NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0
11001	Alfalfa seeds, sprouted, raw	33	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
09003	Apples, raw, with skin	138	1 apple	0
09004	Apples, raw, without skin	110	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
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
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0
09021	Apricots, raw	35	1 apricot	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
11015	Asparagus, canned, drained solids	72	4 spears	17
11012	Asparagus, cooked, boiled, drained	60	4 spears	18
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	43
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	14
09038	Avocados, raw, California	28.35	1 oz	0
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0
18005	Bagels, cinnamon-raisin	89	4" bagel	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
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0
11028	Bamboo shoots, canned, drained solids	131	1 cup	0
09040	Bananas, raw	118	1 banana	0
09040	Bananas, raw	150	1 cup	0
20006	Barley, pearled, cooked	157	1 cup	0
20005	Barley, pearled, raw	200	1 cup	0
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1298
16008	Beans, baked, canned, with franks	259	1 cup	1059
6010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	61
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	815
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

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11081 Beets, cooked, boiled, drained 170 1 cup 18015 Dispute relation and buttomit is an intervention of the second data to be build of the second data	0
18015 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked 27 2-1/2" biscuit 18012 Discuits, plain or buttermilk, refrigerated dough, higher fat, baked 21 21/4" biscuit	0
18013 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked 21 2-1/4" biscuit 00042 Dischbarrier, num 144 1 num	0
D9042 Blackberries, raw 144 1 cup D9055 D1 latin for a stable 220 1	0
09055 Blueberries, frozen, sweetened 230 1 cup	0
09050 Blueberries, raw 145 1 cup	0
D7008 Bologna, beef and pork 56.7 2 slices	0
D7014 Braunschweiger (a liver sausage), pork 56.7 2 slices	0
18079 Bread crumbs, dry, grated, plain 28.35 1 oz	0
18376 Bread crumbs, dry, grated, seasoned 120 1 cup 100002 Dealerstream 100 100	0
18082Bread stuffing, bread, dry mix, prepared1001/2 cup1001/2 cup	0
8027 Bread, egg 40 1/2" slice	0
1/2" slice1/2" slice	0
18033 Bread, italian 20 1 slice	0
18035Bread, Multi-Grain (includes whole-grain)261 slice	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0
18039	Bread, oatmeal	27	1 slice	0
18040	Bread, oatmeal, toasted	25	1 slice	0
18041	Bread, pita, white, enriched	60	6-1/2" pita	0
18041	Bread, pita, white, enriched	28	4" pita	0
18044	Bread, pumpernickel	32	1 slice	0
18045	Bread, pumpernickel, toasted	29	1 slice	0
18047	Bread, raisin, enriched	26	1 slice	0
18048	Bread, raisin, toasted, enriched	24	1 slice	0
18053	Bread, reduced-calorie, rye	23	1 slice	0
18055	Bread, reduced-calorie, wheat	23	1 slice	0
18057	Bread, reduced-calorie, white	23	1 slice	0
18060	Bread, rye	32	1 slice	0
18061	Bread, rye, toasted	24	1 slice	0
18064	Bread, wheat	25	1 slice	0
18065	Bread, wheat, toasted	23	1 slice	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0
18070	Bread, white, commercially prepared, toasted	22	1 slice	0
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0
11090	Broccoli, raw	88	1 cup	0
11090	Broccoli, raw	31	1 spear	0
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0
20011	Buckwheat flour, whole-groat	120	1 cup	0
20010	Buckwheat groats, roasted, cooked	168	1 cup	0
20013	Bulgur, cooked	182	1 cup	0
20012	Bulgur, dry	140	1 cup	0
01001	Butter, salted	14.2	1 tbsp	0
01145	Butter, without salt	14.2	1 tbsp	0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0
11109	Cabbage, raw	70	1 cup	0
11112	Cabbage, red, raw	70	1 cup	14
11112 11114 18088	Cabbage, savoy, raw	70	1 cup	0
	Cake, angelfood, dry mix, prepared	50	1 piece	0
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0
18110	Cake, fruitcake, commercially prepared	43	1 piece	0
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0
18133	Cake, sponge, commercially prepared	30	1 shortcake	0
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19074	Candies, caramels	10.1	1 piece	0
9076	Candies, caramels, chocolate-flavor roll	7	1 piece	0
9071	Candies, carob, unsweetened	28.35	1 oz	0
9100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0
9101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0
9104	Candies, fudge, vanilla with nuts	15	1 piece	0
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0
9106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
9106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
19107	Candies, hard	3	1 small piece	0
9107	Candies, hard	6	1 piece	0
19108	Candies, jellybeans	28.35	10 large	0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0
19116	Candies, marshmallows	50	1 cup	0
19110	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	0
19140	Candies, MASTERFOODS USA, M&M's Panut Chocolate Candies	20	10 pieces	0
19140	Candies, MASTERFOODS USA, MiLKY WAY Bar	18	1 fun size bar	0
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61		0
		57	1 bar (2.15 oz)	
19155	Candies, MASTERFOODS USA, SNICKERS Bar		1 bar (2 oz)	0
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0
19127	Candies, milk chocolate coated raisins	10	10 pieces	0
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0
19080	Candies, semisweet chocolate	168	1 cup	0
19087	Candies, white chocolate	170	1 cup	0
)9060	Carambola, (starfruit), raw	108	1 cup	0
)9060	Carambola, (starfruit), raw	91	1 fruit	0
14121	Carbonated beverage, club soda	355	12 fl oz	0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0
14157	Carbonated beverage, root beer	370	12 fl oz	0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0
16055	Carob flour	8	1 tbsp	0
1655	Carrot juice, canned	236	1 cup	5
1960	Carrots, baby, raw	10	1 medium	0
1128	Carrots, canned, regular pack, drained solids	146	1 cup	0
1125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0
1131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0
11124	Carrots, raw	110	1 cup	1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11124	Carrots, raw	72	1 carrot	1
11935	Catsup	6	1 packet	1003
11935	Catsup	15	1 tbsp	2506
1136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0
11135	Cauliflower, raw	100	1 cup	0
11135	Cauliflower, raw	13	1 floweret	0
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0
11143	Celery, raw	40	1 stalk	0
11143	Celery, raw	120	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
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0
)8259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0
)8069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0
01004	Cheese, blue	28.35	1 oz	0
01007	Cheese, camembert	38	1 wedge	0
01009	Cheese, cheddar	28.35	1 oz	0
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0
01013	Cheese, cottage, creamed, with fruit	226	1 cup	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
01017	Cheese, cream	14.5	1 tbsp	0
01186	Cheese, cream, fat free	15.6	1 tbsp	0
01019	Cheese, feta	28.35	1 oz	0
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0
01030	Cheese, muenster	28.35	1 oz	0

0102 Cheese, paramesing process, american, with di sofium phosphate 28.3.5 1 or 01042 Cheese, postarized process, suissi, with di sofium phosphate 28.3.5 1 or 01035 Cheese, provolone 28.3.5 1 or 01036 Cheese, frootu, and sdim milk 24.6 1 cup 01036 Cheese, ricotu, part sdim milk 24.6 1 cup 01040 Cheese, ricotu, part sdim milk 24.6 1 cup 01040 Cheese, ricotu, and sdim milk 24.6 1 cup 01040 Cheese, ricotu, and sdim, comed, sdift, includes 24.4 1 cup 01040 Cheries, sour, ref, cumed, vater pack, solids and liquids (includes) 24.4 1 cup 01070 Chricken, bonilers or fryens, breast, meet all skin, cooked, foasted 86 12 breast 05073 Chicken, bonilers or fryens, bleast, meet ally, cooked, roasted 52 1 drigh 05072 Chicken, bonilers or fryens, bleast, meet ally, cooked, roasted 52 1 drigh 05073 Chicken, bonilers or fryens, bleast, meet ally, cooked, roasted 54 1 cup 05072 Chi	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
010440Cheese, partenized process, wins, with di sodium phophate28.351 oz01035Cheese, rootun, part skim milk.26.351 cup01036Cheese, rootun, and skim milk.26.01 cup01036Cheese, rootun, and skim milk.28.351 cup01040Cheese, swiss, cuanael, water pack, solids and liquids (includes28.351 cup01070Checke, swist, cuanael, water pack, solids and liquids (includes24.01 cup01071Checken, broilers or fyres, breast, meat and skin, cocked, fried, batter40.01 2 breast01082Checken, broilers or fyres, breast, meat and only, cocked, roasted44.01 cup01072Checken, broilers or fyres, breast, meat and skin, cocked, fried, batter4 cup1 cup01083Checken, broilers or fyres, thesta, meat and only, cocked, roasted52.01 cup01084Checken, broilers or fyres, thesta, meat and skin, cocked, fried, batter1 cup1 cup01085Checken, broilers or fyres, thesta, meat and skin, cocked, fried, batter1 cup1 cup01084Checken, broilers or fyres, thesta, meat and skin, cocked, fried, batter1 cup1 cup01085Checken, broilers or fyres, thesta, meat and skin, cocked, fried, batter1 cup1 cup01185Checken, broilers or fyres, thesta, meat and skin, cocked, fried, batter1 cup1 cup01185Checken, broilers or fyres, thesta, meat and skin, cocked, fried, batter1 cup1 cup01186Checken, horeilers or fyres, thesta, cocked, simmerd1 cup<	01032	Cheese, parmesan, grated	5	1 tbsp	0
01035Chesse, provolone28.351 oz01037Chesse, ricotta, part skim milk2461 cup01040Chesse, ricotta, part skim milk2461 cup01040Chesse, ricotta, whole milk2431 cup01041Cherries, sour, red, camed, water pack, solids and liquids (includes2441 cup01070Chicken not, light meat6810 cherries010716Chicken not, light meat6812 breast01072Chicken, broilers or fryers, breast, meat and skin, cocked, field, batter14012 breast01073Chicken, broilers or fryers, breast, meat only, cooked, rostad8612 cherast01073Chicken, broilers or fryers, gheast, meat only, cooked, forstad8612 cherast01073Chicken, broilers or fryers, gheast, meat only, cooked, rostad861 cup01074Chicken, sterving, matering, meat only, cooked, stanwerd1451 cup01074Chicken, sterving, meat only, cooked, stanwerd1401 cup01074Chicken, sterving, meat only, cooked, stanwerd1401 cup01075Chicken, sterving, meat only, cooked, stanwerd1601 cup11156Chicken, sterving, meat only, conked, vintourd21.62-3 leaping tup11156Chicken, sterving1 tup1 cup11156Chicken, sterving, matter werds, cooked,1611 cup11156Chicken, sterving1 cup2-3 leaping tup11156Chicken, sterving, atdadd, powder12.02-3 leaping tup <td>01042</td> <td>Cheese, pasteurized process, american, with di sodium phosphate</td> <td>28.35</td> <td>1 oz</td> <td>0</td>	01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0
90037Cheese, ricotta, part skim milk2461 cup01036Cheese, roicotta, whole milk2461 cup01040Cheese, swiss28.351 cup09064Qibories, orgen, reducamed, water pack, folids and liquids (includes)24.41 cup09071Chicken, roll, light meat56.72 slices09072Chicken, broilers or fryers, heast, meat and skin, cooked, roasted401.2 breast09073Chicken, broilers or fryers, heast, meat and skin, cooked, roasted861.2 breast09074Chicken, broilers or fryers, hights, cooked, roasted861.2 breast09075Chicken, broilers or fryers, hights, cooked, roasted151.0 cup09076Chicken, broilers or fryers, hights, cooked, roasted9.61.0 cup09077Chicken, broilers or fryers, hights, cooked, roasted9.61.0 cup09078Chicken, broilers or fryers, hights, cooked, roasted19.61.0 cup09078Chicken, broilers or fryers, hights, cooked, roasted19.61.0 cup09079Chicken, broilers or fryers, hights, cooked, roasted19.61.0 cup09079Chicken, broilers or fryers, hights, cooked, roasted19.61.0 cup09079Chicken, broilers or fryers, hights, cooked, roasted10.0 cup1.0 cup09071Chicken, broilers or fryers, hights, cooked, roasted10.0 cup1.0 cup09072Chicken, broilers or fryers, hights, chick whole1.0 cup1.0 cup09174Chicken, broilers or fryers, hights, cup2	01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0
01036Cheese, sirolta, whole milk246I cap01040Cheese, swiss28.3412 cap01040Cheese, swiss28.4412 opa01040Chereis, soort, rel, camed, water pack, solids and liquids (includes)28.4410 oberries01071Chicken roll, light meat6810 cherries01084Chicken, horiles or tryers, hease, meat and skin, cooked, risk, haat8612 breakt01085Chicken, horiles or tryers, hease, meat and skin, cooked, risk8614 drumstick01086Chicken, horiles or tryers, hease, meat and skin, cooked, risk8614 drumstick01087Chicken, horiles or tryers, highe, meat only, cooked, roasted8614 drumstick010805Chicken, horiles or tryers, highe, meat only, cooked, roasted14014 drumstick010805Chicken, horiles or tryers, high, meat only, cooked, roasted14016 up010807Chicken, arwing, meat only, cooked, roasted14016 up010807Chicken, streing, meat only, cooked, roasted16416 up011805Chicken, streing, meat only, cooked, roasted16412 up010807Chicken, streing, meat only, cooked, roasted16412 up011805Chicken, streing, meat only, cooked, roasted16412 up011805Chicken, streing, meat only, cooked, roasted1612 up011805Chicken, streing, meat only, cooked, roasted1612 up011805Chicken, streing, meat only, cooked, roasted16 up12 up	01035	Cheese, provolone	28.35	1 oz	0
010400Cheers, swiss28.351 or090641Cherries, sour, red, canned, water pack, solids at liquids (includes)2441 cup090700Cherries, sour, red, canned, water pack, solids at liquids (includes)2441 cup090710Cherries, swiss680 cherries,090730Chicken, hruligs or fyres, hreast, mat and skin, cooked, rotsted861 2 braast090730Chicken, bruiles or fyres, hreast, mat and skin, cooked, rotsted861 dramstick090730Chicken, bruiles or fyres, siphets, cooked, insted441 dramstick090730Chicken, bruiles or fyres, siphets, cooked, insted151 sup090740Chicken, bruiles or fyres, siphets, cooked, insted1401 sup090750Chicken, inver, at licass, cooked, insted19.61 sup091740Chicken, inver, at licass, cooked, insted1401 sup091750Chicken, inver, at licas, cooked, insted1641 sup091761Chicken, inver, at licas, cooked, insted1641 sup091761Chicken, inver, at licas, cooked, insted1641 sup19186Chicken, inver, at licas, cooked, insted1641 sup19187Chicken, inver, at licas, sup at adult, powder, without adule18.71 sup19186Chicken, inver, at licas, sup at adule, powder, prepared with whot milk2661 sup19187Chocolae sing in sup at adule, powder, prepared with whot milk28.51 sup19184Chocolae sing in sup at adule, powder, prepared with apu	01037	Cheese, ricotta, part skim milk	246	1 cup	0
09096Charles, sour, red, canned, water pack, solids and liquids (includes USDA commodity red art cherics, canned)2441 cup09070Chrices, swiet, rew6810 cherries09071Chicken, broilers or fyres, breast, meat and sin, cooked, rotated8612 breast08080Chicken, broilers or fyres, breast, meat and sin, cooked, rotated8612 breast08071Chicken, broilers or fyres, framst, meat only, cooked, rotated8612 breast08072Chicken, broilers or fyres, dimutsick, meat only, cooked, rotated8612 breast08078Chicken, broilers or fyres, dimutsick, meat only, cooked, rotated871 sup08079Chicken, broilers or fyres, dimutsick, meat only, cooked, rotated1401 cup08071Chicken, broilers or fyres, dimutsick, meat only, cooked, rotated1401 cup08072Chicken, steving, meat only, cooked, steved1401 cup08073Chicken, steving, meat only, cooked, steved1841 cup08174Chicken asteving, meat only, cooked, repared without didde21.62.3 haaping tsp18175Chicken asteving, meat only, cooker, prepared with whoe milk2661 cup18174Chocoalare flavor beerage mix, powder, prepared with whore milk261 serving18184Cocoa mix, powder, prepared with water12 cup1 serving18185Cocoa mix, powder, prepared with water1901 cup18186Cocoa mix, powder, prepared with water12 cup1 cup18187Cocoa mix, powder, prepare	01036	Cheese, ricotta, whole milk	246	1 cup	0
USDA commodity replant cherries, canned) 68 10 cherries 07017 Chicken roll, light meat 56.7 2 slices 07018 Chicken roll, light meat 140 1.2 breast 05058 Chicken, broilers or fryers, breast, meat and skin, cooked, roasted 86 1.2 breast 05074 Chicken, broilers or fryers, dumstick, meat only, cooked, roasted 44 1 dramstick 05072 Chicken, broilers or fryers, thigh, meat only, cooked, roasted 52 1 thigh 05078 Chicken, broilers or fryers, thigh, meat only, cooked, roasted 19.6 1 liver 05078 Chicken, broilers or fryers, thigh, meat only, cooked, roasted 19.6 1 liver 05126 Chicken, instern, and only, with broth 12 5 oz 05126 Chicken, instern, and only, with broth 141 1 cup 05126 Chicken, instern, and only, with properties, cooked, and the stern 1 step 14156 Chicken, instern, instern, provider, reprared with water 1 cup 14171 Chocolate Strup 1 step 1 step 14181 Chocolate strup 1 step 1 st	01040	Cheese, swiss	28.35	1 oz	0
07017Chicken roll, light meat5672 slices05058Chicken, brölers or fryers, breast, meat and skin, cooked, fried, bar14012 breast05044Chicken, brölers or fryers, breast, meat and skin, cooked, roasted86012 breast0507Chicken, brölers or fryers, dramstick, meat only, cooked, roasted441 dramstick05022Chicken, brölers or fryers, dramstick, meat only, cooked, roasted1425 oz05038Chicken, camed, meat only, vib broth1425 oz05040Chicken, stem, meat only, vib broth1425 oz05052Chicken, stem, meat only, cooked, stewed1401 cup05126Chicken, stem, meat only, cooked, stewed1641 cup05126Chicken, stem, meat only, cooked, stewed31 brap14181Chocolate strup122 oz envice14182Chocolate strup212 oz envice14174Chocolate strup212 oz envice14175Chocolate strup envice, prepared with water2661 serving14184Cocon mix, no strue, prepared with water2061 serving14194Cocon mix, sowate, repeared with water1786 li oz14195Cocon anix, sowate, repeared with water1786 li oz14194Cocon anix, with apartamer, prepared1796 li oz14194Cocon anix, with apartamer, prepared1796 li oz14195Cocon anix, with apartamer, prepared1706 li oz14194Cocon anix, with ap	09064		244	1 cup	0
Chicken, brokers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast05064Chicken, broklers or fryers, breast, meat andy, cooked, roasted861/2 breast05073Chicken, broklers or fryers, thigh, meat only, cooked, roasted441 durmatick05084Chicken, broklers or fryers, thigh, meat only, cooked, roasted1451 cup05078Chicken, broklers or fryers, thigh, meat only, cooked, roasted521 high05074Chicken, tread, lacasse, cooked, simmerd19.61 kurr05126Chicken, stewing, meat only, cooked, stewed1401 cup05126Chicken, stewing, meat only, cooked, stewed1401 cup05126Chicken, stewing, meat only, cooked, stewed31 hsp11156Chives, raw31 hsp11156Chives, raw31 hsp11157Chocolate-flavor beverage mix for milk, powder, without added21.62.3 heaping tsp11177Chocolate-flavor beverage mix for milk, powder, without added2661 cup11180Cocoa mix, nowagar added, powder151/2 oz envelope11492Cocoa mix, powder, prepared with water1921 serving11494Cocoa mix, powder, prepared with water1921 serving11495Cocoa mix, with agartame, powder, prepared with water1796 fl oz11494Cocoa mix, with agartame, powder, prepared1796 fl oz11494Cocoa mix, with agartame, powder, prepared1701 cup1155Cocoa, m	09070	Cherries, sweet, raw	68	10 cherries	0
90964Chicken, broilers or fyers, breast, meat only, cooked, roasted8612 breast90771Chicken, broilers or fyers, tightes, cooked, smared1451 drunstick90782Chicken, broilers or fyers, tightes, cooked, smared1425 oz90784Chicken, broilers or fyers, tighten at only, cooked, roasted51 hirer90784Chicken, fiver, all classes, cooked, simmered1941 cap90784Chicken, steving, meat only, cooked, steved1401 cap90784Chicken, steving, meat only, cooked, steved1401 cap90814Chicken, steving, meat only, cooked, steved31 brsp918156Chicken, steving, meat only, cooked, steved31 brsp918156Chicken, steving, meat only, cooked, steved31 brsp918156Chocolate strup87.001 brsp918157Chocolate flavor beverage mix for milk, powder, without added21.62.3 breaping tsp914178Chocolate strup28.353 leaping tsp914179Chocolate strup owder, prepared with water2061 serving914180Cocon mix, no sugar added, powder1901 serving914194Cocon mix, nowder, prepared with water1921 cap914194Cocon mix, nowder, unswetened541 dsp914194Cocon atix, nowed, without adt1701 cap914194Colark, cowder, bouled, drained, without salt1701 cap914194Colark, cowder, bouled, drained, without salt101 cap <td>07017</td> <td>Chicken roll, light meat</td> <td>56.7</td> <td>2 slices</td> <td>0</td>	07017	Chicken roll, light meat	56.7	2 slices	0
90073Chicken, broilers or fryers, drumstick, meat only, cooked, roasted44I drumstick90122Chicken, broilers or fryers, highen, eat only, cooked, roasted52I cup90138Chicken, liver, and classes, cooked, simmered1425 oz90134Chicken, liver, and classes, cooked, simmered140I cup90135Chicken, stewing, meat only, cooked, stewed140I cup90136Chicken, stewing, meat only, cooked, stewed164I cup90137Chicken, stewing, meat only, cooked, stewed164I cup90137Chicken, stewing, meat only, cooked, stewed164I cup90137Chicken, stewing, meat only, cooked, stewed164I cup90137Chickens, stewing, meat only, cooked, stewed164I cup90137Chickens, stewing, meat only, cooked, stewed164I cup90137Chickens, stewing, meat only, cooked, stewed21.63 bacping tsp90137Chickens, stewing, meat only, cooked, stewed21.63 bacping tsp90148Chocolate strup28.353 bacping tsp90149Chocolate strup28.353 bacping tsp90149Cocoa mix, no sugar added, powder1786 fl oz90149Cocoa mix, nowader prepared with water924 serving90149Cocoa mix, nowader stepared with ap water1786 fl oz90149Coffee, brewed, forgenade, without salt1706 fl oz90149Coffee, brewed, spresso, restaurant-prepared601 cup	05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0
08022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup05098Chicken, broilers or fryers, tligh, meat only, cooked, roasted521 thigh05277Chicken, inver, all classes, cooked, simmered19.61 liver05126Chicken, inver, all classes, cooked, simmered1401 cup05126Chicken, inver, all classes, cooked, simmered1641 cup16057Chicken, stewing, meat only, cooked, stewed1641 cup16156Chives, raw31 thsp11156Chives, raw31 thsp11187Chocolate Syrup18.751 thsp11186Chocolate Syrup28.661 cup11177Chocolate-flavor beverage mix, powder, without added21.61 cup11178Cocoa mix, no sugar added, powder28.353 heaping tsp11190Cocoa mix, powder, mepared with water2921 serving11192Cocoa mix, powder, unsweetned5.41 thsp11193Chocoa trix, powder, unsweetned5.41 thsp11194Cocoa mix, powder, unsweetned1921 flo11195Cocoa, dry powder, unsweetned5.41 thsp11204Coffee, instart-gregared with tap water1921 flo11419Cocoa mix, powder, ensuartan-prepared602 flo114215Coffee, instart-gregared, with at water1796 flo1151Cocoa, dry powder, unsweetned1701 cup1162Collards, cocked, boiled, drained, without sa	05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0
05098Chicken, bröllers or fryers, high, ment only, cooked, roasted521 high05277Chicken, canned, meat only, with broth1425 oz05028Chicken, tiver, all classes, cooked, simmered19.61 liver05026Chicken, stewing, meat only, cooked, stewed1401 cup10057Chickens stewing, meat only, cooked, stewed1641 cup10057Chickens stewing, meat only, cooked, stewed31 tbsp11058Chickes, ray31 tbsp11154Chicoclate syrup18.751 tbsp11417Chocolate-flavor beverage mix for milk, powder, prepared with wole milk2661 cup11418Cocoa mix, no sugar added, powder151 2 oz envelope114194Cocoa mix, no sugar added, powder1923 heaping tsp114195Cocoa mix, nowder, prepared with water1921 serving14194Cocoa mix, nowder, prepared with water1921 serving14195Cocoa mix, nowder, prepared with water1921 serving14194Cocoa mix, nowder, prepared with water1921 serving14205Coffec, breved, spresso, restaurant-prepared602 fl oz14215Coffec, breved, spresso, restaurant-prepared602 fl oz14216Colfec, breved, spresso, restaurant-prepared1901 cup14216Colfec, breved, somercially prepared, michend stall1001 cup14216Colfec, breved, somercially prepared, neithend stall1 cup14217Col	05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0
05277Chicken, canned, maar only, with broth1425 oz05028Chicken, liver, all classes, cooked, simmered19.6I liver05126Chicken, stewing, meat only, cooked, stewed1401 cup0517Chickepsa (grahvaro beans, bengal gram), mature seeds, cooked,1641 cup11156Chives, raw31 thsp11157Chocolate styup18.751 hsp14175Chocolate-flavor beverage mix, for milk, powder, without added21.62-3 heaping tsp14176Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14194Cocoa mix, no sugar added, powder151/2 oz envelope14195Cocoa mix, no sugar added, powder28.353 heaping tsp14194Cocoa mix, powder, prepared with water1921 serving14195Cocoa mix, powder, prepared with tay water1786 fl oz14200Coffee, brewed from grounds, prepared with tay water1796 fl oz14215Coffee, brewed, spressor, estaurant-prepared1796 fl oz14215Coffee, forseud, repared with water1901 cup11162Colates', forzen, chopped, cosoked, broited, drained, without salt1701 cup11163Cookies, brownies, dry mix, special dietary, prepared541 brownie11164Colates', forzen, chopped, cosoked, broited, drained, without salt1701 cup11165Cookies, brownies, dry mix, special dietary, prepared51 brownie11164Colates', bro	05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	17
05028Chicken, liver, all classes, cooked, simmered19.6I liver05126Chicken, stewing, meat only, cooked, stewed1401 cup16057Chicken, stewing, meat only, cooked, stewed1641 cup16057Chicken, stawing, meat only, cooked, stewed1641 cup11156Chives, raw31 thsp11157Chocolate-flavor beverage mix, for milk, powder, without added21.62.3 heaping tsp14170Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14172Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14194Cocoan mix, sogur added, powder28.353 heaping tsp14195Cocoan mix, powder2061 serving14196Cocoan mix, powder, prepared with water1921 serving14197Cocoan mix, powder, prepared with water1921 serving14198Cocoan mix, powder, prepared with water1796 fl o.214210Coffee, brewed, espresso, restaurant-prepared1796 fl o.214215Coffee, brewed, boiled, drained, without salt1791 cup11164Collards, forzen, chopped, cocked, boiled, drained, without salt1901 cup11174Cookies, brownies, commercially prepared, eng, higher fat, enriched1 cookie1 cookie11185Cookies, brownies, commercially prepared, eng, higher fat, enriched1 cookie1 cookie11185Cookies, chocolate sandwich, with creme filling, regular161 co	05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0
ObjectChicken, stewing, meat only, cooked, stewed1401 cup16057Chicken gave (garbanzo beans, bengal gram), mature seeds, cooked, bields, without sall1641 cup11156Chives, raw31 thsp11157Chicoclate syrup18.751 thsp14173Chocolate syrup21.62.3 heaping tsp14174Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14194Cocoa mix, no sugar added, powder28.353 heaping tsp14195Cocoa mix, nowder28.353 heaping tsp14196Cocoa mix, powder, prepared with water2061 serving14197Cocoa mix, powder, prepared with water921 serving14198Cocoa mix, powder, prepared with tap water1786 fl oz14209Coffee, brewed from grounds, prepared with tap water1796 fl oz14210Coffee, brewed, spressor, estaurant-prepared1796 fl oz14215Coffee, brewed, solied, drained, without salt1701 cup11162Colards, cocked, boiled, drained, without salt1701 cup11164Cookies, brownies, drumix, special dietary, prepared221 brownie1117Cookies, brownies, drumix, special dietary, prepared161 cookie11181Cookies, brownies, drumix, special dietary, prepared211 cookie11164Colards, cooced, boiled, drained, without salt101 cookie11182Cookies, brownies, drumix, special dietary, prepared2 </td <td>05277</td> <td>Chicken, canned, meat only, with broth</td> <td>142</td> <td>5 oz</td> <td>0</td>	05277	Chicken, canned, meat only, with broth	142	5 oz	0
16057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without sait1641 cup1156Chives, raw31 thsp1157Chocolate syrup18.751 thsp14181Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14194Cocoa mix, no sugar added, powder151/2 oz envelope14195Cocoa mix, no sugar added, powder28.353 heaping tsp14194Cocoa mix, powder, prepared with water2061 serving19165Cocoa mix, with aspartame, powder, prepared with water1921 serving19165Cocoa mix, with aspartame, powder, prepared with water1786 fl oz14209Coffee, brewed, espresso, restaurant-prepared602 rup1162Colfred, brewed, boiled, drained, without salt1901 cup1164Collards, cocked, boiled, drained, without salt1701 cup1165Cookies, brownies, commercially prepared561 brownie18157Cookies, brownies, drymix, special dietary, prepared, mich without salt101 cookie18158Cookies, chocolate sandwich, with creme filling, regular161 cookie18159Cookies, chocolate sandwich, with creme filling, regular161 cookie18150Cookies, chocolate sandwich, with creme filling, regular161 cookie18174Cookies, chocolate sandwich, with creme filling, regular16<	05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	4
boiled, without salt31 thsp11156Chives, raw31 thsp14181Chocolate syrup18.751 thsp14175Chocolate-flavor beverage mix, powder, without added autrients2.162.3 heaping tsp14177Chocolate-flavor beverage mix, powder, prepared with whole milk tocolate-flavor beverage mix, powder, prepared with whole milk2.661 cup14196Cocoa mix, no sugar added, powder151/2 oz envelope14192Cocoa mix, no sugar added, powder28.353 heaping tsp14194Cocoa mix, no wder, prepared with water2061 serving14390Cocoa mix, with aspartame, powder, prepared with water1921 serving14390Cocoa mix, with aspartame, powder, prepared with water1921 serving14195Coffee, brewed, spressor, estaurant-prepared602 fl oz14200Coffee, brewed, spressor, estaurant-prepared602 fl oz14215Coffee, brewed, spressor, estaurant-prepared602 fl oz141162Collards, cocked, boiled, drained, without salt1701 cup11163Cookies, brownies, commercially prepared, miched561 brownie18151Cookies, brownies, drommercially prepared, engiher fat, enriched1 cookie1 cookie18152Cookies, chocolate sandwich, with creme filling, regular101 cookie18153Cookies, graham crackers, plain or honey (includes cinnamon)141 cup18174Cookies, graham crackers, plain or honey (includes cinnamon)	05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0
14181Chocolate syrup18.751 ksp14175Chocolate-flavor beverage mix for milk, powder, without added nutrients21.62-3 heaping tsp14177Chocolate-flavor beverage mix, powder, prepared with whole milk to Chocotate-flavor beverage mix, powder, prepared with whole milk to Chocotate-flavor beverage mix, powder, prepared with whole milk to Cocoa mix, no sugar added, powder2661 cup14196Cocoa mix, no sugar added, powder28.353 heaping tsp14192Cocoa mix, powder, prepared with water2061 serving14390Cocoa mix, with aspartame, powder, prepared with water1921 serving14300Cocoa, mix, with aspartame, powder, prepared with tap water1786 fl oz14209Coffee, brewed from grounds, prepared with tap water1786 fl oz14210Coffee, brewed, espresso, restaurant-prepared602 fl oz14215Coffee, instant, regular, prepared with water1901 cup14162Collards, cooked, boiled, drained, without salt1701 cup11163Colkies, brownice, commercially prepared221 brownie18154Cookies, brownice, dry mix, paccial dietary, prepared21 brownie18155Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched11 cookie18170Cookies, chocolate sandwich, with creme filling, regular161 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18174Cookies, graham crackers, plain or honey (incl	16057		164	1 cup	0
14175Chocolate-flavor beverage mix, for milk, powder, without added nutrients21.62-3 heaping tsp14177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14196Cocoa mix, no sugar added, powder151/2 oz envelope14192Cocoa mix, powder28.353 heaping tsp14194Cocoa mix, powder, prepared with water2061 serving14195Cocoa mix, with aspartame, powder, prepared with water1921 serving14196Cocoa mix, with aspartame, powder, prepared with water1921 serving14197Coffee, brewed from grounds, prepared with tap water1786 fl oz14209Coffee, brewed, espresso, restaurant-prepared602 fl oz14215Coffee, brewed, espresso, restaurant-prepared1901 cup1162Collards, cooked, boiled, drained, without salt1901 cup1164Collards, frozen, chopped, cooked, boiled, drained, without salt1701 cup18151Cookies, brownies, commercially prepared, enciched51 cookie18155Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie18170Cookies, chocolate sandwich, with creme filling, regular101 cookie18173Cookies, chocolate sandwich, with creme filling, regular161 cup18174Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, graham crackers, plain or honey (includes cinnamon)241 cookie	11156	Chives, raw	3	1 tbsp	0
nutrients14177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup14196Cocoa mix, posugar added, powder151/2 oz envelope14192Cocoa mix, powder28.353 heaping tsp14194Cocoa mix, powder, prepared with water2061 serving14195Cocoa mix, with aspartame, powder, prepared with water1921 serving19165Cocoa, dry powder, unsweetened5.41 tbsp14209Coffee, brewed from grounds, prepared with tap water1786 fl oz14210Coffee, brewed, espresso, restaurant-prepared602 fl oz14215Coffee, instant, regular, prepared with water1906 fl oz11162Collards, forozen, chopped, cooked, boiled, drained, without salt1901 cup11164Collards, frozen, chopped, cooked, boiled, drained, without salt1701 cup18151Cookies, brownies, commercially prepared, enriched51 brownie18152Cookies, brownies, commercially prepared, enriched51 cookie18154Cookies, chocolate sandwich, with creme filling, regular101 cookie18175Cookies, fig bars161 cookie18176Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18177Cookies, graham crackers, plain or honey (includes cinnamon)141 cup18178Cookies, molases121 cookie, large (3-1/2" to 4"18177Cookies, molases151 cookie, medium	14181	Chocolate syrup	18.75	1 tbsp	0
14196Cocoa mix, no sugar added, powder151/2 oz envelope14192Cocoa mix, powder28.353 heaping tsp14194Cocoa mix, powder, prepared with water2061 serving14390Cocoa mix, with aspartame, powder, prepared with water1921 serving19165Cocoa, dry powder, unsweetened5.41 tbsp14209Coffee, brewed from grounds, prepared with tap water1786 fl oz14210Coffee, brewed, espresso, restaurant-prepared602 fl oz14215Coffee, instant, regular, prepared with water1796 fl oz11162Collards, cooked, boiled, drained, without salt1901 cup11164Collards, cooked, boiled, drained, without salt1701 cup11165Cookies, brownies, commercially prepared561 brownie18150Cookies, brownies, commercially prepared, enriched51 cookie18151Cookies, brownies, dry mix, special dietary, prepared, reg, higher fat, enriched101 cookie18173Cookies, chocolate andwich, with creme filling, regular101 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18174Cookies, molasses321 cookie, large (3-1/2" to 4"18174Cookies, molasses151 cookie18175Cookies, molasses151 cookie18174Cookies, nolasses151 cookie18175Cookies, molasses151 cookie18174 <td< td=""><td>14175</td><td></td><td>21.6</td><td>2-3 heaping tsp</td><td>0</td></td<>	14175		21.6	2-3 heaping tsp	0
14192Cocoa mix, powder28.353 heaping tsp14194Cocoa mix, powder, prepared with water2061 serving14390Cocoa mix, with aspartame, powder, prepared with water1921 serving19165Cocoa, dry powder, unsweetened5.41 tbsp14209Coffee, brewed from grounds, prepared with tap water1786 fl oz14210Coffee, brewed, espresso, restaurant-prepared602 fl oz14215Coffee, instant, regular, prepared with water1796 fl oz11162Collards, cooked, boiled, drained, without salt1901 cup11164Collards, forzen, chopped, cooked, boiled, drained, without salt1701 cup18151Cookies, brownies, dry mix, special dietary, prepared51 brownie18155Cookies, brownies, dry mix, special dietary, prepared51 cookie18155Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie18170Cookies, fip bars161 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18174Cookies, molasses321 cookie, large (3-1/2" to 4"18174Cookies, molasses151 cookie18175Cookies, ontaneal, commercially prepared, regular101 cookie, large (3-1/2" to 4"18175Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18174Cookies, molasses321 cookie, large (3-1/2" to 4"18174 <t< td=""><td>14177</td><td>Chocolate-flavor beverage mix, powder, prepared with whole milk</td><td>266</td><td>1 cup</td><td>0</td></t<>	14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0
14194Cocoa mix, with aspartame, powder, prepared with water2061 serving14390Cocoa mix, with aspartame, powder, prepared with water1921 serving19165Cocoa, dry powder, unsweetened5.41 thsp14209Coffee, brewed from grounds, prepared with tap water1786 fl oz14210Coffee, brewed, espresso, restaurant-prepared602 fl oz14215Coffee, instant, regular, prepared with water1796 fl oz11162Collards, cooked, boiled, drained, without salt1901 cup11164Collards, frozen, chopped, cooked, boiled, drained, without salt1701 cup18151Cookies, brownies, commercially prepared561 brownie18152Cookies, brownies, dry mix, special dietary, prepared221 brownie18153Cookies, chocolate chip, commercially prepared, erg, higher fat, enriched101 cookie18174Cookies, chocolate sandwich, with creme filling, regular101 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18174Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18175Cookies, molasses321 cookie, large (3-1/2" to 4"18174Cookies, molasses321 cookie, large (3-1/2" to 4"18175Cookies, oatmeal, commercially prepared, fat-free111 cookie18174Cookies, oatmeal, commercially prepared, fat-free111 cookie18175Cookies, oatmeal, commercia	14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0
HardCocoa mix, with apartame, powder, prepared with water1921 serving19165Cocoa, dry powder, unsweetened5.41 thsp14209Coffee, brewed from grounds, prepared with tap water1786 fl oz14210Coffee, brewed, espresso, restaurant-prepared602 fl oz14215Coffee, instant, regular, prepared with water1796 fl oz1162Collards, cooked, boiled, drained, without salt1901 cup11164Collards, frozen, chopped, cooked, boiled, drained, without salt1701 cup18151Cookies, brownies, ommercially prepared561 brownie18197Cookies, brownies, dry mix, special dietary, prepared221 brownie18155Cookies, bouter, commercially prepared, enriched51 cookie18156Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie18170Cookies, chocolate sandwich, with creme filling, regular101 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18174Cookies, molasses321 cookie, medium18175Cookies, molasses321 cookie, medium18174Cookies, molasses151 cookie, medium18175Cookies, molasses151 cookie, medium18174Cookies, oatmeal, commercially prepared, fat-free111 cookie18175Cooki	14192	Cocoa mix, powder	28.35	3 heaping tsp	0
111<	14194	Cocoa mix, powder, prepared with water	206	1 serving	0
14209Coffee, brewed from grounds, prepared with tap water1786 fl oz14210Coffee, brewed, espresso, restaurant-prepared602 fl oz14215Coffee, instant, regular, prepared with water1796 fl oz11162Collards, cooked, boiled, drained, without salt1901 cup11164Collards, frozen, chopped, cooked, boiled, drained, without salt1701 cup18151Cookies, brownies, commercially prepared561 brownie18197Cookies, brownies, dry mix, special dietary, prepared221 brownie18155Cookies, chocolate chip, commercially prepared, erg, higher fat, enriched101 cookie18166Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie18170Cookies, chocolate sandwich, with creme filling, regular101 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18174Cookies, molasses321 cookie, large (3-1/2" to 4"18175Cookies, nolasses151 cookie, medium18174Cookies, outmencially prepared, fat-free111 cookie18175Cookies, nolasses221 cookie, medium18174Cookies, dotinate, commercially prepared, fat-free111 cookie18175Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18177Cookies, nolasses15 </td <td>14390</td> <td>Cocoa mix, with aspartame, powder, prepared with water</td> <td>192</td> <td>1 serving</td> <td>0</td>	14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0
14210Coffee, brewed, espresso, restaurant-prepared602 fl oz14215Coffee, instant, regular, prepared with water1796 fl oz11162Collards, cooked, boiled, drained, without salt1901 cup11164Collards, frozen, chopped, cooked, boiled, drained, without salt1701 cup18151Cookies, brownies, commercially prepared561 brownie18197Cookies, brownies, dry mix, special dietary, prepared221 brownie18155Cookies, chocolate chip, commercially prepared, erg, higher fat, enriched101 cookie18166Cookies, chocolate sandwich, with creme filling, regular101 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18174Cookies, molasses321 cookie, large (3-1/2" to 4"18175Cookies, molasses151 cookie18176Cookies, oatmeal, commercially prepared, fat-free111 cookie18175Cookies, molasses221 cookie18176Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18174Cookies, molasses321 cookie, large (3-1/2" to 4"18175Cookies, oatmeal, commercially prepared, fat-free111 cookie18176Cookies, oatmeal, commercially prepared, fat-free121218175Cookies, oatmeal, commercially prepared, fat-free121218176Cookies, oatmeal, commercially prepared, fat-free111 cookie <td>19165</td> <td>Cocoa, dry powder, unsweetened</td> <td>5.4</td> <td>1 tbsp</td> <td>0</td>	19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0
14215Coffee, instant, regular, prepared with water1796 fl oz11162Collards, cooked, boiled, drained, without salt1901 cup11164Collards, frozen, chopped, cooked, boiled, drained, without salt1701 cup18151Cookies, brownies, commercially prepared561 brownie18197Cookies, brownies, dry mix, special dietary, prepared221 brownie18155Cookies, brownies, dry mix, special dietary, prepared, enriched51 cookie18156Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie18166Cookies, chocolate sandwich, with creme filling, regular101 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18174Cookies, molasses321 cookie, large (3-1/2" to 4"18175Cookies, molasses151 cookie, medium18174Cookies, oatmeal, commercially prepared, fat-free111 cookie18175Cookies, oatmeal, commercially prepared, fat-free121 cookie18174Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18175Cookies, molasses151 cookie, medium18176Cookies, molasses151 cookie, medium18176Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, fat-free111 cookie	14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0
11162Collards, cooked, boiled, drained, without salt1901 cup11164Collards, frozen, chopped, cooked, boiled, drained, without salt1701 cup18151Cookies, brownies, commercially prepared561 brownie18197Cookies, brownies, dry mix, special dietary, prepared221 brownie18155Cookies, butter, commercially prepared, enriched51 cookie18159Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie18166Cookies, chocolate sandwich, with creme filling, regular101 cookie18170Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, molasses321 cookie, large (3-1/2" to 4"18174Cookies, molasses151 cookie, medium18175Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie	14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0
11164Collards, frozen, chopped, cooked, boiled, drained, without salt170I cup18151Cookies, brownies, commercially prepared561 brownie18197Cookies, brownies, dry mix, special dietary, prepared221 brownie18155Cookies, butter, commercially prepared, enriched5I cookie18159Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie18166Cookies, chocolate sandwich, with creme filling, regular101 cookie18170Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18174Cookies, molasses321 cookie, large (3-1/2" to 4"18175Cookies, molasses151 cookie, medium18176Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, fat-free221 cookie	14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
18151Cookies, brownies, commercially prepared561 brownie18197Cookies, brownies, dry mix, special dietary, prepared221 brownie18155Cookies, butter, commercially prepared, enriched51 cookie18159Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie18166Cookies, chocolate sandwich, with creme filling, regular101 cookie18170Cookies, fig bars161 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, molasses321 cookie, large (3-1/2" to 4"18177Cookies, molasses151 cookie, medium18178Cookies, oatmeal, commercially prepared, fat-free111 cookie	11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0
18197Cookies, brownies, dry mix, special dietary, prepared221 brownie18155Cookies, butter, commercially prepared, enriched51 cookie18159Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie18166Cookies, chocolate sandwich, with creme filling, regular101 cookie18170Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18174Cookies, molasses321 cookie, large (3-1/2" to 4"18175Cookies, molasses151 cookie, medium18456Cookies, oatmeal, commercially prepared, regular251 cookie	11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0
18155Cookies, butter, commercially prepared, enriched51 cookie18159Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie18160Cookies, chocolate sandwich, with creme filling, regular101 cookie18170Cookies, fig bars161 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18177Cookies, molasses321 cookie, large (3-1/2" to 4"18177Cookies, nolasses151 cookie, medium18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie	18151	Cookies, brownies, commercially prepared	56	1 brownie	0
18159Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie18166Cookies, chocolate sandwich, with creme filling, regular101 cookie18170Cookies, fig bars161 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18173Cookies, molasses321 cookie, large (3-1/2" to 4"18174Cookies, molasses151 cookie, medium18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie	18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0
enriched18166Cookies, chocolate sandwich, with creme filling, regular101 cookie18170Cookies, fig bars161 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18177Cookies, molasses321 cookie, large (3-1/2" to 4"18177Cookies, molasses151 cookie, medium18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie	18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0
18170Cookies, fig bars161 cookie18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18174Cookies, molasses321 cookie, large (3-1/2" to 4"18175Cookies, molasses151 cookie, medium18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie	18159		10	1 cookie	0
18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18173Cookies, molasses321 cookie, large (3-1/2" to 4"18177Cookies, molasses151 cookie, medium18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie	18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0
18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18177Cookies, molasses321 cookie, large (3-1/2" to 4"18177Cookies, molasses151 cookie, medium18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie	18170	Cookies, fig bars	16	1 cookie	0
18177Cookies, molasses321 cookie, large (3-1/2" to 4"18177Cookies, molasses151 cookie, medium18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0
18177Cookies, molasses151 cookie, medium18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0
18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie	18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4'	· 0
18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie	18177	Cookies, molasses	15	1 cookie, medium	0
18178Cookies, oatmeal, commercially prepared, regular251 cookie	18456	Cookies, oatmeal, commercially prepared, fat-free	11		0
	18178		25	1 cookie	0
			15	1 cookie	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0
20020	Cornmeal, whole-grain, yellow	122	1 cup	0
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	0
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0
18214	Crackers, cheese, regular	10	10 crackers	0
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0
18217	Crackers, matzo, plain	28.35	1 matzo	0
18220	Crackers, melba toast, plain	20	4 pieces	0
18226	Crackers, rye, wafers, plain	11	1 wafer	0
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0
18229	Crackers, standard snack-type, regular	12	4 crackers	0
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0
18232	Crackers, wheat, regular	8	4 crackers	0
18235	Crackers, whole-wheat	16	4 crackers	0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0
09081	Cranberry sauce, canned, sweetened	57	1 slice	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0
01069	Cream substitute, powdered	2	1 tsp	0
01049	Cream, fluid, half and half	15	1 tbsp	0
01053	Cream, fluid, heavy whipping	15	1 tbsp	0
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0
01052	Cream, fluid, light whipping	15	1 tbsp	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
18239	Croissants, butter	57	1 croissant	0
18243	Croutons, seasoned	40	1 cup	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0
15141	Crustaceans, crab, blue, canned	135	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0
11206	Cucumber, peeled, raw	119	1 cup	0
11206	Cucumber, peeled, raw	280	1 large	0
11205	Cucumber, with peel, raw	104	1 cup	0
11205	Cucumber, with peel, raw	301	1 large	0
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0
18245	Danish pastry, cheese	71	1 danish	0
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0
09087	Dates, deglet noor	41.5	5 dates	0
09087	Dates, deglet noor	178	1 cup	0
01071	Dessert topping, powdered, 1.5 ounce prepared with $1/2$ cup milk	4	1 tbsp	0
01072	Dessert topping, pressurized	4	1 tbsp	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0
01143	Egg substitute, liquid	62.75	1/4 cup	0
01124	Egg, white, raw, fresh	33.4	1 large	0
01128	Egg, whole, cooked, fried	46	1 large	0
01129	Egg, whole, cooked, hard-boiled	50	1 large	0
01131	Egg, whole, cooked, poached	50	1 large	0
01132	Egg, whole, cooked, scrambled	61	1 large	0
01123	Egg, whole, raw, fresh	58	1 extra large	0
01123	Egg, whole, raw, fresh	50	1 large	0
01123	Egg, whole, raw, fresh	44	1 medium	0
01125	Egg, yolk, raw, fresh	16.6	1 large	0
01057	Eggnog	254	1 cup	0
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0
11213	Endive, raw	50	1 cup	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	98
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	0
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0
21024	Fast foods, french toast sticks	141	5 sticks	0
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
9094	Figs, dried, uncooked	38	2 figs	0
5017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0
5027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0
5027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0
5029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0
5029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0
5041	Fish, herring, Atlantic, pickled	85.05	3 oz	0
5067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0
5067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0
5071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0
5071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0
5232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0
5077	Fish, salmon, chinook, smoked	85.05	3 oz	0
5084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0
5086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0
5086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0
5088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0
5119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0
5121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0
5126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0
07022	Frankfurter, beef	45	1 frank	0
07023	Frankfurter, beef and pork	45	1 frank	0
07024	Frankfurter, chicken	45	1 frank	0
9230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0
9263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0
9283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0
9293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0
9294	Fruit butters, apple	17	1 tbsp	0
9100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0
9097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0
4267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	2
1215	Garlic, raw	3	1 clove	0
9173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0
9176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0
4277	Grape drink, canned	250	8 fl oz	0
99135 99137	Grape juice, canned or bottled, unsweetened, without added vitamin C Grape juice, frozen concentrate, sweetened, diluted with 3 volume	253 250	1 cup 1 cup	0 0
9136	water, with added vitamin C Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0
9124	Grapefruit juice, white, canned, sweetened	250	1 cup	0
9123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0
9126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0
9125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0
9128	Grapefruit juice, white, raw	247	1 cup	0
9112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	1745
9116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0

Content per NDB No Description Weight (g) **Common Measure** Measure 09121 0 Grapefruit, sections, canned, light syrup pack, solids and liquids 254 1 cup 09132 Grapes, red or green (European type, such as Thompson seedless), raw 50 10 grapes 0 09132 Grapes, red or green (European type, such as Thompson seedless), raw 160 0 1 cup 58.25 06116 Gravy, beef, canned, ready-to-serve 1/4 cup 0 06119 Gravy, chicken, canned, ready-to-serve 59.5 1/4 cup 0 06125 Gravy, turkey, canned, ready-to-serve 59.6 1/4 cup 0 07027 Ham, chopped, not canned 21 2 slices 0 07028 Ham, sliced, extra lean 56.7 2 slices 0 07029 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 0 1 tbsp 19296 Honey 21 0 02055 Horseradish, prepared 5 1 tsp 0 19270 Ice creams, chocolate 66 1/2 cup n 19090 Ice creams, french vanilla, soft-serve 86 1/2 cup 0 19095 Ice creams, vanilla 66 1/2 cup 0 19088 Ice creams, vanilla, light 66 1/2 cup 0 19089 Ice creams, vanilla, rich 74 1/2 cup 0 19297 Jams and preserves 20 1 tbsp 0 19300 Jellies 19 1 tbsp 0 Jerusalem-artichokes, raw 150 11226 1 cup 0 11234 Kale, cooked, boiled, drained, without salt 130 1 cup 0 11236 130 Kale, frozen, cooked, boiled, drained, without salt 0 1 cup 09148 Kiwi fruit, (chinese gooseberries), fresh, raw 76 1 medium 0 11242 Kohlrabi, cooked, boiled, drained, without salt 165 1 cup 0 17012 Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, 85 3 oz 0 trimmed to 1/4" fat, choice, cooked, roasted 17014 3 oz Lamb, domestic, leg, whole (shank and sirloin), separable lean only, 85 0 trimmed to 1/4" fat, choice, cooked, roasted 17024 Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, 3 oz 85 0 choice, cooked, broiled 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, 85 3 oz 0 cooked, broiled 04002 Lard 12.8 1 tbsp 0 0 18369 Leavening agents, baking powder, double-acting, sodium aluminum 4.6 1 tsp sulfate 18370 Leavening agents, baking powder, double-acting, straight phosphate 4.6 1 tsp 0 18371 Leavening agents, baking powder, low-sodium 5 0 1 tsp 18372 Leavening agents, baking soda 4.6 0 1 tsp 3 18373 Leavening agents, cream of tartar 1 tsp 0 7 18375 Leavening agents, yeast, baker's, active dry 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 Lemon juice, canned or bottled 244 09153 1 cup 0 09153 Lemon juice, canned or bottled 15.2 1 tbsp 0 09152 Lemon juice, raw 47 juice of 1 lemon 0 248 14293 Lemonade, frozen concentrate, white, prepared with water 8 fl oz 0 14290 Lemonade, low calorie, with aspartame, powder, prepared with water 237 8 fl oz 0 8 fl oz 14297 Lemonade-flavor drink, powder, prepared with water 266 0 58 09150 Lemons, raw, without peel 1 lemon 0 16070 Lentils, mature seeds, cooked, boiled, without salt 198 1 cup 0 0 11250 Lettuce, butterhead (includes boston and bibb types), raw 163 1 head

11250 Lattice, huterhead (includes bostim and hith types), naw 7.5 I medium leaf 11251 Lettice, coor tronaine, naw 10 I leaf 11251 Lettice, coor tronaine, naw 10 I leaf 11251 Lettice, coor tronaine, naw 10 I leaf 11252 Lettice, coore tronaine, naw 10 I leaf 11252 Lettice, clorety (includes criphead types), naw 8 I medium 11252 Lettice, clorety (includes criphead types), naw 55 I cup 11251 Lattice, icotery (includes criphead types), naw 55 I cup 11252 Lettice, icotery (includes criphead types), naw 58 I cup 11251 Lettice, icotery (includes criphead types), naw 58 I cup 11252 Lettice, icotery (includes criphead types), naw 58 I cup 11264 Line boas, large, nature seeds, forcen, baby, cockel, boiled, drainod, 180 I cup 11667 Line juke, naw 38 j iuke of 1 line 2247 Maccan aid Alchee, canned on two addiet marinens, powder 21 3 heaping tup 21166 Line juke, naw 38 j iuke of 1 line 2247 Maccan aid Alchee, canned on twine addie marinens, powder 21 4.5 heaping tup <t< th=""><th>NDB_No</th><th>Description</th><th>Weight (g)</th><th>Common Measure</th><th>Content per Measure</th></t<>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11111Lattuce, cos or romaine, naw1010111111Lattuce, green leaf, raw56Lop1111111Lattuce, green leaf, raw81Latar1111111Lattuce, icherig (includes crippheal types), raw53Lop1111111Lattuce, icherig (includes crippheal types), raw53Lop11111111Lattuce, icherig (includes crippheal types), raw53Lop1111111Linn beans, immuture seech, forzen, haby, cooked, boiled, drained,180Lop111111Linn beans, immuture seech, forzen, haby, cooked, boiled, drained,181Lop111111Linn beans, immuture seech, forzen, haby, cooked, boiled,181Lop111111Linn beans, immuture seech, forzen, haby, cooked, boiled,181Lop111111Linn biacc, cauned or bottled, unsweetened154Lop111111Linn biacc, cauned entree210Shenjing typ21111Maled drink rinx, chocolas, with added nutrients, powder, prepared100Lop111111Maled drink rinx, chocolas, with added nutrients, powder, prepared210Shenjing typ111111Maled drink rinx, chocolas, with added nutrients, powder, prepared100Lop111111Maled drink rinx, chocolas, with added nutrients, powder, prepared100Lop111111Maled drink rinx, chocolas, with added nutrients, powder, prepared100Lop111111Maled drink rinx, chocolas, with added nutrients, powder, prepared110Lop111111Malend drink rinx, nutral, with added nutri	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0
11233Lettuce, green leaf, raw56l cup11234Lettuce, icberg (includes crippead types), raw8Inoluin11232Lettuce, icberg (includes crippead types), raw53Isap11232Lettuce, icberg (includes crippead types), raw53Isap11234Linns hear, innuture sects, frozen, hype, cocked, holied, drained, without salt100Icap11235Linns hear, innuture sects, frozen, hype, cocked, holied, drained, without salt100Icap11010Linns hear, innuture sects, frozen, hype, cocked, holied, drained, without salt102Icap11011Linns hear, innuture sects, frozen, hype, cocked, holied, without salt102Icap11012Linns hear, innuture sects, frozen, hype, cocked, holied, without salt102Icap11014Linns hear, innuture sects, frozen, hype, cocked, hype, lands126Icap11014Linns hear, innuture sects, cocked, builed, without salt188Icap11014Linns hear, innuture sects, cocked, builed, without salt120Icap11014Linns hear, innuture sects, hype, lands120Icap1114Maltel drink mix, chocolare, with added nutrients, powder, prepared21Icap11155Maltel drink mix, chocolare, with added nutrients, powder, prepared with without allIsp11161Manger, new165Icap11161Manger, new161Icap11161Manger, new161Icap11161Manger, regular, ub, comparies, powerd all without sall161 <td>11251</td> <td>Lettuce, cos or romaine, raw</td> <td>56</td> <td>1 cup</td> <td>0</td>	11251	Lettuce, cos or romaine, raw	56	1 cup	0
11252Lettuce, iceparen leaf, raw101 leaf11252Lettuce, iceparen (includes crispheat) types), raw81 cup11252Lettuce, iceparen (includes crispheat) types), raw5391 head11254Linne beams, inmature seeds, frozen, boby, cooked, boiled, drained,1801 cup11284Linne beams, inmature seeds, frozen, body, cooked, boiled, drained,1801 cup11084Linne beams, inmature seeds, frozen, fordbook, cooked, boiled, drained,1841 cup10772Linne beams, inmature seeds, frozen, fordbook, cooked, boiled, drained,1641 cup10784Linne beams, inmature seeds, frozen, fordbook, cooked, boiled, drained,1 cup10784Linne beams, index, cooked, orbited, unsweetened15.41 droine10784Linne juice, raunel orbited, unsweetened25.21 cup10784Macaroni, cooked, enriched1401 cup10815Matted draine miris, howder, prepared26.1 cup10816Matted draine, miris, natural, with added nutrients, powder, prepared with draine miris, natural, with added nutrients, powder, prepared with draine miris, natural, with added nutrients, powder, prepared with draine miris, natural, with added nutrients, powder, prepared with draine1 cup10816Matted draine miris, natural, with added nutrients, powder, prepared with draine1 cup108176Marganise, ranguine, tup, cup	11251	Lettuce, cos or romaine, raw	10	1 leaf	0
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drained, without sait 188 1 cup 10072 Linns beams, large, mature seeds, cooked, boiled, without salt 188 1 cup 00161 Line juice, canned or bottled, unsweetened 246 1 cup 00160 Line juice, canned or bottled, unsweetened 38 juice of line 00160 Line juice, canned or bottled, unsweetened 252 1 cup 20100 Macaroni and Cheese, canned entree 252 1 cup 20100 Macaroni and Cheese, canned entree 252 1 cup 20100 Maled drink mix, chocolate, with added nutrients, powder 210 3 heaping tsp 214316 Maled drink mix, natural, with added nutrients, powder, prepared with whole milk 265 1 cup 20107 Mangos, raw 207 1 mango 20176 Mangos, raw 163 1 cup 20176 Margarine, regular, tup, composite, 80% frat, with salt 48 1 sup 20176 Margarine, regular, unspecified oils, with salt added 14.2 1 bup 20172 Margarine, regular, unspecified oils, with salt added 14.3 1 bup </td <td></td> <td></td> <td></td> <td>1 cup</td> <td>0</td>				1 cup	0
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14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp14316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup14309Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup09176Mangos, raw2071 mango09176Mangos, raw2071 mango04613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp04614Margarine, regular, unspecified oils, with salt14.21 tbsp04612Margarine, regular, unspecified oils, with salt added14.11 tsp04613Margarine, regular, unspecified oils, with salt added14.31 tbsp04614Margarine, regular, unspecified oils, with salt added14.31 tbsp04612Margarine-like spread, 60% fat, stick14.31 tbsp04613Margarine-like spread, fo0% fat, stick14.31 tbsp04614Margarine-like spread, fo0% fat, stick14.31 tbsp04612Margarine-like spread, fo0% fat, stick1601 cup04134Melons, cantaloupe, raw1601 cup0414Melons, cantaloupe, raw1601 cup04154Melons, boneydew, raw1601.8 melon01104Mik shakes, thick vanilla3131 fl oz01114Mik shakes, thick vanilla2521 cup01115Mik shakes, thick vanilla2511 cup01116Mik shakes, thick vanilla252	22247	Macaroni and Cheese, canned entree	252	1 cup	0
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with whole milkwith added nutrients, powder, prepared with whole milk214-5 heaping tsp14300Malted drink mix, natural, with added nutrients, powder, prepared with whole milk651 cup09176Mangos, raw2071 mango09176Mangos, raw1651 cup04613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 bsp04614Margarine, regular, tub, composite, 80% fat, with salt14.21 btsp04612Margarine, vegetable oil spread, 60% fat, stick4.81 bsp04612Margarine, vegetable oil spread, 60% fat, stick4.81 bsp04138Margarine-bitter bend, soybean oil and buter14.21 btsp0414Melons, cantaloupe, raw691.8 melon04154Melons, cantaloupe, raw1001.8 melon04184Melons, cantaloupe, raw1001.8 melon01104Milk shakes, thick chocolate30010.6 fl o.201114Milk shakes, thick vanilla1331 fl o.201115Milk, canned, evaporated, nonfat251 cup01054Milk, canned, evaporated, nonfat251 cup01055Milk, canned, evaporated, nonfat2501 cup01064Milk, concel, fluid, commercial, reduc	14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0
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01110Milk shakes, thick chocolate30010.6 fl oz01111Milk shakes, thick vanilla31311 fl oz01094Milk, butternilk, dried6.51 tbsp01088Milk, butternilk, fluid, cultured, lowfat2451 cup01095Milk, canned, condensed, sweetened3061 cup01097Milk, canned, evaporated, nonfat2561 cup01096Milk, canned, evaporated, without added vitamin A2521 cup01103Milk, chocolate, fluid, commercial, lowfat2501 cup01103Milk, chocolate, fluid, commercial, reduced fat2501 cup01102Milk, chocolate, fluid, commercial, whole2501 cup01103Milk, chocolate, fluid, commercial, whole2501 cup01102Milk, dry, nonfat, instant, with added vitamin A231/3 cup01092Milk, dry, nonfat, instant, with added vitamin A2441 cup	09184	Melons, honeydew, raw	170	1 cup	0
01111Milk shakes, thick vanilla31311 fl oz01094Milk, buttermilk, dried6.51 tbsp01088Milk, buttermilk, fluid, cultured, lowfat2451 cup01095Milk, canned, condensed, sweetened3061 cup01097Milk, canned, evaporated, nonfat2561 cup01096Milk, canned, evaporated, without added vitamin A2521 cup01104Milk, chocolate, fluid, commercial, lowfat2501 cup01103Milk, chocolate, fluid, commercial, neduced fat2501 cup01102Milk, chocolate, fluid, commercial, whole2501 cup01102Milk, chocolate, fluid, commercial, whole2501 cup01102Milk, chocolate, fluid, commercial, whole2501 cup01092Milk, dry, nonfat, instant, with added vitamin A231/3 cup01082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup		Melons, honeydew, raw		1/8 melon	0
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01095Milk, canned, condensed, sweetened3061 cup01097Milk, canned, evaporated, nonfat2561 cup01096Milk, canned, evaporated, without added vitamin A2521 cup01104Milk, chocolate, fluid, commercial, lowfat2501 cup01103Milk, chocolate, fluid, commercial, reduced fat2501 cup01102Milk, chocolate, fluid, commercial, whole2501 cup01102Milk, chocolate, fluid, commercial, whole2501 cup01092Milk, dry, nonfat, instant, with added vitamin A231/3 cup01082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup	01094	Milk, buttermilk, dried	6.5	1 tbsp	0
01097Milk, canned, evaporated, nonfat2561 cup01096Milk, canned, evaporated, without added vitamin A2521 cup01104Milk, chocolate, fluid, commercial, lowfat2501 cup01103Milk, chocolate, fluid, commercial, reduced fat2501 cup01102Milk, chocolate, fluid, commercial, whole2501 cup01102Milk, chocolate, fluid, commercial, whole2501 cup01092Milk, dry, nonfat, instant, with added vitamin A231/3 cup01082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup	01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0
01096Milk, canned, evaporated, without added vitamin A2521 cup01104Milk, chocolate, fluid, commercial, lowfat2501 cup01103Milk, chocolate, fluid, commercial, reduced fat2501 cup01102Milk, chocolate, fluid, commercial, whole2501 cup01092Milk, dry, nonfat, instant, with added vitamin A231/3 cup01082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup	01095	Milk, canned, condensed, sweetened	306	1 cup	0
01104Milk, chocolate, fluid, commercial, lowfat2501 cup01103Milk, chocolate, fluid, commercial, reduced fat2501 cup01102Milk, chocolate, fluid, commercial, whole2501 cup01092Milk, dry, nonfat, instant, with added vitamin A231/3 cup01082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup	01097	Milk, canned, evaporated, nonfat	256	1 cup	0
01103Milk, chocolate, fluid, commercial, reduced fat2501 cup01102Milk, chocolate, fluid, commercial, whole2501 cup01092Milk, dry, nonfat, instant, with added vitamin A231/3 cup01082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup	01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0
01102Milk, chocolate, fluid, commercial, whole2501 cup01092Milk, dry, nonfat, instant, with added vitamin A231/3 cup01082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup	01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0
01092Milk, dry, nonfat, instant, with added vitamin A231/3 cup01082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup	01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0
01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A 244 1 cup	01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0
-	01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0
01085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup	01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0
	01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0
01077	Milk, whole, 3.25% milkfat	244	1 cup	0
6112	Miso	68.75	1 cup	0
5160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0
5157	Mollusks, clam, mixed species, raw	85	3 oz	0
5167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0
18279	Muffins, corn, commercially prepared	57	1 muffin	0
18283	Muffins, oat bran	57	1 muffin	0
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0
11264	Mushrooms, canned, drained solids	156	1 cup	0
1261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
11260	Mushrooms, white, raw	70	1 cup	0
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0
09191	Nectarines, raw	136	1 nectarine	0
20113	Noodles, chinese, chow mein	45	1 cup	0
20110	Noodles, egg, cooked, enriched	160	1 cup	0
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0
12167	Nuts, chestnuts, european, roasted	143	1 cup	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0
12104	Nuts, coconut meat, raw	45	1 piece	0
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	0
12142	Nuts, pecans	28.35	1 oz (20 halves)	0
12147	Nuts, pine nuts, dried	28.35	1 oz	0
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0
20033	Oat bran, raw	94	1 cup	0
)4053	Oil, olive, salad or cooking	13.5	1 tbsp	0
)4042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
)4058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
)4034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
)4543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
)4511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04582	Oil, vegetable, canola	14	1 tbsp	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0
09193	Olives, ripe, canned (small-extra large)	22	5 large	0
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0
11284	Onions, dehydrated flakes	5	1 tbsp	0
11282	Onions, raw	14	1 slice	0
11282	Onions, raw	160	1 cup	0
11282	Onions, raw	110	1 whole	0
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0
09207	Orange juice, canned, unsweetened	249	1 cup	0
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0
09206	Orange juice, raw	248	1 cup	0
09206	Orange juice, raw	86	juice from 1 orange	0
09200	Oranges, raw, all commercial varieties	131	1 orange	0
09200	Oranges, raw, all commercial varieties	180	1 cup	0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0
09226	Papayas, raw	140	1 cup	0
09226	Papayas, raw	304	1 papaya	0
11297	Parsley, raw	10	10 sprigs	0
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	19326
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0
09236	Peaches, raw	170	1 cup	0
09236	Peaches, raw	98	1 peach	0
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0
09340	Pears, asian, raw	275	1 pear	0
09340	Pears, asian, raw	122	1 pear	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	76	1 half	0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0
09252	Pears, raw	166	1 pear	0
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0
	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0

Content per NDB No Description Weight (g) **Common Measure** Measure 11308 Peas, green, canned, regular pack, drained solids 170 0 1 cup 11313 Peas, green, frozen, cooked, boiled, drained, without salt 160 1 cup 0 Peas, split, mature seeds, cooked, boiled, without salt 0 16086 196 1 cup 11670 Peppers, hot chili, green, raw 45 1 pepper 0 11819 Peppers, hot chili, red, raw 45 1 pepper 0 Peppers, jalapeno, canned, solids and liquids 26 1/4 cup 0 11632 11334 Peppers, sweet, green, cooked, boiled, drained, without salt 136 1 cup 0 11333 Peppers, sweet, green, raw 119 1 pepper 0 149 1 cup 0 11333 Peppers, sweet, green, raw 10 0 11333 Peppers, sweet, green, raw 1 ring 11823 Peppers, sweet, red, cooked, boiled, drained, without salt 136 1 cup 0 11821 Peppers, sweet, red, raw 149 0 1 cup 11821 Peppers, sweet, red, raw 119 1 pepper 0 11945 Pickle relish, sweet 15 1 tbsp 0 11937 Pickles, cucumber, dill or kosher dill 65 1 pickle 0 18330 Pie crust, cookie-type, prepared from recipe, graham cracker, baked 239 1 pie shell 0 18335 Pie crust, standard-type, frozen, ready-to-bake, baked 126 1 pie shell 0 18336 Pie crust, standard-type, prepared from recipe, baked 180 1 pie shell 0 19312 74 1/8 of 21-oz can 0 Pie fillings, apple, canned 18301 Pie, apple, commercially prepared, enriched flour 117 1 piece 0 Pie, blueberry, commercially prepared 18305 0 117 1 piece 18308 Pie, cherry, commercially prepared 117 1 piece 0 18319 Pie, fried pies, fruit 128 1 pie 0 18320 Pie, lemon meringue, commercially prepared 113 1 piece 0 18324 Pie, pecan, commercially prepared 113 1 piece 0 109 18326 Pie, pumpkin, commercially prepared 1 piece 0 11943 Pimento, canned 12 1 tbsp 0 14334 Pineapple and grapefruit juice drink, canned 250 8 fl oz 0 250 8 fl oz 14341 Pineapple and orange juice drink, canned 0 250 0 09273 Pineapple juice, canned, unsweetened, without added ascorbic acid 1 cup 09270 Pineapple, canned, heavy syrup pack, solids and liquids 254 1 cup 0 09270 Pineapple, canned, heavy syrup pack, solids and liquids 49 1 slice 0 09268 Pineapple, canned, juice pack, solids and liquids 249 1 cup 0 09268 Pineapple, canned, juice pack, solids and liquids 47 1 slice 0 09266 Pineapple, raw, all varieties 155 1 cup 0 21224 Pizza, cheese topping, regular crust, frozen, cooked 63 1 serving 151 09278 Plantains, cooked 154 1 cup 0 09277 Plantains, raw 179 1 medium 0 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 46 1 plum 0 09284 258 Plums, canned, purple, heavy syrup pack, solids and liquids 1 cup 0 09282 Plums, canned, purple, juice pack, solids and liquids 252 0 1 cup 09282 Plums, canned, purple, juice pack, solids and liquids 46 1 plum 0 09292 Plums, dried (prunes), stewed, without added sugar 248 1 cup 0 09291 Plums, dried (prunes), uncooked 42 5 prunes 0 09279 Plums, raw 66 1 plum 0 07065 Pork and beef sausage, fresh, cooked 26 2 links 0 07064 Pork sausage, fresh, cooked 27 1 patty 0 07064 0 Pork sausage, fresh, cooked 26 2 links

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0
10075	Pork, fresh, shoulder, arm picnic, 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
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0
11672	Potato pancakes	76	1 pancake	0
11399	Potato puffs, frozen, oven-heated	79	10 puffs	0
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0
11363	Potatoes, baked, flesh, without salt	156	1 potato	0
11364	Potatoes, baked, skin, without salt	58	1 skin	0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	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
11403	Potatoes, french fried, all types, salt added in processing, frozen, home- prepared, oven heated	50	10 strips	0
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0
05306	Poultry food products, ground turkey, cooked	82	1 patty	0
09294	Prune juice, canned	256	1 cup	0
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0
11424	Pumpkin, canned, without salt	245	1 cup	0
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0
11429	Radishes, raw	4.5	1 radish	0
09298	Raisins, seedless	145	1 cup	0
09298	Raisins, seedless	14	1 packet	0
09306	Raspberries, frozen, red, sweetened	250	1 cup	0
09302	Raspberries, raw	123	1 cup	0
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20037	Rice, brown, long-grain, cooked	195	1 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0
18353	Rolls, hard (includes kaiser)	57	1 roll	0
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	58
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	412
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	2
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0
04015	Salad dressing, russian dressing	15.3	1 tbsp	547
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	102
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	474
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	405
07069	Salami, cooked, beef and pork	56.7	2 slices	0
07072	Salami, dry or hard, pork, beef	20	2 slices	0
02047	Salt, table	6	1 tsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	0
06150	Sauce, barbecue	15.75	1 tbsp	698
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0
06166	Sauce, homemade, white, medium	250	1 cup	0
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	*	13373
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 cup	0
			1 tsp	1682
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0
11439 07083	Sauerkraut, canned, solids and liquids Sausage, Vienna, canned, chicken, beef, pork	236	1 cup	0
		16	1 sausage	0
11445	Seaweed, kelp, raw	10	2 tbsp	0
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) Seeds, sesame seed kernels, dried (decorticated)	15 °	1 then	0
12201		8	1 tbsp	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0
14346	Shake, fast food, chocolate	333	16 fl oz	0
14347	Shake, fast food, vanilla	333	16 fl oz	0
19097	Sherbet, orange	74	1/2 cup	0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0

Soup, beef broth or bouillon, powder, dry6I packet06075Soup, beef noodle, canned, prepared with equal volume water244I cup103706419Soup, chicken noodle, canned, prepared with equal volume water241I cup103706528Soup, chicken noodle, dry, mix, prepared with equal volume water241I cup104706618Soup, chicken noodle, canned, prepared with equal volume water240I cup70006018Soup, chunky vegtable, canned, ready-to-serve240I cup70006023Soup, chunky vegtable, canned, ready-to-serve240I cup70606230Soup, clam chowder, manhattan, canned, prepared with equal volume244I cup70606230Soup, clam chowder, new england, canned, prepared with equal volume low raft (2%) milk248I cup70606243Soup, cream of mushroom, canned, prepared with equal volume low raft (2%) milk248I cup10644306443Soup, cream of mushroom, canned, prepared with equal volume water244I cup10644306443Soup, onion, dry, mix39I packet10644406444Soup, soup, sear, eanned, prepared with equal volume water246I cup10644406445Soup, soup, soup, stock, fish, home-prepared233I cup10644406446Soup, soup, soup, stock, fish, home-prepared233I cup13006459Soup, tomato, canned, prepared with equal volume water244I cup13006559	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
90131Snacks, fruit leadher, rolk28.35l oz191441Snacks, fruit leadher, rolk21l large194413Snacks, KLLLOGG, KLLLOGT NUTRI-GRAIN Careal Bars, fruit- filted73l lead191315Snacks, oreand aris, rice-based28.35l o (about 14 cup)191345Snacks, oppcorn, air-popped8l oup191355Snacks, oppcorn, careand-coated, without peanuts22l oup191356Snacks, oppcorn, careand-coated, without peanuts35.2l oup191415Snacks, poptorn, careand-coated, without peanuts28.35l oz191415Snacks, poptorn, careand-coated, without peanuts28.35l oz191415Snacks, potato chips, nalar28.35l oz191415Snacks, potato chips, nalar28.35l oz191415Snacks, potato chips, nalar fron dried potators, lipin28.35l oz191415Snacks, potato chips, plain, ansheld28.35l oz191415Snacks, potato chips, plain, ansheld28.35l oz191415Snacks, potato chips, plain, white corn28.35l oz191415Snacks, potato chips, plain, ushited28.35l oz191415Snacks, potato chips, plain, white corn28.35l oz191415Snacks, potato chips, plai	19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0
90144Snacks, ruit learliner, nich21I large9744Snacks, ruit learliner, nich-based77I bar9731Snacks, opecorn, nicp-opped8I cap (I = 1)97303Snacks, opecorn, nicp-opped8I cap97304Snacks, opecorn, carannel-coated, without peanuts10I cap97305Snacks, popcorn, carannel-coated, without peanuts132I cap97305Snacks, popcorn, carannel-coated, without peanuts132I cap97305Snacks, popcorn, carannel-coated, without peanuts28.35I ca97404Snacks, popcorn, carannel-coated, without peanuts28.35I ca97405Snacks, porato chips, male from dried potatoes, light28.35I ca97404Snacks, porato chips, nale from dried potatoes, light28.35I ca97405Snacks, porato chips, relatin, anled28.35I ca97406Snacks, porato, chips, relatin, shied6I packet97407Snacks, porato, hips, nale, male from dried potatoes27.3I cap97408Snacks, poratok, hips, nale, doan23.35I cap97409Snacks, poratok, hips, nale, doan23.35I cap974010Snacks, poratok, hips, ishted6I packet97401111Snacks, noratok, chini, shted24.4I cap97401111Snacks, noratok, chini, white corn24.1I cap9741111Song, chichen white, canned, prepared with equal volume water24.1I cap97411111Song, chichen whi	19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0
9441Snacks, FELLOGG, KELLOGGS NUTRLGRAIN Cecal Bars, fmil37I har9031Snacks, oriental mix, rice-based28.35I oz (about 1/4 cup)9034Snacks, operon, air-poped8I cup9035Snacks, operon, air-medp-coated, with peanuts42I cup9035Snacks, operon, air-medp-coated, with peanuts35.2I cup9036Snacks, operon, air-med-coated, without peanuts35.2I cup9037Snacks, operon, air-med-coated, without peanuts28.35I oz90481Snacks, potato, chips, male from dried potatoes, Jain28.35I oz90495Snacks, potato, chips, male from dried potatoes, Jain28.35I oz91411Snacks, potato, chips, male from dried potatoes, Jain28.35I oz91411Snacks, potato, chips, palin, unsulted28.35I oz91411Snacks, potato, chips, palin, malted00II peace91415Snacks, rotato, chips, palin, malted28.35I oz91416Snacks, rotato, chips, palin, white com28.35I oz91535Snacks, rotato, chips, palin, white com28.35I oz91646Soup, beem onth bouldin, powder, driy6I packet91650Snacks, rotato, chips, palin, white com28.35I oz91651Snacks, rotato, chips, palin, white com24.4I cup91650Soup, chicken model, canned, prepared with equal volume water24.4I cup91641Soup, chicken model, canned, prepared with equal volume water24.4<	19013	Snacks, fruit leather, pieces	28.35	1 oz	0
fillet 9314 Snacks, orgenor, nin, rice-based 28 1 cup 93034 Snacks, oppeorn, nin, rice-based 10 1 cake 93035 Snacks, oppeorn, nin, rice-based 10 1 cake 93036 Snacks, oppeorn, nin-located, without pennuts 35.2 1 cup 93055 Snacks, porten, nin-located, without pennuts 35.2 1 cup 93054 Snacks, porten, nin-located, without pennuts 28.35 1 oz 93055 Snacks, porten chiny, made from dried potatores, plain 28.35 1 oz 94110 Snacks, porten chiny, finin, salted 28.35 1 oz 94125 Snacks, porten chiny, finin, salted 28.35 1 oz 94125 Snacks, porten chiny, finin, salted 28.35 1 oz 95145 Snacks, porten chiny, finin, salted 28.35 1 oz 95156 Snacks, norten chiny, finin, salted 28.35 1 oz 95161 Snacks, norten chiny, educed finit 28.35 1 oz 95175 Soup, hearth oord, canned, prepared with equal volume water 28.35 1 oz<	9014	Snacks, fruit leather, rolls	21	1 large	0
99334 Snacks, popeorn, air-popped 8 I cup 99365 Snacks, popeorn, acks 10 I cake 99379 Snacks, popeorn, caramel-coated, without peanuts 35.2 I cup 99385 Snacks, popeorn, caramel-coated, without peanuts 35.2 I cup 99375 Snacks, popeorn, caramel-coated, without peanuts 35.2 I cup 99375 Snacks, potato chips, made from dried potatos, light 28.35 I oz 99410 Snacks, potato chips, made from dried potatos, plain 28.35 I oz 994111 Snacks, potato chips, reduced fr 28.35 I oz 99422 Snacks, potato chips, reduced fr 28.35 I oz 99423 Snacks, potato chips, reduced fr 28.35 I oz 99424 Snacks, potato, chip, shafd 60 I parket 99425 Snacks, potato, chip, shafd 60 I cup 73 99426 Snacks, tortill, hop, bafn, white cum 28.35 I cup 73 90556 Snacks, tortill, hop, bafn, white cum 244 I cup 74 <td>19441</td> <td></td> <td>37</td> <td>1 bar</td> <td>0</td>	19441		37	1 bar	0
9936 Snacks, popcorn, caramel-coated, with peanuts 10 1 cake 9938 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 9939 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 99314 Snacks, popcorn, caramel-coated, without peanuts 35.2 1 cup 99315 Snacks, popcorn, city, made from dried potatoes, light 28.35 1 oz 99410 Snacks, potato chips, made from dried potatoes, light 28.35 1 oz 99411 Snacks, potato chips, related fat 28.35 1 oz 99412 Snacks, potato chips, related fat 28.35 1 oz 99413 Snacks, retre cakes, brown rice, plain 9 1 cake 99444 Soack, netre cakes, brown rice, plain 9 1 cake 99455 Snacks, netre cake, brown rice, plain 9 1 cake 99464 Soap, beaf nordle, caned, prepared with qual volume water 24.4 1 cup 99475 Soap, chicken moodle, caned, ready-to-serve 240 1 cup 96483 Soap, chicken moodle, caned, prepared with equal volume water	19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0
9038 Snacks, popcorn, caramel-coated, with opt panuts 42 1 cup 9039 Snacks, popcorn, caramel-coated, without panuts 55.2 1 cup 9034 Snacks, popcorn, caramel-coated, without panuts 55.2 1 cup 9035 Snacks, popt solin, bain 28.35 1 oz 90410 Snacks, potato chips, made from dried potatose, light 28.35 1 oz 91411 Snacks, potato chips, palin, salted 28.35 1 oz 91411 Snacks, potato chips, palin, salted 28.35 1 oz 91412 Snacks, potato chips, palin, salted 28.35 1 oz 91423 Snacks, totei chips, palin, salted 28.35 1 oz 90545 Snacks, totei chips, canned, prepared with equal volume water 25.3 1 cup 73. 9055 Soup, beer brouth or bouillon, powder, dry 6 1 packet 103. 9054 Soup, chicken noodle, canned, reepared with equal volume water 24.1 1 cup 103. 9055 Soup, chicken noodle, canned, reepared with equal volume water 24.1 1 cup 100.	9034	Snacks, popcorn, air-popped	8	1 cup	0
9039Snacks, popcon, caramel-coated, without peanuts35.2I cup9035Snacks, port, oil-poped, microwave, regular flavor11I cup9041Snacks, port, oil-poped, microwave, regular flavor11I cup90415Snacks, potta chips, made from dried potatoes, light28.35I oz9110Snacks, potta chips, plain, salted28.35I oz94110Snacks, potta chips, plain, unsalted28.35I oz9422Snacks, potta chips, plain, aslted28.35I oz9423Snacks, roctacks, brown rice, plain28.35I oz9444Snacks, roctacks, brown rice, plain9I cake9565Snacks, roctacks, brown rice, plain9I cake9666Snacks, roctacks, brown rice, plain9I cake9677Soup, beat brown rice plain24.35I oz9686Soup, beat brown rice, plain24.4I cup9697Soup, beat brown rice, plain24.4I cup9619Soup, chicken noodle, canned, prepared with equal volume water24.4I cup9618Soup, chicken noodle, canned, repared with equal volume water24.1I cup9628Soup, chicken noodle, canned, prepared with equal volume water24.4I cup9643Soup, chicken noodle, canned, prepared with equal volume water24.4I cup9644Soup, chicken with rice, canned, prepared with equal volume water24.4I cup9645Soup, chicken with rice, canned, prepared with equal volume water24.4 <t< td=""><td>9036</td><td>Snacks, popcorn, cakes</td><td>10</td><td>1 cake</td><td>0</td></t<>	9036	Snacks, popcorn, cakes	10	1 cake	0
9935 Snacks, pope, microwave, regular flavor 11 1 cup 9944 Snacks, pota kins, plain 28.35 1 oz 9945 Snacks, potato chips, made from dried potatoes, light 28.35 1 oz 99410 Snacks, potato chips, plain, unsalted 28.35 1 oz 99411 Snacks, potato chips, plain, unsalted 28.35 1 oz 99412 Snacks, potato chips, reduced fat 28.35 1 oz 9047 Snacks, troitel inchips, reduced fat 28.35 1 oz 9056 Snacks, troitel inchips, reduced fat 28.35 1 oz 9056 Snacks, troitel inchip, plain, white corn 28.35 1 oz 9056 Snacks, troitel inchip, plain, white corn 28.35 1 oz 9056 Snacks, troitel inchip, repared with equal volume water 244 1 cup 103 9056 Soup, chicken noodle, canned, prepared with equal volume water 240 1 cup 104 9056 Soup, chicken noodle, canned, prepared with equal volume water 240 1 cup 106 90562 Soup, chicken noodle, canned, r	9038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0
99041 Snacks, pork skins, plain 28.35 1 oz 9045 Snacks, potato chips, made from dried potatoes, plain 28.35 1 oz 94110 Snacks, potato chips, plain, sulted 28.35 1 oz 98111 Snacks, potato chips, plain, sulted 28.35 1 oz 98112 Snacks, potato chips, plain, sulted 28.35 1 oz 99473 Snacks, potato chips, reduced fut 28.35 1 oz 99056 Snacks, retezaks, tree, plain, sulted 60 10 prezels 99055 Snacks, retezaks, tweet plain, sulted 6 1 packet 6404 Soup, bear with pork, canned, prepared with equal volume water 253 1 oz 7035 Soup, chicken noodle, canned, prepared with equal volume water 244 1 cup 103 6419 Soup, chicken noodle, dry, mix, prepared with equal volume water 241 1 cup 703 6618 Soup, chicken modle, dry, mix, prepared with equal volume water 240 1 cup 706 6623 Soup, chicken with rec, canned, prepared with equal volume water 244 1 cup 706	9039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0
9045 Snacks, potato chips, made from dried potatoes, light 28.35 1 oz 94100 Snacks, potato chips, made from dried potatoes, plain 28.35 1 oz 94111 Snacks, potato chips, plain, salted 28.35 1 oz 94122 Snacks, potato chips, plain, unsited 28.35 1 oz 94122 Snacks, potato chips, plain, unsited 28.35 1 oz 94143 Snacks, potato chips, plain, unsited 60 10 pertecls 90515 Snacks, torcital chips, plain, unsited corn 28.35 1 oz 90516 Snacks, torcital chips, plain, white corn 28.35 1 oz 734 9056 Soup, beef bordh or bouillon, powder, dry 6 1 packet 1037 90514 Soup, chicken modle, anned, prepared with equal volume water 244 1 cup 1037 90514 Soup, chicken with rice, canned, prepared with equal volume water 240 1 cup 701 9052 Soup, chicken with rice, canned, prepared with equal volume 244 1 cup 701 90618 Soup, chicken with rice, canned, prepared with equal volume	9035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0
9410 Snacks, potato chips, made from dried potatoes, plain 28.35 1 oz 9411 Snacks, potato chips, plain, salted 28.35 1 oz 9811 Snacks, potato chips, plain, salted 28.35 1 oz 98142 Snacks, potato chips, plain, unsalted 28.35 1 oz 99047 Snacks, pretzels, hard, plain, salted 60 10 pretzels 9055 Snacks, tortilla chips, plain, white corn 28.35 1 oz 9056 Snacks, tortilla chips, plain, white corn 28.35 1 oz 80675 Soup, beer broth or bouillon, powder, dry 6 1 packet 96499 Soup, chicken noodle, canned, prepared with equal volume water 241 1 cup 96412 Soup, chicken noodle, canned, prepared with equal volume water 242 1 cup 96423 Soup, chicken noodle, canned, prepared with equal volume water 244 1 cup 96423 Soup, chicken noodle, canned, prepared with equal volume water 244 1 cup 96423 Soup, chinky vegetable, canned, prepared with equal volume 244 1 cup 96423 Soup, chinky ve	9041	Snacks, pork skins, plain	28.35	1 oz	0
oppetition Snacks, protato chips, plain, suited 28.35 1 σz 19811 Snacks, potato chips, plain, unsalted 28.35 1 σz 199422 Snacks, potato chips, reduced fat 28.35 1 σz 199423 Snacks, protezls, hard, plain, sulted 60 10 pretzels 19051 Snacks, toreitakes, brown fice, plain 9 1 cake 19055 Snacks, toreitakes, brown fice, plain 9 1 cap 19056 Snacks, toreitakes, brown fice, plain 9 1 cake 19057 Soup, beef brouth or bouillon, powder, dry 6 1 packet 10619 Soup, cheicken noodle, canned, prepared with equal volume water 241 1 cup 10623 Soup, chicken noodle, canned, prepared with equal volume water 241 1 cup 10643 Soup, chunky of ticken noodle, canned, prepared with equal volume water 240 1 cup 10643 Soup, chunky vegetable, canned, prepared with equal volume water 244 1 cup 10643 Soup, chunk of ticken noodle, canned, prepared with equal volume water 244 1 cup 10644 Soup, cea	19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0
9811 Snacks, potato chips, reduced fat 28.35 1 oz 9422 Snacks, potato chips, reduced fat 28.35 1 oz 9947 Snacks, potato chips, reduced fat 28.35 1 oz 99047 Snacks, potato chips, reduced fat 90 1 cake 99056 Snacks, tor critics, brown rice, plain 9 1 cake 99056 Snacks, tor tilla chips, plain, white corn 28.35 1 oz 96040 Soup, beef nodie, canned, prepared with equal volume water 253 1 cup 730 96419 Soup, chicken noodle, canned, prepared with equal volume water 241 1 cup 1037 96423 Soup, chicken noodle, canned, prepared with equal volume water 241 1 cup 700 96423 Soup, chunky vicken noodle, canned, prepared with equal volume water 240 1 cup 700 96424 Soup, chunky vicken noodle, canned, prepared with equal volume 244 1 cup 700 96423 Soup, chunky vicken noodle, canned, prepared with equal volume 248 1 cup 700 96424 Soup, chunky vicken noodle, canned, prepared with equal volume water 246 1 cup <t< td=""><td>19410</td><td>Snacks, potato chips, made from dried potatoes, plain</td><td>28.35</td><td>1 oz</td><td>0</td></t<>	19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0
19422 Snacks, pretizels, hard, plain, safted 28.35 1 oz 19447 Snacks, pretizels, hard, plain, safted 60 10 pretizels 19051 Snacks, toreilla chips, plain, white com 28.35 1 oz 19056 Snacks, toreilla chips, plain, white com 28.35 1 oz 19057 Soup, beef noodle, canned, prepared with equal volume water 244 1 cup 103' 196409 Soup, chicken noodle, dyren, grepared with equal volume water 241 1 cup 103' 196419 Soup, chicken noodle, dyren, grepared with equal volume water 241 1 cup 103' 196423 Soup, chunky vegitable, canned, prepared with equal volume water 240 1 cup 70' 196428 Soup, chunky vegitable, canned, prepared with equal volume water 244 1 cup 70' 196428 Soup, chunky vegitable, canned, prepared with equal volume water 248 1 cup 70' 106248 Soup, cream of mushroom, canned, prepared with equal volume water 246 1 cup 70' 106243 Soup, cream of mushroom, canned, prepared with equal volume water 244	19411	Snacks, potato chips, plain, salted	28.35	1 oz	0
19047 Snack, prezels, had, plain, salted 60 10 pretzels 19051 Snacks, rice cakes, brown rice, plain 9 1 cake 19056 Snacks, corilla chips, plain, white com 28.35 1 oz 06404 Soup, beat with pork, canned, prepared with equal volume water 253 1 cup 733 06409 Soup, beef broth or boullon, powder, dry 6 1 packet 1035 06419 Soup, chicken noodle, canned, prepared with equal volume water 244 1 cup 1035 06423 Soup, chicken noodle, canned, repared with equal volume water 241 1 cup 700 06438 Soup, chicken noodle, canned, ready-to-serve 240 1 cup 700 06443 Soup, claun chowder, manhattan, canned, prepared with equal volume 244 1 cup 700 06428 Soup, claun chowder, manhattan, canned, prepared with equal volume 244 1 cup 76 06433 Soup, cream of mushroom, canned, prepared with equal volume water 246 1 cup 76 06434 Soup, cream of mushroom, canned, prepared with equal volume water 246 1	19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0
19051Snack, rice cakes, brown rice, plain91 cake19056Snacks, tortilla chips, plain, white com28.351 oz19056Snacks, tortilla chips, plain, white com25.31 cup7.3416075Soup, been with pork, canned, prepared with equal volume water25.31 cup7.3416099Soup, been oodle, canned, prepared with equal volume water24.41 cup103716419Soup, chicken noodle, canned, prepared with equal volume water24.11 cup116528Soup, chicken noodle, canned, prepared with equal volume water24.11 cup70616618Soup, chicken modle, canned, prepared with equal volume water24.01 cup70616628Soup, chicken modle, canned, prepared with equal volume24.41 cup70616630Soup, chanky vegetable, canned, prepared with equal volume24.41 cup70616630Soup, clam chowder, new england, canned, prepared with equal volume24.81 cup70616230Soup, cream of mushroom, canned, prepared with equal volume24.81 cup116243Soup, cream of mushroom, canned, prepared with equal volume water24.41 cup116443Soup, noin, dry, mix706391 packet116443Soup, onin, dry, mix, prepared with equal volume water24.41 cup116443Soup, onin, dry, mix, prepared with equal volume water24.41 cup116443Soup, nonin, dry, mix, prepared with equal volume	19422	Snacks, potato chips, reduced fat	28.35	1 oz	0
Snacks, tortilla chips, plain, white corn28.351 oz06404Soup, bear with pork, canned, prepared with equal volume water2531 cup73406405Soup, beef broth or bouillon, powder, dry61 packet103706409Soup, chicken noodle, canned, prepared with equal volume water2441 cup103706419Soup, chicken noodle, anned, prepared with equal volume water252.31 cup106423Soup, chicken noodle, canned, repared with equal volume water2411 cup7000618Soup, chunky chicken noodle, canned, repared with equal volume water2401 cup7000618Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup70006428Soup, clam chowder, new england, canned, prepared with equal volume2441 cup70006230Soup, cream of mushroom, canned, prepared with equal volume low2481 cup7600643Soup, cream of mushroom, canned, prepared with equal volume low2481 cup16440644Soup, orion, dry, mix391 packet1040644Soup, orion, dry, mix, prepared with equal volume water2501 cup1300644Soup, orion, dry, mix, prepared with equal volume water2501 cup1300644Soup, orion, dry, mix, prepared with equal volume water2501 cup1300645Soup, tomato, canned, prepared with equal volume water2441 cup13006464Soup, tomato, canned, prepare	19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0
66404Soup, bean with pork, canned, prepared with equal volume water2531 cup73466075Soup, beef noodle, canned, prepared with equal volume water2441 cup103766190Soup, chicken noodle, canned, prepared with equal volume water2441 cup103766232Soup, chicken noodle, canned, prepared with equal volume water2411 cup10376618Soup, chicken noodle, canned, repared with equal volume water2411 cup7016623Soup, chicken noodle, canned, repared with equal volume water2441 cup7016618Soup, chunky vegetable, canned, repared with equal volume2441 cup70166230Soup, chunky vegetable, canned, repared with equal volume2441 cup70666230Soup, cham chowder, new england, canned, prepared with equal volume2441 cup70666230Soup, cream of mushroom, canned, prepared with equal volume low2481 cup76666433Soup, cream of mushroom, canned, prepared with equal volume low2481 cup664366444Soup, onion, dry, mix391 packet6644466441 cup66444Soup, onion, dry, mix, prepared with equal volume water2501 cup130666444Soup, onion, dry, mix, prepared with equal volume water2501 cup130666444Soup, onion, dry, mix, prepared with equal volume water2501 cup130666455Soup, tomato, canned, prepared with equal volume water244	9051	Snacks, rice cakes, brown rice, plain	9	1 cake	0
Soup, beel broh or bouillon, powder, dry6I packet16409Soup, beef noodle, canned, prepared with equal volume water2441 cup103716419Soup, chicken noodle, anned, prepared with equal volume water2411 cup103716528Soup, chicken noodle, dry, mix, prepared with equal volume water2411 cup104716618Soup, chunky chicken noodle, canned, ready-to-serve2401 cup70016623Soup, chunky vegtable, canned, ready-to-serve2401 cup70016624Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup70616623Soup, clam chowder, new england, canned, prepared with equal volume2481 cup706166243Soup, clam chowder, new england, canned, prepared with equal volume low volume low fat (2%) milk2481 cup706166243Soup, cream of mushroom, canned, prepared with equal volume low volume low fat (2%) milk2481 cup16616644Soup, oream of mushroom, canned, prepared with equal volume water2461 cup16616644Soup, onion, dry, mix391 packet16610616645Soup, green, canned, prepared with equal volume water2501 cup130616646Soup, tomato, canned, prepared with equal volume water2501 cup130616559Soup, tomato, canned, prepared with equal volume water2441 cup130616559Soup, tomato, canned, prepared with equal volume water2441 c	9056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0
Soup, beef noodle, canned, prepared with equal volume water2441 cup103106419Soup, chicken noodle, canned, prepared with equal volume water2411 cup103106528Soup, chicken noodle, dry, mix, prepared with equal volume water2411 cup103106423Soup, chicken noodle, canned, ready-to-serve2401 cup70010607Soup, chunky viciken noodle, canned, ready-to-serve2401 cup70010628Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup700106248Soup, clam chowder, manhattan, canned, prepared with equal volume2481 cup700106243Soup, clam chowder, manhattan, canned, prepared with equal volume low water2481 cup700106243Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk2481 cup700106443Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk2441 cup105106444Soup, oream of mushroom, canned, prepared with equal volume water2441 cup106106444Soup, onion, dry, mix391 packet1061106445Soup, tomato, canned, prepared with equal volume water2501 cup130106446Soup, tomato, canned, prepared with equal volume water2501 cup130106447Soup, tomato, canned, prepared with equal volume water2441 cup13010648Soup, tomato, canned, prepared with equal volume water <td>)6404</td> <td>Soup, bean with pork, canned, prepared with equal volume water</td> <td>253</td> <td>1 cup</td> <td>7362</td>)6404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	7362
Soup, chicken noodle, caned, prepared with equal volume water2411 cup16528Soup, chicken noodle, dry, mix, prepared with equal volume water252.31 cup16423Soup, chicken with rice, canned, prepared with equal volume water2411 cup16618Soup, chunky chicken noodle, canned, ready-to-serve2401 cup70016628Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup76016628Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup76016629Soup, clam chowder, new england, canned, prepared with equal volume2481 cup760166243Soup, cream of mushroom, canned, prepared with equal volume low rat (2%) milk2481 cup76016644Soup, oream of mushroom, canned, prepared with equal volume water2441 cup76016644Soup, oream of mushroom, canned, prepared with equal volume water2481 cup76016644Soup, noin, dry, mix391 packet76016644Soup, onion, dry, mix2901 cup13001674Soup, pea, green, canned, prepared with equal volume water2501 cup13001675Soup, tomato, canned, prepared with equal volume water2441 cup13001674Soup, sock, fish, home-prepared2331 cup13001675Soup, tomato, canned, prepared with equal volume water2441 cup2331674Soup, vegetarian vegetable, canned, prepared with equal)6075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0
b6528Soup, chicken noodle, dry, mix, prepared with water252.3I cupb6423Soup, chicken with rice, canned, prepared with equal volume water2411 cupb6067Soup, chunky vegetable, canned, ready-to-serve2401 cup700b6067Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup760b6230Soup, clam chowder, manhattan, canned, prepared with equal2481 cup760b6230Soup, clam chowder, new england, canned, prepared with equal2481 cup760b6231Soup, cream of mushroom, canned, prepared with equal volume low volume low fat (2%) milk2481 cup760b6243Soup, cream of mushroom, canned, prepared with equal volume water2441 cup760b6443Soup, onion, dry, mix391 packet960960b6444Soup, onion, dry, mix391 packet960b6445Soup, stock, fish, home-prepared2331 cup130b6455Soup, tomato, canned, prepared with equal volume water2501 cup130b6559Soup, tomato, canned, prepared with equal volume water2441 cup130b6471Soup, cegetarian vegetable, canned, prepared with equal volume water2441 cup23b6485Soup, cegetarian vegetable, canned, prepared with equal volume water2441 cup23b6471Soup, tomato, canned, prepared with equal volume water2441 cup24b6486Soup, vegetarian vegetable, can)6409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	10377
b6528Soup, chicken noodle, dry, mix, prepared with water252.3I cupb6423Soup, chicken with rice, canned, prepared with equal volume water2411 cupb6067Soup, chunky vegetable, canned, ready-to-serve2401 cup700b6067Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup760b6230Soup, clam chowder, manhattan, canned, prepared with equal2481 cup760b6230Soup, clam chowder, new england, canned, prepared with equal2481 cup760b6231Soup, cream of mushroom, canned, prepared with equal volume low volume low fat (2%) milk2481 cup760b6243Soup, cream of mushroom, canned, prepared with equal volume water2441 cup760b6443Soup, onion, dry, mix391 packet960960b6444Soup, onion, dry, mix391 packet960b6445Soup, stock, fish, home-prepared2331 cup130b6455Soup, tomato, canned, prepared with equal volume water2501 cup130b6559Soup, tomato, canned, prepared with equal volume water2441 cup130b6471Soup, cegetarian vegetable, canned, prepared with equal volume water2441 cup23b6485Soup, cegetarian vegetable, canned, prepared with equal volume water2441 cup23b6471Soup, tomato, canned, prepared with equal volume water2441 cup24b6486Soup, vegetarian vegetable, can)6419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0
Soup, chicken with rice, canned, prepared with equal volume water2411 cup06018Soup, chunky chicken noodle, canned, ready-to-serve2401 cup06067Soup, chunky vegetable, canned, ready-to-serve2401 cup7000628Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup76006230Soup, clam chowder, new england, canned, prepared with equal volume2481 cup76006230Soup, cream of mushroom, canned, prepared with equal volume low2481 cup76006433Soup, cream of mushroom, canned, prepared with equal volume water2441 cup76006443Soup, onion, dry, mix391 packet76006443Soup, onion, dry, mix391 packet76006444Soup, onion, dry, mix391 cup76006455Soup, tomato, canned, prepared with equal volume water2501 cup76006471Soup, tomato, canned, prepared with equal volume water2441 cup130006559Soup, tomato, canned, prepared with equal volume water2441 cup130006471Soup, vegetarian vegetable, canned, prepared with equal volume water2441 cup24306488Soup, vegetarian vegetable, canned, prepared with equal volume water2441 cup24306484Soup, vegetarian vegetable, canned, prepared with equal volume water2441 cup24306471Soup, vegetarian vegetable, canned, prepared with equal volume water24)6528		252.3	1 cup	0
Soup, chunky chicken noodle, canned, ready-to-serve2401 cup06067Soup, chunky vegetable, canned, ready-to-serve2401 cup0628Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup06230Soup, clam chowder, new england, canned, prepared with equal volume2481 cup06243Soup, cream of mushroom, canned, prepared with equal volume low2481 cup06243Soup, cream of mushroom, canned, prepared with equal volume low2481 cup06044Soup, cream of mushroom, canned, prepared with equal volume water2441 cup06045Soup, onion, dry, mix391 packet06046Soup, onion, dry, mix, prepared with equal volume water2461 cup06047Soup, sonion, dry, mix, prepared with equal volume water2501 cup06174Soup, soniato, canned, prepared with equal volume water2441 cup06559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup06559Soup, tomato, canned, prepared with equal volume water2441 cup06568Soup, vegetable beef, canned, prepared with equal volume water2441 cup0668Soup, vegetable, canned, prepared with equal volume water2411 cup0668Soup, vegetable, canned, prepared with equal volume water2411 cup0671Soup, vegetable, canned, prepared with equal volume water2411 cup0688Soup vegetable, canned, prepared with equal volume water2411 cup)6423		241	*	0
NoteSoup, churky vegetable, canned, ready-to-serve240I cup70006428Soup, clam chowder, manhattan, canned, prepared with equal volume244I cup76106230Soup, clam chowder, new england, canned, prepared with equal248I cup76106243Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk248I cup76106243Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk248I cup76106443Soup, cream of mushroom, canned, prepared with equal volume water244I cup76106444Soup, orion, dry, mix39I packet76106445Soup, onion, dry, mix, prepared with equal volume water250I cup76106446Soup, stock, fish, home-prepared233I cup130006559Soup, tomato, canned, prepared with equal volume water, commercial244I cup130006559Soup, tomato, canned, prepared with equal volume water244I cup130006559Soup, vegetable beef, canned, prepared with equal volume water244I cup130006559Soup, vegetable beef, canned, prepared with equal volume water244I cup2430668Soup, vegetable, canned, prepared with equal volume water244I cup2430668Soup, vegetable beef, canned, prepared with equal volume water244I cup2430668Soup, vegetable beef, canned, prepared with equal volume water244I cup <t< td=""><td>)6018</td><td></td><td>240</td><td>*</td><td>0</td></t<>)6018		240	*	0
6428Soup, clam chowder, manhattan, canned, prepared with equal volume2441 cup76'66230Soup, clam chowder, mew england, canned, prepared with equal2481 cup6'66243Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk2481 cup66431Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk2481 cup66432Soup, cream of mushroom, canned, prepared with equal volume water2441 cup66433Soup, oriend fmushroom, canned, prepared with equal volume water2441 cup66444Soup, onion, dry, mix391 packet66459Soup, pea, green, canned, prepared with equal volume water2501 cup66459Soup, tomato, canned, prepared with equal volume water2501 cup66459Soup, tomato, canned, prepared with equal volume water, commercial2441 cup66559Soup, tomato, canned, prepared with equal volume water2441 cup66468Soup, vegetable beef, canned, prepared with equal volume water2441 cup66468Soup, vegetable, canned, prepared with equal volume water2441 cup61643Soy sauce made from soy and wheat (shoyu)161 tbsp61613Soy sauce made from soy and wheat (shoyu)161 tbsp616100Soymilk, original and vanilla, unfortified2451 cup616100Soymilk, original and vanilla, unfortified2451 cup616100Soymilk, original and vanilla, unfortified <t< td=""><td></td><td></td><td>240</td><td>*</td><td>7087</td></t<>			240	*	7087
volume low fat (2%) milkvolume low fat (2%) milkvolume low fat (2%) milkvolume low fat (2%) milk06243Soup, cream of mushroom, canned, prepared with equal volume water2441 cup06094Soup, onion, dry, mix391 packet06094Soup, onion, dry, mix391 packet06443Soup, onion, dry, mix2461 cup06449Soup, pea, green, canned, prepared with equal volume water2501 cup06174Soup, stock, fish, home-prepared2331 cup06174Soup, oniand, prepared with equal volume low fat (2%) milk2481 cup06559Soup, tomato, canned, prepared with equal volume water2441 cup06671Soup, vegetable beef, canned, prepared with equal volume water2441 cup0668Soup, vegetatian vegetable, canned, prepared with equal volume water2411 cup06174Soup, vegetarian vegetable, canned, prepared with equal volume water2441 cup0668Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup06174Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup0618Sour, vegetarian vegetable, canned, prepared with equal volume water2411 cup0619Soy sauce made from soy and wheat (shoyu)161 tbsp16109Soybeans, mature cooked, boiled, without salt1721 cup16120Soymilk, original and vanilla, unfortified2451 cup12201Spaghetti with meat sauce, fr)6428	Soup, clam chowder, manhattan, canned, prepared with equal volume	244	*	7679
fat (2%) milk1106443Soup, cream of mushroom, canned, prepared with equal volume water2441 cup06094Soup, onion, dry, mix391 packet06494Soup, onion, dry, mix, prepared with water2461 cup06449Soup, pea, green, canned, prepared with equal volume water2501 cup06174Soup, stock, fish, home-prepared2331 cup06359Soup, tomato, canned, prepared with equal volume water, commercial2441 cup06451Soup, vegetable beef, canned, prepared with equal volume water2441 cup06468Soup, vegetarian vegetable, canned, prepared with equal volume water2441 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp016123Soybeans, mature cooked, boiled, without salt1721 cup016120Soymilk, original and vanilla, unfortified2451 cup022401Spaghetti with meat sauce, frozen entree2831 package	06230		248	1 cup	0
Def of the second sec		fat (2%) milk			0
DefaultSoup, onion, dry, mix, prepared with water2461 cup06494Soup, pea, green, canned, prepared with equal volume water2501 cup06174Soup, stock, fish, home-prepared2331 cup06359Soup, tomato, canned, prepared with equal volume low fat (2%) milk2481 cup130406559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup130406471Soup, vegetable beef, canned, prepared with equal volume water2441 cup4406468Soup, vegetatian vegetable, canned, prepared with equal volume water2411 cup23301058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp1616123Soybeans, mature cooked, boiled, without salt1721 cup1616120Soymilk, original and vanilla, unfortified2451 cup90522401Spaghetti with meat sauce, frozen entree2831 package905				*	0
AdditionSoup, pea, green, canned, prepared with equal volume water2501 cup06174Soup, stock, fish, home-prepared2331 cup06359Soup, tomato, canned, prepared with equal volume low fat (2%) milk2481 cup130406559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup130406471Soup, vegetable beef, canned, prepared with equal volume water2441 cup4406468Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup23201058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp23201058Soy sauce made from soy and wheat (shoyu)161 tbsp161206109Soybeans, mature cooked, boiled, without salt1721 cup24506120Soymilk, original and vanilla, unfortified2451 cup245022401Spaghetti with meat sauce, frozen entree2831 package905				*	0
DefinitionDefinitionDefinitionDefinitionDefinitionDefinitionSoup, stock, fish, home-prepared2331 cupDefinitionSoup, tomato, canned, prepared with equal volume low fat (2%) milk2481 cup1304DefinitionSoup, tomato, canned, prepared with equal volume water, commercial2441 cup1304DefinitionSoup, vegetable beef, canned, prepared with equal volume water2441 cup232DefinitionSoup, vegetable beef, canned, prepared with equal volume water2411 cup232DefinitionSoup, vegetable, canned, prepared with equal volume water2411 cup232DefinitionSour dressing, non-butterfat, cultured, filled cream-type121 tbsp232DefinitionSoy sauce made from soy and wheat (shoyu)161 tbsp16120DefinitionSoymilk, original and vanilla, unfortified2451 cup245DefinitionSpaghetti with meat sauce, frozen entree2831 package905				1 cup	0
Def359Soup, tomato, canned, prepared with equal volume low fat (2%) milk2481 cup1304Def359Soup, tomato, canned, prepared with equal volume water, commercial2441 cup1304Def471Soup, vegetable beef, canned, prepared with equal volume water2441 cup44Def468Soup, vegetable beef, canned, prepared with equal volume water2441 cup44Def468Soup, vegetable, canned, prepared with equal volume water2411 cup232Def468Sour, vegetable, canned, prepared with equal volume water2411 cup232Def468Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp245Def109Soybeans, mature cooked, boiled, without salt1721 cup16120Def109Soymilk, original and vanilla, unfortified2451 cup245Def120Spaghetti with meat sauce, frozen entree2831 package905)6449		250	1 cup	0
DefinitionDefinitionDefinitionDefinition06559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup130406471Soup, vegetable beef, canned, prepared with equal volume water2441 cup4406468Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup23206468Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup23201058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp24501058Soy sauce made from soy and wheat (shoyu)161 tbsp1612001059Soybeans, mature cooked, boiled, without salt1721 cup24501050Soymilk, original and vanilla, unfortified2451 cup245022401Spaghetti with meat sauce, frozen entree2831 package905	06174	Soup, stock, fish, home-prepared		1 cup	0
06471Soup, vegetable beef, canned, prepared with equal volume water2441 cup4406468Soup, vegetarian vegetable, canned, prepared with equal volume water2411 cup23201058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp2326123Soy sauce made from soy and wheat (shoyu)161 tbsp6109Soybeans, mature cooked, boiled, without salt1721 cup6120Soymilk, original and vanilla, unfortified2451 cup62401Spaghetti with meat sauce, frozen entree2831 package	6359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	13047
DiddleSoup, vegetarian vegetable, canned, prepared with equal volume water2411 cup232DiddleSour dressing, non-butterfat, cultured, filled cream-type121 tbsp126123Soy sauce made from soy and wheat (shoyu)161 tbsp6109Soybeans, mature cooked, boiled, without salt1721 cup6120Soymilk, original and vanilla, unfortified2451 cup22401Spaghetti with meat sauce, frozen entree2831 package	6559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	13042
DitosSour dressing, non-butterfat, cultured, filled cream-type121 tbsp6123Soy sauce made from soy and wheat (shoyu)161 tbsp6109Soybeans, mature cooked, boiled, without salt1721 cup6120Soymilk, original and vanilla, unfortified2451 cup22401Spaghetti with meat sauce, frozen entree2831 package905	6471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	444
6123Soy sauce made from soy and wheat (shoyu)161 tbsp6109Soybeans, mature cooked, boiled, without salt1721 cup6120Soymilk, original and vanilla, unfortified2451 cup62401Spaghetti with meat sauce, frozen entree2831 package905	6468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	2326
6109Soybeans, mature cooked, boiled, without salt1721 cup6120Soymilk, original and vanilla, unfortified2451 cup22401Spaghetti with meat sauce, frozen entree2831 package905	01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0
6120Soymilk, original and vanilla, unfortified2451 cup22401Spaghetti with meat sauce, frozen entree2831 package905	6123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0
22401 Spaghetti with meat sauce, frozen entree 283 1 package 905	6109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0
	6120	Soymilk, original and vanilla, unfortified	245	1 cup	0
20121 Spaghetti, cooked, enriched, without added salt 140 1 cup	22401	Spaghetti with meat sauce, frozen entree	283	1 package	9056
	20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0
02007	Spices, celery seed	2	1 tsp	0
02009	Spices, chili powder	2.6	1 tsp	1
02010	Spices, cinnamon, ground	2.3	1 tsp	0
02015	Spices, curry powder	2	1 tsp	0
02020	Spices, garlic powder	2.8	1 tsp	0
02026	Spices, onion powder	2.1	1 tsp	0
02027	Spices, oregano, dried	1.5	1 tsp	0
02028	Spices, paprika	2.1	1 tsp	0
02029	Spices, parsley, dried	1.3	1 tbsp	5
02030	Spices, pepper, black	2.1	1 tsp	0
11658	Spinach souffle	136	1 cup	0
11461	Spinach, canned, drained solids	214	1 cup	0
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0
11457	Spinach, raw	10	1 leaf	0
11457	Spinach, raw	30	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
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0
09316	Strawberries, raw	12	1 strawberry	0
09316	Strawberries, raw	18	1 strawberry	0
09316	Strawberries, raw	166	1 cup	0
19334	Sugars, brown	3.2	1 tsp	0
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0
11512	Sweet potato, canned, vacuum pack	255	1 cup	0
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, com, nght	20	1 tbsp	0
19129	Syrups, table blends, pancake	20	1 tbsp	0
19129	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	0
09223	Tangerine juice, canned, sweetened	249	1 cup	0
09220	Tangerines (mandarin oranges), canned, light syrup pack	249	1 cup	0
09220	Tangerines, (mandarin oranges), canned, nght synup pack	84	*	0
20068	Tapioca, pearl, dry	84 152	1 tangerine	0
		152	1 cup	0
14355	Tea, brewed, prepared with tap water		6 fl oz	
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0
14376 14371	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared Tea, instant, sweetened with sugar, lemon-flavored, without added	237 259	8 fl oz 8 fl oz	0
1.571	ascorbic acid, powder, prepared	237	0 11 02	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0
11954	Tomatillos, raw	34	1 medium	0
11540	Tomato juice, canned, with salt added	243	1 cup	21960
1546	Tomato products, canned, paste, without salt added	262	1 cup	75362
1547	Tomato products, canned, puree, without salt added	250	1 cup	54385
1549	Tomato products, canned, sauce	245	1 cup	37122
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	6641
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	10424
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	437
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	515
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	4631
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	3165
1955	Tomatoes, sun-dried	2	1 piece	918
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0
)5292	Turkey patties, breaded, battered, fried	64	1 patty	0
)5296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0
)5188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0
)5172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	4
)5186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0
)5168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0
)5180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0
1565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0
02050	Vanilla extract	4.2	1 tsp	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0
1578	Vegetable juice cocktail, canned	242	1 cup	23377
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0
02048	Vinegar, cider	15	1 tbsp	0
8403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0
4429	Water, tap, municipal	237	8 fl oz	0
1590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0
)9326	Watermelon, raw	286	1 wedge	12962
)9326	Watermelon, raw	152	1 cup	6889
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0
20082	Wheat flour, white, bread, enriched	137	1 cup	0
20083	Wheat flour, white, oread, enriched	137	1 cup	0
20084	Wheat flour, while, cake, enficience Wheat flour, whole-grain	137	1 cup	0
20080	Wild rice, cooked	120	*	0
)) 1121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	1 cup 8-oz container	0
/11/1	rogan, mun, now rat, no granis protein per o ounce	221	o-oz contaniei	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0