063Fast foods, burrito, with beans and meat115.51 burrito32809121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup32809189Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32815232Fish, roughy, orange, cooked, dry heat853 oz32709200Oranges, raw, all commercial varieties1801 cup326 | 21125 | Fast foods, submarine sandwich, with roast beef | 216 | 1 sandwich, 6" roll | 330 |
| 09121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup32809189Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32815232Fish, roughy, orange, cooked, dry heat853 oz32709200Oranges, raw, all commercial varieties1801 cup326 | 15067 | Fish, pollock, walleye, cooked, dry heat | 85 | 3 oz | 329 |
| D9189Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened2501 cup32815232Fish, roughy, orange, cooked, dry heat853 oz32709200Oranges, raw, all commercial varieties1801 cup326 | 21063 | Fast foods, burrito, with beans and meat | 115.5 | 1 burrito | 328 |
| grape and boysenberry), frozen, sweetened15232Fish, roughy, orange, cooked, dry heat853 oz32709200Oranges, raw, all commercial varieties1801 cup326 | | | | 1 cup | 328 |
| 09200Oranges, raw, all commercial varieties1801 cup326 | | grape and boysenberry), frozen, sweetened | | | 328 |
| | | | | 3 oz | 327 |
| 17095Veal, leg (top round), separable lean and fat, cooked, braised853 oz326 |)9200 | Oranges, raw, all commercial varieties | 180 | 1 cup | 326 |
| | 17095 | Veal, leg (top round), separable lean and fat, cooked, braised | 85 | 3 oz | 326 |

| Potassium, K (mg) Content of Selected Foods per Common Measure, sorted | by nutrient content |
|--|---------------------|
| Totassium, K (mg) Content of Selected Foods per Common Measure, softed | by nutrient content |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|------------------------|
| 09250 | Peaches, frozen, sliced, sweetened | 250 | 1 cup | 325 |
| 21088 | Tostada with guacamole | 130.5 | 1 tostada | 325 |
| 18116 | Cake, gingerbread, prepared from recipe | 74 | 1 piece | 325 |
| 05022 | Chicken, broilers or fryers, giblets, cooked, simmered | 145 | 1 cup | 325 |
| 01077 | Milk, whole, 3.25% milkfat | 244 | 1 cup | 325 |
| 18376 | Bread crumbs, dry, grated, seasoned | 120 | 1 cup | 324 |
| 09236 | Peaches, raw | 170 | 1 cup | 323 |
| 09176 | Mangos, raw | 207 | 1 mango | 323 |
| 21005 | Breakfast items, biscuit with egg and sausage | 180 | 1 biscuit | 320 |
| 09326 | Watermelon, raw | 286 | 1 wedge | 320 |
| 17027 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85 | 3 oz | 320 |
| 11488 | Squash, winter, butternut, frozen, cooked, boiled, without salt | 240 | 1 cup | 319 |
| 10042 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled | 85 | 3 oz | 319 |
| 15086 | Fish, salmon, sockeye, cooked, dry heat | 85 | 3 oz | 319 |
| 13085 | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85 | 3 oz | 318 |
| 09238 | Peaches, canned, juice pack, solids and liquids | 248 | 1 cup | 317 |
| 10011 | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 85 | 3 oz | 317 |
| 21121 | Fast foods, roast beef sandwich, plain | 139 | 1 sandwich | 316 |
| 11821 | Peppers, sweet, red, raw | 149 | 1 cup | 314 |
| 15111 | Fish, swordfish, cooked, dry heat | 85 | 3 oz | 314 |
| 10075 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised | 85 | 3 oz | 314 |
| 12179 | Nuts, coconut meat, dried (desiccated), sweetened, shredded | 93 | 1 cup | 313 |
| 06440 | Soup, minestrone, canned, prepared with equal volume water, commercial | 241 | 1 cup | 313 |
| 11143 | Celery, raw | 120 | 1 cup | 312 |
| 13278 | Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled | 85 | 3 oz | 311 |
| 15173 | Mollusks, scallop, mixed species, cooked, breaded and fried | 93 | 6 large | 310 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 180 | 1 cup | 310 |
| 21092 | Fast foods, cheeseburger, regular, double patty, plain | 155 | 1 sandwich | 308 |
| 13176 | Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85 | 3 oz | 308 |
| 11584 | Vegetables, mixed, frozen, cooked, boiled, drained, without salt | 182 | 1 cup | 308 |
| 01037 | Cheese, ricotta, part skim milk | 246 | 1 cup | 308 |
| 09291 | Plums, dried (prunes), uncooked | 42 | 5 prunes | 307 |
| 06206 | Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve | 241 | 1 cup | 306 |
| 09132 | Grapes, red or green (european type varieties, such as, Thompson seedless), raw | 160 | 1 cup | 306 |
| 21037 | Fast foods, chicken, breaded and fried, boneless pieces, plain | 106 | 6 pieces | 305 |
| 10038 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 85 | 3 oz | 304 |
| 09268 | Pineapple, canned, juice pack, solids and liquids | 249 | 1 cup | 304 |
| 11135 | Cauliflower, raw | 100 | 1 cup | 303 |
| 11399 | Potato puffs, frozen, prepared | 79 | 10 puffs | 300 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|------------------------|
| 06230 | Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial | 248 | 1 cup | 300 |
| 10009 | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted | 85 | 3 oz | 299 |
| 15148 | Crustaceans, lobster, northern, cooked, moist heat | 85 | 3 oz | 299 |
| 13327 | Beef, variety meats and by-products, liver, cooked, pan-fried | 85 | 3 oz | 298 |
| 10185 | Pork, cured, ham, extra lean and regular, canned, roasted | 85 | 3 oz | 298 |
| 15058 | Fish, ocean perch, Atlantic, cooked, dry heat | 85 | 3 oz | 298 |
| 11234 | Kale, cooked, boiled, drained, without salt | 130 | 1 cup | 296 |
| 11641 | Squash, summer, all varieties, raw | 113 | 1 cup | 296 |
| 12652 | Nuts, pistachio nuts, dry roasted, with salt added | 28.35 | 1 oz (47 nuts) | 295 |
| 09016 | Apple juice, canned or bottled, unsweetened, without added ascorbic acid | 248 | 1 cup | 295 |
| 11308 | Peas, green, canned, regular pack, drained solids | 170 | 1 cup | 294 |
| 15029 | Fish, flatfish (flounder and sole species), cooked, dry heat | 85 | 3 oz | 292 |
| 11569 | Turnip greens, cooked, boiled, drained, without salt | 144 | 1 cup | 292 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 123 | 1 tomato | 292 |
| 21047 | Entrees, fish fillet, battered or breaded, and fried | 91 | 1 fillet | 291 |
| 06207 | Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve | 238 | 1 cup | 290 |
| 01082 | Milk, lowfat, fluid, 1% milkfat, with added vitamin A | 244 | 1 cup | 290 |
| 15011 | Fish, catfish, channel, cooked, breaded and fried | 85 | 3 oz | 289 |
| 18283 | Muffins, oat bran | 57 | 1 muffin | 289 |
| 8327 | Pie, pumpkin, prepared from recipe | 155 | 1 piece | 288 |
| 17048 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85 | 3 oz | 287 |
| 7014 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 287 |
| 20028 | Couscous, dry | 173 | 1 cup | 287 |
| 09403 | Apricot nectar, canned, with added ascorbic acid | 251 | 1 cup | 286 |
| 19410 | Snacks, potato chips, made from dried potatoes, plain | 28.35 | 1 oz | 286 |
| 09306 | Raspberries, frozen, red, sweetened | 250 | 1 cup | 285 |
| 19045 | Snacks, potato chips, made from dried potatoes, light | 28.35 | 1 oz | 285 |
| 21094 | Fast foods, cheeseburger, regular, double patty and bun, plain | 160 | 1 sandwich | 285 |
| 06205 | Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve | 244 | 1 cup | 283 |
| 05126 | Chicken, stewing, meat only, cooked, stewed | 140 | 1 cup | 283 |
| 11271 | Mustard greens, cooked, boiled, drained, without salt | 140 | 1 cup | 283 |
| 05058 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter | 140 | 1/2 breast | 281 |
| 11131 | Carrots, frozen, cooked, boiled, drained, without salt | 146 | 1 cup | 280 |
| 10205 | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised | 85 | 3 oz | 279 |
| 11090 | Broccoli, raw | 88 | 1 cup | 278 |
| 17024 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85 | 3 oz | 278 |
| 15084 | Fish, salmon, pink, canned, solids with bone and liquid | 85 | 3 oz | 277 |
| 11565 | Turnips, cooked, boiled, drained, without salt | 156 | 1 cup | 276 |
| 11291 | Onions, spring or scallions (includes tops and bulb), raw | 100 | 1 cup | 276 |
| 15140 | Crustaceans, crab, blue, cooked, moist heat | 85 | 3 oz | 275 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|-----------------------|------------------------|
| 06202 | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve | 239 | 1 cup | 275 |
| 09191 | Nectarines, raw | 136 | 1 nectarine | 273 |
| 06216 | Soup, cream of chicken, prepared with equal volume milk, commercial | 248 | 1 cup | 273 |
| 09087 | Dates, deglet noor | 41.5 | 5 dates | 272 |
| 12537 | Seeds, sunflower seed kernels, dry roasted, with salt added | 32 | 1/4 cup | 272 |
| 10089 | Pork, fresh, spareribs, separable lean and fat, cooked, braised | 85 | 3 oz | 272 |
| 06243 | Soup, cream of mushroom, canned, prepared with equal volume milk, commercial | 248 | 1 cup | 270 |
| 23568 | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled | 85 | 3 oz | 270 |
| 10153 | Pork, cured, ham, whole, separable lean only, roasted | 85 | 3 oz | 269 |
| 10193 | Pork, fresh, backribs, separable lean and fat, cooked, roasted | 85 | 3 oz | 268 |
| 11120 | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt | 119 | 1 cup | 268 |
| 17034 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 268 |
| 21026 | Fast foods, potatoes, hashed brown | 72 | 1/2 cup | 267 |
| 15157 | Mollusks, clam, mixed species, raw | 85 | 3 oz | 267 |
| 17012 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 266 |
| 21043 | Fast foods, clams, breaded and fried | 115 | 3/4 cup | 266 |
| 09270 | Pineapple, canned, heavy syrup pack, solids and liquids | 254 | 1 cup | 264 |
| 06559 | Soup, tomato, canned, prepared with equal volume water, commercial | 244 | 1 cup | 264 |
| 21120 | Fast foods, hotdog, with corn flour coating (corndog) | 175 | 1 corn dog | 263 |
| 13168 | Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 85 | 3 oz | 262 |
| 11128 | Carrots, canned, regular pack, drained solids | 146 | 1 cup | 261 |
| 11093 | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 184 | 1 cup | 261 |
| 11333 | Peppers, sweet, green, raw | 149 | 1 cup | 261 |
| 06094 | Soup, onion mix, dehydrated, dry form | 39 | 1 packet | 260 |
| 17044 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85 | 3 oz | 260 |
| 23573 | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled | 85 | 3 oz | 258 |
| 09094 | Figs, dried, uncooked | 38 | 2 figs | 258 |
| 01036 | Cheese, ricotta, whole milk | 246 | 1 cup | 258 |
| 09176 | Mangos, raw | 165 | 1 cup | 257 |
| 08218 | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins | 51 | 1/2 cup | 257 |
| 05186 | Turkey, all classes, light meat, cooked, roasted | 84 | 3 oz | 256 |
| 22906 | Chicken pot pie, frozen entree | 217 | 1 small pie | 256 |
| 13073 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85 | 3 oz | 256 |
| 09316 | Strawberries, raw | 166 | 1 cup | 254 |
| 05059 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour | 98 | 1/2 breast | 254 |
| 05296 | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted | 85.05 | 3 oz | 253 |
| 11084 | Beets, canned, drained solids | 170 | 1 cup | 252 |
| 21108 | Fast foods, hamburger, regular, single patty, with condiments | 106 | 1 sandwich | 251 |
| 11821 | Peppers, sweet, red, raw | 119 | 1 pepper | 251 |
| 17112 | Veal, rib, separable lean and fat, cooked, roasted | 85 | 3 oz | 251 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|------------------|------------------------|
| 21025 | Fast foods, pancakes with butter and syrup | 232 | 2 pancakes | 251 |
| 14315 | Malted drink mix, chocolate, with added nutrients, powder | 21 | 3 heaping tsp | 251 |
| 11138 | Cauliflower, frozen, cooked, boiled, drained, without salt | 180 | 1 cup | 250 |
| 09320 | Strawberries, frozen, sweetened, sliced | 255 | 1 cup | 250 |
| 09153 | Lemon juice, canned or bottled | 244 | 1 cup | 249 |
| 21061 | Fast foods, burrito, with beans and cheese | 93 | 1 burrito | 248 |
| 19123 | Puddings, chocolate, dry mix, instant, prepared with 2% milk | 147 | 1/2 cup | 247 |
| 23578 | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled | 85 | 3 oz | 246 |
| 11208 | Dandelion greens, cooked, boiled, drained, without salt | 105 | 1 cup | 244 |
| 05188 | Turkey, all classes, dark meat, cooked, roasted | 84 | 3 oz | 244 |
| 10151 | Pork, cured, ham, whole, separable lean and fat, roasted | 85 | 3 oz | 243 |
| 09241 | Peaches, canned, heavy syrup pack, solids and liquids | 262 | 1 cup | 241 |
| 12537 | Seeds, sunflower seed kernels, dry roasted, with salt added | 28.35 | 1 oz | 241 |
| 13160 | Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised | 85 | 3 oz | 240 |
| 21074 | Fast foods, enchilada, with cheese | 163 | 1 enchilada | 240 |
| 09064 | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244 | 1 cup | 239 |
| 08261 | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN | 55 | 1 cup | 238 |
| 09254 | Pears, canned, juice pack, solids and liquids | 248 | 1 cup | 238 |
| 01085 | Milk, nonfat, fluid, with added vitamin A (fat free or skim) | 245 | 1 cup | 238 |
| 19190 | Puddings, chocolate, dry mix, regular, prepared with 2% milk | 142 | 1/2 cup | 237 |
| 09148 | Kiwi fruit, (chinese gooseberries), fresh, raw | 76 | 1 medium | 237 |
| 09200 | Oranges, raw, all commercial varieties | 131 | 1 orange | 237 |
| 19078 | Baking chocolate, unsweetened, squares | 28.35 | 1 square | 235 |
| 21139 | Fast foods, potato, mashed | 80 | 1/3 cup | 235 |
| 09284 | Plums, canned, purple, heavy syrup pack, solids and liquids | 258 | 1 cup | 235 |
| 20025 | Cornmeal, self-rising, degermed, enriched, yellow | 138 | 1 cup | 235 |
| 09042 | Blackberries, raw | 144 | 1 cup | 233 |
| 15067 | Fish, pollock, walleye, cooked, dry heat | 60 | 1 fillet | 232 |
| 09310 | Rhubarb, frozen, cooked, with sugar | 240 | 1 cup | 230 |
| 11124 | Carrots, raw | 72 | 1 carrot | 230 |
| 11282 | Onions, raw | 160 | 1 cup | 230 |
| 17031 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 230 |
| 12516 | Seeds, pumpkin and squash seed kernels, roasted, with salt added | 28.35 | 1 oz (142 seeds) | 229 |
| 05180 | Turkey, all classes, neck, meat only, cooked, simmered | 152 | 1 neck | 226 |
| 11334 | Peppers, sweet, green, cooked, boiled, drained, without salt | 136 | 1 cup | 226 |
| 11823 | Peppers, sweet, red, cooked, boiled, drained, without salt | 136 | 1 cup | 226 |
| 09097 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids | 237 | 1 cup | 225 |
| 20022 | Cornmeal, degermed, enriched, yellow | 138 | 1 cup | 224 |
| 13058 | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 85 | 3 oz | 224 |
| 15137 | Crustaceans, crab, alaska king, cooked, moist heat | 85 | 3 oz | 223 |
| 21090 | Fast foods, cheeseburger, regular, single patty, with condiments | 113 | 1 sandwich | 223 |
| 20046 | Rice, white, long-grain, parboiled, enriched, dry | 185 | 1 cup | 222 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|-----------------------|------------------------|
| 05306 | Poultry food products, ground turkey, cooked | 82 | 1 patty | 221 |
| 05040 | Chicken, broilers or fryers, light meat, meat only, cooked, fried | 84 | 3 oz | 221 |
| 11162 | Collards, cooked, boiled, drained, without salt | 190 | 1 cup | 220 |
| 05064 | Chicken, broilers or fryers, breast, meat only, cooked, roasted | 86 | 1/2 breast | 220 |
| 11260 | Mushrooms, raw | 70 | 1 cup | 220 |
| 09100 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 248 | 1 cup | 218 |
| 11159 | Coleslaw, home-prepared | 120 | 1 cup | 217 |
| 01015 | Cheese, cottage, lowfat, 2% milkfat | 226 | 1 cup | 217 |
| 11279 | Okra, cooked, boiled, drained, without salt | 160 | 1 cup | 216 |
| 20044 | Rice, white, long-grain, regular, raw, enriched | 185 | 1 cup | 213 |
| 05044 | Chicken, broilers or fryers, dark meat, meat only, cooked, fried | 84 | 3 oz | 213 |
| 18330 | Pie crust, cookie-type, prepared from recipe, graham cracker, baked | 239 | 1 pie shell | 210 |
| 06468 | Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial | 241 | 1 cup | 210 |
| 11403 | Potatoes, french fried, frozen, home-prepared, heated in oven, without salt | 50 | 10 strips | 209 |
| 06200 | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve | 237 | 1 cup | 209 |
| 11333 | Peppers, sweet, green, raw | 119 | 1 pepper | 208 |
| 15168 | Mollusks, oyster, eastern, cooked, breaded and fried | 85 | 3 oz | 207 |
| 01143 | Egg substitute, liquid | 62.75 | 1/4 cup | 207 |
| 12061 | Nuts, almonds | 28.35 | 1 oz (24 nuts) | 206 |
| 16089 | Peanuts, all types, oil-roasted, with salt | 28.35 | 1 oz | 206 |
| 08220 | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins | 50 | 1/2 cup | 204 |
| 14309 | Malted drink mix, natural, with added nutrients, powder | 21 | 4-5 heaping tsp | 203 |
| 19183 | Puddings, chocolate, ready-to-eat | 113 | 4 oz | 203 |
| 01013 | Cheese, cottage, creamed, with fruit | 226 | 1 cup | 203 |
| 14194 | Cocoa mix, powder, prepared with water | 206 | 1 serving | 202 |
| 14192 | Cocoa mix, powder | 28.35 | 3 heaping tsp | 202 |
| 20034 | Oat bran, cooked | 219 | 1 cup | 201 |
| 15126 | Fish, tuna, white, canned in water, drained solids | 85 | 3 oz | 201 |
| 15121 | Fish, tuna, light, canned in water, drained solids | 85 | 3 oz | 201 |
| 11658 | Spinach souffle, home-prepared | 136 | 1 cup | 201 |
| 11264 | Mushrooms, canned, drained solids | 156 | 1 cup | 201 |
| 21012 | Fast foods, croissant, with egg, cheese, and bacon | 129 | 1 croissant | 201 |
| 19126 | Candies, milk chocolate coated peanuts | 40 | 10 pieces | 201 |
| 21021 | Fast foods, english muffin, with egg, cheese, and canadian bacon | 137 | 1 muffin | 199 |
| 11659 | Sweetpotato, cooked, candied, home-prepared | 105 | 1 piece | 198 |
| 07028 | Ham, sliced, extra lean, (approximately 5% fat) | 56.7 | 2 slices | 198 |
| 09252 | Pears, raw | 166 | 1 pear | 198 |
| 09220 | Tangerines, (mandarin oranges), canned, light syrup pack | 252 | 1 cup | 197 |
| 13050 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised | 85 | 3 oz | 196 |
| 05277 | Chicken, canned, meat only, with broth | 142 | 5 oz | 196 |
| 08340 | Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal | 46 | 2 biscuits | 196 |

Content per Measure NDB No Weight (g) Description **Common Measure** 15142 Crustaceans, crab, blue, crab cakes 60 1 cake 194 01016 Cheese, cottage, lowfat, 1% milkfat 226 1 cup 194 19143 Candies, MR. GOODBAR Chocolate Bar 49 193 1 bar (1.75 oz) Nuts, hazelnuts or filberts 28.35 193 12120 1 oz 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 192 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 192 192 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 15150 Crustaceans, shrimp, mixed species, cooked, breaded and fried 85 3 oz 191 Soup, pea, green, canned, prepared with equal volume water, 06449 250 1 cup 190 commercial 08319 Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-55 1 cup 190 WHEATS, bite size 21129 Fast foods, hush puppies 78 5 pieces 188 19393 Frozen yogurts, chocolate, soft-serve 72 1/2 cup 188 Soup, clam chowder, manhattan, canned, prepared with equal volume 188 06428 244 1 cup water 08143 Cereals, WHEATENA, cooked with water 243 1 cup 187 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 187 16090 Peanuts, all types, dry-roasted, with salt 28.35 1 oz (approx 28) 187 Peanuts, all types, dry-roasted, without salt 28.35 187 16390 1 oz (approx 28) 09236 Peaches, raw 98 1 peach 186 09302 123 186 Raspberries, raw 1 cup 09161 Lime juice, canned or bottled, unsweetened 246 1 cup 185 09181 Melons, cantaloupe, raw 69 1/8 melon 184 184 21059 Fast foods, shrimp, breaded and fried 164 6-8 shrimp 09019 Applesauce, canned, unsweetened, without added ascorbic acid 244 1 cup 183 11053 Beans, snap, green, cooked, boiled, drained, without salt 125 1 cup 183 41 182 19132 Candies, milk chocolate, with almonds 1 bar (1.45 oz) 18316 Pie, coconut custard, commercially prepared 104 1 piece 182 10131 Pork, cured, canadian-style bacon, grilled 46.5 2 slices 181 08219 Cereals ready-to-eat, QUAKER, Honey Nut Heaven 49 181 1 cup 19071 Candies, carob 28.35 1 oz 179 12586 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz (18 nuts) 179 85.05 179 3 oz 15152 Crustaceans, shrimp, mixed species, canned 07008 56.7 2 slices 179 Bologna, beef and pork 179 21050 Entrees, pizza with cheese, meat, and vegetables 79 1 slice 09266 Pineapple, raw, all varieties 155 1 cup 178 WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" 22120 110 178 1 cup Crumbles 99 Fast foods, coleslaw 3/4 cup 177 21127 21023 Breakfast items, french toast with butter 135 2 slices 177 01012 Cheese, cottage, creamed, large or small curd 210 176 1 cup 11136 Cauliflower, cooked, boiled, drained, without salt 124 1 cup 176 15119 85.05 3 oz 176 Fish, tuna, light, canned in oil, drained solids 09060 Carambola, (starfruit), raw 108 176 1 cup 05292 64 176 Turkey patties, breaded, battered, fried 1 patty

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|---------------------|------------------------|
| 11313 | Peas, green, frozen, cooked, boiled, drained, without salt | 160 | 1 cup | 176 |
| 15058 | Fish, ocean perch, Atlantic, cooked, dry heat | 50 | 1 fillet | 175 |
| 09116 | Grapefruit, raw, white, all areas | 118 | 1/2 grapefruit | 175 |
| 08031 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original | 51 | 1 cup | 173 |
| 06471 | Soup, vegetable beef, prepared with equal volume water, commercial | 244 | 1 cup | 173 |
| 09257 | Pears, canned, heavy syrup pack, solids and liquids | 266 | 1 cup | 173 |
| 11109 | Cabbage, raw | 70 | 1 cup | 172 |
| 09206 | Orange juice, raw | 86 | juice from 1 orange | 172 |
| 21078 | Fast foods, nachos, with cheese | 113 | 6-8 nachos | 172 |
| 08028 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes | 29 | 3/4 cup | 171 |
| 09326 | Watermelon, raw | 152 | 1 cup | 170 |
| 11112 | Cabbage, red, raw | 70 | 1 cup | 170 |
| 11732 | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt | 135 | 1 cup | 170 |
| 11061 | Beans, snap, green, frozen, cooked, boiled, drained without salt | 135 | 1 cup | 170 |
| 19155 | Candies, M&M MARS, SNICKERS Bar | 57 | 1 bar (2 oz) | 170 |
| 11269 | Mushrooms, shiitake, cooked, without salt | 145 | 1 cup | 170 |
| 12147 | Nuts, pine nuts, pignolia, dried | 28.35 | 1 oz | 169 |
| 12635 | Nuts, mixed nuts, dry roasted, with peanuts, with salt added | 28.35 | 1 oz | 169 |
| 21028 | Fast foods, ice milk, vanilla, soft-serve, with cone | 103 | 1 cone | 169 |
| 18326 | Pie, pumpkin, commercially prepared | 109 | 1 piece | 168 |
| 11457 | Spinach, raw | 30 | 1 cup | 167 |
| 21119 | Fast foods, hotdog, with chili | 114 | 1 sandwich | 166 |
| 09112 | Grapefruit, raw, pink and red, all areas | 123 | 1/2 grapefruit | 166 |
| 20089 | Wild rice, cooked | 164 | 1 cup | 166 |
| 11590 | Waterchestnuts, chinese, canned, solids and liquids | 140 | 1 cup | 165 |
| 05092 | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter | 86 | 1 thigh | 165 |
| 12637 | Nuts, mixed nuts, oil roasted, with peanuts, with salt added | 28.35 | 1 oz | 165 |
| 19270 | Ice creams, chocolate | 66 | 1/2 cup | 164 |
| 21089 | Sandwiches and burgers, cheeseburger, regular, single meat patty, plain | 102 | 1 sandwich | 164 |
| 19120 | Candies, milk chocolate | 44 | 1 bar (1.55 oz) | 164 |
| 07029 | Ham, sliced, regular (approximately 11% fat) | 56.7 | 2 slices | 163 |
| 18325 | Pie, pecan, prepared from recipe | 122 | 1 piece | 162 |
| 11206 | Cucumber, peeled, raw | 119 | 1 cup | 162 |
| 11114 | Cabbage, savoy, raw | 70 | 1 cup | 161 |
| 12104 | Nuts, coconut meat, raw | 45 | 1 piece | 160 |
| 12585 | Nuts, cashew nuts, dry roasted, with salt added | 28.35 | 1 oz | 160 |
| 09136 | Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C | 216 | 6-fl-oz can | 160 |
| 11282 | Onions, raw | 110 | 1 whole | 158 |
| 11181 | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 63 | 1 ear | 158 |
| 11213 | Endive, raw | 50 | 1 cup | 157 |
| 11283 | Onions, cooked, boiled, drained, without salt | 94 | 1 medium | 156 |
| 09020 | Applesauce, canned, sweetened, without salt | 255 | 1 cup | 156 |
| | | | | |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------------------|------------------------|
| 20082 | Wheat flour, white, all-purpose, self-rising, enriched | 125 | 1 cup | 155 |
| 11043 | Mung beans, mature seeds, sprouted, raw | 104 | 1 cup | 155 |
| 08262 | Cereals ready-to-eat, GENERAL MILLS, BASIC 4 | 55 | 1 cup | 155 |
| 19150 | Candies, REESE'S Peanut Butter Cups | 45 | 1 package (contains 2) | 154 |
| 06432 | Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial | 241 | 1 cup | 154 |
| 11670 | Peppers, hot chili, green, raw | 45 | 1 pepper | 153 |
| 11205 | Cucumber, with peel, raw | 104 | 1 cup | 153 |
| 21051 | Entrees, pizza with pepperoni | 71 | 1 slice | 153 |
| 11081 | Beets, cooked, boiled, drained | 50 | 1 beet | 153 |
| 14334 | Pineapple and grapefruit juice drink, canned | 250 | 8 fl oz | 153 |
| 19090 | Ice creams, french vanilla, soft-serve | 86 | 1/2 cup | 152 |
| 19293 | Frozen yogurts, vanilla, soft-serve | 72 | 1/2 cup | 152 |
| 19145 | Candies, NESTLE, CRUNCH Bar and Dessert Topping | 44 | 1 bar (1.55 oz) | 151 |
| 09070 | Cherries, sweet, raw | 68 | 10 cherries | 151 |
| 19038 | Snacks, popcorn, caramel-coated, with peanuts | 42 | 1 cup | 149 |
| 15077 | Fish, salmon, chinook, smoked | 85.05 | 3 oz | 149 |
| 15027 | Fish, fish portions and sticks, frozen, preheated | 57 | 1 portion (4" x 2" x 1/2") | 149 |
| 09060 | Carambola, (starfruit), raw | 91 | 1 fruit | 148 |
| 20010 | Buckwheat groats, roasted, cooked | 168 | 1 cup | 148 |
| 09003 | Apples, raw, with skin | 138 | 1 apple | 148 |
| 09340 | Pears, asian, raw | 122 | 1 pear | 148 |
| 11932 | Beans, snap, yellow, canned, regular pack, drained solids | 135 | 1 cup | 147 |
| 11056 | Beans, snap, green, canned, regular pack, drained solids | 135 | 1 cup | 147 |
| 19135 | Candies, M&M MARS, MARS MILKY WAY Bar | 61 | 1 bar (2.15 oz) | 147 |
| 20006 | Barley, pearled, cooked | 157 | 1 cup | 146 |
| 11110 | Cabbage, cooked, boiled, drained, without salt | 150 | 1 cup | 146 |
| 11819 | Peppers, hot chili, red, raw | 45 | 1 pepper | 145 |
| 16127 | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) | 120 | 1 piece | 144 |
| 09011 | Apples, dried, sulfured, uncooked | 32 | 5 rings | 144 |
| 20084 | Wheat flour, white, cake, enriched | 137 | 1 cup | 144 |
| 09038 | Avocados, raw, California | 28.35 | 1 oz | 144 |
| 18310 | Pie, chocolate creme, commercially prepared | 113 | 1 piece | 144 |
| 21118 | Fast foods, hotdog, plain | 98 | 1 sandwich | 143 |
| 16126 | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 81 | 1/4 block | 143 |
| 19046 | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor | 28.35 | 1 oz | 141 |
| 18375 | Leavening agents, yeast, baker's, active dry | 7 | 1 pkg | 140 |
| 18335 | Pie crust, standard-type, frozen, ready-to-bake, baked | 126 | 1 pie shell | 139 |
| 18309 | Pie, cherry, prepared from recipe | 180 | 1 piece | 139 |
| 11251 | Lettuce, cos or romaine, raw | 56 | 1 cup | 138 |
| 09055 | Blueberries, frozen, sweetened | 230 | 1 cup | 138 |
| 19088 | Ice creams, vanilla, light | 66 | 1/2 cup | 137 |
| | | | | |

| Potassium, K | (mg) Content of | Selected Foods per | Common Measure, | sorted by nutrient content |
|-------------------|-----------------|--------------------|-------------------|-----------------------------|
| 1 00005510111, 11 | (| Serece i oous per | common siteasure, | sorrea sy natritite content |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|------------------|------------------------|
| 08243 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS | 55 | 1 cup | 135 |
| 11012 | Asparagus, cooked, boiled, drained | 60 | 4 spears | 134 |
| 05067 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter | 72 | 1 drumstick | 134 |
| 20081 | Wheat flour, white, all-purpose, enriched, bleached | 125 | 1 cup | 134 |
| 18101 | Cake, chocolate, prepared from recipe without frosting | 95 | 1 piece | 133 |
| 09218 | Tangerines, (mandarin oranges), raw | 84 | 1 tangerine | 132 |
| 18005 | Bagels, cinnamon-raisin | 89 | 4" bagel | 132 |
| 19095 | Ice creams, vanilla | 66 | 1/2 cup | 131 |
| 15167 | Mollusks, oyster, eastern, wild, raw | 84 | 6 medium | 131 |
| 08121 | Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt | 234 | 1 cup | 131 |
| 21130 | Fast foods, onion rings, breaded and fried | 83 | 8-9 rings | 129 |
| 07017 | Chicken roll, light meat | 56.7 | 2 slices | 129 |
| 18119 | Cake, pineapple upside-down, prepared from recipe | 115 | 1 piece | 129 |
| 18096 | Cake, chocolate, commercially prepared with chocolate frosting | 64 | 1 piece | 128 |
| 19201 | Puddings, vanilla, ready-to-eat | 113 | 4 oz | 128 |
| 14175 | Chocolate-flavor beverage mix for milk, powder, without added nutrients | 21.6 | 2-3 heaping tsp | 128 |
| 21024 | Fast foods, french toast sticks | 141 | 5 sticks | 127 |
| 11391 | Potatoes, hashed brown, frozen, plain, prepared | 29 | 1 patty | 126 |
| 09238 | Peaches, canned, juice pack, solids and liquids | 98 | 1 half | 125 |
| 11044 | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 124 | 1 cup | 125 |
| 12155 | Nuts, walnuts, english | 28.35 | 1 oz (14 halves) | 125 |
| 11015 | Asparagus, canned, drained solids | 72 | 4 spears | 124 |
| 20013 | Bulgur, cooked | 182 | 1 cup | 124 |
| 05098 | Chicken, broilers or fryers, thigh, meat only, cooked, roasted | 52 | 1 thigh | 124 |
| 22247 | Macaroni and Cheese, canned entree | 252 | 1 cup | 123 |
| 18302 | Pie, apple, prepared from recipe | 155 | 1 piece | 122 |
| 18016 | Biscuits, plain or buttermilk, prepared from recipe | 101 | 4" biscuit | 122 |
| 19109 | Candies, KIT KAT Wafer Bar | 42 | 1 bar (1.5 oz) | 122 |
| 11210 | Eggplant, cooked, boiled, drained, without salt | 99 | 1 cup | 122 |
| 18336 | Pie crust, standard-type, prepared from recipe, baked | 180 | 1 pie shell | 121 |
| 18367 | Waffles, plain, prepared from recipe | 75 | 1 waffle | 119 |
| 18031 | Bread, indian (navajo) fry | 160 | 10-1/2" bread | 118 |
| 19002 | Snacks, beef jerky, chopped and formed | 19.8 | 1 large piece | 118 |
| 18257 | Eclairs, custard-filled with chocolate glaze, prepared from recipe | 100 | 1 eclair | 117 |
| 21015 | Fast foods, danish pastry, cheese | 91 | 1 pastry | 116 |
| 12142 | Nuts, pecans | 28.35 | 1 oz (20 halves) | 116 |
| 19089 | Ice creams, vanilla, rich | 74 | 1/2 cup | 116 |
| 13348 | Beef, cured, corned beef, canned | 85.05 | 3 oz | 116 |
| 14096 | Alcoholic beverage, wine, table, red | 103 | 3.5 fl oz | 115 |
| 14341 | Pineapple and orange juice drink, canned | 250 | 8 fl oz | 115 |
| 18140 | Cake, yellow, commercially prepared, with chocolate frosting | 64 | 1 piece | 114 |
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 84 | 1 cup | 113 |
| | | | | |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|-------------------------------|------------------------|
| 07014 | Braunschweiger (a liver sausage), pork | 56.7 | 2 slices | 113 |
| 16112 | Miso | 68.75 | 1 cup | 113 |
| 08082 | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX | 30 | 1 cup | 113 |
| 07069 | Salami, cooked, beef and pork | 56.7 | 2 slices | 112 |
| 05068 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour | 49 | 1 drumstick | 112 |
| 09050 | Blueberries, raw | 145 | 1 cup | 112 |
| 08089 | Cereals ready-to-eat, GENERAL MILLS, WHEATIES | 30 | 1 cup | 111 |
| 18102 | Cake, white, prepared from recipe with coconut frosting | 112 | 1 piece | 111 |
| 18177 | Cookies, molasses | 32 | 1 cookie, large (3-1/2" to 4" | 111 |
| 21017 | Fast foods, danish pastry, fruit | 94 | 1 pastry | 110 |
| 21049 | Entrees, pizza with cheese | 63 | 1 slice | 110 |
| 08125 | Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water | 149 | 1 packet | 109 |
| 11253 | Lettuce, green leaf, raw | 56 | 1 cup | 109 |
| 19218 | Puddings, tapioca, ready-to-eat | 113 | 4 oz | 108 |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 37 | 1 spear | 108 |
| 05073 | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted | 44 | 1 drumstick | 108 |
| 06018 | Soup, chicken noodle, canned, chunky, ready-to-serve | 240 | 1 cup | 108 |
| 10124 | Pork, cured, bacon, cooked, broiled, pan-fried or roasted | 19 | 3 medium slices | 107 |
| 08131 | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water | 155 | 1 packet | 107 |
| 11144 | Celery, cooked, boiled, drained, without salt | 37.5 | 1 stalk | 107 |
| 18005 | Bagels, cinnamon-raisin | 71 | 3-1/2" bagel | 105 |
| 09298 | Raisins, seedless | 14 | 1 packet | 105 |
| 11028 | Bamboo shoots, canned, drained solids | 131 | 1 cup | 105 |
| 11143 | Celery, raw | 40 | 1 stalk | 104 |
| 09279 | Plums, raw | 66 | 1 plum | 104 |
| 01094 | Milk, buttermilk, dried | 6.5 | 1 tbsp | 103 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 60 | 4 spears | 103 |
| 12632 | Nuts, macadamia nuts, dry roasted, with salt added | 28.35 | 1 oz (10-12 nuts) | 103 |
| 19022 | Snacks, granola bars, soft, uncoated, raisin | 28.35 | 1 bar | 103 |
| 18374 | Leavening agents, yeast, baker's, compressed | 17 | 1 cake | 102 |
| 15150 | Crustaceans, shrimp, mixed species, cooked, breaded and fried | 45 | 6 large | 101 |
| 06423 | Soup, chicken with rice, canned, prepared with equal volume water, commercial | 241 | 1 cup | 101 |
| 16097 | Peanut butter, chunk style, with salt | 16 | 1 tbsp | 101 |
| 18320 | Pie, lemon meringue, commercially prepared | 113 | 1 piece | 101 |
| 14017 | Alcoholic beverage, pina colada, prepared-from-recipe | 141 | 4.5 fl oz | 100 |
| 06409 | Soup, beef noodle, canned, prepared with equal volume water, commercial | 244 | 1 cup | 100 |
| 06443 | Soup, cream of mushroom, canned, prepared with equal volume water, commercial | 244 | 1 cup | 100 |
| 09039 | Avocados, raw, Florida | 28.35 | 1 oz | 100 |
| 09004 | Apples, raw, without skin | 110 | 1 cup | 99 |
| 11090 | Broccoli, raw | 31 | 1 spear | 98 |
| 19404 | Snacks, granola bars, soft, uncoated, chocolate chip | 28.35 | 1 bar | 96 |
| | | | | |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------------|------------------------|
| 18452 | Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat | 43 | 1 cupcake | 96 |
| 08013 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS | 30 | 1 cup | 96 |
| 19026 | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter | 28.35 | 1 bar | 96 |
| 18024 | Bread, cornbread, prepared from recipe, made with low fat (2%) milk | 65 | 1 piece | 96 |
| 09132 | Grapes, red or green (european type varieties, such as, Thompson seedless), raw | 50 | 10 grapes | 96 |
| 19015 | Snacks, granola bars, hard, plain | 28.35 | 1 bar | 95 |
| 18308 | Pie, cherry, commercially prepared | 117 | 1 piece | 95 |
| 14536 | Alcoholic beverage, wine, dessert, dry | 103 | 3.5 fl oz | 95 |
| 14057 | Alcoholic beverage, wine, dessert, sweet | 103 | 3.5 fl oz | 95 |
| 08123 | Cereals, oats, instant, fortified, plain, prepared with water | 177 | 1 packet | 94 |
| 19031 | Snacks, oriental mix, rice-based | 28.35 | 1 oz (about 1/4 cup) | 93 |
| 08045 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS | 30 | 1 cup | 92 |
| 08049 | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain | 32 | 3/4 cup | 91 |
| 11954 | Tomatillos, raw | 34 | 1 medium | 91 |
| 20029 | Couscous, cooked | 157 | 1 cup | 91 |
| 09021 | Apricots, raw | 35 | 1 apricot | 91 |
| 11247 | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt | 104 | 1 cup | 90 |
| 09241 | Peaches, canned, heavy syrup pack, solids and liquids | 98 | 1 half | 90 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 89 | 4" bagel | 90 |
| 08077 | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL | 30 | 3/4 cup | 89 |
| 18134 | Cake, sponge, prepared from recipe | 63 | 1 piece | 89 |
| 14003 | Alcoholic beverage, beer, regular | 355 | 12 fl oz | 89 |
| 16098 | Peanut butter, smooth style, with salt | 16 | 1 tbsp | 88 |
| 06416 | Soup, cream of chicken, canned, prepared with equal volume water, commercial | 244 | 1 cup | 88 |
| 19047 | Snacks, pretzels, hard, plain, salted | 60 | 10 pretzels | 88 |
| 18269 | French toast, prepared from recipe, made with low fat (2%) milk | 65 | 1 slice | 87 |
| 05286 | Turkey and gravy, frozen | 142 | 5-oz package | 87 |
| 19348 | Syrups, chocolate, fudge-type | 19 | 1 tbsp | 86 |
| 14209 | Coffee, brewed from grounds, prepared with tap water | 178 | 6 fl oz | 85 |
| 01132 | Egg, whole, cooked, scrambled | 61 | 1 large | 84 |
| 20037 | Rice, brown, long-grain, cooked | 195 | 1 cup | 84 |
| 18324 | Pie, pecan, commercially prepared | 113 | 1 piece | 84 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 55 | 1 cup | 84 |
| 18151 | Cookies, brownies, commercially prepared | 56 | 1 brownie | 83 |
| 18319 | Pie, fried pies, fruit | 128 | 1 pie | 83 |
| 18444 | Pie, fried pies, cherry | 128 | 1 pie | 83 |
| 18321 | Pie, lemon meringue, prepared from recipe | 127 | 1 piece | 83 |
| 01046 | Cheese food, pasteurized process, american, without di sodium phosphate | 28.35 | l oz | 82 |
| 13350 | Beef, cured, dried | 28.35 | 1 oz | 82 |
| 14106 | Alcoholic beverage, wine, table, white | 103 | 3.5 fl oz | 82 |
| 19165 | Cocoa, dry powder, unsweetened | 5.4 | 1 tbsp | 82 |
| 08210 | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE | 32 | 3/4 cup | 82 |
| | | | | |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|--------------------------|------------------------|
| 18482 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge | 52 | 1 pastry | 82 |
| 11284 | Onions, dehydrated flakes | 5 | 1 tbsp | 81 |
| 18019 | Bread, banana, prepared from recipe, made with margarine | 60 | 1 slice | 80 |
| 09150 | Lemons, raw, without peel | 58 | 1 lemon | 80 |
| 18375 | Leavening agents, yeast, baker's, active dry | 4 | 1 tsp | 80 |
| 07064 | Pork sausage, fresh, cooked | 27 | 1 patty | 79 |
| 18268 | French toast, frozen, ready-to-heat | 59 | 1 slice | 79 |
| 01123 | Egg, whole, raw, fresh | 58 | 1 extra large | 78 |
| 19314 | Pie fillings, canned, cherry | 74 | 1/8 of 21-oz can | 78 |
| 18104 | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched | 63 | 1 piece | 77 |
| 11296 | Onion rings, breaded, par fried, frozen, prepared, heated in oven | 60 | 10 rings | 77 |
| 19424 | Snacks, tortilla chips, nacho-flavor, reduced fat | 28.35 | 1 oz | 77 |
| 18023 | Bread, cornbread, dry mix, prepared | 60 | 1 piece | 77 |
| 11136 | Cauliflower, cooked, boiled, drained, without salt | 54 | 3 flowerets | 77 |
| 15138 | Crustaceans, crab, alaska king, imitation, made from surimi | 85 | 3 oz | 77 |
| 07064 | Pork sausage, fresh, cooked | 26 | 2 links | 76 |
| 19033 | Snacks, CHEX mix | 28.35 | 1 oz (about 2/3 cup) | 76 |
| 18301 | Pie, apple, commercially prepared, enriched flour | 117 | 1 piece | 76 |
| 18292 | Pancakes, plain, dry mix, incomplete, prepared | 38 | 1 pancake | 76 |
| 07072 | Salami, dry or hard, pork, beef | 20 | 2 slices | 76 |
| 11937 | Pickles, cucumber, dill | 65 | 1 pickle | 75 |
| 07023 | Frankfurter, beef and pork | 45 | 1 frank | 75 |
| 18258 | English muffins, plain, enriched, with ca prop (includes sourdough) | 57 | 1 muffin | 75 |
| 19226 | Frostings, chocolate, creamy, ready-to-eat | 38 | 1/12 package | 74 |
| 18259 | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 52 | 1 muffin | 74 |
| 18082 | Bread stuffing, bread, dry mix, prepared | 100 | 1/2 cup | 74 |
| 18306 | Pie, blueberry, prepared from recipe | 147 | 1 piece | 74 |
| 15027 | Fish, fish portions and sticks, frozen, preheated | 28 | 1 stick (4" x 1" x 1/2") | 73 |
| 09254 | Pears, canned, juice pack, solids and liquids | 76 | 1 half | 73 |
| 19441 | Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit | 37 | 1 bar | 73 |
| 18016 | Biscuits, plain or buttermilk, prepared from recipe | 60 | 2-1/2" biscuit | 73 |
| 01004 | Cheese, blue | 28.35 | l oz | 73 |
| 18243 | Croutons, seasoned | 40 | 1 cup | 72 |
| 18147 | Cheesecake commercially prepared | 80 | 1 piece | 72 |
| 18041 | Bread, pita, white, enriched | 60 | 6-1/2" pita | 72 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 71 | 3-1/2" bagel | 72 |
| 01007 | Cheese, camembert | 38 | 1 wedge | 71 |
| 19097 | Sherbet, orange | 74 | 1/2 cup | 71 |
| 09282 | Plums, canned, purple, juice pack, solids and liquids | 46 | 1 plum | 71 |
| 18076 | Bread, whole-wheat, commercially prepared, toasted | 25 | 1 slice | 71 |
| 18075 | Bread, whole-wheat, commercially prepared | 28 | 1 slice | 71 |
| 18139 | Cake, white, prepared from recipe without frosting | 74 | 1 piece | 70 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|------------------------|
| 07022 | Frankfurter, beef | 45 | 1 frank | 70 |
| 18278 | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk | 57 | 1 muffin | 70 |
| 18274 | Muffins, blueberry, commercially prepared | 57 | 1 muffin | 70 |
| 18245 | Danish pastry, cheese | 71 | 1 danish | 70 |
| 19140 | Candies, M&M MARS, "M&M's" Peanut Chocolate Candies | 20 | 10 pieces | 69 |
| 18197 | Cookies, brownies, dry mix, special dietary, prepared | 22 | 1 brownie | 69 |
| 14210 | Coffee, brewed, espresso, restaurant-prepared | 60 | 2 fl oz | 69 |
| 18126 | Cake, shortcake, biscuit-type, prepared from recipe | 65 | 1 shortcake | 69 |
| 01048 | Cheese spread, pasteurized process, american, without di sodium phosphate | 28.35 | l oz | 69 |
| 14342 | Rice beverage, RICE DREAM, canned | 245 | 1 cup | 69 |
| 11955 | Tomatoes, sun-dried | 2 | 1 piece | 69 |
| 19193 | Puddings, rice, ready-to-eat | 113.4 | 4 oz | 68 |
| 01128 | Egg, whole, cooked, fried | 46 | 1 large | 68 |
| 05101 | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter | 49 | 1 wing | 68 |
| 18088 | Cake, angelfood, dry mix, prepared | 50 | 1 piece | 68 |
| 08084 | Cereals ready-to-eat, wheat germ, toasted, plain | 7.119 | 1 tbsp | 67 |
| 18239 | Croissants, butter | 57 | 1 croissant | 67 |
| 01123 | Egg, whole, raw, fresh | 50 | 1 large | 67 |
| 07027 | Ham, chopped, not canned | 21 | 2 slices | 67 |
| 19004 | Snacks, corn-based, extruded, chips, barbecue-flavor | 28.35 | l oz | 67 |
| 18031 | Bread, indian (navajo) fry | 90 | 5" bread | 67 |
| 18356 | Sweet rolls, cinnamon, commercially prepared with raisins | 60 | 1 roll | 67 |
| 18044 | Bread, pumpernickel | 32 | 1 slice | 67 |
| 18290 | Pancakes, plain, dry mix, complete, prepared | 38 | 1 pancake | 67 |
| 01131 | Egg, whole, cooked, poached | 50 | 1 large | 67 |
| 16055 | Carob flour | 8 | 1 tbsp | 66 |
| 18045 | Bread, pumpernickel, toasted | 29 | 1 slice | 66 |
| 14355 | Tea, brewed, prepared with tap water | 178 | 6 fl oz | 66 |
| 18110 | Cake, fruitcake, commercially prepared | 43 | 1 piece | 66 |
| 18280 | Muffins, corn, dry mix, prepared | 50 | 1 muffin | 66 |
| 06125 | Gravy, turkey, canned | 59.6 | 1/4 cup | 65 |
| 06119 | Gravy, chicken, canned | 59.5 | 1/4 cup | 65 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 60 | 1 medium | 65 |
| 20047 | Rice, white, long-grain, parboiled, enriched, cooked | 175 | 1 cup | 65 |
| 08012 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH | 27 | 3/4 cup | 64 |
| 06494 | Soup, onion, dehydrated, prepared with water | 246 | 1 cup | 64 |
| 14006 | Alcoholic beverage, beer, light | 354 | 12 fl oz | 64 |
| 06121 | Gravy, mushroom, canned | 59.6 | 1/4 cup | 63 |
| 01129 | Egg, whole, cooked, hard-boiled | 50 | 1 large | 63 |
| 12166 | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 15 | 1 tbsp | 62 |
| 14267 | Fruit punch drink, with added nutrients, canned | 248 | 8 fl oz | 62 |
| 19014 | Snacks, fruit leather, rolls | 21 | 1 large | 62 |
| 20125 | Spaghetti, whole-wheat, cooked | 140 | 1 cup | 62 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|-----------------------|------------------------|
| 18353 | Rolls, hard (includes kaiser) | 57 | 1 roll | 62 |
| 19057 | Snacks, tortilla chips, nacho-flavor | 28.35 | l oz | 61 |
| 01044 | Cheese, pasteurized process, swiss, with di sodium phosphate | 28.35 | l oz | 61 |
| 18127 | Cake, snack cakes, creme-filled, chocolate with frosting | 50 | 1 cupcake | 61 |
| 08067 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K | 31 | 1 cup | 61 |
| 18003 | Bagels, egg | 89 | 4" bagel | 61 |
| 18388 | Muffins, wheat bran, toaster-type with raisins, toasted | 34 | 1 muffin | 60 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 47 | 1 medium | 60 |
| 20112 | Noodles, egg, spinach, cooked, enriched | 160 | 1 cup | 59 |
| 18048 | Bread, raisin, toasted, enriched | 24 | 1 slice | 59 |
| 18047 | Bread, raisin, enriched | 26 | 1 slice | 59 |
| 01123 | Egg, whole, raw, fresh | 44 | 1 medium | 59 |
| 18246 | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71 | 1 danish | 59 |
| 15041 | Fish, herring, Atlantic, pickled | 85.05 | 3 oz | 59 |
| 18305 | Pie, blueberry, commercially prepared | 117 | 1 piece | 59 |
| 11961 | Hearts of palm, canned | 33 | 1 piece | 58 |
| 09152 | Lemon juice, raw | 47 | juice of 1 lemon | 58 |
| 18362 | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) | 52 | 1 pastry | 58 |
| 08263 | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS | 30 | 3/4 cup | 58 |
| 09268 | Pineapple, canned, juice pack, solids and liquids | 47 | 1 slice | 57 |
| 08050 | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS | 30 | 1 cup | 57 |
| 11935 | Catsup | 15 | 1 tbsp | 57 |
| 18361 | Toaster pastries, brown-sugar-cinnamon | 50 | 1 pastry | 57 |
| 19056 | Snacks, tortilla chips, plain | 28.35 | 1 oz | 56 |
| 11457 | Spinach, raw | 10 | 1 leaf | 56 |
| 18079 | Bread crumbs, dry, grated, plain | 28.35 | 1 oz | 56 |
| 06419 | Soup, chicken noodle, canned, prepared with equal volume water, commercial | 241 | 1 cup | 55 |
| 11297 | Parsley, raw | 10 | 10 sprigs | 55 |
| 20045 | Rice, white, long-grain, regular, cooked | 158 | 1 cup | 55 |
| 11268 | Mushrooms, shiitake, dried | 3.6 | 1 mushroom | 55 |
| 18226 | Crackers, rye, wafers, plain | 11 | 1 wafer | 54 |
| 01124 | Egg, white, raw, fresh | 33.4 | 1 large | 54 |
| 20113 | Noodles, chinese, chow mein | 45 | 1 cup | 54 |
| 08010 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH | 27 | 3/4 cup | 54 |
| 14215 | Coffee, instant, regular, prepared with water | 179 | 6 fl oz | 54 |
| 08011 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES | 26 | 3/4 cup | 54 |
| 18036 | Bread, mixed-grain, toasted (includes whole-grain, 7-grain) | 24 | 1 slice | 53 |
| 18060 | Bread, rye | 32 | 1 slice | 53 |
| 18035 | Bread, mixed-grain (includes whole-grain, 7-grain) | 26 | 1 slice | 53 |
| 09137 | Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C | 250 | 1 cup | 53 |
| 18164 | Cookies, chocolate chip, refrigerated dough, baked | 26 | 1 cookie | 52 |
| 18177 | Cookies, molasses | 15 | 1 cookie, medium | 52 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|------------------------|
| 05028 | Chicken, liver, all classes, cooked, simmered | 19.6 | 1 liver | 52 |
| 19127 | Candies, milk chocolate coated raisins | 10 | 10 pieces | 51 |
| 12147 | Nuts, pine nuts, pignolia, dried | 8.6 | 1 tbsp | 51 |
| 09270 | Pineapple, canned, heavy syrup pack, solids and liquids | 49 | 1 slice | 51 |
| 08164 | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 242 | 1 cup | 51 |
| 08091 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 242 | 1 cup | 51 |
| 08271 | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS | 30 | 1 cup | 50 |
| 18064 | Bread, wheat (includes wheat berry) | 25 | 1 slice | 50 |
| 11632 | Peppers, jalapeno, canned, solids and liquids | 26 | 1/4 cup | 50 |
| 18065 | Bread, wheat, toasted (includes wheat berry) | 23 | 1 slice | 50 |
| 08058 | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 | 30 | 1 cup | 50 |
| 18505 | KELLOGG'S Eggo Lowfat Homestyle Waffles | 35 | 1 waffle | 50 |
| 08014 | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES | 31 | 3/4 cup | 50 |
| 02009 | Spices, chili powder | 2.6 | 1 tsp | 50 |
| 14293 | Lemonade, frozen concentrate, white, prepared with water | 248 | 8 fl oz | 50 |
| 08035 | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS | 30 | 3/4 cup | 50 |
| 02029 | Spices, parsley, dried | 1.3 | 1 tbsp | 49 |
| 09257 | Pears, canned, heavy syrup pack, solids and liquids | 76 | 1 half | 49 |
| 02028 | Spices, paprika | 2.1 | 1 tsp | 49 |
| 14371 | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259 | 8 fl oz | 49 |
| 07065 | Pork and beef sausage, fresh, cooked | 26 | 2 links | 49 |
| 18003 | Bagels, egg | 71 | 3-1/2" bagel | 48 |
| 01042 | Cheese, pasteurized process, american, with di sodium phosphate | 28.35 | 1 oz | 48 |
| 06800 | Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve | 62 | 1/4 cup | 48 |
| 18235 | Crackers, whole-wheat | 16 | 4 crackers | 48 |
| 14367 | Tea, instant, unsweetened, powder, prepared | 237 | 8 fl oz | 47 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 20 | 1 slice | 47 |
| 06116 | Gravy, beef, canned | 58.25 | 1/4 cup | 47 |
| 19008 | Snacks, corn-based, extruded, puffs or twists, cheese-flavor | 28.35 | 1 oz | 47 |
| 11956 | Tomatoes, sun-dried, packed in oil, drained | 3 | 1 piece | 47 |
| 19013 | Snacks, fruit leather, pieces | 28.35 | 1 oz | 46 |
| 01014 | Cheese, cottage, nonfat, uncreamed, dry, large or small curd | 145 | 1 cup | 46 |
| 18189 | Cookies, peanut butter, prepared from recipe | 20 | 1 cookie | 46 |
| 18027 | Bread, egg | 40 | 1/2" slice | 46 |
| 14242 | Cranberry juice cocktail, bottled | 253 | 8 fl oz | 46 |
| 08105 | Cereals, CREAM OF WHEAT, quick, cooked with water, without salt | 239 | 1 cup | 45 |
| 08103 | Cereals, CREAM OF WHEAT, regular, cooked with water, without salt | 251 | 1 cup | 45 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 45 | 1 cup | 45 |
| 20110 | Noodles, egg, cooked, enriched | 160 | 1 cup | 45 |
| 18025 | Bread, cracked-wheat | 25 | 1 slice | 44 |
| 18061 | Bread, rye, toasted | 24 | 1 slice | 44 |
| 08065 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES | 33 | 1-1/4 cup | 44 |
| | | | | |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|-------------------|------------------------|
| 20121 | Spaghetti, cooked, enriched, without added salt | 140 | 1 cup | 43 |
| 20100 | Macaroni, cooked, enriched | 140 | 1 cup | 43 |
| 19135 | Candies, M&M MARS, MARS MILKY WAY Bar | 18 | 1 fun size bar | 43 |
| 08272 | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH | 30 | 3/4 cup | 43 |
| 18015 | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked | 27 | 2-1/2" biscuit | 42 |
| 18403 | Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk) | 33 | 1 waffle | 42 |
| 19164 | Candies, SPECIAL DARK Chocolate Bar | 8.4 | 1 miniature | 42 |
| 14181 | Chocolate syrup | 18.75 | 1 tbsp | 42 |
| 18364 | Tortillas, ready-to-bake or -fry, flour | 32 | 1 tortilla | 42 |
| 09284 | Plums, canned, purple, heavy syrup pack, solids and liquids | 46 | 1 plum | 42 |
| 08157 | Cereals ready-to-eat, wheat, puffed, fortified | 12 | 1 cup | 42 |
| 08194 | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS | 30 | 3/4 cup | 42 |
| 09160 | Lime juice, raw | 38 | juice of 1 lime | 41 |
| 11291 | Onions, spring or scallions (includes tops and bulb), raw | 15 | 1 whole | 41 |
| 19263 | Frozen juice novelties, fruit and juice bars | 77 | 1 bar (2.5 fl oz) | 41 |
| 19353 | Syrups, maple | 20 | 1 tbsp | 41 |
| 08071 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS | 27 | 3/4 cup | 41 |
| 06112 | Sauce, teriyaki, ready-to-serve | 18 | 1 tbsp | 41 |
| 18350 | Rolls, hamburger or hotdog, plain | 43 | 1 roll | 40 |
| 18220 | Crackers, melba toast, plain | 20 | 4 pieces | 40 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 17 | 1 cherry tomato | 40 |
| 19003 | Snacks, corn-based, extruded, chips, plain | 28.35 | 1 oz | 40 |
| 18363 | Tortillas, ready-to-bake or -fry, corn | 26 | 1 tortilla | 40 |
| 11135 | Cauliflower, raw | 13 | 1 floweret | 39 |
| 18279 | Muffins, corn, commercially prepared | 57 | 1 muffin | 39 |
| 01035 | Cheese, provolone | 28.35 | 1 oz | 39 |
| 18013 | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked | 21 | 2-1/4" biscuit | 39 |
| 18040 | Bread, oatmeal, toasted | 25 | 1 slice | 39 |
| 19039 | Snacks, popcorn, caramel-coated, without peanuts | 35.2 | 1 cup | 38 |
| 08093 | Cereals, QUAKER, corn grits, instant, plain, prepared with water | 137 | 1 packet | 38 |
| 18039 | Bread, oatmeal | 27 | 1 slice | 38 |
| 08109 | Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water | 142 | 1 packet | 38 |
| 01030 | Cheese, muenster | 28.35 | 1 oz | 38 |
| 07024 | Frankfurter, chicken | 45 | 1 frank | 38 |
| 08259 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX | 29 | 1 cup | 38 |
| 18342 | Rolls, dinner, plain, commercially prepared (includes brown-and-serve) | 28 | 1 roll | 37 |
| 18128 | Cake, snack cakes, creme-filled, sponge | 42.5 | 1 cake | 37 |
| 19041 | Snacks, pork skins, plain | 28.35 | 1 oz | 36 |
| 08003 | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS | 30 | 1 cup | 36 |
| 18090 | Cake, boston cream pie, commercially prepared | 92 | 1 piece | 36 |
| 18184 | Cookies, oatmeal, prepared from recipe, with raisins | 15 | 1 cookie | 36 |
| 18165 | Cookies, chocolate chip, prepared from recipe, made with margarine | 16 | 1 cookie | 36 |
| 11740 | Broccoli, flower clusters, raw | 11 | 1 floweret | 36 |
| 11084 | Beets, canned, drained solids | 24 | 1 beet | 36 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|------------------|------------------------|
| 18178 | Cookies, oatmeal, commercially prepared, regular | 25 | 1 cookie | 36 |
| 08048 | Cereals ready-to-eat, GENERAL MILLS, KIX | 30 | 1-1/3 cup | 35 |
| 19101 | Candies, fudge, chocolate, with nuts, prepared-from-recipe | 19 | 1 piece | 34 |
| 06164 | Sauce, ready-to-serve, salsa | 16 | 1 tbsp | 34 |
| 18141 | Cake, yellow, commercially prepared, with vanilla frosting | 64 | 1 piece | 34 |
| 18041 | Bread, pita, white, enriched | 28 | 4" pita | 34 |
| 11677 | Shallots, raw | 10 | 1 tbsp | 33 |
| 18120 | Cake, pound, commercially prepared, butter | 28 | 1 piece | 33 |
| 19312 | Pie fillings, apple, canned | 74 | 1/8 of 21-oz can | 33 |
| 18170 | Cookies, fig bars | 16 | 1 cookie | 33 |
| 08266 | Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES | 30 | 3/4 cup | 33 |
| 06528 | Soup, chicken noodle, dehydrated, prepared with water | 252.3 | 1 cup | 33 |
| 08030 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS | 30 | 1 cup | 33 |
| 19036 | Snacks, popcorn, cakes | 10 | 1 cake | 33 |
| 12201 | Seeds, sesame seed kernels, dried (decorticated) | 8 | 1 tbsp | 33 |
| 01031 | Cheese, neufchatel | 28.35 | l oz | 32 |
| 16158 | Hummus, commercial | 14 | 1 tbsp | 32 |
| 18217 | Crackers, matzo, plain | 28.35 | 1 matzo | 32 |
| 08117 | Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt | 240 | 1 cup | 31 |
| 04023 | Salad dressing, thousand island dressing, reduced fat | 15.3 | 1 tbsp | 31 |
| 02015 | Spices, curry powder | 2 | 1 tsp | 31 |
| 02020 | Spices, garlic powder | 2.8 | 1 tsp | 31 |
| 14376 | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared | 237 | 8 fl oz | 31 |
| 18451 | Cake, pound, commercially prepared, fat-free | 28 | 1 slice | 31 |
| 08064 | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX | 31 | 1-1/4 cup | 30 |
| 18230 | Crackers, standard snack-type, sandwich, with cheese filling | 7 | 1 sandwich | 30 |
| 14277 | Grape drink, canned | 250 | 8 fl oz | 30 |
| 18133 | Cake, sponge, commercially prepared | 30 | 1 shortcake | 30 |
| 08057 | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX | 30 | 3/4 cup | 30 |
| 18070 | Bread, white, commercially prepared, toasted | 22 | 1 slice | 29 |
| 16123 | Soy sauce made from soy and wheat (shoyu) | 16 | 1 tbsp | 29 |
| 19040 | Snacks, popcorn, cheese-flavor | 11 | 1 cup | 29 |
| 01067 | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein | 15 | 1 tbsp | 29 |
| 18029 | Bread, french or vienna (includes sourdough) | 25 | 1/2" slice | 28 |
| 08246 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes | 30 | 1-1/3 cup | 28 |
| 18055 | Bread, reduced-calorie, wheat | 23 | 1 slice | 28 |
| 02007 | Spices, celery seed | 2 | 1 tsp | 28 |
| 01009 | Cheese, cheddar | 28.35 | 1 oz | 28 |
| 19069 | Candies, NESTLE, BUTTERFINGER Bar | 7 | 1 fun size bar | 28 |
| 09316 | Strawberries, raw | 18 | 1 strawberry | 28 |
| 06150 | Sauce, barbecue sauce | 15.75 | 1 tbsp | 27 |
| 01029 | Cheese, mozzarella, part skim milk, low moisture | 28.35 | 1 oz | 27 |
| 06075 | Soup, beef broth or bouillon, powder, dry | 6 | 1 packet | 27 |

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|--------|--|------------|----------------|------------------------|
| 02030 | Spices, pepper, black | 2.1 | 1 tsp | 26 |
| 08068 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS | 31 | 1 cup | 26 |
| 18288 | Pancakes plain, frozen, ready-to-heat (includes buttermilk) | 36 | 1 pancake | 26 |
| 19051 | Snacks, rice cakes, brown rice, plain | 9 | 1 cake | 26 |
| 11001 | Alfalfa seeds, sprouted, raw | 33 | 1 cup | 26 |
| 18086 | Cake, angelfood, commercially prepared | 28 | 1 piece | 26 |
| 04022 | Salad dressing, russian dressing, low calorie | 16.3 | 1 tbsp | 26 |
| 01186 | Cheese, cream, fat free | 15.6 | 1 tbsp | 25 |
| 08020 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes | 28 | 1 cup | 25 |
| 05090 | Chicken, broilers or fryers, neck, meat only, cooked, simmered | 18 | 1 neck | 25 |
| 18185 | Cookies, peanut butter, commercially prepared, regular | 15 | 1 cookie | 25 |
| 02027 | Spices, oregano, dried | 1.5 | 1 tsp | 25 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 25 | 1 slice | 25 |
| 08019 | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX | 30 | 1 cup | 25 |
| 19035 | Snacks, popcorn, oil-popped | 11 | 1 cup | 25 |
| 11251 | Lettuce, cos or romaine, raw | 10 | 1 leaf | 25 |
| 08274 | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX | 30 | 3/4 cup | 25 |
| 18206 | Cookies, sugar, refrigerated dough, baked | 15 | 1 cookie | 24 |
| 19034 | Snacks, popcorn, air-popped | 8 | 1 cup | 24 |
| 04015 | Salad dressing, russian dressing | 15.3 | 1 tbsp | 24 |
| 18360 | Taco shells, baked | 13.3 | 1 medium | 24 |
| 11960 | Carrots, baby, raw | 10 | 1 medium | 24 |
| 08288 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal | 30 | 3/4 cup | 24 |
| 18456 | Cookies, oatmeal, commercially prepared, fat-free | 11 | 1 cookie | 23 |
| 11935 | Catsup | 6 | 1 packet | 23 |
| 08069 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES | 31 | 3/4 cup | 23 |
| 18053 | Bread, reduced-calorie, rye | 23 | 1 slice | 23 |
| 19100 | Candies, fudge, chocolate, prepared-from-recipe | 17 | 1 piece | 22 |
| 18033 | Bread, italian | 20 | 1 slice | 22 |
| 01040 | Cheese, swiss | 28.35 | 1 oz | 22 |
| 19074 | Candies, caramels | 10.1 | 1 piece | 22 |
| 01026 | Cheese, mozzarella, whole milk | 28.35 | 1 oz | 22 |
| 14416 | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine | 355 | 12 fl oz | 21 |
| 18179 | Cookies, oatmeal, commercially prepared, soft-type | 15 | 1 cookie | 20 |
| 06909 | Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve | 63 | 1/4 cup | 20 |
| 11282 | Onions, raw | 14 | 1 slice | 20 |
| 02026 | Spices, onion powder | 2.1 | 1 tsp | 20 |
| 01049 | Cream, fluid, half and half | 15 | 1 tbsp | 20 |
| 01058 | Sour dressing, non-butterfat, cultured, filled cream-type | 12 | 1 tbsp | 19 |
| 11253 | Lettuce, green leaf, raw | 10 | 1 leaf | 19 |
| 04134 | Salad dressing, home recipe, cooked | 16 | 1 tbsp | 19 |
| 01055 | Cream, sour, reduced fat, cultured | 15 | 1 tbsp | 19 |
| 06175 | Sauce, hoisin, ready-to-serve | 16 | 1 tbsp | 19 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|------------------------|
| 11943 | Pimento, canned | 12 | 1 tbsp | 19 |
| 06930 | Sauce, cheese, ready-to-serve | 63 | 1/4 cup | 19 |
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 14 | 2 squares | 19 |
| 18358 | Sweet rolls, cinnamon, refrigerated dough with frosting, baked | 30 | 1 roll | 19 |
| 01168 | Cheese, low fat, cheddar or colby | 28.35 | l oz | 19 |
| 09316 | Strawberries, raw | 12 | 1 strawberry | 18 |
| 01050 | Cream, fluid, light (coffee cream or table cream) | 15 | 1 tbsp | 18 |
| 01125 | Egg, yolk, raw, fresh | 16.6 | 1 large | 18 |
| 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 7.5 | 1 medium leaf | 18 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 14 | 1 hole | 18 |
| 18651 | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes | 16 | 1 cookie | 18 |
| 01019 | Cheese, feta | 28.35 | 1 oz | 18 |
| 11333 | Peppers, sweet, green, raw | 10 | 1 ring | 18 |
| 18166 | Cookies, chocolate sandwich, with creme filling, regular | 10 | 1 cookie | 18 |
| 18057 | Bread, reduced-calorie, white | 23 | 1 slice | 17 |
| 04020 | Salad dressing, french dressing, reduced fat | 16.3 | 1 tbsp | 17 |
| 08078 | Cereals ready-to-eat, GENERAL MILLS, TRIX | 30 | 1 cup | 17 |
| 19076 | Candies, caramels, chocolate-flavor roll | 7 | 1 piece | 17 |
| 01056 | Cream, sour, cultured | 12 | 1 tbsp | 17 |
| 01017 | Cheese, cream | 14.5 | 1 tbsp | 17 |
| 20068 | Tapioca, pearl, dry | 152 | 1 cup | 17 |
| 04017 | Salad dressing, thousand island, commercial, regular | 15.6 | 1 tbsp | 17 |
| 07073 | Sandwich spread, pork, beef | 15 | 1 tbsp | 17 |
| 01069 | Cream substitute, powdered | 2 | 1 tsp | 16 |
| 07083 | Sausage, Vienna, canned, beef and pork | 16 | 1 sausage | 16 |
| 14545 | Tea, herb, chamomile, brewed | 178 | 6 fl oz | 16 |
| 14381 | Tea, herb, other than chamomile, brewed | 178 | 6 fl oz | 16 |
| 18229 | Crackers, standard snack-type, regular | 12 | 4 crackers | 16 |
| 08156 | Cereals ready-to-eat, rice, puffed, fortified | 14 | 1 cup | 16 |
| 14414 | Alcoholic beverage, liqueur, coffee, 53 proof | 52 | 1.5 fl oz | 16 |
| 09153 | Lemon juice, canned or bottled | 15.2 | 1 tbsp | 16 |
| 19294 | Fruit butters, apple | 17 | 1 tbsp | 15 |
| 19297 | Jams and preserves | 20 | 1 tbsp | 15 |
| 18228 | Crackers, saltines (includes oyster, soda, soup) | 12 | 4 crackers | 15 |
| 18215 | Crackers, cheese, sandwich-type with peanut butter filling | 7 | 1 sandwich | 15 |
| 02048 | Vinegar, cider | 15 | 1 tbsp | 15 |
| 19104 | Candies, fudge, vanilla with nuts for 19104 | 15 | 1 piece | 15 |
| 09081 | Cranberry sauce, canned, sweetened | 57 | 1 slice | 15 |
| 18232 | Crackers, wheat, regular | 8 | 4 crackers | 15 |
| 01052 | Cream, fluid, light whipping | 15 | 1 tbsp | 15 |
| 18214 | Crackers, cheese, regular | 10 | 10 crackers | 15 |
| 19141 | Candies, M&M MARS, "M&M's" Milk Chocolate Candies | 7 | 10 pieces | 14 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 13 | 1 hole | 14 |
| 18210 | Cookies, vanilla sandwich with creme filling | 15 | 1 cookie | 14 |

| Potassium, K (mg) Content of Selected F | aads non Common Moosur | sorted by nutrient content |
|---|-------------------------|------------------------------|
| Totassium, K (mg) Content of Selected F | oous per Common Measure | , sorted by nutrient content |

| enrichad 11/12 package 12 9000 Friender, vanilla, creany, ready-to-eat 18 11/12 package 11 94021 Salad dressing, italian dressing, reduced fat 15 1 bbp 16 94021 Salad dressing, italian dressing, requeed from-recipe 60 2 fl acg 16 94010 Accobicic beverage, dangain, prepared, regular, lower fat 10 1 cookie 17 92055 Horsendish, prepared 5 1 bgp 17 911252 1 attrace, icherg (includes eriophead types), raw 8 1 medium 16 911253 1 attrace, icherg (includes eriophead types), raw 8 1 bdp 17 91144 Line jusc, cannador, ground 2.3 1 bgp 17 91936 Spires, cinnamon, ground 3.2 1 bgp 11 91938 Sugars, brown 3.2 1 bgp 11 91938 Cookies, spars, prepared from recipe, made with margarine 14 1 cookie 11 91938 Cookies, spars, prepared from recipe, made with margarine 14 1 | NDB_No | Description | Weight (g) | Common Measure | Content per Measure | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--------------------|--|------------|-----------------------|------------------------|--|-------|-------------|---|--------|---|---|-------|---|----|-------|---|--|-------|---|---|----------|---|--|-------|---------------------------|---|-------------------|---|---|-------|-----------------------------|-----|----------|---|---|-------|------------------|---|----------|---|--|-------|---|----|---------|---|---|-------|--------------------------------|-----|----------|---|---|-------|--|-----|----------|---|---|-------|---|------|--------|---|--|-------|---|-----|---------|---|--|-------|--------------------------------------|-----|-------|---|---|-------|---|-----|-------|---|--|-------|--------------------------|---|--------|---|---|-------|-----------------|-----|-------|---|---|-------|---|---|--------|---|--|-------|---|------|--------|---|--|-------|--|------|--------|---|---|-------|--|---|----------|---|--|-------|--|------|--------|---|
| NA121Shala dressing, tradiar dressing, reduced fr151 thep1511667Seaweed, sprinting, driad0.931 thep1511667Seaweed, sprinting, repared from-sceipe602 fl or.1511818Cookies, checolate chip, commercially prepared, regular, lower fat101 cookie1611252Letture, loebret (includes cripbead types), ruw81 medium1711254Latine, ruw31 elove1611255Garine, ruw31 elove1711260Spices, cinnarom, ground2.31 thep1711279Radishe, ruw3.21 thep1111280Cookies, sogar, prepared from recipe, made with margarine141 cookie1111290Radishen, ruw4.51 tadash1011290Salad dressing, commercial, regular15.61 thep1111290Salad dressing, commercial, regular15.61 thep1111291Cookies, sanifus andwich with eremant141 cookie1011292Radishen, ruw4.51 radiash1011293Cookies, sanifus andwich with eremant151 cookie1011294Radishen, commercially prepared, pecan141 cookie1011294Radishen, ruw101 cookie1012010Cookies, sanifus andwich with eremant151 cookie1012102Cookies, sanifus andwich with eremant151 cookie | 18159 | | 10 | 1 cookie | 14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11467 Saweed, spindina, dred 0.93 1 thsp 13 114010 Alcoholic beverage, diajuri, reprared, from-necipe 60 2 fl cockie 16 118188 Cockies, chocolute chip, commercially prepared, regular, lower fat 10 1 cockie 12 111252 Lettuce, iebering (includes risphead types), row 8 1 neclium 12 112153 Garlie, raw 3 1 clove 12 112014 Ipiges, entoneon, ground 2.3 1 ltsp 12 112154 Cockies, sugar, hown 3.2 1 ltsp 11 112264 Honey 1.9 1 ltsp 11 112358 Cockies, negur, prepared from recipe, made with marginine 14 1 cockie 11 11240 Radiofes, row 4.5 1 ltsp 10 112159 Cockies, solurity prepared, | 19230 | Frostings, vanilla, creamy, ready-to-eat | 38 | 1/12 package | 13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| H4010 Alcoholic beverage, diaguif, prepared, regular, lowe fat 10 1 cockies 11 18158 Cockies, chocloshe chip, commercially prepared, regular, lowe fat 10 1 cockies 12 121212 Lettuce, iceberg (includes vriphead types), raw 8 1 mediam 12 11215 Gartic, raw 3 1 clove 12 11216 Gartic, raw 3 1 sep 12 11218 Godies, sugar, prepared four recipe, made with margarine 14 1 cookie 10 11220 Radither, raw 4.5 1 radish 10 11210 Salad dressing, forend ressing, rommercial, regular 15.6 1 dbsp 10 11210 Cookies, supart madvich with creme filling 10 1 cookie 5 11210 Cookies, supart madvich with creme filling 10 1 cookie 5 | 04021 | Salad dressing, italian dressing, reduced fat | 15 | 1 tbsp | 13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1818 Cookies, chocolae chip, commercially prepared, regular, lower fat 10 1 cookie 17 1252 1 ctrace, locherg (netudes erisphead types), now 8 1 medium 17 1252 1 ctrace, locherg (netudes erisphead types), now 8 1 medium 17 1251 Gaine, naw 3 1 elove 17 1251 Gaine, naw 1 debra 1 debra 17 1251 Gaine, naw 2.3 1 sp 1 12010 Spece, cinnamon, ground 3.2 1 sp 1 19334 Sagars, hown 3.2 1 sp 1 19296 Loney 21 1 desp 1 19296 Loney 21 1 desp 1 19296 Loney 2 1 desp 1 19296 Loney 2 1 desp 1 19296 Loney 4.5 1 median 1 1920 Salid dressing, fench dressing, commercial, regular (includes vanila) 15 1 desp 1 </td <td>11667</td> <td>Seaweed, spirulina, dried</td> <td>0.93</td> <td>1 tbsp</td> <td>13</td> | 11667 | Seaweed, spirulina, dried | 0.93 | 1 tbsp | 13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Borsendish, prepared 5 1 tsp 11 112152 Lettuce, leeblarg (includes crisphead types), raw 8 1 medium 10 11215 Gartic, raw 3 1 clove 10 11215 Gartic, raw 3 1 clove 10 11215 Gartic, raw 3 1 tsp 10 12010 Spices, cinnarmon, ground 2.3 1 tsp 11 12010 Spices, cinnarmon, ground 3.2 1 tsp 11 19334 Sugars, brown 3.2 1 tsp 11 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 11 18208 Cookies, shorthead, commercial regular 15.6 1 thsp 10 18100 Cookies, shorthead, commercially prepared, pecan 14 1 cookie 16 18120 Cookies, shorthead, commercially prepared, pecan 15 1 cookie 16 18181 Cookies, shorthead, commercially prepared, pecan 14 1 cookie 16 181812 <t< td=""><td>14010</td><td>Alcoholic beverage, daiquiri, prepared-from-recipe</td><td>60</td><td>2 fl oz</td><td>13</td></t<> | 14010 | Alcoholic beverage, daiquiri, prepared-from-recipe | 60 | 2 fl oz | 13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11122 Lattuce, lockbarg (includes crisphend types), raw 8 1 medium 11 11115 Garlie, raw 3 1 clove 12 11115 Garlie, raw 3 1 clove 12 11115 Garlie, raw 3 1 clove 12 11115 Garlie, raw 3 1 tsp 12 11115 Garlie, raw 3.2 1 tsp 11 11125 Cream, fluid, heavy whipping 13 1 tsp 11 11236 Cockies, sugar, prepared from recipe, made with margarine 14 1 cockie 11 11242 Radiathes, raw 4.5 1 radiabh 10 11200 Salid dressing, french dressing, commercial, regular 15.6 1 tsp 10 11216 Cookies, sigar, commercial pepared, pecan 14 1 cookie 10 11216 Cookies, sugar, commercially prepared, regular (includes vanifla) 15 1 cookie 10 11216 Cookies, singar, commercially prepared, regular (includes vanifla) 15 1 cookie 10 11216 Cookies, singar, commercially prepared, pecan 14 | 18158 | Cookies, chocolate chip, commercially prepared, regular, lower fat | 10 | 1 cookie | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11215 Gartic, raw 3 1 clove 12 09161 Line juice, canned or bottled, unsweetened 15.4 1 thsp 12 02010 Spices, cinnamo, ground 2.3 1 thsp 12 10934 Cann, fluid, heavy whipping 15 1 thsp 11 19334 Sugars, brown 3.2 1 tsp 11 19296 Honey 21 1 tbsp 11 19296 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 11 19296 Radishes, raw 4.5 1 radish 10 19206 Sald dressing, french dressing, commercial, regular 15.6 1 tbsp 10 19300 Jelies 19 1 tbsp 10 19320 Cookies, singar, commercially prepared, regular (includes vanilla) 15 1 cookie 10 18210 Cookies, singar, commercially prepared, regular (includes vanilla) 15 1 cookie 10 18243 Sancks, KELLOGG, KELLOGG SRICE KRISPIES TREATS Squares 22 1 bar 23 18244 Cookies, shorthread, commercially prepared, regular (includes van | 02055 | Horseradish, prepared | 5 | 1 tsp | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D9161 Lime juke, canned or bottled, unsweetened 15.4 1 thsp 12 D2010 Spices, cimumon, ground 2.3 1 tsp 12 D1033 Cream, fuid, heavy whipping 15 1 tsp 11 D3344 Sugars, brown 3.2 1 tsp 11 D3345 Sogars, brown 2.1 1 thsp 11 B18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 11 B1208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 11 B1209 Radishes, raw 4.5 1 Hasp 10 B1200 Cookies, sonthread, commercially prepared, pecan 14 1 cookie 11 B1201 Cookies, sonthread, commercially prepared, regular (includes vanilla) 15 1 cookie 11 B1204 Cookies, sonthread, commercially prepared, pecan 10 1 cookie 11 B1204 Cookies, sonthread, commercially prepared, pecan 3 1 thsp 2 B14145 Saawed, kelp, raw 3 | 11252 | Lettuce, iceberg (includes crisphead types), raw | 8 | 1 medium | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D2010Spices, cinnamon, ground2.31 kp1201053Cream, fluid, heavy whipping151 thsp1119334Sugars, hrown3.21 kp1119286Cookies, sugar, prepared from recipe, made with margarine141 cookie1119286Cookies, sugar, prepared from recipe, made with margarine141 cookie1119108Candies, jellybeans28.3510 large1011429Radishes, raw4.51 radish1011420Salad dressing, french dressing, commercial, regular15.61 thsp1019300Jellies191 thsp10119300Jellies191 thsp1011844Cookies, shortbread, commercially prepared, pecan141 cookie101845Cookies, sugar, commercially prepared, pecan141 cookie101845Cookies, sugar, commercially prepared, pecan101 cookie101845Cookies, sugar, commercially prepared, pecan101 cookie11845Saweed, kelp, raw102 cookies1611948Sameks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 kar21845Cookies, shortbread, commercially prepared, plain81 cookie21945Dilweed, fresh15 sprigs11944Sahd dressing, italian dressing, commercial, regular161 piece21945Carbonated beverage, | 11215 | Garlic, raw | 3 | 1 clove | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01053 Cream, fluid, newy whipping 15 1 flop 11 19334 Sugars, brown 3.2 1 fsp 11 19344 Sugars, brown 3.2 1 fsp 11 19345 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 11 18208 Cookies, sugar, prepared from recipe, made with margarine 28.35 10 large 11 11429 Radishes, raw 4.5 1 radish 10 11429 Radishes, raw 15.6 1 fbsp 10 11420 Salad dressing, french dressing, commercially prepared, p | 09161 | Lime juice, canned or bottled, unsweetened | 15.4 | 1 tbsp | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bigst Number 1 Sugary, brown 3.2 I tsp II 19296 Honey 21 I tbsp 11 19296 Honey 21 I tbsp 11 18208 Cookies, sugar, prepared from recipe, made with margarine 14 I cookie 16 19108 Candies, jellybeans 28.35 I lange 16 19409 Salad dressing, french dressing, commercial, regular 15.6 I tbsp 16 19300 Jellies 19 I tbsp 16 19300 Jellies 19 I tbsp 16 18200 Cookies, shortbread, commercially prepared, pecun 14 I cookie 16 18210 Cookies, vanilla sandwich with ereme filling 10 I cookie 16 18210 Cookies, shortbread, commercially prepared, pelain 8 I cookie 17 18211 Cookies, shortbread, commercially prepared, plain 8 I cookie 18 19438 Snacks, KELLOGG's RICE KRISPIES TREATS Squares 12 I bar 20 <tr< td=""><td>02010</td><td>Spices, cinnamon, ground</td><td>2.3</td><td>1 tsp</td><td>12</td></tr<> | 02010 | Spices, cinnamon, ground | 2.3 | 1 tsp | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Participant211 bsp118208Cookies, sugar, prepared from recipe, made with margarine141 cookie1118208Cookies, sugar, prepared from recipe, made with margarine141 cookie1119108Candies, cilybeans28.3510 large1011429Radishes, raw4.51 radish1011420Salid dressing, french dressing, commercial, regular15.61 tbsp1019300Jellies191 tbsp10118133Cookies, shortbread, commercially prepared, pecan141 cookie618210Cookies, sugar, commercially prepared, pecan141 cookie618210Cookies, sugar, commercially prepared, pecan102 tbsp618210Cookies, vanilla andwich with creme filling101 cookie618210Cookies, vanilla sandwich with creme filling102 tbsp611156Chives, raw31 tbsp611156Chives, raw31 tbsp611812Cookies, shortbread, commercially prepared, plain81 cookie6120246Mustard, prepared, yellow51 tb or 1 packet614150Carbonated beverage, onage37212 fl oz714141Carbonated beverage, onage35512 fl oz714142Carbonated beverage, normercial, regular14.71 tbsp714143Carbonated beverage, ibs ola35512 fl oz </td <td>01053</td> <td>Cream, fluid, heavy whipping</td> <td>15</td> <td>1 tbsp</td> <td>11</td> | 01053 | Cream, fluid, heavy whipping | 15 | 1 tbsp | 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18208Cockies, sugar, prepared from recipe, made with margarine141 cookie1119108Candies, jellybeans28.3510 large1011429Radishes, raw4.51 radish1011429Radishes, raw4.51 dish1011429Salad dressing, french dressing, commercial, regular15.61 dtsp1019300Jellies191 dtsp10119301Jellies191 dtsp10118193Cookies, sourdie, commercially prepared, pecan141 cookie1218210Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1218210Cookies, sugar, commercially prepared, regular (includes vanilla)102 dtsp518210Cookies, sugar, commercially prepared, pecan102 dtsp518445Seaweed, kelp, raw102 dtsp519438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 bar519438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 bar5202046Mustard, prepared, yellow51 tsp or 1 packet614150Carbonated beverage, orange37212 fl oz719103Candies, fudge, vanilla, prepared-from-recipe161 piece719114Stalad dressing, italian, restnuran-prepared1161/2 cup719281Lee novelties, italian, restnuran-prepared51 thsp <t< td=""><td>19334</td><td>Sugars, brown</td><td>3.2</td><td>1 tsp</td><td>11</td></t<> | 19334 | Sugars, brown | 3.2 | 1 tsp | 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1910bCandies, jellyeans28.3510 large1111429Radishes, raw4.51 radish1011420Salad dressing, french dressing, commercial, regular15.61 tbsp1019300Jellies191 tbsp1018193Cookies, shorthread, commercially prepared, pecan141 cookie1018204Cookies, sagar, commercially prepared, regular (includes vanilla)151 cookie1518205Cookies, sagar, commercially prepared, regular (includes vanilla)101 cookie2511445Seawed, kelp, raw102 tbsp2611156Chives, raw31 tbsp2611455Seawed, kelp, raw31 tbsp2611454Saakot, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 bar2611892Cookies, shorthread, commercially prepared, plain81 cookie8120204Mustard, prepared, yellow51 tsp or 1 packet81202045Dill weed, fresh15 sprigs2712112Carbonated beverage, orange37212 fl oz3712121Carbonated beverage, low calorie, other than cola or pepper, without calfeine35512 fl oz37191231Ice novelties, italian, restaurant-prepared1161/2 cup3719231Ice novelties, italian, restaurant-prepared1651 tusp619132Cheese, parmesan, grated51 tbsp619234 <td>19296</td> <td>Honey</td> <td>21</td> <td>1 tbsp</td> <td>11</td> | 19296 | Honey | 21 | 1 tbsp | 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| H129Radishes, raw4.5I radish04120Salad dressing, french dressing, commercial, regular15.61 tbsp1019300Jellies191 tbsp1018193Cookies, shortbread, commercially prepared, pcean141 cookie1618204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie518210Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie518210Cookies, vanilla sandwich with creme filling101 cookie511455Seaweed, kelp, raw02 tbsp511456Chives, raw31 tbsp518192Cookies, shortbread, commercially prepared, plain81 cookie618192Cookies, shortbread, commercially prepared, plain81 cookie619030Carbonated beverage, orange3721 fb or 1 packet614143Carbonated beverage, club soda35512 fl oz514143Carbonated beverage, club soda35512 fl oz519144Stald dressing, italian dressing, commercial, regular14.71 tbsp519281Ice novelties, italian, restaurant-prepared1661 cup519281Ice novelties, italian, restaurant-prepared1651 cup519281Ice novelties, italian, restaurant-prepared1651 cup619294Rice, while, long-grain, precooked or instant, enriched, prepared165 | 18208 | Cookies, sugar, prepared from recipe, made with margarine | 14 | 1 cookie | 11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04120 Salad dressing, french dressing, commercial, regular 15.6 1 tbsp 10 19300 Jellies 19 1 tbsp 10 18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 16 18204 Cookies, sugar, commercially prepared, regular (includes vanilla) 15 1 cookie 5 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 5 11445 Seawed, kelp, raw 10 2 tbsp 5 11450 Chrives, raw 3 1 tbsp 5 11452 Cookies, shortbread, commercially prepared, plain 8 1 cookie 5 11450 Carbonated beverage, orange 372 1 fb oz 1 11450 Carbonated beverage, club soda 355 1 fb oz 5 114121 Carbonated beverage, low calorie, other than cola or pepper, without 355 1 fb oz 1 114143 Carbonated beverage, prepared 16 1 fb oz 2 1 114141 Carbonated beverage, commercial, re | 19108 | Candies, jellybeans | 28.35 | 10 large | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19300Jellies191 thsp1018193Cookies, shortbread, commercially prepared, pecan141 cookie1618204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1618210Cookies, vanilla sandwich with creme filling101 cookie1611445Seaweed, kelp, raw102 thsp611156Chives, raw31 thsp619438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 bar518192Cookies, shortbread, commercially prepared, plain81 cookie8100Carbonated beverage, orange37212 fl oz7202045Dill weed, fresh15 sprigs719103Candies, fudge, vanilla, prepared-from-recipe161 piece7101414Salad dressing, italian dressing, commercial, regular14.71 thsp719281Ice novelties, italian, restaurant-prepared161 cup719281Ice novelties, italian, restaurant-prepared161 cup720499Rice, white, long-grain, precooked or instant, enriched, prepared161 tup720491Dieser, ready-to-serve, pepper or hot4.71 tup720492Cheese, parmesan, grated51 tup720493Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup720494Rice, white, long-grain, precorded or instant, enriched, prepared | 11429 | Radishes, raw | 4.5 | 1 radish | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18193Cookies, shortbread, commercially prepared, pecan141 cookie1618204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie618210Cookies, vanilla sandwich with creme filling101 cookie618145Seaweed, kelp, raw102 tbsp611156Chives, raw31 tbsp619438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 bar618192Cookies, shortbread, commercially prepared, plain81 cookie8202046Mustard, prepared, yellow51 tsp or 1 packet8202045Dill wed, fresh15 sprigs7202045Dill wed, fresh15 sprigs7214143Carbonated beverage, otage35512 fl oz7214143Carbonated beverage, out calorie, other than cola or pepper, without caffeine35512 fl oz7214143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz720499Rice, white, long-grain, precoxed or instant, enriched, prepared161/2 cup720499Rice, white, long-grain, precoxed or instant, enriched, prepared161 tsp720499Rice, white, long-grain, precoxed or instant, enriched, prepared161 tsp720499Rice, white, long-grain, precoxed or instant, enriched, prepared4.71 tsp720499Rice, white, long-grain, precoxed or i | 04120 | Salad dressing, french dressing, commercial, regular | 15.6 | 1 tbsp | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 18210Cookies, vanilla sandwich with creme filling101 cookie911145Seaweed, kelp, raw102 thsp911156Chives, raw31 thsp919438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 bar918192Cookies, shortbread, commercially prepared, plain81 cookie802046Mustard, prepared, yellow51 tsp or 1 packet802045Dill weed, fresh15 sprigs719103Candies, fudge, vanilla, prepared-from-recipe161 piece714143Carbonated beverage, club soda35512 fl oz714143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz719114Salad dressing, italian dressing, commercial, regular14.71 thsp719281Ice novelties, italian, restaurant-prepared1161/2 cup719204Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup719205Vanilla extract4.21 tsp619205Vanilla extract4.21 tsp619205Vanilla extract4.21 tsp619205Vanilla extract4.21 tsp619215Cookies, butter, commercial, regular15.31 tsp619235Salad dressing, bule or roquefort cheese dressing, commercial, regular15.31 tsp619245 <t< td=""><td>18193</td><td>Cookies, shortbread, commercially prepared, pecan</td><td>14</td><td>1 cookie</td><td>10</td></t<> | 18193 | Cookies, shortbread, commercially prepared, pecan | 14 | 1 cookie | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 19438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 bar18192Cookies, shortbread, commercially prepared, plain81 cookie20206Mustard, prepared, yellow51 tsp or 1 packet20207Dill wead, fresh15 sprigs20208Dill wead, fresh15 sprigs20209Carbonated beverage, orange37212 fl oz202045Dill wead, fresh15 sprigs202045Dill wead, fresh161 piece202047Carbonated beverage, club soda35512 fl oz202048Carbonated beverage, club soda35512 fl oz202049Rice novelties, italian dressing, commercial, regular14.71 tbsp202049Rice, ready-to-serve, pepper or hot4.71 tsp202049Rice, sparmesan, grated51 tsp2202050Vanilla extract4.21 tsp2202050Vanilla extract4.21 tsp2202050Vanilla extract4.21 tsp2202050Vanilla extract4.21 tsp2202050Vanilla extract4.21 tsp2202050Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp2202050Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp2202050Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 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prepared, yellow</td><td>5</td><td>1 tsp or 1 packet</td><td>8</td></tr> <tr><td>19103Candies, fudge, vanilla, prepared-from-recipe161 piece14121Carbonated beverage, club soda35512 fl oz714143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz704114Salad dressing, italian dressing, commercial, regular14.71 tbsp719281Ice novelties, italian, restaurant-prepared1161/2 cup706168Sauce, ready-to-serve, pepper or hot4.71 tsp720049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup701032Cheese, parmesan, grated51 tbsp602050Vanilla extract4.21 tsp604132Margarine, regular, unspecified oils, with salt added14.11 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, 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with salt14.21 tbsp</td><td>18155</td><td>Cookies, butter, commercially prepared, enriched</td><td>5</td><td>1 cookie</td><td>6</td></tr> <tr><td></td><td>04611</td><td>Margarine, regular, tub, composite, 80% fat, with salt</td><td>14.2</td><td>1 tbsp</td><td>5</td></tr> | 11445 | Seaweed, kelp, raw | 10 | 2 tbsp | 9 | 18192Cookies, shortbread, commercially prepared, plain81 cookie802046Mustard, prepared, yellow51 tsp or 1 packet802046Carbonated beverage, orange37212 fl oz702045Dill weed, fresh15 sprigs702045Dill weed, fresh15 sprigs719103Candies, fudge, vanilla, prepared-from-recipe161 piece714121Carbonated beverage, club soda35512 fl oz714143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz704114Salad dressing, italian dressing, commercial, regular14.71 tbsp704114Salad dressing, italian, restaurant-prepared1161/2 cup704114Salae, ready-to-serve, pepper or hot4.71 tsp704120Rice, white, long-grain, precooked or instant, enriched, prepared1651 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| 8 | 1 cookie | 8 | D2045Dill weed, fresh15 sprigs19103Candies, fudge, vanilla, prepared-from-recipe161 piece14121Carbonated beverage, club soda35512 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz1414Salad dressing, italian dressing, commercial, regular14.71 tbsp19281Ice novelties, italian, restaurant-prepared1161/2 cup106168Sauce, ready-to-serve, pepper or hot4.71 tsp20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup01032Cheese, parmesan, grated51 tbsp602050Vanilla extract4.21 tsp604132Margarine, regular, unspecified oils, with salt added14.11 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefor | 02046 | Mustard, prepared, yellow | 5 | 1 tsp or 1 packet | 8 | 19103Candies, fudge, vanilla, prepared-from-recipe161 piece14121Carbonated beverage, club soda35512 fl oz714143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz704114Salad dressing, italian dressing, commercial, regular14.71 tbsp719281Ice novelties, italian, restaurant-prepared1161/2 cup706168Sauce, ready-to-serve, pepper or hot4.71 tsp720049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup701032Cheese, parmesan, grated51 tbsp602050Vanilla extract4.21 tsp604132Margarine, regular, unspecified oils, with salt added14.11 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, 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with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04139Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp041315Cookies, butter, commercially prepared, enriched51 cookie | 02045 | Dill weed, fresh | 1 | 5 sprigs | 7 | 14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz04114Salad dressing, italian dressing, commercial, regular14.71 tbsp19281Ice novelties, italian, restaurant-prepared1161/2 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup01032Cheese, parmesan, grated51 tbsp02050Vanilla extract4.21 tsp01071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 topp04539Salad dressing, blue, commercially prepared, enriched51 cookie | 19103 | Candies, fudge, vanilla, prepared-from-recipe | 16 | 1 piece | 7 | caffeine14.71 tbsp04114Salad dressing, italian dressing, commercial, regular14.71 tbsp19281Ice novelties, italian, restaurant-prepared1161/2 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup01032Cheese, parmesan, grated51 tbsp02050Vanilla extract4.21 tbsp601071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp604132Margarine, regular, unspecified oils, with salt added14.11 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604185Cookies, butter, commercially prepared, enriched51 cookie6 | 14121 | Carbonated beverage, club soda | 355 | 12 fl oz | 7 | 19281Ice novelties, italian, restaurant-prepared1161/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp20049Rice, white, long-grain, precooked or instant, enriched, 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long-grain, precooked or instant, enriched, prepared1651 cup01032Cheese, parmesan, grated51 tbsp602050Vanilla extract4.21 tsp601071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp604132Margarine, regular, unspecified oils, with salt added14.11 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp618155Cookies, butter, commercially prepared, enriched51 cookie6 | 19281 | Ice novelties, italian, restaurant-prepared | 116 | 1/2 cup | 7 | 01032Cheese, parmesan, grated51 tbsp02050Vanilla extract4.21 tsp01071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp18155Cookies, butter, commercially prepared, enriched51 cookie | 06168 | Sauce, ready-to-serve, pepper or hot | 4.7 | 1 tsp | 7 | Vanilla extract4.21 tsp02050Vanilla extract4.21 tsp01071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp18155Cookies, butter, commercially prepared, enriched51 cookie | 20049 | Rice, white, long-grain, precooked or instant, enriched, prepared | 165 | 1 cup | 7 | 01071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp18155Cookies, butter, commercially prepared, enriched51 cookie | 01032 | Cheese, parmesan, grated | 5 | 1 tbsp | 6 | 04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp18155Cookies, butter, commercially prepared, enriched51 cookie | 02050 | Vanilla extract | 4.2 | 1 tsp | 6 | 04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp18155Cookies, butter, commercially prepared, enriched51 cookie | 01071 | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk | 4 | 1 tbsp | 6 | 18155Cookies, butter, commercially prepared, enriched51 cookie | 04132 | Margarine, regular, unspecified oils, with salt added | 14.1 | 1 tbsp | 6 | | 04539 | Salad dressing, blue or roquefort cheese dressing, commercial, regular | 15.3 | 1 tbsp | 6 | 04611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp | 18155 | Cookies, butter, commercially prepared, enriched | 5 | 1 cookie | 6 | | 04611 | Margarine, regular, tub, composite, 80% fat, with salt | 14.2 | 1 tbsp | 5 |
| 11445 | Seaweed, kelp, raw | 10 | 2 tbsp | 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18192Cookies, shortbread, commercially prepared, plain81 cookie802046Mustard, prepared, yellow51 tsp or 1 packet802046Carbonated beverage, orange37212 fl oz702045Dill weed, fresh15 sprigs702045Dill weed, fresh15 sprigs719103Candies, fudge, vanilla, prepared-from-recipe161 piece714121Carbonated beverage, club soda35512 fl oz714143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz704114Salad dressing, italian dressing, commercial, regular14.71 tbsp704114Salad dressing, italian, restaurant-prepared1161/2 cup704114Salae, ready-to-serve, pepper or hot4.71 tsp704120Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup701032Cheese, parmesan, grated51 tbsp602050Vanilla extract4.21 tsp601071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp601433Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp <td>11156</td> <td>Chives, raw</td> <td>3</td> <td>1 tbsp</td> <td>9</td> | 11156 | Chives, raw | 3 | 1 tbsp | 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D2046Mustard, prepared, yellow51 tsp or 1 packet814150Carbonated beverage, orange37212 fl oz702045Dill weed, fresh15 sprigs719103Candies, fudge, vanilla, prepared-from-recipe161 piece714121Carbonated beverage, club soda35512 fl oz714143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz714143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz704114Salad dressing, italian dressing, commercial, regular14.71 tbsp719281Ice novelties, italian, restaurant-prepared1161/2 cup7006168Sauce, ready-to-serve, pepper or hot4.71 tsp700132Cheese, parmesan, grated51 tbsp601032Cheese, parmesan, grated4.21 tbsp601071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp604132Margarine, regular, unspecified oils, with salt added14.11 tbsp604339Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressin | 19438 | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares | 22 | 1 bar | 9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14150Carbonated beverage, orange37212 fl oz02045Dill wed, fresh15 sprigs719103Candies, fudge, vanilla, prepared-from-recipe161 piece714121Carbonated beverage, club soda35512 fl oz714143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz714143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz704114Salad dressing, italian dressing, commercial, regular14.71 tbsp719281Ice novelties, italian, restaurant-prepared1161/2 cup706168Sauce, ready-to-serve, pepper or hot4.71 tsp701032Cheese, parmesan, grated51 tbsp601032Cheese, parmesan, grated4.21 tbsp601071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp604132Margarine, regular, unspecified oils, with salt added14.11 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp6 </td <td>18192</td> <td>Cookies, shortbread, commercially prepared, plain</td> <td>8</td> <td>1 cookie</td> <td>8</td> | 18192 | Cookies, shortbread, commercially prepared, plain | 8 | 1 cookie | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D2045Dill weed, fresh15 sprigs19103Candies, fudge, vanilla, prepared-from-recipe161 piece14121Carbonated beverage, club soda35512 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz1414Salad dressing, italian dressing, commercial, regular14.71 tbsp19281Ice novelties, italian, restaurant-prepared1161/2 cup106168Sauce, ready-to-serve, pepper or hot4.71 tsp20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup01032Cheese, parmesan, grated51 tbsp602050Vanilla extract4.21 tsp604132Margarine, regular, unspecified oils, with salt added14.11 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefor | 02046 | Mustard, prepared, yellow | 5 | 1 tsp or 1 packet | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19103Candies, fudge, vanilla, prepared-from-recipe161 piece14121Carbonated beverage, club soda35512 fl oz714143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz704114Salad dressing, italian dressing, commercial, regular14.71 tbsp719281Ice novelties, italian, restaurant-prepared1161/2 cup706168Sauce, ready-to-serve, pepper or hot4.71 tsp720049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup701032Cheese, parmesan, grated51 tbsp602050Vanilla extract4.21 tsp604132Margarine, regular, unspecified oils, with salt added14.11 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp604539Salad dressing, blue or roquefort cheese dressing | 14150 | Carbonated beverage, orange | 372 | 12 fl oz | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14121Carbonated beverage, club soda35512 fl oz14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz04114Salad dressing, italian dressing, commercial, regular14.71 tbsp19281Ice novelties, italian, restaurant-prepared1161/2 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp020049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup01032Cheese, parmesan, grated51 tbsp02050Vanilla extract4.21 tsp01071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04139Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp041315Cookies, butter, commercially prepared, enriched51 cookie | 02045 | Dill weed, fresh | 1 | 5 sprigs | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14143Carbonated beverage, low calorie, other than cola or pepper, without caffeine35512 fl oz04114Salad dressing, italian dressing, commercial, regular14.71 tbsp19281Ice novelties, italian, restaurant-prepared1161/2 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup01032Cheese, parmesan, grated51 tbsp02050Vanilla extract4.21 tsp01071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 topp04539Salad dressing, blue, commercially prepared, enriched51 cookie | 19103 | Candies, fudge, vanilla, prepared-from-recipe | 16 | 1 piece | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 19281Ice novelties, italian, restaurant-prepared1161/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup01032Cheese, parmesan, grated51 tbsp02050Vanilla extract4.21 tsp01071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp04559Cookies, butter, commercially prepared, enriched51 cookie | 14143 | | 355 | 12 fl oz | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06168Sauce, ready-to-serve, pepper or hot4.71 tsp20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup01032Cheese, parmesan, grated51 tbsp02050Vanilla extract4.21 tsp01071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp18155Cookies, butter, commercially prepared, enriched51 cookie | 04114 | Salad dressing, italian dressing, commercial, regular | 14.7 | 1 tbsp | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup01032Cheese, parmesan, grated51 tbsp602050Vanilla extract4.21 tsp601071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp604132Margarine, regular, unspecified oils, with salt added14.11 tbsp604539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp618155Cookies, butter, commercially prepared, enriched51 cookie6 | 19281 | Ice novelties, italian, restaurant-prepared | 116 | 1/2 cup | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01032Cheese, parmesan, grated51 tbsp02050Vanilla extract4.21 tsp01071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp18155Cookies, butter, commercially prepared, enriched51 cookie | 06168 | Sauce, ready-to-serve, pepper or hot | 4.7 | 1 tsp | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vanilla extract4.21 tsp02050Vanilla extract4.21 tsp01071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp18155Cookies, butter, commercially prepared, enriched51 cookie | 20049 | Rice, white, long-grain, precooked or instant, enriched, prepared | 165 | 1 cup | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01071Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk41 tbsp04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp18155Cookies, butter, commercially prepared, enriched51 cookie | 01032 | Cheese, parmesan, grated | 5 | 1 tbsp | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04132Margarine, regular, unspecified oils, with salt added14.11 tbsp04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp18155Cookies, butter, commercially prepared, enriched51 cookie | 02050 | Vanilla extract | 4.2 | 1 tsp | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp18155Cookies, butter, commercially prepared, enriched51 cookie | 01071 | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk | 4 | 1 tbsp | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18155Cookies, butter, commercially prepared, enriched51 cookie | 04132 | Margarine, regular, unspecified oils, with salt added | 14.1 | 1 tbsp | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 04539 | Salad dressing, blue or roquefort cheese dressing, commercial, regular | 15.3 | 1 tbsp | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp | 18155 | Cookies, butter, commercially prepared, enriched | 5 | 1 cookie | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 04611 | Margarine, regular, tub, composite, 80% fat, with salt | 14.2 | 1 tbsp | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|-----------------|------------------------|
| 04585 | Margarine-butter blend, 60% corn oil margarine and 40% butter | 14.2 | 1 tbsp | 5 |
| 04025 | Salad dressing, mayonnaise, soybean oil, with salt | 13.8 | 1 tbsp | 5 |
| 01054 | Cream, whipped, cream topping, pressurized | 3 | 1 tbsp | 4 |
| 04612 | Margarine, vegetable oil spread, 60% fat, stick | 14.3 | 1 tbsp | 4 |
| 18212 | Cookies, vanilla wafers, lower fat | 4 | 1 cookie | 4 |
| 11945 | Pickle relish, sweet | 15 | 1 tbsp | 4 |
| 14142 | Carbonated beverage, grape soda | 372 | 12 fl oz | 4 |
| 14157 | Carbonated beverage, root beer | 370 | 12 fl oz | 4 |
| 14400 | Carbonated beverage, cola, contains caffeine | 370 | 12 fl oz | 4 |
| 19106 | Candies, gumdrops, starch jelly pieces | 74 | 10 worms | 4 |
| 14145 | Carbonated beverage, lemon-lime soda | 368 | 12 fl oz | 4 |
| 14153 | Carbonated beverage, pepper-type, contains caffeine | 368 | 12 fl oz | 4 |
| 14136 | Carbonated beverage, ginger ale | 366 | 12 fl oz | 4 |
| 01145 | Butter, without salt | 14.2 | 1 tbsp | 3 |
| 01001 | Butter, salted | 14.2 | 1 tbsp | 3 |
| 04133 | Salad dressing, french, home recipe | 14 | 1 tbsp | 3 |
| 19129 | Syrups, table blends, pancake | 20 | 1 tbsp | 3 |
| 14297 | Lemonade-flavor drink, powder, prepared with water | 266 | 8 fl oz | 3 |
| 19116 | Candies, marshmallows | 50 | 1 cup | 3 |
| 19283 | Ice novelties, pop | 59 | 1 bar (2 fl oz) | 2 |
| 09193 | Olives, ripe, canned (small-extra large) | 22 | 5 large | 2 |
| 04612 | Margarine, vegetable oil spread, 60% fat, stick | 4.8 | 1 tsp | 1 |
| 04613 | Margarine, vegetable oil spread, 60% fat, tub/bottle | 4.8 | 1 tsp | 1 |
| 19173 | Gelatin desserts, dry mix, prepared with water | 135 | 1/2 cup | 1 |
| 04135 | Salad dressing, home recipe, vinegar and oil | 15.6 | 1 tbsp | 1 |
| 04128 | Margarine-like spread, (approximately 40% fat), unspecified oils | 4.8 | 1 tsp | 1 |
| 19176 | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water | 117 | 1/2 cup | 1 |
| 19106 | Candies, gumdrops, starch jelly pieces | 22 | 10 bears | 1 |
| 18369 | Leavening agents, baking powder, double-acting, sodium aluminum sulfate | 4.6 | 1 tsp | 1 |
| 14551 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof | 42 | 1.5 fl oz | 1 |
| 14550 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof | 42 | 1.5 fl oz | 1 |
| 14037 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof | 42 | 1.5 fl oz | 1 |
| 19350 | Syrups, corn, light | 20 | 1 tbsp | 1 |
| 01072 | Dessert topping, pressurized | 4 | 1 tbsp | 1 |
| 01073 | Dessert topping, semi solid, frozen | 4 | 1 tbsp | 1 |
| 02047 | Salt, table | 6 | 1 tsp | 0 |
| 19128 | Syrups, table blends, pancake, reduced-calorie | 15 | 1 tbsp | 0 |
| 19107 | Candies, hard | 6 | 1 piece | 0 |
| 20027 | Cornstarch | 8.064 | 1 tbsp | 0 |
| 18370 | Leavening agents, baking powder, double-acting, straight phosphate | 4.6 | 1 tsp | 0 |
| 19106 | Candies, gumdrops, starch jelly pieces | 4.2 | 1 medium | 0 |
| 19336 | Sugars, powdered | 8 | 1 tbsp | 0 |
| 19107 | Candies, hard | 3 | 1 small piece | 0 |

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|------------------------|
| 04053 | Oil, olive, salad or cooking | 13.5 | 1 tbsp | 0 |
| 19156 | Candies, M&M MARS, STARBURST Fruit Chews | 5 | 1 piece | 0 |
| 19335 | Sugars, granulated | 4.2 | 1 tsp | 0 |
| 14429 | Water, municipal | 237 | 8 fl oz | 0 |
| 18372 | Leavening agents, baking soda | 4.6 | 1 tsp | 0 |
| 04002 | Lard | 12.8 | 1 tbsp | 0 |
| 14290 | Lemonade, low calorie, with aspartame, powder, prepared with water | 237 | 8 fl oz | 0 |
| 04582 | Vegetable oil, canola | 14 | 1 tbsp | 0 |
| 04543 | Oil, soybean, salad or cooking, (hydrogenated) and cottonseed | 13.6 | 1 tbsp | 0 |
| 04518 | Oil, vegetable corn, salad or cooking | 13.6 | 1 tbsp | 0 |
| 04511 | Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) | 13.6 | 1 tbsp | 0 |
| 04506 | Oil, vegetable, sunflower, linoleic, (60% and over) | 13.6 | 1 tbsp | 0 |
| 04058 | Oil, sesame, salad or cooking | 13.6 | 1 tbsp | 0 |
| 04042 | Oil, peanut, salad or cooking | 13.5 | 1 tbsp | 0 |
| 04034 | Oil, soybean, salad or cooking, (hydrogenated) | 13.6 | 1 tbsp | 0 |
| 04031 | Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated) | 12.8 | l tbsp | 0 |