NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	337.01
14003	Alcoholic beverage, beer, regular	355	12 fl oz	327.67
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	41.88
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	27.97
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	26.84
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	26.08
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	16.12
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	91.64
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	82.50
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	74.68
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	91.16
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	92.29
11001	Alfalfa seeds, sprouted, raw	33	1 cup	30.08
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	218.07
09011	Apples, dried, sulfured, uncooked	32	5 rings	10.16
09003	Apples, raw, with skin	138	1 apple	115.82
09004	Apples, raw, without skin	110	1 cup	92.91
09020	Applesauce, canned, sweetened, without salt	255	1 cup	202.93
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	215.57
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	213.02
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	200.10
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	211.35
09032	Apricots, dried, sulfured, uncooked	35	10 halves	10.81
09021	Apricots, raw	35	1 apricot	30.22
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	141.07
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	100.76
11015	Asparagus, canned, drained solids	72	4 spears	67.67
11012	Asparagus, cooked, boiled, drained	60	4 spears	55.32
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	164.07
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	54.69
09038	Avocados, raw, California	28.35	1 oz	20.57
09039	Avocados, raw, Florida	28.35	1 oz	22.60
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	22.72
18005	Bagels, cinnamon-raisin	89	4" bagel	28.48
18003	Bagels, egg	89	4" bagel	29.10
18003	Bagels, egg	71	3-1/2" bagel	23.22
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	23.15
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	29.01
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.26

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.37
11028	Bamboo shoots, canned, drained solids	131	1 cup	123.56
09040	Bananas, raw	118	1 banana	87.63
09040	Bananas, raw	150	1 cup	111.39
20006	Barley, pearled, cooked	157	1 cup	108.02
20005	Barley, pearled, raw	200	1 cup	20.18
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	184.53
16008	Beans, baked, canned, with franks	259	1 cup	179.59
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	178.90
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	183.91
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	113.07
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	122.13
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	198.04
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	118.48
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	114.99
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	109.90
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	125.96
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	111.53
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	123.42
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	125.96
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	111.53
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	123.42
16051	Beans, white, mature seeds, canned	262	1 cup	183.66
22905	Beef stew, canned entree	232	1 cup	189.10
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	40.21
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	47.09
13348	Beef, cured, corned beef, canned	85.05	3 oz	49.09
13350	Beef, cured, dried beef	28.35	1 oz	16.02
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	47.17
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	47.67
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	49.33
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	40.37
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	50.19
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	44.32
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	48.96
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	50.52
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	55.25

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
3278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	48.05
3287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	52.87
3327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	47.33
1087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	128.35
1084	Beets, canned, drained solids	170	1 cup	154.63
1084	Beets, canned, drained solids	24	1 beet	21.83
1081	Beets, cooked, boiled, drained	170	1 cup	148.00
1081	Beets, cooked, boiled, drained	50	1 beet	43.53
8016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	29.19
8016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	17.34
8015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	7.51
8013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	5.82
9042	Blackberries, raw	144	1 cup	123.32
9055	Blueberries, frozen, sweetened	230	1 cup	178.02
9050	Blueberries, raw	145	1 cup	122.68
07008	Bologna, pork and beef	56.7	2 slices	30.79
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	27.22
8079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.76
8376	Bread crumbs, dry, grated, seasoned	120	1 cup	6.72
8082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	64.80
8019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	17.52
8023	Bread, cornbread, dry mix, prepared	60	1 piece	19.14
8024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	25.42
8025	Bread, cracked-wheat	25	1 slice	8.95
8027	Bread, egg	40	1/2" slice	13.88
8029	Bread, french or vienna (includes sourdough)	25	1/2" slice	8.58
8031	Bread, indian (navajo) fry	160	10-1/2" bread	42.40
8031	Bread, indian (navajo) fry	90	5" bread	23.85
8033	Bread, italian	20	1 slice	7.14
8035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	9.80
8036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	7.75
8039	Bread, oatmeal	27	1 slice	9.91
8040	Bread, oatmeal, toasted	25	1 slice	7.80
8041	Bread, pita, white, enriched	60	6-1/2" pita	19.26
8041	Bread, pita, white, enriched	28	4" pita	8.99
8044	Bread, pumpernickel	32	1 slice	12.13
8045	Bread, pumpernickel, toasted	29	1 slice	9.22
8047	Bread, raisin, enriched	26	1 slice	8.74
8048	Bread, raisin, toasted, enriched	24	1 slice	6.67
8053	Bread, reduced-calorie, rye	23	1 slice	10.58

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18055	Bread, reduced-calorie, wheat	23	1 slice	9.94
18057	Bread, reduced-calorie, white	23	1 slice	9.87
18060	Bread, rye	32	1 slice	11.94
18061	Bread, rye, toasted	24	1 slice	7.44
18064	Bread, wheat (includes wheat berry)	25	1 slice	9.28
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	7.27
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	9.18
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	16.52
18070	Bread, white, commercially prepared, toasted	22	1 slice	6.69
18075	Bread, whole-wheat, commercially prepared	28	1 slice	10.56
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	7.50
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	77.22
21023	Breakfast items, french toast with butter	135	2 slices	68.47
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	33.56
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	141.48
11740	Broccoli, flower clusters, raw	11	1 floweret	9.98
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	166.92
11090	Broccoli, raw	88	1 cup	79.81
11090	Broccoli, raw	31	1 spear	28.11
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	136.22
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	134.45
20011	Buckwheat flour, whole-groat	120	1 cup	13.38
20010	Buckwheat groats, roasted, cooked	168	1 cup	127.06
20013	Bulgur, cooked	182	1 cup	141.52
20012	Bulgur, dry	140	1 cup	12.60
01001	Butter, with salt	14.2	1 tbsp	2.25
01145	Butter, without salt	14.2	1 tbsp	2.55
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	162.44
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	113.34
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	140.40
11109	Cabbage, raw	70	1 cup	64.51
11112	Cabbage, red, raw	70	1 cup	64.09
11114	Cabbage, savoy, raw	70	1 cup	63.70
18086	Cake, angelfood, commercially prepared	28	1 piece	9.30
18088	Cake, angelfood, dry mix, prepared	50	1 piece	16.45
18090	Cake, boston cream pie, commercially prepared	92	1 piece	41.77
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	14.66
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	23.18
18110	Cake, fruitcake, commercially prepared	43	1 piece	10.88
18116	Cake, gingerbread, prepared from recipe	74	1 piece	20.72
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	37.15

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18120	Cake, pound, commercially prepared, butter	28	1 piece	6.89
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	8.68
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	18.46
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	9.90
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	8.59
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	9.80
18133	Cake, sponge, commercially prepared	30	1 shortcake	8.91
18134	Cake, sponge, prepared from recipe	63	1 piece	18.52
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	23.18
18139	Cake, white, prepared from recipe without frosting	74	1 piece	17.24
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	14.02
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	14.14
19074	Candies, caramels	10.1	1 piece	0.86
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.38
19071	Candies, carob	28.35	1 oz	0.44
19087	Candies, confectioner's coating, white	170	1 cup	2.21
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.64
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.29
19104	Candies, fudge, vanilla with nuts, prepared-from-recipe	15	1 piece	1.13
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	1.65
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.74
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.22
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.04
19107	Candies, hard	6	1 piece	0.08
19107	Candies, hard	3	1 small piece	0.04
19108	Candies, jellybeans	28.35	10 large	1.79
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.48
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.36
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	0.12
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	3.84
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.13
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	3.13
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.34
19116	Candies, marshmallows	50	1 cup	8.20
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.57
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.76
19127	Candies, milk chocolate coated raisins	10	10 pieces	1.12
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.62
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.22
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	0.15
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.50

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.65
19080	Candies, semisweet chocolate	168	1 cup	1.18
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.08
09060	Carambola, (starfruit), raw	108	1 cup	98.19
09060	Carambola, (starfruit), raw	91	1 fruit	82.74
14121	Carbonated beverage, club soda	355	12 fl oz	354.65
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	330.78
14136	Carbonated beverage, ginger ale	366	12 fl oz	333.79
14142	Carbonated beverage, grape soda	372	12 fl oz	330.34
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	329.36
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	354.29
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	354.29
14150	Carbonated beverage, orange	372	12 fl oz	325.87
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	328.99
14157	Carbonated beverage, root beer	370	12 fl oz	330.41
16055	Carob flour	8	1 tbsp	0.29
11655	Carrot juice, canned	236	1 cup	209.73
11960	Carrots, baby, raw	10	1 medium	8.98
11128	Carrots, canned, regular pack, drained solids	146	1 cup	135.71
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	136.31
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	131.22
11124	Carrots, raw	110	1 cup	96.57
11124	Carrots, raw	72	1 carrot	63.21
11935	Catsup	15	1 tbsp	9.99
11935	Catsup	6	1 packet	3.99
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	115.32
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	50.22
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	169.20
11135	Cauliflower, raw	13	1 floweret	11.95
11135	Cauliflower, raw	100	1 cup	91.91
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	35.29
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	141.17
11143	Celery, raw	40	1 stalk	37.86
11143	Celery, raw	120	1 cup	113.57
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.60
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.61
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.71
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.01
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.77

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.77
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.66
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.80
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.76
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.66
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.58
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.36
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.65
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.66
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2.48
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.90
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.88
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.77
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	4.55
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.56
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.70
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.95
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.85
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.90
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.93
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.87
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.84
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.93
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.87
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.90
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.93
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	3.30
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.90
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	5.06
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.99
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.90
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.68
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.93
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original	30	1/2 cup	0.90
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	3.06
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	1.84
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.68
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.65

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.68
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.30
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.75
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.79
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	1.28
)8049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	1.28
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.42
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.40
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.36
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	206.43
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	206.43
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	116.58
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	206.97
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	218.62
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	210.24
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	151.34
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	199.60
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	112.92
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	116.11
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	117.08
08143	Cereals, WHEATENA, cooked with water	243	1 cup	207.52
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	12.23
01164	Cheese sauce, prepared from recipe	243	1 cup	162.47
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	13.51
01004	Cheese, blue	28.35	1 oz	12.02
01007	Cheese, camembert	38	1 wedge	19.68
01009	Cheese, cheddar	28.35	1 oz	10.42
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	165.82
01013	Cheese, cottage, creamed, with fruit	226	1 cup	162.95
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	186.40
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	179.24
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	115.67
01017	Cheese, cream	14.5	1 tbsp	7.79
01186	Cheese, cream, fat free	15.6	1 tbsp	11.78
01019	Cheese, feta	28.35	1 oz	15.65

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	17.89
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	13.77
01026	Cheese, mozzarella, whole milk	28.35	1 oz	15.35
01030	Cheese, muenster	28.35	1 oz	11.84
01031	Cheese, neufchatel	28.35	1 oz	17.64
01032	Cheese, parmesan, grated	5	1 tbsp	0.88
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	11.10
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	11.99
01035	Cheese, provolone	28.35	1 oz	11.61
01037	Cheese, ricotta, part skim milk	246	1 cup	183.05
01036	Cheese, ricotta, whole milk	246	1 cup	176.38
01040	Cheese, swiss	28.35	1 oz	10.55
18147	Cheesecake commercially prepared	80	1 piece	36.48
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	219.43
09070	Cherries, sweet, raw	68	10 cherries	54.92
22906	Chicken pot pie, frozen entree	217	1 small pie	129.96
07017	Chicken roll, light meat	56.7	2 slices	38.90
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	72.30
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	55.46
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	56.12
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	46.79
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	37.99
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	27.80
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	29.37
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	98.01
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	50.52
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	12.07
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	44.29
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	32.69
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	22.64
05277	Chicken, canned, meat only, with broth	142	5 oz	97.48
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	13.39
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	78.89
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	167.26
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	98.74
22904	Chili con carne with beans, canned entree	222	1 cup	164.84
11156	Chives, raw	3	1 tbsp	2.72
14181	Chocolate syrup	18.75	1 tbsp	5.81
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	0.19

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	215.19
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.43
14194	Cocoa mix, powder, prepared with water	206	1 serving	177.98
14196	Cocoa mix, with aspartame, powder	15	1/2 oz envelope	0.51
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	177.37
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.16
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	58.68
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	176.75
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	177.21
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	13.80
11159	Coleslaw, home-prepared	120	1 cup	97.80
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	174.53
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	150.40
18151	Cookies, brownies, commercially prepared	56	1 brownie	7.62
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	2.86
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.23
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.41
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.41
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.91
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.78
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.23
18170	Cookies, fig bars	16	1 cookie	2.64
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.70
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.62
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.86
18177	Cookies, molasses	15	1 cookie, medium	0.87
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	1.38
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.43
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1.65
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.96
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.92
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	1.18
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.46
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.30
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.72
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.25
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.75
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.22
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.33
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.20

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	53.57
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	201.55
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	160.82
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	53.57
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	125.84
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	46.12
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	15.99
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	14.03
20020	Cornmeal, whole-grain, yellow	122	1 cup	12.52
20027	Cornstarch	8.064	1 tbsp	0.67
20029	Couscous, cooked	157	1 cup	113.93
20028	Couscous, dry	173	1 cup	14.81
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	l cup	124.54
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	112.37
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	191.11
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	120.47
18214	Crackers, cheese, regular	10	10 crackers	0.31
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.27
18217	Crackers, matzo, plain	28.35	1 matzo	1.22
18220	Crackers, melba toast, plain	20	4 pieces	1.02
18226	Crackers, rye, wafers, plain	11	1 wafer	0.55
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.49
18229	Crackers, standard snack-type, regular	12	4 crackers	0.42
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.27
18232	Crackers, wheat, regular	8	4 crackers	0.25
18235	Crackers, whole-wheat	16	4 crackers	0.43
14242	Cranberry juice cocktail, bottled	253	8 fl oz	216.32
09081	Cranberry sauce, canned, sweetened	57	1 slice	34.57
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	11.59
01069	Cream substitute, powdered	2	1 tsp	0.04
01049	Cream, fluid, half and half	15	1 tbsp	12.09
01053	Cream, fluid, heavy whipping	15	1 tbsp	8.66
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	11.06
01052	Cream, fluid, light whipping	15	1 tbsp	9.53
01056	Cream, sour, cultured	12	1 tbsp	8.51
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	12.02
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	1.84

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18239	Croissants, butter	57	1 croissant	13.22
18243	Croutons, seasoned	40	1 cup	1.44
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	65.92
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	62.65
15141	Crustaceans, crab, blue, canned	135	1 cup	102.82
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	65.82
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	42.60
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	64.63
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	61.71
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	44.93
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	23.79
11206	Cucumber, peeled, raw	119	1 cup	114.82
11206	Cucumber, peeled, raw	280	1 large	270.17
11205	Cucumber, with peel, raw	301	1 large	288.99
11205	Cucumber, with peel, raw	104	1 cup	99.85
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	94.29
18245	Danish pastry, cheese	71	1 danish	22.29
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	19.24
09087	Dates, domestic, natural and dry	41.5	5 dates	9.34
09087	Dates, domestic, natural and dry	178	1 cup	40.05
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	2.67
01072	Dessert topping, pressurized	4	1 tbsp	2.41
01073	Dessert topping, semi solid, frozen	4	1 tbsp	2.01
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	9.78
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	2.91
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	15.24
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	3.30
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	141.93
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	52.40
01143	Egg substitute, liquid	62.75	1/4 cup	51.93
01124	Egg, white, raw, fresh	33.4	1 large	29.33
01128	Egg, whole, cooked, fried	46	1 large	31.53
01129	Egg, whole, cooked, hard-boiled	50	1 large	37.31
01131	Egg, whole, cooked, poached	50	1 large	37.52
01132	Egg, whole, cooked, scrambled	61	1 large	44.62
01123	Egg, whole, raw, fresh	58	1 extra large	43.69
01123	Egg, whole, raw, fresh	50	1 large	37.67
01123	Egg, whole, raw, fresh	44	1 medium	33.15
01125	Egg, yolk, raw, fresh	16.6	1 large	8.10
01057	Eggnog	254	1 cup	188.90

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	90.85
11213	Endive, raw	50	1 cup	46.90
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	24.00
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	19.29
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	48.75
21049	Entrees, pizza with cheese	63	1 slice	30.12
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	37.70
21051	Entrees, pizza with pepperoni	71	1 slice	33.04
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	50.14
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	59.93
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	114.98
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	69.44
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	65.67
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	84.99
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	53.86
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	86.10
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	50.09
21042	Fast foods, chili con carne	253	1 cup	194.05
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	88.18
21043	Fast foods, clams, breaded and fried	115	3/4 cup	33.58
21127	Fast foods, coleslaw	99	3/4 cup	73.28
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	56.66
21015	Fast foods, danish pastry, cheese	91	1 pastry	30.76
21017	Fast foods, danish pastry, fruit	94	1 pastry	27.26
21074	Fast foods, enchilada, with cheese	163	1 enchilada	103.06
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	77.79
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	82.68
21024	Fast foods, french toast sticks	141	5 sticks	42.24
21077	Fast foods, frijoles with cheese	167	1 cup	115.41
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	121.45
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	108.60
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	47.60
21118	Fast foods, hotdog, plain	98	1 sandwich	52.88
21119	Fast foods, hotdog, with chili	114	1 sandwich	54.49
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	81.73
21129	Fast foods, hush puppies	78	5 pieces	25.19
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	67.43
21078	Fast foods, nachos, with cheese	113	6-8 nachos	45.71
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	30.78

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	115.35
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	47.37
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	30.05
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	59.74
21139	Fast foods, potato, mashed	80	1/3 cup	63.37
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	43.30
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	67.61
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	196.30
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	189.77
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	78.42
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	131.78
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	127.38
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	139.03
21033	Fast foods, sundae, hot fudge	158	1 sundae	94.33
21082	Fast foods, taco	171	1 small	99.86
21082	Fast foods, taco	263	1 large	153.59
21083	Fast foods, taco salad	198	1-1/2 cups	143.25
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	158.49
09094	Figs, dried, uncooked	38	2 figs	10.80
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	49.99
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	64.27
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	64.60
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	26.40
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	12.97
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	62.19
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	92.91
15034	Finfish, haddock, cooked, dry heat	85	3 oz	63.11
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	111.38
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	113.99
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	60.94
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	46.96
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	61.79
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	36.35
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	62.95
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	44.44
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	62.40
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	109.38
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	58.74
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	61.24
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	58.49

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	95.85
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	52.56
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	50.70
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	58.44
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	72.88
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	57.40
15128	Finfish, tuna salad	205	1 cup	129.48
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	50.89
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	63.33
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	62.21
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	53.39
07022	Frankfurter, beef	45	1 frank	23.40
07023	Frankfurter, beef and pork	45	1 frank	25.18
07024	Frankfurter, chicken	45	1 frank	25.89
18268	French toast, frozen, ready-to-heat	59	1 slice	31.03
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	35.56
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	6.46
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	5.02
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	60.29
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	45.94
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	47.02
19294	Fruit butters, apple	17	1 tbsp	9.60
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	199.39
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	207.23
14267	Fruit punch drink, canned	248	8 fl oz	218.24
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	184.33
11215	Garlic, raw	3	1 clove	1.76
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	114.21
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	114.66
14277	Grape drink, canned	250	8 fl oz	221.00
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	212.82
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	217.25
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	117.50
09124	Grapefruit juice, canned, sweetened	250	1 cup	218.45
09123	Grapefruit juice, canned, unsweetened	247	1 cup	222.55
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	220.57
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	128.34

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09404	Grapefruit juice, pink, raw	247	1 cup	222.30
09128	Grapefruit juice, white, raw	247	1 cup	222.30
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	112.40
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	106.77
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	212.32
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	128.90
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	40.28
06116	Gravy, beef, canned	58.25	1/4 cup	50.96
06119	Gravy, chicken, canned	59.5	1/4 cup	50.78
06121	Gravy, mushroom, canned	59.6	1/4 cup	53.04
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	46.70
06125	Gravy, turkey, canned	59.6	1/4 cup	52.81
07027	Ham, chopped, not canned	21	2 slices	13.36
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	39.98
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	36.65
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	187.68
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	220.23
11961	Hearts of palm, canned	33	1 piece	29.77
19296	Honey, strained or extracted	21	1 tbsp	3.59
02055	Horseradish, prepared	5	1 tsp	4.25
16158	Hummus, commercial	14	1 tbsp	9.32
19270	Ice creams, chocolate	66	1/2 cup	36.76
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	51.43
19095	Ice creams, vanilla	66	1/2 cup	40.26
19088	Ice creams, vanilla, light	66	1/2 cup	45.01
19089	Ice creams, vanilla, rich	74	1/2 cup	42.33
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	100.22
19283	Ice novelties, pop	59	1 bar (2 fl oz)	47.20
19297	Jams and preserves	20	1 tbsp	6.09
19300	Jellies	19	1 tbsp	5.54
11226	Jerusalem-artichokes, raw	150	1 cup	117.02
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	118.56
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	117.65
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	15.20
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	63.12
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	149.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	48.86
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	54.31

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	43.83
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	51.83
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	40.71
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	51.11
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	37.59
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	41.92
04002	Lard	12.8	1 tbsp	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.23
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.18
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.31
18372	Leavening agents, baking soda	4.6	1 tsp	0.01
18373	Leavening agents, cream of tartar	3	1 tsp	0.05
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.53
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.30
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	11.73
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	94.43
09153	Lemon juice, canned or bottled	244	1 cup	225.60
09153	Lemon juice, canned or bottled	15.2	1 tbsp	14.05
09152	Lemon juice, raw	47	juice of 1 lemon	42.64
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	221.46
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	235.34
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	237.01
09150	Lemons, raw, without peel	58	1 lemon	51.61
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	137.89
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.17
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	155.80
11251	Lettuce, cos or romaine, raw	56	1 cup	53.15
11251	Lettuce, cos or romaine, raw	10	1 leaf	9.49
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	7.67
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	516.85
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	52.74
11253	Lettuce, looseleaf, raw	56	1 cup	52.64
11253	Lettuce, looseleaf, raw	10	1 leaf	9.40
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	130.23
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	l cup	124.95
16073	Lima beans, large, mature seeds, canned	241	1 cup	185.76

09161Line juice, canned or bottled, unsweetened2461 cup227.6009160Line juice, raw38juice of line34.2209160Line juice, raw38juice of line34.2322247Macroni, cocked, enriched1401 cup92.3514316Malted drink mix, chocolate, with added nutrients, powder213 heaping typ0.5514316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup25.514310Malted drink mix, chocolate, with added nutrients, powder, prepared214.5 heaping typ0.6514310Malted drink mix, chocolate, with added nutrients, powder, prepared with2651 cup1.5409176Mangos, raw1651 cup1.541.5409176Mangos, raw1651 cup0.7604132Margarine, soft, unspecified oits, with salt added4.71 top0.7704385Margarine, bite, sepceid, cuprovinstely 40% fut, unspecified oits4.81 top1.7804526Margarine-biterer blend, 60% icon oil margarine and 40% butter14.21 thsp1.7804526Margarine-biterer plend, 40% fut, stack, soybean4.81 top1.7804526Margarine-biterer plend, 60% fut, tack, soybean4.81 top1.7804537Margarine-biterer plend, 40% fut, tack, soybean4.81 top1.7804548Melons, nonzidyev, raw1601 cup1.434.5404541Melons, nonzidyev, raw<	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
00161Line juke, eanued or bothed, unsweetened15.41 thsp14.2200160Line juke, raw38juke of 1 line34.2822247Maaroni and Cheese, canuel entree2521 cup26.3314315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp0.5314316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup215.0214310Malted drink mix, natural, with added nutrients, powder, prepared2651 cup215.1214310Malted drink mix, natural, with added nutrients, powder, prepared2651 cup215.1214310Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup215.1214310Margarine, regular, unspecified oils, with salt added14.11 thsp2.2114130Margarine, regular, unspecified oils, with salt added4.71 tsp2.714130Margarine, regular, unspecified oils, with salt added4.71 tsp2.714125Margarine-ibsergend, approximately 60% fat, stick, soybean4.81 tsp1.751425Margarine-ibsergend, approximately 60% fat, stick, soybean4.81 tsp1.751426Margarine-ibsergend, approximately 60% fat, tick, soybean4.81 tsp1.751427Margarine-ibsergend, approximately 60% fat, tick, soybean4.81 tsp1.751428Margarine-ibsergend, approximately 60% fat, tick, soybean4.81 tsp1.75 <trr>1444<td< td=""><td>16072</td><td>Lima beans, large, mature seeds, cooked, boiled, without salt</td><td>188</td><td>1 cup</td><td>131.21</td></td<></trr>	16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	131.21
909160Line juice, raw38juice of 1 line34.2222247Macaroni, acoked, enriched2521 cup206.3320100Macaroni, cooked, enriched1401 cup92.3314315Malted drink mix, chocolate, with added nutrients, powder213 Beaping top0.6514316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup215.0314310Malted drink mix, natural, with added nutrients, powder, prepared2651 cup215.1314310Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup214.34.8309176Margos, raw1651 cup144.8309176Margos, raw1651 cup22.2404122Margarine, soft, unspecified oils, with salt added4.71 tsp0.760428Margarine-like spread, approximately 60% fat, tick, soybean14.41 thsp2.230426Margarine-like spread, approximately 60% fat, tick, soybean14.41 thsp3.30457Margarine-like spread, approximately 60% fat, tick, soybean4.81 tup1.704581Melons, cantaloupe, raw1601 cup143.4304561Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tup1.70457Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tup1.704581Melons, cantaloupe, raw1601 cup1.431.690418Melons, tho	09161	Lime juice, canned or bottled, unsweetened	246	1 cup	227.60
Variant of Cheese, canned entree 252 I cup 20633 20100 Macaroni, cooked, enriched 140 I cup 92.35 20101 Maled drink mis, chocolate, with added nutrients, powder 21 3 heaping top 0.53 14316 Malted drink mis, chocolate, with added nutrients, powder, prepared 265 1 cup 0.65 14310 Malted drink mis, natural, with added nutrients, powder 21 4-5 heaping top 0.65 14310 Malted drink mis, natural, with added nutrients, powder 21 4-5 heaping top 0.65 14310 Malted drink mis, natural, with added nutrients, powder 21 1 cup 134.85 19176 Mangos, raw 165 1 cup 134.85 19176 Mangos, raw 207 1 mango 169.14 14132 Margarine-like spread, (approximately advis shat added 4.7 1 tsp 2.75 19130 Margarine-like spread, (approximately advis fat, unspecified oils 4.8 1 tsp 2.75 19425 Margarine-like spread, approximately 60% fat, tub, unspecified oils 4.8 1 tsp	09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	14.25
20100Macaroni, cooked, arriched1401 cup92.3314315Malted drink mix, checolate, with added nutrients, powder, prepared261 cup215.0214316Malted drink mix, checolate, with added nutrients, powder, prepared261 cup215.0214310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup215.1514310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup215.1514310Margorins, raw1661 cup134.4814317Margorins, songular, unspecified oils, with salt added4.11 thsp2.2314318Margarine, songular, unspecified oils, with salt added4.71 tsp0.7614325Margarine, songunar, unspecified oils, with salt added4.71 tsp0.7614326Margarine-like spread, (proviniately 60% fat, sick, soybean14.41 tsp2.3314326Margarine-like spread, approximately 60% fat, sick, soybean4.81 tsp1.7814348Melons, cantaloupe, raw1601 Kanelon14.34144Melons, cantaloupe, raw1601 Kanelon14.341454Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp2.331454Melons, cantaloupe, raw1601 Kanelon14.34144Melons, cantaloupe, raw1601 Kanelon1.431454Mik, habes, thick chocolate30016 fa oz2.33	09160	Lime juice, raw	38	juice of 1 lime	34.28
H4315Malted drink mix, chocolate, with added nutrients, powder213 happing tsp0.53H4316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup215.02H4310Malted drink mix, natural, with added nutrients, powder, prepared214.5 heaping tsp0.65H4310Malled drink mix, natural, with added nutrients, powder, prepared with2651 cup215.15H4310Malled drink mix, natural, with added nutrients, powder, prepared with2651 cup114.8219076Mangos, raw1651 cup144.8219176Mangos, raw2071 mango169141412Margarine, sorti, unspecified oils, with salt added4.71 tsp2.2214130Margarine-like spread, approximately 40% butter14.21 dsp2.7314132Margarine-like spread, approximately 40% fat, unspecified oils4.81 tsp2.7614132Margarine-like spread, approximately 60% fat, stick, soybean14.41 ltsp1.7814561Margarine-like spread, approximately 60% fat, stick, soybean4.81 tsp1.7814581Melons, cantaloupe, raw691.67 melon14.3414581Melons, cantaloupe, raw1601 cup125.4414614Melons, honeydew, raw1601 cup23.3414781Melons, honeydew, raw1601.601.601484Melons, honeydew, raw1601.601.601484Melons, honeydew, raw170 <td>22247</td> <td>Macaroni and Cheese, canned entree</td> <td>252</td> <td>1 cup</td> <td>206.39</td>	22247	Macaroni and Cheese, canned entree	252	1 cup	206.39
14316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole mik.1cp215.02 with whole mik.14310Malted drink mix, natural, with added nutrients, powder, prepared with whole mik.2651 cup215.13 whole mik.19176Mangos, raw1651 cup134.83 017609176Mangos, raw2071 mango169.141412Margarine, regular, unspecified oils, with salt added14.11 thsp2.21 0.7704130Margarine, frequint, unspecified oils, with salt added4.71 thsp0.7604132Margarine-filke spread, (approximately 40% fat), unspecified oils4.81 tsp2.7504256Margarine-like spread, (approximately 60% fat, stick, soybean14.41 thsp5.3304526Margarine-like spread, approximately 60% fat, stick, soybean4.81 tsp1.7809181Melons, cantaloupe, raw1601 & melon143.6609184Melons, cantaloupe, raw1601 & melon143.6601111Mik shakes, thick chocolate30010 6 fl oz2.2601095Mik, canned, evaporated, lowfat2.561 cup2.33.6501094Mik, buttermik, frid, cultured, lowfat2.561 cup2.33.6501010Mik shakes, thick chocolate30010 6 fl oz2.16.6601111Mik, chocolar, fuid, commercial, lowfat2.501 cup2.33.6501095Mik, chocolar, fuid, commercial, lowfat2.501 cup2.33.65 <t< td=""><td>20100</td><td>Macaroni, cooked, enriched</td><td>140</td><td>1 cup</td><td>92.39</td></t<>	20100	Macaroni, cooked, enriched	140	1 cup	92.39
with whole milk backback backback 14399 Malted drink mix, natural, with added nutrients, powder, prepared with 26 1 cup 215 14310 Malted drink mix, natural, with added nutrients, powder, prepared with 265 1 cup 1348 09176 Mangos, raw 165 1 cup 1348 04132 Margarine, natural, with added nutrients, powder, prepared with 265 1 cup 221 04132 Margarine, natural, with added nutrients, powder, prepared with 265 1 cup 221 04132 Margarine, inseprecified oils, with salt added 4.7 1 tsp 0.77 04138 Margarine-like spread, approximately 40% fat, stick, soybean 4.8 1 tsp 2.77 04526 Margarine-like spread, approximately 60% fat, stick, soybean 4.8 1 tsp 1.77 04521 Margarine-like spread, approximately 60% fat, stick, soybean 4.8 1 tsp 1.78 0451 Margarine-like spread, approximately 60% fat, tub, unspecified oils 4.8 1 tsp 1.78 0451 Margarine-like spread, approximately 60% fat, tub, unspecified oils	14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.53
Halfed frink mix, natural, with added nutrients, powder, prepared with whole milk 265 1 cup 215.15 09176 Mangos, raw 165 1 cup 134.82 09176 Mangos, raw 207 1 mango 169.14 04132 Margarine, regular, unspecified oils, with salt added 44.1 1 tbsp 2.21 04130 Margarine, like spread, (approximately 40% fut), unspecified oils 4.8 1 tsp 2.75 04428 Margarine-like spread, approximately 60% fut, stick, soybean 1.4.4 1 tbsp 5.33 04526 Margarine-like spread, approximately 60% fut, stick, soybean 4.8 1 tsp 1.78 04526 Margarine-like spread, approximately 60% fut, stick, soybean 4.8 1 tsp 1.78 04526 Margarine-like spread, approximately 60% fut, stick, soybean 4.8 1 tsp 1.78 04536 Margarine-like spread, approximately 60% fut, stick, soybean 4.8 1 tsp 1.78 04546 Margarine-like spread, approximately 60% fut, stick, soybean 4.8 1 tsp 1.78 04541 Melons, honcydew, raw 160<	14316		265	l cup	215.02
whole milk whole milk 09176 Mangos, naw 165 1 cup 144 82 09176 Mangos, naw 207 1 mango 1694 14 04132 Margarine, regular, unspecified oils, with salt added 4.7 1 tsp 0.70 04388 Margarine, soft, unspecified oils, with salt added 4.7 1 tsp 0.70 04488 Margarine-like spread, (approximately 40% fout, unspecified oils 4.8 1 tsp 2.21 04426 Margarine-like spread, approximately 60% fat, tick, soybean 1.4 1 tsp 2.73 044526 Margarine-like spread, approximately 60% fat, tub, unspecified oils 4.8 1 tsp 1.78 04456 Margarine-like spread, approximately 60% fat, tub, unspecified oils 4.8 1 tsp 1.78 04451 Margarine-like spread, approximately 60% fat, tub, unspecified oils 4.8 1 tsp 1.43 0418 Melons, cantaloupe, raw 69 1/8 melon 143 4.64 09181 Melons, honeydew, raw 160 1 cup 2.24 2.43 01101	14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.65
Magos, raw 207 I mangeo 1 fep 1 fep 04132 Margarine, regular, unspecified oils, with salt added 14.1 1 tbsp 2.21 04130 Margarine, soft, unspecified oils, with salt added 4.7 1 tsp 0.76 04585 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 2.24 04526 Margarine-like spread, approximately 60% fat, stick, soybean 14.4 1 tbsp 2.75 04526 Margarine-like spread, approximately 60% fat, stick, soybean 4.8 1 tsp 1.78 04526 Margarine-like spread, approximately 60% fat, tub, unspecified oils 4.8 1 tsp 1.78 04526 Margarine-like spread, approximately 60% fat, tub, unspecified oils 4.8 1 tsp 1.78 04561 Margarine-like spread, approximately 60% fat, tub, unspecified oils 4.8 1 tsp 1.78 04511 Margarine-like spread, approximately 60% fat, tub, unspecified oils 4.8 1 tsp 1.78 04526 Margarine-like spread, approximately 60% fat, tub, unspecified oils 4.8 1 tsp 1.78 <t< td=""><td>14310</td><td></td><td>265</td><td>1 cup</td><td>215.15</td></t<>	14310		265	1 cup	215.15
Margarine, regular, unspecified oils, with salt added1.11111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111111	09176	Mangos, raw	165	1 cup	134.82
Margarine, Soft, unspecified oils, with salt added4.7I tsp0.7704436Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp2.2404128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tbsp2.3304526Margarine-like spread, approximately 60% fat, stick, soybean14.41 tbsp5.3304526Margarine-like spread, approximately 60% fat, stick, soybean4.81 tsp1.7804526Margarine-like spread, approximately 60% fat, stick, soybean4.81 tsp1.7804561Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp1.7804561Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp1.7809181Melons, cantaloupe, raw1601 cup143 c609184Melons, honeydew, raw1701 cup152.420110Milk shakes, thick chocolate30010.6 fl oz216.6601111Milk shakes, thick vanilla31311 fl oz233.0101094Milk, buttermilk, dried6.51 tusp0.0201095Milk, buttermilk, fuid, cultured, lowfat2561 cup203.2201096Milk, buttermilk, fuid, cultured, lowfat2501 cup203.2201096Milk, condet, fluid, commercial, reduced fat2501 cup203.2201092Milk, chocolate, fluid, commercial, reduced fat2501 cup204.570104Milk, chocolat	09176	Mangos, raw	207	1 mango	169.14
Margarine-bilter blend, 60% corn oil margarine and 40% butter14.21 tsp2.2404128Margarine-like spread, (approximately 60% fat, stick, soybean14.41 tsp2.7504526Margarine-like spread, approximately 60% fat, stick, soybean14.41 tsp5.3304526Margarine-like spread, approximately 60% fat, stick, soybean4.81 tsp1.7804526Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp1.7804561Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp1.7804584Melons, cantaloupe, raw691/8 melon61.9509181Melons, cantaloupe, raw1601 cup143.6509184Melons, honeydew, raw1601/8 melon143.4609184Melons, honeydew, raw1601 cup126.4200110Milk shakes, thick chocolate30010 cf fl oz216.6601111Milk shakes, thick vanilla31311 fl oz233.0201095Milk, buttermilk, dried6.51 tubp0.1301095Milk, canned, evaporated, nonfat2501 cup26.7501102Milk, canned, evaporated, nonfat2501 cup20.820103Milk, chocolate, fluid, commercial, lowfat2501 cup20.820103Milk, chocolate, fluid, commercial, lowfat2501 cup20.820104Milk, chocolate, fluid, commercial, lowfat2501 cup20.8201	04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	2.21
D4128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp2.75D4526Margarine-like spread, approximately 60% fat, stick, soybean14.41 thsp5.33D4526Margarine-like spread, approximately 60% fat, stick, soybean4.81 tsp1.75D4526Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp1.75D4536Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp1.75D4546Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp1.75D4546Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp1.75D4546Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp1.75D4547Melons, cantaloupe, raw691.8 melon61.95D9181Melons, cantaloupe, raw1601 cup143.46D9184Melons, boneydew, raw1601.0 cup22.65D1110Milk shakes, thick chocolate30010.6 fl oz216.66D1111Milk shakes, thick vanilla31311 fl oz233.02D1058Milk, buttermilk, fluid, cultured, lowfat2451 cup20.82D1050Milk, canned, evaporated, without added vitamin A2521 cup256.75D1104Milk, chocolate, fluid, commercial, lowfat2501 cup20.57D1105Milk, chocolate, fluid, commercial, neduced fat2501 cup <td< td=""><td>04130</td><td>Margarine, soft, unspecified oils, with salt added</td><td>4.7</td><td>1 tsp</td><td>0.76</td></td<>	04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	0.76
Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)14.41 tbsp5.3304526Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)4.81 tsp1.7804526Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp1.7804561Margarine-like spread, approximately 60% fat, tub, unspecified oils4.81 tsp1.7809181Melons, cantaloupe, raw691/8 melon61.9209184Melons, cantaloupe, raw1601 cup143.6209184Melons, honeydew, raw1701 cup152.4201110Milk shakes, thick chocolate30010.6 fl oz216.6601111Milk shakes, thick vanilla31311 fl oz233.0201094Milk, buttermilk, dried6.51 tbsp0.1901095Milk, canned, condensed, swetened3061 cup220.8201096Milk, canned, condensed, swetened3061 cup203.2601097Milk, canned, condensed, swetened3061 cup203.2601096Milk, chocolate, fluid, commercial, 12501 cup208.920102Milk, chocolate, fluid, commercial, lowfat2501 cup208.920103Milk, chocolate, fluid, commercial, reduced fat2501 cup214.700104Milk, chocolate, fluid, commercial, reduced fat2501 cup214.920107Milk, huid, 3.25% milkfat	04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	2.24
(hydrogenated) and palm (hydrogenated) 1.78 04526 Margarine-like spread, approximately 60% fat, stick, soybean 4.8 1 tsp 1.78 04561 Margarine-like spread, approximately 60% fat, stick, soybean 4.8 1 tsp 1.78 09181 Melons, cantaloupe, raw 69 1/8 melon 61.92 09181 Melons, cantaloupe, raw 160 1 cup 143.63 09184 Melons, honeydew, raw 160 1 cup 152.42 01104 Mik shakes, thick chocolate 300 10.6 fl oz 233.03 01111 Mik shakes, thick chocolate 300 10.6 fl oz 233.03 01044 Mik, buttermik, fried 6.5 1 tbsp 0.12 01055 Mik, cunterd, lowfat 245 1 cup 233.03 01066 Mik, canned, condensed, sweetneed 306 1 cup 233.03 01070 Mik, canned, condensed, sweetneed 306 1 cup 233.03 0108 Mik, chocolate, fluid, commercial, reduced fat 250 1 cup 235.7	04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	2.79
(hydrogenated) and palm (hydrogenated) 1.78 04561 Margarine-like spread, approximately 60% fat, tub, unspecified oils 4.8 1 tsp 1.78 09181 Melons, cantaloupe, raw 69 1/8 melon 61.95 09181 Melons, cantaloupe, raw 160 1 cup 143.65 09184 Melons, honeydew, raw 160 1/8 melon 143.46 09184 Melons, honeydew, raw 170 1 cup 152.42 00110 Milk shakes, thick chocolate 300 10.6 fl oz 216.60 01111 Milk shakes, thick vanilla 313 11 fl oz 233.03 01094 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 208.22 01095 Milk, buttermilk, fluid, cultured, lowfat 256 1 cup 203.22 01096 Milk, canned, evaporated, notfat 250 1 cup 208.92 01012 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 208.92 0102 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 214.70 <td>04526</td> <td></td> <td>14.4</td> <td>1 tbsp</td> <td>5.33</td>	04526		14.4	1 tbsp	5.33
Op 181 Melons, cantaloupe, raw 69 1/8 melon 61.95 09181 Melons, cantaloupe, raw 160 1 cup 143.65 09184 Melons, honeydew, raw 160 1/8 melon 143.46 09184 Melons, honeydew, raw 170 1 cup 152.42 00110 Milk shakes, thick chocolate 300 10.6 fl oz 216.60 01110 Milk shakes, thick vanilla 313 11 fl oz 233.03 01094 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 220.82 01095 Milk, canned, condensed, sweetened 306 1 cup 233.26 01096 Milk, canned, evaporated, nonfat 256 1 cup 203.26 01096 Milk, canned, evaporated, nonfat 250 1 cup 205.73 01097 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 208.93 0102 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 208.93 0103 Milk, chocolate, fluid, commercial, reduced fat 23	04526		4.8	1 tsp	1.78
Net on your and log paw 160 1 cup 143.65 09184 Melons, honeydew, raw 160 1/8 melon 143.46 09184 Melons, honeydew, raw 170 1 cup 152.42 01110 Milk shakes, thick chocolate 300 10.6 fl oz 216.60 01111 Milk shakes, thick vanilla 313 11 fl oz 233.03 01094 Milk, buttermilk, dried 6.5 1 tbsp 0.15 01088 Milk, buttermilk, dried 365 1 cup 220.82 01095 Milk, buttermilk, dried 306 1 cup 83.11 01097 Milk, canned, condensed, sweetened 306 1 cup 203.26 01096 Milk, canned, evaporated, nonfat 256 1 cup 205.75 01096 Milk, chocolate, fluid, commercial, towfat 250 1 cup 205.75 01010 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 208.95 0102 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 208.95	04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	1.78
Op 184 Melons, honeydew, raw 160 1/8 melon 143.46 09 184 Melons, honeydew, raw 170 1 cup 152.42 01 110 Milk shakes, thick chocolate 300 10.6 fl oz 216.60 01 111 Milk shakes, thick vanilla 313 11 fl oz 233.03 01094 Milk, buttermilk, dried 6.5 1 tbsp 0.19 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 220.82 01095 Milk, canned, condensed, sweetened 306 1 cup 83.11 01097 Milk, canned, evaporated, nonfat 256 1 cup 203.26 01096 Milk, chocolate, fluid, commercial, 250 1 cup 265.75 01102 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 211.25 01103 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 218.57 01103 Milk, dry, nonfat, instant, with added vitamin A 23 1/3 cup 0.91 01077 Milk, fluid, 3.25% milkfat 244	09181	Melons, cantaloupe, raw	69	1/8 melon	61.95
Nelons, honeydew, raw 170 1 cup 152.42 00110 Milk shakes, thick chocolate 300 10.6 fl oz 216.60 01110 Milk shakes, thick chocolate 300 10.6 fl oz 233.03 01014 Milk shakes, thick vanilla 313 11 fl oz 233.03 01094 Milk, buttermilk, dried 6.5 1 tbsp 0.15 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 220.82 01095 Milk, canned, condensed, sweetened 306 1 cup 83.11 01097 Milk, canned, evaporated, nonfat 256 1 cup 203.26 01096 Milk, canned, evaporated, without added vitamin A 252 1 cup 186.58 01102 Milk, chocolate, fluid, commercial, 250 1 cup 201.25 01103 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 201.26 01092 Milk, dry, nonfat, instant, with added vitamin A 23 1/3 cup 0.91 01077 Milk, lowfat, fluid, 1% milkfat, with added vitamin A	09181	Melons, cantaloupe, raw	160	1 cup	143.65
01110 Milk shakes, thick chocolate 300 10.6 fl oz 216.60 01111 Milk shakes, thick chocolate 313 11 fl oz 233.03 01094 Milk, buttermilk, dried 6.5 1 tbsp 0.19 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 220.82 01095 Milk, canned, condensed, sweetened 306 1 cup 83.11 01097 Milk, canned, evaporated, nonfat 256 1 cup 203.26 01096 Milk, canned, evaporated, without added vitamin A 252 1 cup 186.58 01102 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 205.75 01104 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 208.95 0102 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 208.95 0103 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 208.95 0102 Milk, dry, nonfat, instant, with added vitamin A 23 1/3 cup 0.91 01077 Milk, fluid, 3.25% milkfat 244 1 cup 219.80	09184	Melons, honeydew, raw	160	1/8 melon	143.46
01111 Milk shakes, thick vanilla 313 11 fl oz 233.03 01094 Milk, buttermilk, dried 6.5 1 tbsp 0.19 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 220.82 01095 Milk, canned, condensed, sweetened 306 1 cup 83.11 01097 Milk, canned, evaporated, nonfat 256 1 cup 203.26 01096 Milk, canned, evaporated, without added vitamin A 252 1 cup 186.58 01096 Milk, chocolate, fluid, commercial, 250 1 cup 205.75 01102 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 208.95 01103 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 208.95 01092 Milk, dry, nonfat, instant, with added vitamin A 23 1/3 cup 0.91 01077 Milk, fluid, 3.25% milkfat 244 1 cup 214.96 01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A 244 1 cup 222.46 01085 Milk, nonfat, fluid, 2% milkfat, with added vitamin A 244 1 cup 217.67	09184	Melons, honeydew, raw	170	1 cup	152.42
01094 Milk, buttermilk, dried 6.5 1 tbsp 0.19 01098 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 220.82 01095 Milk, canned, condensed, sweetened 306 1 cup 83.11 01097 Milk, canned, evaporated, nonfat 256 1 cup 203.26 01096 Milk, canned, evaporated, without added vitamin A 252 1 cup 186.58 01102 Milk, chocolate, fluid, commercial, 250 1 cup 201.25 01104 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 211.25 01103 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 208.95 01103 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 211.25 01103 Milk, chocolate, fluid, commercial, reduced fat 23 1/3 cup 0.91 01077 Milk, fluid, 3.25% milkfat 244 1 cup 214.70 01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A 244 1 cup 219.80 01085 Milk, nonfat, fluid, 2% milkfat, with added vitamin A 244 1 cup	01110	Milk shakes, thick chocolate	300	10.6 fl oz	216.60
Milk, buttermilk, fluid, cultured, lowfat2451 cup220.8201095Milk, canned, condensed, sweetened3061 cup83.1101097Milk, canned, evaporated, nonfat2561 cup203.2601096Milk, canned, evaporated, without added vitamin A2521 cup186.5801102Milk, chocolate, fluid, commercial,2501 cup205.7501104Milk, chocolate, fluid, commercial, lowfat2501 cup211.2501103Milk, chocolate, fluid, commercial, reduced fat2501 cup208.9501092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.9101077Milk, fluid, 3.25% milkfat2441 cup214.7001082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup219.8001085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup217.6701079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup217.67	01111	Milk shakes, thick vanilla	313	11 fl oz	233.03
Dilop5Milk, canned, condensed, sweetened3061 cup83.11Dilop7Milk, canned, evaporated, nonfat2561 cup203.26Dilop6Milk, canned, evaporated, without added vitamin A2521 cup186.58Dilo2Milk, chocolate, fluid, commercial,2501 cup205.75Dilo4Milk, chocolate, fluid, commercial, lowfat2501 cup201.25Dilo3Milk, chocolate, fluid, commercial, reduced fat2501 cup208.95Dilo2Milk, chocolate, fluid, commercial, reduced fat2501 cup208.95Dilo92Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.91Dil077Milk, fluid, 3.25% milkfat2441 cup214.70Dil082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup219.80Dil085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup217.67Dil079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup217.67	01094	Milk, buttermilk, dried	6.5	1 tbsp	0.19
01097Milk, canned, evaporated, nonfat2561 cup203.2601096Milk, canned, evaporated, without added vitamin A2521 cup186.5801102Milk, chocolate, fluid, commercial,2501 cup205.7501104Milk, chocolate, fluid, commercial, lowfat2501 cup211.2501103Milk, chocolate, fluid, commercial, reduced fat2501 cup208.9501104Milk, chocolate, fluid, commercial, reduced fat2501 cup208.9501103Milk, chocolate, fluid, commercial, reduced fat231/3 cup0.9101092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.9101077Milk, fluid, 3.25% milkfat2441 cup219.8001085Milk, nonfat, fluid, 1% milkfat, with added vitamin A2451 cup222.4601079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup217.67	01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	220.82
01096Milk, canned, evaporated, without added vitamin A2521 cup186.5801102Milk, chocolate, fluid, commercial,2501 cup205.7501104Milk, chocolate, fluid, commercial, lowfat2501 cup211.2501103Milk, chocolate, fluid, commercial, reduced fat2501 cup208.9501092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.9101077Milk, fluid, 3.25% milkfat2441 cup214.7001082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup219.8001085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup222.4601079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup217.67	01095	Milk, canned, condensed, sweetened	306	1 cup	83.11
01102Milk, chocolate, fluid, commercial,2501 cup205.7501104Milk, chocolate, fluid, commercial, lowfat2501 cup211.2501103Milk, chocolate, fluid, commercial, reduced fat2501 cup208.9501092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.9101077Milk, fluid, 3.25% milkfat2441 cup214.7001082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup219.8001085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup222.4601079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup217.67	01097	Milk, canned, evaporated, nonfat	256	1 cup	203.26
DillowMilk, chocolate, fluid, commercial, lowfat2501 cup211.25DillowMilk, chocolate, fluid, commercial, reduced fat2501 cup208.95DillowMilk, dry, nonfat, instant, with added vitamin A231/3 cup0.91DillowMilk, fluid, 3.25% milkfat2441 cup214.70DillowMilk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup219.80DillowMilk, nonfat, fluid, with added vitamin A2451 cup222.46DillowMilk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup217.67	01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	186.58
01103Milk, chocolate, fluid, commercial, reduced fat2501 cup208.9501092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.9101077Milk, fluid, 3.25% milkfat2441 cup214.7001082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup219.8001085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup222.4601079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup217.67	01102	Milk, chocolate, fluid, commercial,	250	1 cup	205.75
Dilog2Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.91Dilog2Milk, fluid, 3.25% milkfat2441 cup214.70Dilog2Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup219.80Dilog5Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup222.46Dilog9Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup217.67	01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	211.25
D1077Milk, fluid, 3.25% milkfat2441 cup214.70D1082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup219.80D1085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup222.46D1079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup217.67	01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	208.95
D1082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup219.80D1085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup222.40D1079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup217.67	01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.91
D1085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup222.46D1079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup217.67	01077	Milk, fluid, 3.25% milkfat	244	1 cup	214.70
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A 244 1 cup 217.67	01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	219.80
	01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	222.46
16112 Miso 68.75 1 cup 28.50	01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	217.67
	16112	Miso	68.75	1 cup	28.50

P9995Melasse, blackstrap201 bbp5.7415100Mellask, clum, maxel specier, cum853 oz4.091517Mellask, cyster, eastern, cookel, breaded and fried853 oz55.0115184Mellask, syster, eastern, cookel, breaded and fried936 large45.4315174Mellask, syster, eastern, wild, raw846 meduam71.5315175Mellask, syster, eastern, wild, raw846 meduam71.5315175Mellask, sculps, maxel species, cooked, breaded and fried936 large45.4315175Mulfink, bachery, commercially prepared571 matfin12.5315283Muffins, conn, dymin, reper d501 matfin15.5515383Muffins, out harm, toastar-type with sista, toastaf741 matfin19.551544Maup bans, matter seeds, sprotted, cooked, bidd, drained, without1241 cap42.0211264Mashrooms, eaned, drained solids1561 cap122.0411264Mashrooms, eaned, drained, without salt1561 cap122.0411264Mashrooms, eaned, drained, without salt1601 cap10.2511280Mushrooms, shiftake, dried, drained, without salt1601 cap10.2211280Mushrooms, shiftake, dried, drained, without salt1601 cap10.2211280Mushrooms, shiftake, dried, drained, without salt1601 cap10.2211280Mushrooms, shiftake, dried, drained, without salt160 <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15157 Mollusks, elam, mixed species, nav 85 3 oz 69 55 15168 Mollusks, eyster, eastern, volkd, traw 84 6 medium 71.53 15173 Mollusks, sougher, restern, wild, raw 84 6 medium 71.53 15174 Muffins, blueberry, coramercially prepared 57 1 muffin 21.83 18278 Muffins, corn, connectially prepared 57 1 muffin 18.83 18280 Muffins, ourd, prepared for necipe, made with low fat (2%) mills 57 1 muffin 18.83 18280 Muffins, ourd prepared for necipe, made with low fat (2%) mills 57 1 muffin 19.95 18283 Muffins, what bran, touster-type with insins, tousterd 57 1 muffin 19.15 11044 Mung beans, mature seeds, sprouted, cooked, hotled, drained, without 124 1 cop 142.08 11264 Mushrooms, conked, boiled, drained solids 156 1 cup 142.08 11264 Mushrooms, shitake, cooked, without salt 145 1 cup 124.02 11264 Mushrooms, shitake, cooked, without salt 146 1 cup 124.03 11271 Mushrooms, shitak	19305	Molasses, blackstrap	20	1 tbsp	5.74
1518Mollusks, oyster, caster, wild, nw853 oz55.011517Mollusks, oyster, caster, wild, nw846 nedium7.5.315173Mollusks, scallop, mixed species, cooked, breaded and fried936 large54.3515173Muffins, bluebery, orepared from recipe, made with low fat (2%) milk571 muffin22.5218270Muffins, corn, commercially prepared571 muffin15.2518280Muffins, corn, dym ix, prepared571 muffin91.5518283Muffins, corn, toy mix, prepared341 muffin91.8518384Muffins, corn, toy mix, prepared341 muffin91.8518484Muffins, corn, toy mix, prepared341 muffin91.8518484Muffins, corn, toy mix, prepared, cooked, builed, drained, without1241 cup11.58011644Marbrown, smatur, seeds, sprouted, raw1041 cup142.0811645Mushrooms, naw701 cup142.0811260Mushrooms, naw701 cup122.2411261Mushrooms, naw361 muffrom132.2411261Mushrooms, naw701 cup122.2411261Mushrooms, naw701 cup122.2411261Mushrooms, naw361 muffrom132.2411271Mustard, greens, cooked, bried, drained, without salt1401 cup132.2411271Mustard, greens, cooked, bried, drained, without salt1601 cup109.94	15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	54.09
1517 Mollasks, oyster, eastern, wild, raw 84 6 medium 71.53 15173 Mollasks, scallop, mixed species, cooked, breaded and fried 93 6 large 54.35 18274 Muffins, blueberry, commercially prepared 57 1 muffin 21.83 18279 Muffins, com, commercially prepared 57 1 muffin 21.83 18280 Muffins, out, dry mix, prepared 50 1 muffin 19.55 18283 Muffins, what bran, coaster-type with raisins, toasted 34 1 muffin 91.04 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without 124 1 cup 11.580 11126 Mushrooms, canned, drained solds 156 1 cup 14.20 R 11260 Mushrooms, cooked, boiled, drained, without salt 145 1 cup 121.05 11261 Mushrooms, sithiake, dried 3.6 1 mushroom 3.4 11271 Mushrooms, spiniake, dried 3.6 1 cup 121.05 11280 Mushrooms, spiniake, dried 3.6 1 cup 132.4 11261 Mushrooms, spiniake, dried 3.6 1 cup 3.4	15157	Mollusks, clam, mixed species, raw	85	3 oz	69.55
15173Molluks, scaliop, mixed species, cooked, breaded and fried936 large54.3518274Muffins, blueberry, commercially prepared571 muffina21.8318278Muffins, corn, ormercially prepared571 muffina21.8218280Muffins, corn, ordy mix, prepared501 muffina15.2518283Muffins, out bran, not correctly prepared501 muffina19.9518283Muffins, wheth bran, toast-type with raisins, toasted341 muffin19.9518383Muffins, wheth bran, toast-type with raisins, toasted141 cup41.2011044Mung beans, mature seeds, spouted, cocked, bolted, drained, without161 cup142.0811264Mushrooms, cocked, bolted, drained, without salt1561 cup121.0511264Mushrooms, saw701 cup121.0511265Mushrooms, spouted, cariant1451 cup121.0511264Mushrooms, cocked, bolted, drained, without salt1401 cup122.241266Mushrooms, shitake, cocked, without salt1401 cup122.241268Mushrooms, shitake, cocked, without salt1401 cup122.241264Mushrooms, shitake, cocked, without salt1401 cup122.241264Mushrooms, shitake, cocked, without salt1401 cup122.241264Mushrooms, caria1601 cup129.241274Nusterd greens, cocked, ceriched1601 cup10.94	15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	55.01
18274Muffins, blueberry, prepared forn recipe, made with low fat (2*) milk7I muffin21.8318278Muffins, blueberry, prepared forn recipe, made with low fat (2*) milk77I muffin22.5218280Muffins, our, commercially prepared57I muffin19.5518281Muffins, out jern in prepared50I muffin91.8518282Muffins, out jern in tosster-type with nisin, tossted34I muffin91.8518388Muffins, mean tosster-type with nisin, tossted34I cup40.0211244Mug beam, mature seeds, sprouted, row104I cup40.2011264Mushrooms, conded, boiled, drained, without156I cup124.0811264Mushrooms, coded, boiled, drained, without salt156I cup121.0511268Mushrooms, shinke, coded, without salt149I cup122.2411270Mushrooms, shinke, coded, without salt140I cup0.0311288Nushrooms, shinke, coded, boiled, drained, without salt160I cup0.0311210Mushrooms, shinke, coded, without salt160I cup0.0311211Mushrooms, shinke, coded, uniched160I cup0.0311215Nushrof greens, coded, boiled, drained, without salt160I cup0.0311216Nusder, greend, upelow51 top or 1 packet4.0812121Nusder, greend, upelow28.35I cup0.3312132Nusder, greend, upelow28.35I cu	15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	71.53
18278 Muffins, blueberry, prepared from recipe, made with low fat (2%) mill. 57 1 muffin 22.52 18279 Muffins, com, commercially prepared 50 1 muffin 15.52 18280 Muffins, com, dy mix, prepared 50 1 muffin 15.52 18283 Muffins, when than, toster-type with raisins, tosated 34 1 muffin 19.95 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without 124 1 cup 41.02 111264 Mushrooms, conked, boiled, drained, without salt 156 1 cup 142.08 11260 Mushrooms, shitake, cooked, without salt 145 1 cup 121.05 11269 Mushrooms, shitake, dried 3.6 1 mushroom 0.34 11711 Mustard, prepared, yellow 5 1 topor 1 packet 4.08 11861 Nuchtrooms, shitake, dried 3.6 1 mushroom 0.33 11721 Mustard, prepared, yellow 5 1 topor 1 packet 4.08 11863 Nathrooms, shitake, dried 160 1 cup 10.09	15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	54.35
Nuffins, cont, commercially prepared 57 1 muffin 18.58 18280 Muffins, corn, dry mix, prepared 50 1 muffin 19.52 18283 Muffins, weith bran, toaster-type with misins, toasted 34 1 muffin 19.18 18284 Muffins, what bran, toaster-type with misins, toasted 34 1 muffin 19.18 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without slt 124 1 cup 142.08 11264 Musbrooms, canned, drained solids 156 1 cup 142.08 11264 Musbrooms, raw 70 1 cup 64.28 11260 Musbrooms, mix 70 1 cup 121.05 11264 Musbrooms, shiftake, cooked, without salt 145 1 cup 132.24 11264 Musbrooms, shiftake, cried 3.6 1 musbroom 0.34 11271 Mustard, prepared, yellow 5 1 sp or 1 packet 4.08 12646 Mustard, prepared, yellow 5 1 sp or 1 packet 4.08 12010 Noctatiries, raw 136	18274	Muffins, blueberry, commercially prepared	57	1 muffin	21.83
Nutflins, corr, dry mix, propard 50 1 muffin 15.25 18283 Muffins, out bran 57 1 muffin 19.95 18888 Muffins, out bran 56 1 cup 115.80 11043 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt 126 1 cup 44.208 11264 Mushrooms, cooked, boiled, drained, without salt 156 1 cup 64.28 11260 Mushrooms, shitike, cooked, without salt 140 1 cup 121.05 11268 Mushrooms, shitike, dried 3.6 1 mushroom 0.34 11271 Mustard prepared, yellow 5 1 sp or 1 packet 4.08 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devi'ls Food Cookie 16 1 cookie 2.82 09191 Neetfarines, raw 136 1 acup 10.99	18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	22.52
18283Muffins, outbran57I muffin19.9518388Muffins, wheat bran, toaster-type with raisins, toasted34I muffin9.1811044Murp beans, mutre seeds, sprouted, cooked, boiled, drained, without124I cup115.8011043Murg beans, mature seeds, sprouted, raw104I cup94.0211264Mushrooms, canned, drained solids156I cup142.0811261Mushrooms, cooked, boiled, drained, without salt156I cup64.2811269Mushrooms, shiitake, cooked, without salt145I cup0.3211271Mustard preens, cooked, boiled, drained, without salt140I cup0.3211264Mushrooms, shiitake, dried3.6I mushroom0.3411271Mustard preens, cooked, boiled, drained, without salt140I cup0.3220246Mustard, prepared, yellow5I tsp or I packet4.0818651NABISCO, NABISCO SNACKWELL'S Fat Free Devi's Food Cookie16I cookie2.8220110Noedles, cinsee, chow mein45I cup0.3320110Noedles, cinsee, chow mein28.35I oz (24 nuts)1.4920121Noedles, cinsee, chow mein28.35I oz (24 nuts)0.4821265Nuts, brazinuts, dried, unblanched28.35I oz (24 nuts)0.4621266Nuts, brazinuts, dried, discicated), sweetened, shredded28.35I oz (18 nuts)0.6621267Nuts, brazinuts, dried (discicated), sweetened, shredded<	18279	Muffins, corn, commercially prepared	57	1 muffin	18.58
18388Muffins, wheat bran, toaster-type with raisins, toasted34I muffin9.1811044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1241 cup115.8011143Mung beans, mature seeds, sprouted, raw1041 cup94.02111264Mushrooms, canned, drained solids1561 cup142.0811264Mushrooms, cooked, boiled, drained, without salt1561 cup142.0811269Mushrooms, shiitake, cooked, without salt1561 cup64.2811268Mushrooms, shiitake, dried3.61 mushroom0.3411271Mushrooms, shiitake, dried3.61 mushroom0.3411274Mushrooms, shiitake, dried3.61 cup132.2402046Mushrooms, shiitake, dried3.61 cup132.2402046Mushrooms, shiitake, dried3.61 cup132.2402046Mushrooms, shiitake, dried3.61 cup0.3311051Mushrooms, raw1361 cochie2.8202046Mushrooms, raw1361 cup0.0311051Naclase, chow mein451 cup0.3320110Ncodles, egg, spinach, cooked, enriched1601 cup109.6312051Nuts, almonds28.351 oz (24 nuts)0.6612054Nuts, cashew muts, dry roasted, with salt added28.351 oz (24 nuts)0.6612167Nuts, cosonut meat, dried (deiscated), sweetened, shredded931 cup11.67 <td>18280</td> <td>Muffins, corn, dry mix, prepared</td> <td>50</td> <td>1 muffin</td> <td>15.25</td>	18280	Muffins, corn, dry mix, prepared	50	1 muffin	15.25
11044 sultMung beans, mature seeds, sprouted, cooked, boiled, drained, without124I cup115.8011043Mung beans, mature seeds, sprouted, raw104I cup94.0211264Mushrooms, cooked, boiled, drained, without salt156I cup142.0811260Mushrooms, cooked, boiled, drained, without salt156I cup121.0511264Mushrooms, shiitake, cooked, without salt145I cup21.0511268Mushrooms, shiitake, dried3.6I mushroom0.3411271Mustard greens, cooked, boiled, drained, without salt140I cup132.2412086Mushrooms, shiitake, dried5I tsp or I packet4.0812171Mustard, prepared, yellow5I tsp or I packet4.0812081NABISCO, NACKWELL'S Fat Free Devil's Food Cookie16I cookie2.8212185Cakes100I cup109.9220110Noodles, chinese, chow mein45I cup109.9220112Noodles, cgg, spinach, cooked, enriched160I cup109.6312061Nuts, cashew nuts, dir coasted, with salt added28.35I oz (24 nuts)1.4912186Nuts, cashew nuts, dir coasted, with salt added28.35I oz (18 nuts)0.6612167Nuts, cashew nuts, dir coasted, with salt added28.35I oz (10 nuts)0.6612167Nuts, casheu nuts, dir coasted, with salt added28.35I oz (10 nuts)0.4612168Nuts, casheu nuts, diry coasted,	18283	Muffins, oat bran	57	1 muffin	19.95
salt 1043 Mung beans, mature seeds, sprouted, raw 104 1 cup 94.02 11264 Mushrooms, conked, choiled, drained solids 156 1 cup 142.08 11261 Mushrooms, cooked, boiled, drained, without salt 156 1 cup 64.28 11269 Mushrooms, soliitake, cooked, without salt 145 1 cup 210.05 11268 Mushrooms, soloitak, cried 3.6 1 mushroom 0.34 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 132.24 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 4.08 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 4.08 02041 NABISCO NAACKWELL'S Fat Free Devil's Food Cookie 16 1 cup 0.33 02010 Nodles, einese, chow mein 45 1 cup 0.09.22 02011 Noodles, einese, chow, denriched 160 1 cup 0.09.22 02012 Noodles, einese, chow mein 28.35 1 oz (24 nuts) 0.49 12050	18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	9.18
11264 Mushrooms, canned, drained solids 156 1 cup 142.08 11261 Mushrooms, cooked, boiled, drained, without salt 156 1 cup 64.28 11260 Mushrooms, raw 70 1 cup 64.28 11260 Mushrooms, shiitake, cooked, without salt 145 1 cup 121.05 11268 Mushrooms, shiitake, dried 3.6 1 mushroom 0.34 11271 Mustard, prepared, yellow 5 1 tsp or 1 packet 4.08 12651 MASHISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie 1 cookie 2.82 09191 Nectarines, raw 136 1 nectarine 117.34 20112 Noodles, egg, cooked, enriched 160 1 cup 0.03 20112 Noodles, egg, spinach, cooked, enriched 28.35 1 oz (24 nuts) 14.99 12078 Nuts, inronds 28.35 1 oz (24 nuts) 0.04 12078 Nuts, cashew nuts, oil roasted, with salt added 28.35 1 oz 0.48 12155 Nuts, cashew nuts, oil roasted, with salt added<	11044		124	1 cup	115.80
11261 Mushrooms, cooked, boiled, drained, without salt 156 1 cup 142.08 11260 Mushrooms, raw 70 1 cup 64.28 11264 Mushrooms, shiitake, cooked, without salt 145 1 cup 121.05 11268 Mushrooms, shiitake, dried 3.6 1 mushroom 0.34 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 132.24 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 4.08 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie 1 cookie 2.82 02046 Nustard, prepared, yellow 45 1 cup 0.33 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie 160 1 cup 0.09.92 20110 Noedles, edinese, chow mein 45 1 cup 0.33 20111 Noodles, egg, spinach, cooked, enriched 160 1 cup 0.995 20112 Noodles, egg, spinach, cooked, with salt added 28.35 1 oz (4e nuts) 0.95 12058 Nuts, iarsonde suits, diried, with salt added 28.35 1 oz 0.48	11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	94.02
11260 Mushrooms, raw 70 1 cup 64.28 11269 Mushrooms, shiitake, cooked, without salt 145 1 cup 121.05 11268 Mushrooms, shiitake, dried 3.6 1 mushroom 0.34 11271 Mustard greens, cooked, boiled, drained, without salt 140 1 cup 132.24 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 4.08 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie 16 1 cookie 2.82 09191 Nectarines, raw 136 1 nectarine 117.34 20110 Noodles, chinese, chow mein 45 1 cup 0.33 20110 Noodles, egg, spinach, cooked, enriched 160 1 cup 109.92 20112 Noodles, egg, spinach, cooked, enriched 28.35 1 oz (24 nuts) 1.49 12078 Nuts, almonds 28.35 1 oz (6-8 nuts) 0.95 12585 Nuts, cashew nuts, dir oasted, with salt added 28.35 1 oz (18 nuts) 0.66 12167 Nuts, coconut meat, raw	11264	Mushrooms, canned, drained solids	156	1 cup	142.08
11269Mushrooms, shiitake, cooked, without salt1451 cup121.0511268Mushrooms, shiitake, dried3.61 mushroom0.3411271Mustard greens, cooked, boiled, drained, without salt1401 cup132.2402046Mustard, prepared, yellow51 tsp or 1 packet4.0818651NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie161 cookie2.8209191Nectarines, raw1361 nectarine117.3420110Noodles, chinese, chow mein451 cup0.3320110Noodles, egg, spinach, cooked, enriched1601 cup109.9220112Noodles, egg, spinach, cooked, enriched1601 cup109.6312061Nuts, almonds28.351 oz (24 nuts)1.4912078Nuts, cashew nuts, dry coasted, with salt added28.351 oz (18 nuts)0.6612167Nuts, cashew nuts, dry coasted, with salt added28.351 oz (18 nuts)0.6612167Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup11.6712104Nuts, coconut meat, dried (desiccated), sweetened, shredded93.51 oz (10-12 nuts)0.4612230Nuts, nacentaria muts, dry roasted, with salt added28.351 oz (10-12 nuts)0.6112163Nuts, nacentaria muts, dry roasted, with salt added28.351 oz (10-12 nuts)0.461235Nuts, nacentaria muts, dry roasted, with salt added28.351 oz (10-12 nuts)0.51124	11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	142.08
11268Mushrooms, shiitake, dried3.6I mushroom0.3411271Mustard greens, cooked, boiled, drained, without salt140I cup132.2402046Mustard, prepared, yellow5I tsp or 1 packet4.0818651NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie16I cookie2.82Cakes09191Nectarines, raw136I nectarine117.3420113Noodles, chinese, chow mein451 cup0.3320110Noodles, egg, cooked, enriched1601 cup109.9220112Noodles, egg, spinach, cooked, enriched1601 cup109.6312061Nuts, almonds28.351 oz (24 nuts).04812785Nuts, cashew nuts, driy roasted, with salt added28.351 oz (18 nuts).06612167Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts).06612169Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup11.6712104Nuts, coconut meat, dried (desiccated), sweetened, shredded28.351 oz (10-12 nuts).04612632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts).04612634Nuts, coconut meat, dried (with salt added28.351 oz (10-12 nuts).04612635Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (0.12 nuts).04612635Nuts, mixed nuts, oil roasted, with salt added28.351 oz (0.01.050 <t< td=""><td>11260</td><td>Mushrooms, raw</td><td>70</td><td>1 cup</td><td>64.28</td></t<>	11260	Mushrooms, raw	70	1 cup	64.28
11271Mustard greens, cooked, boiled, drained, without salt140I cup132.2402046Mustard, prepared, yellow5I tsp or I packet4.0818651NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie16I cookie2.82Cakes09191Nectarines, raw136I nectarine117.3420113Noodles, chinese, chow mein45I cup0.3320110Noodles, egg, gooked, enriched160I cup109.9220112Noodles, egg, spinach, cooked, enriched160I cup109.6312061Nuts, almonds28.35I oz (24 nuts)1.4912078Nuts, brazilnuts, dried, unblanched28.35I oz (18 nuts)0.6612585Nuts, cashew nuts, oil roasted, with salt added28.35I oz (18 nuts)0.6612167Nuts, cesnut, european, roasted143I cup57.8912179Nuts, coconut meat, dried (desiccated), sweetened, shredded93I cup11.6712104Nuts, coconut meat, grier on sated, with salt added28.35I oz (10-12 nuts)0.4612635Nuts, macadamia nuts, dry roasted, with salt added28.35I oz (10-12 nuts)0.4612635Nuts, mixed nuts, dry roasted, with salt added28.35I oz (20-12 nuts)0.4612635Nuts, mixed nut, dry roasted, with salt added28.35I oz (20-12 nuts)0.4612635Nuts, mixed nuts, dry roasted, with salt added28.35I oz (20-12 nuts)0.4612635<	11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	121.05
D2046Mustard, prepared, yellow51 tsp or 1 packet4.0818651NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes161 cookie2.8209191Nectarines, raw1361 nectarine117.3420113Noodles, chinese, chow mein451 cup0.3320110Noodles, egg, cooked, enriched1601 cup109.9220112Noodles, egg, spinach, cooked, enriched1601 cup109.6312061Nuts, almonds28.351 oz (24 nuts)1.4912078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.9512585Nuts, cashew nuts, dri roasted, with salt added28.351 oz (18 nuts)0.6612167Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup11.6712120Nuts, coconut meat, dried (desiccated), sweetened, shredded931 oz1.5112120Nuts, hazelnuts or filberts28.351 oz (10-12 nuts)0.4612632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, dry roasted, with salt added28.351 oz0.5812635Nuts,	11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.34
International and the formation of the fo	11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	132.24
Cakes 09191 Nectarines, raw 136 1 nectarine 117.34 20113 Noodles, chinese, chow mein 45 1 cup 0.33 20110 Noodles, egg, cooked, enriched 160 1 cup 109.92 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 109.63 12061 Nuts, almonds 28.35 1 oz (24 nuts) 1.49 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 0.95 12585 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (18 nuts) 0.66 12167 Nuts, cosonut meat, dried (desiccated), sweetened, shredded 28.35 1 oz (18 nuts) 0.66 12179 Nuts, coconut meat, raw 45 1 piece 21.15 12104 Nuts, coconut meat, raw 28.35 1 oz (10-12 nuts) 0.46 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz 0.51 12635 Nuts, mixed nuts, dry roasted, with salt added 28.35 1 oz 0.50	02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	4.08
Noodles, chow mein 45 1 cup 0.33 20113 Noodles, egg, cooked, enriched 160 1 cup 109.92 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 109.63 20110 Nuts, almonds 28.35 1 oz (24 nuts) 1.49 12061 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 0.95 12585 Nuts, cashew nuts, dry roasted, with salt added 28.35 1 oz (18 nuts) 0.66 1267 Nuts, chestnuts, european, roasted 143 1 cup 57.89 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 11.67 12104 Nuts, coconut meat, araw 45 1 piece 21.15 12120 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz 0.46 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz 0.51 12632 Nuts, macadamia nuts, dry roasted, with salt added 28.35 1 oz 0.50 12635 Nuts, mixed nuts, dr	18651		16	1 cookie	2.82
20110Noodles, egg, cooked, enriched1601 cup109.9220112Noodles, egg, spinach, cooked, enriched1601 cup109.6312061Nuts, almonds28.351 oz (24 nuts)1.4912078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.9512585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)0.661267Nuts, chestnuts, european, roasted1431 cup57.8912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup11.6712104Nuts, coconut meat, raw451 piece21.5112232Nuts, hazelnuts or filberts28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, oil roasted, with salt added28.351 oz (10-12 nuts)0.4612637Nuts, mixed nuts, oil roasted, with salt added28.351 oz0.5012637Nuts, mixed nuts, oil roasted, with salt added28.351 oz0.5812142Nuts, pecans28.351 oz0.5812147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	09191	Nectarines, raw	136	1 nectarine	117.34
20112Noodles, egg, spinach, cooked, enriched1601 cup109.6312061Nuts, almonds28.351 oz (24 nuts)1.4912078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.9512585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)0.6612586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.6612167Nuts, chestnuts, european, roasted1431 cup57.8912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup11.6712104Nuts, coconut meat, raw451 piece21.1512205Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612632Nuts, mixed nuts, oil roasted, with salt added28.351 oz0.5012635Nuts, mixed nuts, oil roasted, with salt added28.351 oz0.5012637Nuts, mixed nuts, oil roasted, with salt added28.351 oz (20 halves)0.5012637Nuts, mixed nuts, oil roasted, with salt added28.351 oz (20 halves)0.5012637Nuts, pecans28.351 oz (20 halves)0.5012142Nuts, pien nuts, pignolia, dried8.61 tbsp0.58	20113	Noodles, chinese, chow mein	45	1 cup	0.33
12061Nuts, almonds28.351 oz (24 nuts)1.4912078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.9512585Nuts, cashew nuts, dry roasted, with salt added28.351 oz (18 nuts)0.6612586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.6612167Nuts, chestnuts, european, roasted1431 cup57.8912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup11.6712104Nuts, coconut meat, raw451 piece21.1512120Nuts, hazelnuts or filberts28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, oil roasted, with salt added28.351 oz (20 halves)0.5012637Nuts, mixed nuts, oil roasted, with salt added28.351 oz (20 halves)0.5812142Nuts, pien nuts, pignolia, dried28.351 oz (20 halves)0.58	20110	Noodles, egg, cooked, enriched	160	1 cup	109.92
12078Nuts, brazilnuts, dried, unblanched28.351 oz (6-8 nuts)0.9512585Nuts, cashew nuts, dry roasted, with salt added28.351 oz0.4812586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.6612167Nuts, chestnuts, european, roasted1431 cup57.8912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup11.6712104Nuts, coconut meat, raw451 piece21.1512120Nuts, hazelnuts or filberts28.351 oz (10-12 nuts)0.4612635Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz (10-12 nuts)0.5012637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz (20 halves)1.0012637Nuts, pecans28.351 oz (20 halves)1.0012147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	109.63
12585Nuts, cashew nuts, dry roasted, with salt added28.351 oz0.4812586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.6612167Nuts, chestnuts, european, roasted1431 cup57.8912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup11.6712104Nuts, coconut meat, raw451 piece21.1512120Nuts, hazelnuts or filberts28.351 oz (10-12 nuts)0.4612635Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz0.5812142Nuts, pecans28.351 oz (20 halves)1.0012147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.49
12586Nuts, cashew nuts, oil roasted, with salt added28.351 oz (18 nuts)0.6612167Nuts, chestnuts, european, roasted1431 cup57.8912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup11.6712104Nuts, coconut meat, raw451 piece21.1512120Nuts, hazelnuts or filberts28.351 oz (10-12 nuts)0.4612632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz (20 halves)0.5012142Nuts, pecans28.351 oz (20 halves)1.0012147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.95
12167Nuts, chestnuts, european, roasted1431 cup57.8912179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup11.6712104Nuts, coconut meat, raw451 piece21.1512120Nuts, hazelnuts or filberts28.351 oz1.5112632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz0.5012637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz0.5812142Nuts, pecans28.351 oz (20 halves)1.0012147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.48
12179Nuts, coconut meat, dried (desiccated), sweetened, shredded931 cup11.6712104Nuts, coconut meat, raw451 piece21.1512100Nuts, hazelnuts or filberts28.351 oz1.5112632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz0.5012637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz0.5812142Nuts, pecans28.351 oz (20 halves)1.0012147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.66
12104Nuts, coconut meat, raw451 piece21.1512120Nuts, hazelnuts or filberts28.351 oz1.5112632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, dry roasted, with peanuts, with salt added28.351 oz0.5012637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz0.5812142Nuts, pecans28.351 oz (20 halves)1.0012147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	12167	Nuts, chestnuts, european, roasted	143	1 cup	57.89
12120Nuts, hazelnuts or filberts28.351 oz1.5112632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, dry roasted, with peanuts, with salt added28.351 oz0.5012637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz0.5812142Nuts, pecans28.351 oz (20 halves)1.0012147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	11.67
12632Nuts, macadamia nuts, dry roasted, with salt added28.351 oz (10-12 nuts)0.4612635Nuts, mixed nuts, dry roasted, with peanuts, with salt added28.351 oz0.5012637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz0.5812142Nuts, pecans28.351 oz (20 halves)1.0012147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	12104	Nuts, coconut meat, raw	45	1 piece	21.15
12635Nuts, mixed nuts, dry roasted, with peanuts, with salt added28.351 oz0.5012637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz0.5812142Nuts, pecans28.351 oz (20 halves)1.0012147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	12120	Nuts, hazelnuts or filberts	28.35	l oz	1.51
12637Nuts, mixed nuts, oil roasted, with peanuts, with salt added28.351 oz0.5812142Nuts, pecans28.351 oz (20 halves)1.0012147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.46
12142 Nuts, pecans 28.35 1 oz (20 halves) 1.00 12147 Nuts, pine nuts, pignolia, dried 8.6 1 tbsp 0.58	12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.50
12147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.58
12147Nuts, pine nuts, pignolia, dried8.61 tbsp0.58	12142	Nuts, pecans	28.35	1 oz (20 halves)	1.00
	12147	· •	8.6		0.58

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.58
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.15
20034	Oat bran, cooked	219	1 cup	183.96
20033	Oat bran, raw	94	1 cup	6.16
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.00
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.00
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.00
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.00
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.00
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	143.86
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	167.66
09193	Olives, ripe, canned (small-extra large)	22	5 large	17.60
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	17.10
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	184.51
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	82.59
11284	Onions, dehydrated flakes	5	1 tbsp	0.20
11282	Onions, raw	110	1 whole	98.65
11282	Onions, raw	14	1 slice	12.56
11282	Onions, raw	160	1 cup	143.49
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	13.47
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	89.83
09207	Orange juice, canned, unsweetened	249	1 cup	221.63
09209	Orange juice, chilled, includes from concentrate	249	1 cup	220.12
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	219.37
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	123.22
09206	Orange juice, raw	86	juice from 1 orange	75.94
09206	Orange juice, raw	248	1 cup	218.98
09200	Oranges, raw, all commercial varieties	180	1 cup	156.15
09200	Oranges, raw, all commercial varieties	131	1 orange	113.64
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	16.27
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	20.14
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	20.10
09226	Papayas, raw	140	1 cup	124.36
09226	Papayas, raw	304	1 papaya	270.04
11297	Parsley, raw	10	10 sprigs	8.77
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	121.24
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	196.16

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	77.69
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	207.71
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	216.98
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	85.74
09246	Peaches, dried, sulfured, uncooked	39	3 halves	12.40
09250	Peaches, frozen, sliced, sweetened	250	1 cup	186.83
09236	Peaches, raw	98	1 peach	85.91
09236	Peaches, raw	170	1 cup	149.02
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.18
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.20
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.44
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.44
16089	Peanuts, all types, oil-roasted, with salt	28.35	l oz	0.55
09340	Pears, asian, raw	122	l pear	107.67
09340	Pears, asian, raw	275	1 pear	242.69
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	61.07
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	213.73
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	214.45
09254	Pears, canned, juice pack, solids and liquids	76	1 half	65.72
09252	Pears, raw	166	1 pear	139.12
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	142.26
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	138.56
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	138.89
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	127.23
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	136.20
11670	Peppers, hot chili, green, raw	45	1 pepper	39.48
11819	Peppers, hot chili, red, raw	45	1 pepper	39.48
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	23.11
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	124.94
11333	Peppers, sweet, green, raw	149	1 cup	137.36
11333	Peppers, sweet, green, raw	10	1 ring	9.22
11333	Peppers, sweet, green, raw	119	1 pepper	109.71
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	124.94
11821	Peppers, sweet, red, raw	119	1 pepper	109.71
11821	Peppers, sweet, red, raw	149	1 cup	137.36
11945	Pickle relish, sweet	15	1 tbsp	9.31
11937	Pickles, cucumber, dill	65	1 pickle	59.59
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	10.04
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	14.11
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	17.64
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	54.32

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	52.71
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	61.07
18302	Pie, apple, prepared from recipe	155	1 piece	73.32
18305	Pie, blueberry, commercially prepared	117	1 piece	61.43
18306	Pie, blueberry, prepared from recipe	147	1 piece	75.26
18308	Pie, cherry, commercially prepared	117	1 piece	54.05
18309	Pie, cherry, prepared from recipe	180	1 piece	82.44
18310	Pie, chocolate creme, commercially prepared	113	1 piece	49.16
18316	Pie, coconut custard, commercially prepared	104	1 piece	51.17
18444	Pie, fried pies, cherry	128	1 pie	48.13
18319	Pie, fried pies, fruit	128	1 pie	48.13
18320	Pie, lemon meringue, commercially prepared	113	1 piece	47.12
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	54.99
18324	Pie, pecan, commercially prepared	113	1 piece	21.81
18325	Pie, pecan, prepared from recipe	122	1 piece	23.79
18326	Pie, pumpkin, commercially prepared	109	1 piece	63.33
18327	Pie, pumpkin, prepared from recipe	155	1 piece	90.68
11943	Pimento, canned	12	1 tbsp	11.17
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	219.75
14341	Pineapple and orange juice drink, canned	250	8 fl oz	217.25
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	213.83
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	38.71
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	200.63
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	39.25
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	207.94
09266	Pineapple, raw	155	1 cup	134.08
09278	Plantains, cooked	154	1 cup	103.64
09277	Plantains, raw	179	1 medium	116.85
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	196.23
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	34.99
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	38.65
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	211.73
09279	Plums, raw	66	1 plum	56.23
07065	Pork and beef sausage, fresh, cooked	26	2 links	11.58
07064	Pork sausage, fresh, cooked	26	2 links	11.59
07064	Pork sausage, fresh, cooked	27	1 patty	12.03
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.46
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	28.69
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	56.54
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	49.64
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	55.91

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	38.62
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	46.78
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	51.56
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	48.95
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	45.03
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	51.98
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	48.29
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	47.59
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	49.95
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	45.69
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	40.50
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	46.12
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	34.36
11672	Potato pancakes, home-prepared	76	1 pancake	35.92
11399	Potato puffs, frozen, prepared	79	10 puffs	41.79
11414	Potato salad, home-prepared	250	1 cup	190.00
11674	Potato, baked, flesh and skin, without salt	202	1 potato	151.28
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	193.50
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	181.30
11363	Potatoes, baked, flesh, without salt	156	1 potato	117.66
11364	Potatoes, baked, skin, without salt	58	1 skin	27.44
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	104.69
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	104.57
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	120.84
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	28.58
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	16.27
11370	Potatoes, hashed brown, home-prepared	156	1 cup	96.02
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	160.23
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	164.77
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	160.15
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	193.97
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	198.30
05306	Poultry food products, ground turkey, cooked	82	1 patty	48.72
09294	Prune juice, canned	256	1 cup	207.97
09292	Prunes, dried, stewed, without added sugar	248	1 cup	172.93

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09291	Prunes, dried, uncooked	42	5 prunes	13.60
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	109.65
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	105.29
19183	Puddings, chocolate, ready-to-eat	113	4 oz	78.31
19193	Puddings, rice, ready-to-eat	113.4	4 oz	77.00
19218	Puddings, tapioca, ready-to-eat	113	4 oz	83.85
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	106.20
19201	Puddings, vanilla, ready-to-eat	113	4 oz	80.46
11424	Pumpkin, canned, without salt	245	1 cup	220.43
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	229.54
11429	Radishes, raw	4.5	1 radish	4.27
09298	Raisins, seedless	145	1 cup	22.36
09298	Raisins, seedless	14	1 packet	2.16
09306	Raspberries, frozen, red, sweetened	250	1 cup	181.88
09302	Raspberries, raw	123	1 cup	106.48
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	191.44
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	162.70
14342	Rice beverage, RICE DREAM, canned	245	1 cup	217.49
20037	Rice, brown, long-grain, cooked	195	1 cup	142.53
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	126.86
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	18.80
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	126.13
20045	Rice, white, long-grain, regular, cooked	158	1 cup	108.14
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	21.50
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	8.93
18350	Rolls, hamburger or hotdog, plain	43	1 roll	14.62
18353	Rolls, hard (includes kaiser)	57	1 roll	17.67
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	151.10
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	4.94
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	5.94
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	11.31
04133	Salad dressing, french, home recipe	14	1 tbsp	3.39
04134	Salad dressing, home recipe, cooked	16	1 tbsp	11.07
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	7.39
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	12.29
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	5.64
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	2.11
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	10.60
04015	Salad dressing, russian, with salt	15.3	1 tbsp	5.28
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	7.19

04023 Salad dressing, thousand teaspoon, with salt 07069 Salami, cooked, beef and	-	15.3	1 tbsp	10.60
07069 Salami, cooked, beef and	-			
, ,	1 0	56.7	2 slices	34.25
07072 Salami, dry or hard, pork,	, beet	20	2 slices	6.94
02047 Salt, table		6	1 tsp	0.01
07073 Sandwich spread, pork, b	eef	15	1 tbsp	9.04
21097 Sandwiches and burgers, bacon and condiments	cheeseburger, large, single meat patty, with	195	1 sandwich	85.02
21089 Sandwiches and burgers,	cheeseburger, regular, single meat patty, plain	102	1 sandwich	38.05
21113 Sandwiches and burgers, condiments and vegetable	hamburger, large, single meat patty, with	218	1 sandwich	121.43
06150 Sauce, barbecue sauce		15.75	1 tbsp	12.74
06930 Sauce, cheese, ready-to-s	erve	63	1/4 cup	44.42
06175 Sauce, hoisin, ready-to-se	erve	16	1 tbsp	7.08
06166 Sauce, homemade, white,	medium	250	1 cup	187.23
06909 Sauce, NESTLE, ORTEC	GA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	44.37
06931 Sauce, pasta, spaghetti/ma	arinara, ready-to-serve	250	1 cup	217.23
06168 Sauce, ready-to-serve, pe	pper or hot	4.7	1 tsp	4.23
06164 Sauce, ready-to-serve, sal	lsa	16	1 tbsp	14.47
06112 Sauce, teriyaki, ready-to-	serve	18	1 tbsp	12.18
11439 Sauerkraut, canned, solid	s and liquids	236	1 cup	218.35
11445 Seaweed, kelp, raw		10	2 tbsp	8.16
11667 Seaweed, spirulina, dried		0.93	1 tbsp	0.04
12516 Seeds, pumpkin and squa	sh seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	2.01
12166 Seeds, sesame butter, tahi common type)	ini, from roasted and toasted kernels (most	15	1 tbsp	0.46
12201 Seeds, sesame seed kerne	ls, dried (decorticated)	8	1 tbsp	0.38
12537 Seeds, sunflower seed kee	rnels, dry roasted, with salt added	32	1/4 cup	0.38
12537 Seeds, sunflower seed kee	rnels, dry roasted, with salt added	28.35	1 oz	0.34
14346 Shake, fast food, chocola	te	333	16 fl oz	238.10
14347Shake, fast food, vanilla		333	16 fl oz	248.75
11677 Shallots, raw		10	1 tbsp	7.98
19097 Sherbet, orange		74	1/2 cup	48.91
04031 Shortening, household, so (hydrogenated)	bybean (hydrogenated)-cottonseed	12.8	1 tbsp	0.00
19002 Snacks, beef jerky, chopp	bed and formed	19.8	1 large piece	4.63
19033 Snacks, CHEX mix		28.35	1 oz (about 2/3 cup)	0.99
19004 Snacks, corn-based, extru	ided, chips, barbecue-flavor	28.35	1 oz	0.34
19003 Snacks, corn-based, extru	ided, chips, plain	28.35	1 oz	0.28
19008 Snacks, corn-based, extru	ided, puffs or twists, cheese-flavor	28.35	1 oz	0.43
19014 Snacks, fruit leather, rolls	3	21	1 large	2.31
19015 Snacks, granola bars, har	d, plain	28.35	1 bar	1.11
19026 Snacks, granola bars, soft	t, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.91

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.53
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	1.81
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	5.37
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1.30
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.72
19034	Snacks, popcorn, air-popped	8	1 cup	0.33
19036	Snacks, popcorn, cakes	10	1 cake	0.50
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.39
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.99
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.28
19035	Snacks, popcorn, oil-popped	11	1 cup	0.31
19041	Snacks, pork skins, plain	28.35	1 oz	0.51
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.54
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.40
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.40
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	l oz	0.57
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.54
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.54
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.28
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.51
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.98
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.52
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.48
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.37
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.51
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	9.64
19061	Snacks, trail mix, tropical	140	1 cup	12.60
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	191.07
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	212.92
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.20
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	231.94
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	224.46
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	201.60
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	221.70
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	237.57
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	200.26
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	226.11

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	224.16
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	l cup	211.37
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	221.11
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	210.38
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	209.71
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	220.41
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	220.11
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.43
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	236.87
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	208.68
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	216.86
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	217.49
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	213.01
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	208.87
)6205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	217.53
)6207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	216.58
06174	Soup, stock, fish, home-prepared	233	1 cup	225.92
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	209.76
)6559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	220.48
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	223.53
)6067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	210.19
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	222.52
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	8.97
16120	Soy milk, fluid	245	1 cup	228.51
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	11.37
1451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	123.48
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	107.59
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	92.39
20125	Spaghetti, whole-wheat, cooked	140	1 cup	94.01
02007	Spices, celery seed	2	1 tsp	0.12
)2009	Spices, chili powder	2.6	1 tsp	0.20
02010	Spices, cinnamon, ground	2.3	1 tsp	0.22
02015	Spices, curry powder	2	1 tsp	0.19
02045	Spices, dill weed, fresh	1	5 sprigs	0.86

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02020	Spices, garlic powder	2.8	1 tsp	0.18
02026	Spices, onion powder	2.1	1 tsp	0.11
02027	Spices, oregano, ground	1.5	1 tsp	0.11
02028	Spices, paprika	2.1	1 tsp	0.20
02029	Spices, parsley, dried	1.3	1 tbsp	0.12
02030	Spices, pepper, black	2.1	1 tsp	0.22
11658	Spinach souffle, home-prepared	136	1 cup	100.56
11461	Spinach, canned, drained solids	214	1 cup	196.41
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	164.18
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	170.96
11457	Spinach, raw	30	1 cup	27.47
11457	Spinach, raw	10	1 leaf	9.16
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	168.66
11641	Squash, summer, all varieties, raw	113	1 cup	105.86
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	182.49
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	210.72
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	186.61
09316	Strawberries, raw	166	1 cup	152.01
09316	Strawberries, raw	12	1 strawberry	10.99
09316	Strawberries, raw	18	1 strawberry	16.48
19334	Sugars, brown	3.2	1 tsp	0.05
19335	Sugars, granulated	4.2	1 tsp	0.00
19336	Sugars, powdered	8	1 tbsp	0.02
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	14.88
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	6.81
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	142.04
11512	Sweetpotato, canned, vacuum pack	255	1 cup	193.88
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	106.36
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	113.63
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	70.29
19348	Syrups, chocolate, fudge-type	19	1 tbsp	4.14
19350	Syrups, com, light	20	1 tbsp	4.56
19353	Syrups, maple	20	1 tbsp	6.40
19129	Syrups, table blends, pancake	20	1 tbsp	4.82
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	8.24
18360	Taco shells, baked	13.3	1 medium	0.80
09223	Tangerine juice, canned, sweetened	249	1 cup	216.63
)9223)9220	Tangerine Juce, camed, sweetened Tangerines, (mandarin oranges), canned, light syrup pack	249		209.31
09220 09218		84	l cup	73.58
	Tangerines, (mandarin oranges), raw		1 tangerine	
20068 14355	Tapioca, pearl, dry Tea, brewed, prepared with tap water	152 178	l cup 6 fl oz	16.70 177.47

14381Tex, hoth, other than chamomile, brewed1786 fl oz177 4714376Tex, instant, orocetted with solum sacchain, lemon-flavored, parated2378 fl oz235.3414371Tex, instant, sourcetted with solum sacchain, lemon-flavored, cotte acid, powder, prepared2378 fl oz236.2114567Tex, instant, unsweetened, prowder, prepared2378 fl oz236.2918561Toaster pastrise, fire (includes apple, bluebry), cherry, strawberry)521 pastry6.401862Toaster pastrise, fire (includes apple, bluebry), cherry, strawberry)521 pastry6.401862Toaster pastrise, KFLLOGG, KFLLOGG'S POP TARTS, Frosted521 pastry6.401862Toaster Pastrise, KFLLOGG, KFLLOGG'S POP TARTS, Frosted521 pastry6.401864Toaster Pastrise, KFLLOGG, KFLLOGG'S POP TARTS, Frosted521 pastry6.401864Toaster Pastrise, KFLLOGG, KFLLOGG'S POP TARTS, Frosted521 pastry6.401864Toaster Pastrise, KFLLOGG, KFLLOGG'S POP TARTS, Frosted521 pastry6.401865Toaster pastrise, fire, indiver stal added2601 cup228.181864Tornato products, canned, paste, without stal added2601 cup218.221853Tornatos, cund, paste, without stal added2551 cup228.0811540Tornatos, cund, pire, awy eartound average1001 cup163.7311520Tornatos, cund, pire, awy eartound average1021 picec0.29<	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14376Ten, instant, sweetened with sodium saccharin, lemon-flavored.2378 fl oz235.3414371Ten, instant, sweetened with sagar, lemon-flavored, without added2598 fl oz236.2114370Ten, instant, unsweetened, powder, prepared2378 fl oz236.2218361Tossler pastries, fluit (include apple), blueberry, cherry, strawberry)521 pastry6.4018482Tossler pastries, fluit (include apple), blueberry, cherry, strawberry)521 pastry6.5016126Toft, fluip, prepared with calcium saffate and magnesium chloride811/4 block67.7916127Tornatillos, raw341 medium31.1511546Tornatillos, raw341 cuep28.1611547Tornato products, canned, paste, without salt added2621 cup193.3611547Tornato products, canned, stark and warage1201 cup218.6511547Tornato products, canned, stark added2551 cup218.2611548Tornatos, red, ripe, canned, steved2551 cup218.6511549Tornatos, red, ripe, raw, year round average171 cherry fornato153.4411559Tornatos, red, ripe, raw, year round average201 slice16.731159Tornatos, red, ripe, raw, year round average1231 fornato15.321159Tornatos, sun-dried, poked in oil, drained301 piece0.291159Tornatos, sun-dried, poked in oil, drained301 piece10.64	14545	Tea, herb, chamomile, brewed	178	6 fl oz	177.47
prepared prepared 236 21 14871 Tac, instant, succend with sugar, lemon-flavored, without added 259 8 fl oz 236 21 14861 Toaster pastries, brown-engar-elimanon 50 1 pastry 5.40 18862 Toaster pastries, fruit (includes apple, blueberry, eherry, strawberry) 52 1 pastry 6.50 18862 Toaster pastries, KFLLOGG, KFLLOGG SPOP TARTS, Frosted 52 1 pastry 6.50 16126 Tofit, frm, prepared with calcium sulfate and magnesium chloride 81 1/4 block 6.779 16127 Tofit, soft, prepared with calcium sulfate and magnesium chloride 120 1 piece 1047.1 11540 Tomato jucic, canned, with aul added 245 1 cup 228.18 11540 Tomato products, canned, paste, without sal added 250 1 cup 218.22 11540 Tomato products, canned, with sulfate rege 216 1 cup 218.22 11540 Tomatos, red, ripe, canned, stowed 250 1 cup 218.22 11540 Tomatos, red, ripe, ruw, yeur round average 123 1 foratos	14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	177.47
acorbic acid, powder, prepared 27 8 fl oz 226.29 14367 Ten, instant, unsweetned, powder, prepared 27 8 fl oz 226.29 18361 Toaster pastries, fruit (includes apple, blucherry, cherry, strawberry) 52 1 pastry 6.40 18482 Toaster pastries, KELLOGG, KELLOGG N PO TARTS, Frosiel 52 1 pastry 6.50 16126 Toft, firm, prepared with calcium sulfate and magnesium chloride 81 1/4 block 6.77.9 16127 Toft, soft, prepared with calcium sulfate and magnesium chloride 120 1 piece 104/7.1 11954 Tomato juce, canned, with sult added 240 1 cup 28.85 11954 Tomato products, canned, paste, without sult added 262 1 cup 28.85 11954 Tomato products, canned, stace 255 1 cup 22.82 11850 Tomatoes, red, ripe, rane, year round average 10 1 size 1.86 11859 Tomatoes, red, ripe, rane, year round average 12 1 tomato 1.86 11850 Tomatoes, red, ripe, rane, year round average 12 <t< td=""><td>14376</td><td></td><td>237</td><td>8 fl oz</td><td>235.34</td></t<>	14376		237	8 fl oz	235.34
18361Toaster pastrics, brown-sugar-cinnaton501 pastry5.4018362Toaster pastrics, KELLOGG, KELLOGG SPD TARTS, Frosted521 pastry6.5016126Tofit, firm, prepared with calcium sulfate and magnesium chloride811/4 block6.7716127Tofit, soft, prepared with calcium sulfate and magnesium chloride811/4 block6.7716127Tofit, soft, prepared with calcium sulfate and magnesium chloride1201 piece104.7111954Tomato products, canned, with salt added2431 cup228.1811540Tomato products, canned, paree, without salt added2621 cup218.2211547Tomato products, canned, paree, without salt added2501 cup218.2211543Tomato products, canned, sauce2451 cup224.7611549Tomatose, red, ripe, canned, whole, regular pack2401 cup24.7611529Tomatoes, red, ripe, raw, year round average1801 cup15.9411529Tomatoes, red, ripe, raw, year round average201 slice18.7511529Tomatoes, red, ripe, raw, year round average1231 tomato11.5211530Tomatoes, rud, ripe, raw, year round average1241 forice0.211551Tomatoes, rud, ripe, raw, year round average1231 tomato1.5311552Tomatoes, rud, ripe, raw, year round average1241 tomato1.5411555Tomatoes, rud, ripe, raw, year round average1251 torilla	14371		259	8 fl oz	236.21
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18482Toaster Pastries, KELLOGG, SELLOGGS POP TARTS, Frosted52I pastry6.5016126Toft, frm, prepared with calcium sulfate and magnesium chloride811/4 block67.7916127Toft, isoft, prepared with calcium sulfate and magnesium chloride1201 piece104.7116127Toft, isoft, prepared with calcium sulfate and magnesium chloride1201 piece104.7111954Tomatilos, raw341 medium31.1511540Tomato juice, canned, with salt added2431 ccup123.2811547Tomato products, canned, parce, without salt added2501 cup218.6511549Tomato products, canned, sauce2451 cup218.2211531Tomatoes, red, ripc, canned, shore2401 cup224.7611529Tomatoes, red, ripc, rane, shore, regular pack2401 cup16.87711529Tomatoes, red, ripc, raw, year round average1231 tomato115.3211529Tomatoes, red, ripc, raw, year round average1231 tomato115.3211529Tomatoes, red, ripc, raw, year round average1231 tomato16.131155Tomatoes, red, ripc, raw, year round average1231 tomato16.341154Tomatoes, red, ripc, raw, year round average1231 tomato15.321155Tomatoes, red, ripc, raw, year round average1231 tomato16.321155Tomatoes, red, ripc, raw, year round average261 toritila11.4711	18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	5.40
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Tomatoes, red, ripe, raw, year round average1801 cup168.711529Tomatoes, red, ripe, raw, year round average171 cherry tomato15.9411529Tomatoes, red, ripe, raw, year round average201 slice18.7511529Tomatoes, red, ripe, raw, year round average201 slice18.7511529Tomatoes, red, ripe, raw, year round average1231 tomato115.3211555Tomatoes, sun-dried21 piece0.2911956Tomatoes, sun-dried, packed in oil, drained31 piece1.6118363Tortillas, ready-to-bake or -fry, corn261 tortilla11.4718364Tortillas, ready-to-bake or -fry, flour321 tostada94.6305286Turkey and gravy, frozen1425-oz package120.8005292Turkey and gravy, frozen, seasoned, light and dark meat, roasted85.053 oz57.7005188Turkey, all classes, dark meat, cooked, roasted843 oz53.0005172Turkey, all classes, light meat, cooked, roasted843 oz55.6705186Turkey, all classes, neat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neek, meat only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1441 cup142.211575Turnip greens, cooked, boiled, drained, without salt1641 cup142.211565Turnips, cooked, boiled, drained,	11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	232.08
Tomatoes, red, ripe, raw, year round average171 cherry tomato15.9411529Tomatoes, red, ripe, raw, year round average201 slice18.7511529Tomatoes, red, ripe, raw, year round average1231 tomato115.3211955Tomatoes, sun-dried21 piece0.2911956Tomatoes, sun-dried, packed in oil, drained31 piece1.6118363Tortillas, ready-to-bake or -fry, corn261 tortilla11.4718364Tortillas, ready-to-bake or -fry, flour321 tortilla8.5821088Tostada with guacamole130.51 tostada94.6305286Turkey and gravy, frozen1425-oz package120.8005292Turkey patties, breaded, battered, fried641 patty31.8105296Turkey, all classes, dark meat, cooked, roasted843 oz53.0005172Turkey, all classes, giblets, cooked, simmered, some giblet fat1451 cup94.7605186Turkey, all classes, neat only, cooked, roasted843 oz55.6705186Turkey, all classes, neat only, cooked, simmered1521 neck99.0905150Turnip greens, cooked, boiled, drained, without salt1441 cup143.211155Turnip greens, cooked, boiled, drained, without salt1641 cup144.211155Turnip greens, cooked, boiled, drained, without salt1641 cup146.02	11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	224.76
11529Tomatoes, red, ripe, raw, year round average201 slice18.7511529Tomatoes, red, ripe, raw, year round average1231 tomato115.3211955Tomatoes, sun-dried21 piece0.2911956Tomatoes, sun-dried, packed in oil, drained31 piece1.6118363Tortillas, ready-to-bake or -fry, corn261 tortilla11.4718364Tortillas, ready-to-bake or -fry, flour321 tortilla8.5821088Tostada with guacamole130.51 tostada94.6305286Turkey and gravy, frozen1425-oz package120.8005292Turkey paties, breaded, battered, fried641 patty31.8105296Turkey and gravy, al classes, giblet, cooked, roasted843 oz53.0005172Turkey, all classes, giblets, cooked, roasted843 oz55.6705168Turkey, all classes, meat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neek, meat only, cooked, simmered1521 neck99.091156Turing greens, frozen, cooked, boiled, drained, without salt1441 cup142.2111575Turning greens, frozen, cooked, boiled, drained, without salt1641 cup144.21	11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	168.77
11529Tomatoes, red, ripe, raw, year round average1231 tomato115.3211955Tomatoes, sun-dried21 piece0.2911956Tomatoes, sun-dried, packed in oil, drained31 piece1.6118363Tortillas, ready-to-bake or -fry, corn261 tortilla11.4718364Tortillas, ready-to-bake or -fry, flour321 tortilla8.5821088Tostada with guacamole130.51 tostada94.6305286Turkey and gravy, frozen1425-oz package120.8005292Turkey paties, breaded, battered, fried641 patty31.8105296Turkey, all classes, frozen, seasoned, light and dark meat, roasted85.053 oz57.7005188Turkey, all classes, dirk meat, cooked, roasted843 oz53.0005172Turkey, all classes, light meat, cooked, roasted843 oz55.6705186Turkey, all classes, neck, meat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neck, meat only, cooked, simmered1521 neck99.091156Turnip greens, crooked, boiled, drained, without salt1441 cup134.2111575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup148.261155Turnips, cooked, boiled, drained, without salt1641 cup148.26	11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	15.94
11955Tomatoes, sun-dried21 piece0.2911956Tomatoes, sun-dried, packed in oil, drained31 piece1.6118363Tortillas, ready-to-bake or -fry, corn261 tortilla11.4718364Tortillas, ready-to-bake or -fry, flour321 tortilla8.5821084Tostada with guacamole130.51 tostada94.6305286Turkey and gravy, frozen1425-oz package120.8005292Turkey patties, breaded, battered, fried641 patty31.8105296Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted85.053 oz57.7005188Turkey, all classes, giblets, cooked, roasted843 oz53.0005172Turkey, all classes, light meat, cooked, roasted1401 cup90.8305180Turkey, all classes, neat only, cooked, simmered1521 neck99.091156Turing greens, roosked, boiled, drained, without salt1441 cup134.21	11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	18.75
11956Tomatoes, sun-dried, packed in oil, drained31 piece1.61118363Tortillas, ready-to-bake or -fry, corn261 tortilla11.4718364Tortillas, ready-to-bake or -fry, flour321 tortilla8.5821088Tostada with guacamole130.51 tostada94.6305286Turkey and gravy, frozen1425-oz package120.8005292Turkey patties, breaded, battered, fried641 patty31.8105296Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted85.053 oz57.7005188Turkey, all classes, dark meat, cooked, roasted843 oz53.0005172Turkey, all classes, light meat, cooked, roasted843 oz55.6705186Turkey, all classes, neat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neeck, meat only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1441 cup144.2111575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup148.26	11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	115.32
18363Tortillas, ready-to-bake or -fry, corn26I tortilla11.4718364Tortillas, ready-to-bake or -fry, flour32I tortilla8.5821088Tostada with guacamole130.5I tostada94.6305286Turkey and gravy, frozen1425-oz package120.8005292Turkey patties, breaded, battered, fried641 patty31.8105296Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted85.053 oz57.7005188Turkey, all classes, dark meat, cooked, roasted843 oz53.0005172Turkey, all classes, giblets, cooked, simmered, some giblet fat1451 cup94.7605186Turkey, all classes, neat only, cooked, roasted843 oz55.6705180Turkey, all classes, neat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neat only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1441 cup134.2111575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup148.2611565Turnips, cooked, boiled, drained, without salt1561 cup146.02	11955	Tomatoes, sun-dried	2	1 piece	0.29
18364Tortillas, ready-to-bake or -fry, flour321 tortilla8.5821088Tostada with guacamole130.51 tostada94.6305286Turkey and gravy, frozen1425-oz package120.8005292Turkey patties, breaded, battered, fried641 patty31.8105296Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted85.053 oz57.7005188Turkey, all classes, dark meat, cooked, roasted843 oz53.0005172Turkey, all classes, giblets, cooked, simmered, some giblet fat1451 cup94.7605186Turkey, all classes, light meat, cooked, roasted843 oz55.6705186Turkey, all classes, neat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neet only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1641 cup148.2611565Turnip s, cooked, boiled, drained, without salt1561 cup146.02	11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	1.61
21088Tostada with guacamole130.51 tostada94.6305286Turkey and gravy, frozen1425-oz package120.8005292Turkey patties, breaded, battered, fried641 patty31.8105296Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted85.053 oz57.7005188Turkey, all classes, dark meat, cooked, roasted843 oz53.0005172Turkey, all classes, light meat, cooked, roasted843 oz55.6705186Turkey, all classes, light meat, cooked, roasted843 oz55.6705186Turkey, all classes, neat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neek, meat only, cooked, simmered1521 neck99.0911569Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup148.2611565Turnips, cooked, boiled, drained, without salt1561 cup146.02	18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	11.47
05286Turkey and gravy, frozen1425-oz package120.8005292Turkey patties, breaded, battered, fried641 patty31.8105296Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted85.053 oz57.7005188Turkey, all classes, dark meat, cooked, roasted843 oz53.0005172Turkey, all classes, giblets, cooked, simmered, some giblet fat1451 cup94.7605186Turkey, all classes, light meat, cooked, roasted843 oz55.6705186Turkey, all classes, meat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neet, meat only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1441 cup144.2111575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup146.2611565Turnips, cooked, boiled, drained, without salt1561 cup146.27	18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	8.58
05292Turkey patties, breaded, battered, fried641 patty31.8105296Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted85.053 oz57.7005188Turkey, all classes, dark meat, cooked, roasted843 oz53.0005172Turkey, all classes, giblets, cooked, simmered, some giblet fat1451 cup94.7605186Turkey, all classes, light meat, cooked, roasted843 oz55.6705188Turkey, all classes, neat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neck, meat only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1441 cup134.2111575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup146.0211565Turnips, cooked, boiled, drained, without salt1561 cup146.02	21088	Tostada with guacamole	130.5	1 tostada	94.63
05296Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted85.053 oz57.7005188Turkey, all classes, dark meat, cooked, roasted843 oz53.0005172Turkey, all classes, giblets, cooked, simmered, some giblet fat1451 cup94.7605186Turkey, all classes, light meat, cooked, roasted843 oz55.6705168Turkey, all classes, neat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neek, meat only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1641 cup148.2611565Turnips, cooked, boiled, drained, without salt1561 cup146.02	05286	Turkey and gravy, frozen	142	5-oz package	120.80
05188Turkey, all classes, dark meat, cooked, roasted843 oz53.0005172Turkey, all classes, giblets, cooked, simmered, some giblet fat1451 cup94.7605186Turkey, all classes, light meat, cooked, roasted843 oz55.6705168Turkey, all classes, meat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neek, meat only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1441 cup134.2111575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup148.2611565Turnips, cooked, boiled, drained, without salt1561 cup146.02	05292	Turkey patties, breaded, battered, fried	64	1 patty	31.81
05172Turkey, all classes, giblets, cooked, simmered, some giblet fat1451 cup94.7605186Turkey, all classes, light meat, cooked, roasted843 oz55.6705168Turkey, all classes, meat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neck, meat only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1441 cup134.2111575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup148.2611565Turnips, cooked, boiled, drained, without salt1561 cup146.02	05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	57.70
05186Turkey, all classes, light meat, cooked, roasted843 oz55.6705168Turkey, all classes, meat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neck, meat only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1441 cup134.2111575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup148.2611565Turnips, cooked, boiled, drained, without salt1561 cup146.02	05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	53.00
05168Turkey, all classes, meat only, cooked, roasted1401 cup90.8305180Turkey, all classes, neck, meat only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1441 cup134.2111575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup148.2611565Turnips, cooked, boiled, drained, without salt1561 cup146.02	05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	94.76
05180Turkey, all classes, neck, meat only, cooked, simmered1521 neck99.0911569Turnip greens, cooked, boiled, drained, without salt1441 cup134.2111575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup148.2611565Turnips, cooked, boiled, drained, without salt1561 cup146.02	05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	55.67
11569Turnip greens, cooked, boiled, drained, without salt1441 cup134.2111575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup148.2611565Turnips, cooked, boiled, drained, without salt1561 cup146.02	05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	90.83
11575Turnip greens, frozen, cooked, boiled, drained, without salt1641 cup148.2611565Turnips, cooked, boiled, drained, without salt1561 cup146.02	05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	99.09
11565Turnips, cooked, boiled, drained, without salt1561 cup146.02	11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	134.21
	11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	148.26
02050 Vanilla extract 4.2 1 tsp 2.21	11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	146.02
	02050	Vanilla extract	4.2	1 tsp	2.21

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	47.17
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	50.92
11578	Vegetable juice cocktail, canned	242	1 cup	226.32
04582	Vegetable oil, canola	14	1 tbsp	0.00
11581	Vegetables, mixed, canned, drained solids	163	1 cup	141.83
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	151.48
07083	Vienna sausage, canned, beef and pork	16	1 sausage	9.59
02048	Vinegar, cider	15	1 tbsp	14.07
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	13.89
18367	Waffles, plain, prepared from recipe	75	1 waffle	31.50
14429	Water, municipal	237	8 fl oz	236.76
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	120.99
09326	Watermelon, raw	286	1 wedge	261.72
09326	Watermelon, raw	152	1 cup	139.10
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	14.90
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	13.24
20083	Wheat flour, white, bread, enriched	137	1 cup	18.30
20084	Wheat flour, white, cake, enriched	137	1 cup	17.14
20080	Wheat flour, whole-grain	120	1 cup	12.32
20089	Wild rice, cooked	164	1 cup	121.25
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	66.26
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	60.61
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	169.07
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	193.11
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	193.47
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	199.53