

**USDA National Nutrient Database for Standard Reference, Release 16**  
**Carotene, alpha (mcg) Content of Selected Foods per Common Measure, sorted by nutrient content**

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
11424	Pumpkin, canned, without salt	245	1 cup	11748
11655	Carrot juice, canned	236	1 cup	10247
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	5891
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	5512
11581	Vegetables, mixed, canned, drained solids	163	1 cup	4297
11128	Carrots, canned, regular pack, drained solids	146	1 cup	4005
11124	Carrots, raw	110	1 cup	3099
11124	Carrots, raw	72	1 carrot	2028
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1762
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	1398
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1229
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	853
09277	Plantains, raw	179	1 medium	784
18326	Pie, pumpkin, commercially prepared	109	1 piece	748
09278	Plantains, cooked	154	1 cup	544
11578	Vegetable juice cocktail, canned	242	1 cup	508
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	484
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	407
11960	Carrots, baby, raw	10	1 medium	377
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	330
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	262
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	216
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	195
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	193
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	182
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	171
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	124
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	101
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	87
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	85
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	85
20020	Cornmeal, whole-grain, yellow	122	1 cup	77
11546	Tomato products, canned, paste, without salt added	262	1 cup	76
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	75
09306	Raspberries, frozen, red, sweetened	250	1 cup	73
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	70
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	63
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	62
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	59
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	56
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	55
02009	Spices, chili powder	2.6	1 tsp	54

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
09040	Bananas, raw	150	1 cup	38
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	35
09176	Mangos, raw	207	1 mango	35
09223	Tangerine juice, canned, sweetened	249	1 cup	35
11205	Cucumber, with peel, raw	301	1 large	33
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	32
11333	Peppers, sweet, green, raw	149	1 cup	31
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	30
11821	Peppers, sweet, red, raw	149	1 cup	30
09040	Bananas, raw	118	1 banana	30
11943	Pimento, canned	12	1 tbsp	29
09176	Mangos, raw	165	1 cup	28
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	28
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	28
09060	Carambola, (starfruit), raw	108	1 cup	26
09181	Melons, cantaloupe, raw	160	1 cup	26
11333	Peppers, sweet, green, raw	119	1 pepper	25
09291	Plums, dried (prunes), uncooked	42	5 prunes	24
11821	Peppers, sweet, red, raw	119	1 pepper	24
11206	Cucumber, peeled, raw	280	1 large	22
11090	Broccoli, raw	88	1 cup	22
09060	Carambola, (starfruit), raw	91	1 fruit	22
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	22
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	21
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	20
09200	Oranges, raw, all commercial varieties	180	1 cup	20
09128	Grapefruit juice, white, raw	247	1 cup	20
09302	Raspberries, raw	123	1 cup	20
02029	Spices, parsley, dried	1.3	1 tbsp	19
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	18
11109	Cabbage, raw	70	1 cup	18
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	17
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	17
11819	Peppers, hot chili, red, raw	45	1 pepper	16
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	16
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	15
09206	Orange juice, raw	248	1 cup	15
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	15
09200	Oranges, raw, all commercial varieties	131	1 orange	14
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	14
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	13
09207	Orange juice, canned, unsweetened	249	1 cup	12
11937	Pickles, cucumber, dill	65	1 pickle	12

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08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	12
11439	Sauerkraut, canned, solids and liquids	236	1 cup	12
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	12
11205	Cucumber, with peel, raw	104	1 cup	11
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	11
09181	Melons, cantaloupe, raw	69	1/8 melon	11
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	11
11670	Peppers, hot chili, green, raw	45	1 pepper	10
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	10
11206	Cucumber, peeled, raw	119	1 cup	10
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	9
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	9
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	9
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	9
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	9
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	8
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	8
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	8
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	8
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	8
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	8
11090	Broccoli, raw	31	1 spear	8
09039	Avocados, raw, Florida	28.35	1 oz	8
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	7
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	7
18279	Muffins, corn, commercially prepared	57	1 muffin	7
09038	Avocados, raw, California	28.35	1 oz	7
19056	Snacks, tortilla chips, plain	28.35	1 oz	7
09021	Apricots, raw	35	1 apricot	7
01125	Egg, yolk, raw, fresh	16.6	1 large	6
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	6
09206	Orange juice, raw	86	juice from 1 orange	5
19035	Snacks, popcorn, oil-popped	11	1 cup	5
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	5
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	5
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	5
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	5
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	5
19034	Snacks, popcorn, air-popped	8	1 cup	5
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	4

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08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	4
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	4
11954	Tomatillos, raw	34	1 medium	3
07064	Pork sausage, fresh, cooked	27	1 patty	3
07064	Pork sausage, fresh, cooked	26	2 links	3
11945	Pickle relish, sweet	15	1 tbsp	3
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	3
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	3
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	2
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	2
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2
11333	Peppers, sweet, green, raw	10	1 ring	2
19036	Snacks, popcorn, cakes	10	1 cake	2
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	2
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	2
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	1
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	1
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1
19089	Ice creams, vanilla, rich	74	1/2 cup	1
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	1
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	1
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1
09150	Lemons, raw, without peel	58	1 lemon	1
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	1
18110	Cake, fruitcake, commercially prepared	43	1 piece	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0
18133	Cake, sponge, commercially prepared	30	1 shortcake	0
19013	Snacks, fruit leather, pieces	28.35	1 oz	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
19014	Snacks, fruit leather, rolls	21	1 large	0
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0
04015	Salad dressing, russian dressing	15.3	1 tbsp	0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0
18226	Crackers, rye, wafers, plain	11	1 wafer	0
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0
09193	Olives, ripe, canned (small-extra large)	22	5 large	0

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09226	Papayas, raw	304	1 papaya	0
09236	Peaches, raw	170	1 cup	0
09226	Papayas, raw	140	1 cup	0
09184	Melons, honeydew, raw	160	1/8 melon	0
09236	Peaches, raw	98	1 peach	0
09184	Melons, honeydew, raw	170	1 cup	0
09191	Nectarines, raw	136	1 nectarine	0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0
09152	Lemon juice, raw	47	juice of 1 lemon	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0
09153	Lemon juice, canned or bottled	244	1 cup	0
09087	Dates, deglet noor	41.5	5 dates	0
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0
09094	Figs, dried, uncooked	38	2 figs	0
09160	Lime juice, raw	38	juice of 1 lime	0
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0
09087	Dates, deglet noor	178	1 cup	0
09081	Cranberry sauce, canned, sweetened	57	1 slice	0
09070	Cherries, sweet, raw	68	10 cherries	0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0
11081	Beets, cooked, boiled, drained	50	1 beet	0
11081	Beets, cooked, boiled, drained	170	1 cup	0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0
11015	Asparagus, canned, drained solids	72	4 spears	0
11012	Asparagus, cooked, boiled, drained	60	4 spears	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0

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10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0
11028	Bamboo shoots, canned, drained solids	131	1 cup	0
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0
11156	Chives, raw	3	1 tbsp	0
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0
11143	Celery, raw	40	1 stalk	0
11143	Celery, raw	120	1 cup	0
11084	Beets, canned, drained solids	24	1 beet	0
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0
11084	Beets, canned, drained solids	170	1 cup	0
11135	Cauliflower, raw	13	1 floweret	0
11135	Cauliflower, raw	100	1 cup	0
11114	Cabbage, savoy, raw	70	1 cup	0
11112	Cabbage, red, raw	70	1 cup	0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0
09279	Plums, raw	66	1 plum	0
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0
09294	Prune juice, canned	256	1 cup	0
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0
09298	Raisins, seedless	145	1 cup	0
09266	Pineapple, raw, all varieties	155	1 cup	0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0
09252	Pears, raw	166	1 pear	0
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0

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09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0
09326	Watermelon, raw	152	1 cup	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0
09340	Pears, asian, raw	122	1 pear	0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0
09326	Watermelon, raw	286	1 wedge	0
09055	Blueberries, frozen, sweetened	230	1 cup	0
09316	Strawberries, raw	12	1 strawberry	0
09316	Strawberries, raw	18	1 strawberry	0
09316	Strawberries, raw	166	1 cup	0
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0
09298	Raisins, seedless	14	1 packet	0
09340	Pears, asian, raw	275	1 pear	0
01131	Egg, whole, cooked, poached	50	1 large	0
02028	Spices, paprika	2.1	1 tsp	0
02027	Spices, oregano, dried	1.5	1 tsp	0
02026	Spices, onion powder	2.1	1 tsp	0
02020	Spices, garlic powder	2.8	1 tsp	0
02015	Spices, curry powder	2	1 tsp	0
02010	Spices, cinnamon, ground	2.3	1 tsp	0
02007	Spices, celery seed	2	1 tsp	0
01186	Cheese, cream, fat free	15.6	1 tbsp	0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0
01145	Butter, without salt	14.2	1 tbsp	0
01111	Milk shakes, thick vanilla	313	11 fl oz	0
01132	Egg, whole, cooked, scrambled	61	1 large	0
02047	Salt, table	6	1 tsp	0
01129	Egg, whole, cooked, hard-boiled	50	1 large	0
01128	Egg, whole, cooked, fried	46	1 large	0
01124	Egg, white, raw, fresh	33.4	1 large	0
01123	Egg, whole, raw, fresh	58	1 extra large	0
01123	Egg, whole, raw, fresh	44	1 medium	0
01123	Egg, whole, raw, fresh	50	1 large	0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0

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08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0
01143	Egg substitute, liquid	62.75	1/4 cup	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	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
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
02030	Spices, pepper, black	2.1	1 tsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0
04002	Lard	12.8	1 tbsp	0
02055	Horseradish, prepared	5	1 tsp	0
02050	Vanilla extract	4.2	1 tsp	0
02048	Vinegar, cider	15	1 tbsp	0
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0
01049	Cream, fluid, half and half	15	1 tbsp	0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0
01040	Cheese, swiss	28.35	1 oz	0
01037	Cheese, ricotta, part skim milk	246	1 cup	0
01036	Cheese, ricotta, whole milk	246	1 cup	0
01035	Cheese, provolone	28.35	1 oz	0
01032	Cheese, parmesan, grated	5	1 tbsp	0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0
01053	Cream, fluid, heavy whipping	15	1 tbsp	0



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01019	Cheese, feta	28.35	1 oz	0
01017	Cheese, cream	14.5	1 tbsp	0
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0
01009	Cheese, cheddar	28.35	1 oz	0
01007	Cheese, camembert	38	1 wedge	0
01004	Cheese, blue	28.35	1 oz	0
01030	Cheese, muenster	28.35	1 oz	0
01077	Milk, whole, 3.25% milkfat	244	1 cup	0
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0
01097	Milk, canned, evaporated, nonfat	256	1 cup	0
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0
01095	Milk, canned, condensed, sweetened	306	1 cup	0
01094	Milk, buttermilk, dried	6.5	1 tbsp	0
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0
01052	Cream, fluid, light whipping	15	1 tbsp	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
01072	Dessert topping, pressurized	4	1 tbsp	0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0
01069	Cream substitute, powdered	2	1 tsp	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0
01057	Eggnog	254	1 cup	0
01056	Cream, sour, cultured	12	1 tbsp	0
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0
11297	Parsley, raw	10	10 sprigs	0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0
09042	Blackberries, raw	144	1 cup	0
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0
09011	Apples, dried, sulfured, uncooked	32	5 rings	0
09004	Apples, raw, without skin	110	1 cup	0
09003	Apples, raw, with skin	138	1 apple	0
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0

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08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0
07069	Salami, cooked, beef and pork	56.7	2 slices	0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0
07073	Sandwich spread, pork, beef	15	1 tbsp	0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0
05306	Poultry food products, ground turkey, cooked	82	1 patty	0
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0
05292	Turkey patties, breaded, battered, fried	64	1 patty	0
05277	Chicken, canned, meat only, with broth	142	5 oz	0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0
06119	Gravy, chicken, canned	59.5	1/4 cup	0
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0
06125	Gravy, turkey, canned	59.6	1/4 cup	0
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0
09050	Blueberries, raw	145	1 cup	0
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0
04582	Vegetable oil, canola	14	1 tbsp	0
07065	Pork and beef sausage, fresh, cooked	26	2 links	0
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0
07027	Ham, chopped, not canned	21	2 slices	0
07024	Frankfurter, chicken	45	1 frank	0
07023	Frankfurter, beef and pork	45	1 frank	0
07022	Frankfurter, beef	45	1 frank	0
07017	Chicken roll, light meat	56.7	2 slices	0
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0
06116	Gravy, beef, canned	58.25	1/4 cup	0

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06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0
07072	Salami, dry or hard, pork, beef	20	2 slices	0
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	0
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0
06174	Soup, stock, fish, home-prepared	233	1 cup	0
06166	Sauce, homemade, white, medium	250	1 cup	0
06150	Sauce, barbecue sauce	15.75	1 tbsp	0
07008	Bologna, beef and pork	56.7	2 slices	0
18243	Croutons, seasoned	40	1 cup	0
18319	Pie, fried pies, fruit	128	1 pie	0
18308	Pie, cherry, commercially prepared	117	1 piece	0
18305	Pie, blueberry, commercially prepared	117	1 piece	0
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0
18283	Muffins, oat bran	57	1 muffin	0
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0
18245	Danish pastry, cheese	71	1 danish	0
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0
18239	Croissants, butter	57	1 croissant	0
18235	Crackers, whole-wheat	16	4 crackers	0
18232	Crackers, wheat, regular	8	4 crackers	0
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0
18229	Crackers, standard snack-type, regular	12	4 crackers	0
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0
18220	Crackers, melba toast, plain	20	4 pieces	0
18217	Crackers, matzo, plain	28.35	1 matzo	0
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0
18214	Crackers, cheese, regular	10	10 crackers	0
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0

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19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0
18373	Leavening agents, cream of tartar	3	1 tsp	0
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0
18324	Pie, pecan, commercially prepared	113	1 piece	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0
18360	Taco shells, baked	13.3	1 medium	0
18353	Rolls, hard (includes kaiser)	57	1 roll	0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0
18372	Leavening agents, baking soda	4.6	1 tsp	0
18045	Bread, pumpernickel, toasted	29	1 slice	0
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0
18064	Bread, wheat (includes wheat berry)	25	1 slice	0
18061	Bread, rye, toasted	24	1 slice	0
18060	Bread, rye	32	1 slice	0
18057	Bread, reduced-calorie, white	23	1 slice	0
18055	Bread, reduced-calorie, wheat	23	1 slice	0
18053	Bread, reduced-calorie, rye	23	1 slice	0
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0
18047	Bread, raisin, enriched	26	1 slice	0
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0
18044	Bread, pumpernickel	32	1 slice	0
18041	Bread, pita, white, enriched	28	4" pita	0
18041	Bread, pita, white, enriched	60	6-1/2" pita	0
18040	Bread, oatmeal, toasted	25	1 slice	0
18039	Bread, oatmeal	27	1 slice	0
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0

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18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0
18033	Bread, italian	20	1 slice	0
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0
18027	Bread, egg	40	1/2" slice	0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0
18048	Bread, raisin, toasted, enriched	24	1 slice	0
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0
18177	Cookies, molasses	15	1 cookie, medium	0
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0
18070	Bread, white, commercially prepared, toasted	22	1 slice	0
18170	Cookies, fig bars	16	1 cookie	0
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0
18151	Cookies, brownies, commercially prepared	56	1 brownie	0
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0
19297	Jams and preserves	20	1 tbsp	0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0
20037	Rice, brown, long-grain, cooked	195	1 cup	0
20033	Oat bran, raw	94	1 cup	0
20029	Couscous, cooked	157	1 cup	0
20027	Cornstarch	8.064	1 tbsp	0
20013	Bulgur, cooked	182	1 cup	0
20012	Bulgur, dry	140	1 cup	0
20011	Buckwheat flour, whole-groat	120	1 cup	0
20010	Buckwheat groats, roasted, cooked	168	1 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0

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20005	Barley, pearled, raw	200	1 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0
19353	Syrups, maple	20	1 tbsp	0
19350	Syrups, corn, light	20	1 tbsp	0
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0
19336	Sugars, powdered	8	1 tbsp	0
19335	Sugars, granulated	4.2	1 tsp	0
19334	Sugars, brown	3.2	1 tsp	0
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0
20006	Barley, pearled, cooked	157	1 cup	0
20113	Noodles, chinese, chow mein	45	1 cup	0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	0
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0
21024	Fast foods, french toast sticks	141	5 sticks	0
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0
19296	Honey	21	1 tbsp	0
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0
20110	Noodles, egg, cooked, enriched	160	1 cup	0
20100	Macaroni, cooked, enriched	140	1 cup	0
20089	Wild rice, cooked	164	1 cup	0
20084	Wheat flour, white, cake, enriched	137	1 cup	0
20083	Wheat flour, white, bread, enriched	137	1 cup	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0
20080	Wheat flour, whole-grain	120	1 cup	0
20068	Tapioca, pearl, dry	152	1 cup	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0
19095	Ice creams, vanilla	66	1/2 cup	0
19300	Jellies	19	1 tbsp	0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0
19108	Candies, jellybeans	28.35	10 large	0

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19107	Candies, hard	3	1 small piece	0
19107	Candies, hard	6	1 piece	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0
19097	Sherbet, orange	74	1/2 cup	0
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0
19088	Ice creams, vanilla, light	66	1/2 cup	0
19087	Candies, confectioner's coating, white	170	1 cup	0
19080	Candies, semisweet chocolate	168	1 cup	0
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0
19074	Candies, caramels	10.1	1 piece	0
19071	Candies, carob	28.35	1 oz	0
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0
19294	Fruit butters, apple	17	1 tbsp	0
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0
19270	Ice creams, chocolate	66	1/2 cup	0
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0
19116	Candies, marshmallows	50	1 cup	0
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0
19041	Snacks, pork skins, plain	28.35	1 oz	0
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0



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19129	Syrups, table blends, pancake	20	1 tbsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
19127	Candies, milk chocolate coated raisins	10	10 pieces	0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0
12104	Nuts, coconut meat, raw	45	1 piece	0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0
11955	Tomatoes, sun-dried	2	1 piece	0
11935	Catsup	15	1 tbsp	0
11935	Catsup	6	1 packet	0
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	0
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0
11641	Squash, summer, all varieties, raw	113	1 cup	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0
11549	Tomato products, canned, sauce	245	1 cup	0
11547	Tomato products, canned, puree, without salt added	250	1 cup	0
11540	Tomato juice, canned, with salt added	243	1 cup	0
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0
13348	Beef, cured, corned beef, canned	85.05	3 oz	0
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0

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13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0
12142	Nuts, pecans	28.35	1 oz (20 halves)	0
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0
12167	Nuts, chestnuts, european, roasted	143	1 cup	0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0
11253	Lettuce, green leaf, raw	56	1 cup	0
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0
11282	Onions, raw	110	1 whole	0
11282	Onions, raw	14	1 slice	0
11282	Onions, raw	160	1 cup	0
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
11264	Mushrooms, canned, drained solids	156	1 cup	0
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0
11260	Mushrooms, raw	70	1 cup	0
11284	Onions, dehydrated flakes	5	1 tbsp	0
11253	Lettuce, green leaf, raw	10	1 leaf	0
11251	Lettuce, cos or romaine, raw	10	1 leaf	0
11251	Lettuce, cos or romaine, raw	56	1 cup	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0
11226	Jerusalem-artichokes, raw	150	1 cup	0
11215	Garlic, raw	3	1 clove	0
11213	Endive, raw	50	1 cup	0
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0

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11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0
11461	Spinach, canned, drained solids	214	1 cup	0
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0
11457	Spinach, raw	10	1 leaf	0
11457	Spinach, raw	30	1 cup	0
11445	Seaweed, kelp, raw	10	2 tbsp	0
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0
11429	Radishes, raw	4.5	1 radish	0
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0
11399	Potato puffs, frozen, prepared	79	10 puffs	0
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0
14006	Alcoholic beverage, beer, light	354	12 fl oz	0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0
11364	Potatoes, baked, skin, without salt	58	1 skin	0
11363	Potatoes, baked, flesh, without salt	156	1 potato	0
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0
01001	Butter, salted	14.2	1 tbsp	0
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0
15141	Crustaceans, crab, blue, canned	135	1 cup	0
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0
16008	Beans, baked, canned, with franks	259	1 cup	0
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0
15157	Mollusks, clam, mixed species, raw	85	3 oz	0
16055	Carob flour	8	1 tbsp	0
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0

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15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0
13350	Beef, cured, dried	28.35	1 oz	0
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0
16120	Soy milk, fluid	245	1 cup	0
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0
16112	Miso	68.75	1 cup	0
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0
14181	Chocolate syrup	18.75	1 tbsp	0
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
14277	Grape drink, canned	250	8 fl oz	0
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0

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14242	Cranberry juice cocktail, bottled	253	8 fl oz	0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0
14192	Cocoa mix, powder	28.35	3 heaping tsp	0
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0
14157	Carbonated beverage, root beer	370	12 fl oz	0
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0
14121	Carbonated beverage, club soda	355	12 fl oz	0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0
14194	Cocoa mix, powder, prepared with water	206	1 serving	0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
14429	Water, municipal	237	8 fl oz	0
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
18005	Bagels, cinnamon-raisin	89	4" bagel	0
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0
14347	Shake, fast food, vanilla	333	16 fl oz	0
14346	Shake, fast food, chocolate	333	16 fl oz	0

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14341	Pineapple and orange juice drink, canned	250	8 fl oz	0
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0