NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.004
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.011
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.116
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.018
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.012
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.004
09003	Apples, raw, with skin	138	1 apple	0.021
09004	Apples, raw, without skin	110	1 cup	0.014
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.018
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.005
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.095
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.085
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.041
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.026
09021	Apricots, raw	35	1 apricot	0.060
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.008
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.006
11015	Asparagus, canned, drained solids	72	4 spears	0.015
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.006
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.023
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.008
09038	Avocados, raw, California	28.35	1 oz	3.178
09039	Avocados, raw, Florida	28.35	1 oz	1.380
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.124
18005	Bagels, cinnamon-raisin	89	4" bagel	0.156
18003	Bagels, egg	89	4" bagel	0.374
18003	Bagels, egg	71	3-1/2" bagel	0.298
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.093
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.117
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	2.617

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19078	Baking chocolate, unsweetened, squares	28.35	1 square	5.233
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.012
09040	Bananas, raw	118	1 banana	0.048
09040	Bananas, raw	150	1 cup	0.062
20006	Barley, pearled, cooked	157	1 cup	0.089
20005	Barley, pearled, raw	200	1 cup	0.298
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.099
16008	Beans, baked, canned, with franks	259	1 cup	7.330
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	1.599
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.123
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.081
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.037
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.069
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.069
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.091
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.181
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.005
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.014
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.011
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.005
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.014
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.011
16051	Beans, white, mature seeds, canned	262	1 cup	0.066
22905	Beef stew, canned entree	232	1 cup	5.522
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	9.435
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4.803
13348	Beef, cured, corned beef, canned	85.05	3 oz	5.069
13350	Beef, cured, dried beef	28.35	1 oz	0.456
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	7.031
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	6.665
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	5.759
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	10.600
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.488
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	6.248
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.052
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.658
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.768

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	5.636
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.610
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	1.377
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.055
11084	Beets, canned, drained solids	170	1 cup	0.048
11084	Beets, canned, drained solids	24	1 beet	0.007
11081	Beets, cooked, boiled, drained	50	1 beet	0.018
11081	Beets, cooked, boiled, drained	170	1 cup	0.060
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	4.158
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	6.999
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	2.219
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.587
09042	Blackberries, raw	144	1 cup	0.055
09055	Blueberries, frozen, sweetened	230	1 cup	0.041
09050	Blueberries, raw	145	1 cup	0.078
07008	Bologna, pork and beef	56.7	2 slices	7.592
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	8.454
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.677
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.159
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	3.808
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	2.688
18023	Bread, cornbread, dry mix, prepared	60	1 piece	3.084
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.190
18025	Bread, cracked-wheat	25	1 slice	0.476
18027	Bread, egg	40	1/2" slice	0.921
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.304
18031	Bread, indian (navajo) fry	160	10-1/2" bread	6.381
18031	Bread, indian (navajo) fry	90	5" bread	3.589
18033	Bread, italian	20	1 slice	0.162
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.396
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.398
18039	Bread, oatmeal	27	1 slice	0.426
18040	Bread, oatmeal, toasted	25	1 slice	0.429
18041	Bread, pita, white, enriched	28	4" pita	0.029
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.063
18044	Bread, pumpernickel	32	1 slice	0.298
18045	Bread, pumpernickel, toasted	29	1 slice	0.297
18045	Bread, raisin, enriched	26	1 slice	0.596
18048	Bread, raisin, consted, enriched	24	1 slice	0.590
18048	Bread, reduced-calorie, rye	24 23	1 slice	0.155

21232Breakfast items, french toast with butter1352 slices11091Broccoli, cooked, boiled, drained, without salt371 spear11091Broccoli, flower clusters, raw111 floweret11092Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup11090Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup11090Broccoli, raw811 cup11090Broccoli, raw881 cup11091Brussels sprouts, cooked, boiled, drained, without salt1561 cup11091Brussels sprouts, cooked, boiled, drained, without salt1551 cup20011Buckwheat flour, whole-groat1201 cup20012Bulgur, cookedcooked1821 cup20013Bulgur, cooked, boiled, drained, without salt1421 bsp2014Bulgur, dry1401 cup2015Bulgur, dry1421 bsp2016Buter, with salt1421 bsp2017Bulgur, dry1421 cup20114Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1701 cup20115Buter, with salt1501 cup20116Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1901 cup20117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1101 cup20118Buter, without salt1501 cup20119Cabbage, chinese (pak-choi), c	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18060Bread, rye321 slice18061Bread, rye241 slice18064Bread, wheat learyl251 slice18065Bread, wheat, leard leaded soft bread cumbs)251 slice18069Bread, white, commercially prepared (neludes soft bread cumbs)251 slice18070Bread, white, commercially prepared (neludes soft bread cumbs)251 slice18070Bread, white, commercially prepared, toasted281 slice18070Bread, whole-wheat, commercially prepared, toasted251 slice18070Bread, whole-wheat, commercially prepared, toasted251 slice18070Bread, shole-wheat, commercially prepared, toasted251 slice18070Bread, shole-wheat, commercially prepared, toasted251 slice18070Bread, shole-wheat, commercially and ausage1801 spear10010Breceoli, cooked, boiled, drained, without salt371 spear10011Breceoli, foxer, obsped, cooked, boiled, drained, without salt1561 cup11090Broceoli, foxer, obsped, cooked, boiled, drained, without salt1561 cup11091Broceoli, foxer, obsped, cooked, boiled, drained, without salt1561 cup11092Broceoli, foxer, cooked, boiled, drained, without salt1561 cup11093Broceoli, foxer, cooked, boiled, drained, without salt1561 cup11094Broceoli, foxer, cooked, boiled, drained, without salt1601 cup11095Bruer, with	18055	Bread, reduced-calorie, wheat	23	1 slice	0.058
18061Bread, wheat (includes wheat bery)241 slice18064Bread, wheat (includes wheat bery)251 slice18065Bread, wheat (includes wheat bery)231 slice18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup18070Bread, white, commercially prepared, toasted221 slice18071Bread, white, commercially prepared, toasted231 slice18075Bread, white, commercially prepared, toasted251 slice21031Bread, white, commercially prepared, toasted251 slice21032Breakfast items, bicnit with gg and sausge1801 biscuit21031Brocoli, cooked, bicied, drained, without salt371 spear11091Broccoli, cooked, bicied, drained, without salt1561 cup11092Broccoli, frozen, chopped, cooked, boiled, drained, without salt1561 cup11093Broccoli, frozen, chopped, cooked, boiled, drained, without salt1561 cup11094Broccoli, frozen, chopped, cooked, boiled, drained, without salt1561 cup11095Broccoli, frozen, cooked, boiled, drained, without salt1551 cup11096Broccoli, frozen, cooked, boiled, drained, without salt1561 cup11091Brussels sprouts, cooked, boiled, drained, without salt1561 cup11091Brussels sprouts, cooked, boiled, drained, without salt1561 cup11091Brussels sprouts, cooked, boiled, drained, without salt162	18057	Bread, reduced-calorie, white	23	1 slice	0.248
18064Bread, wheat (includes wheat berry)251 slice18065Rread, whict, constrailly prepared (includes soft bread rumbs)251 slice18069Bread, white, contractially prepared (includes soft bread rumbs)251 slice18070Bread, white, contractially prepared, toasted221 slice18075Bread, white, contractially prepared, toasted281 slice18076Bread, whole-wheat, contractially prepared, toasted281 slice18075Bread, whole-wheat, contractially prepared, toasted1801 biscuit21025Breakfast items, french toast with butter1352 slices11091Broccoli, cooked, boiled, drained, without salt371 spear11091Broccoli, fower clusters, raw11 flowerer11093Broccoli, frazen, chopped, cooked, boiled, drained, without salt1541 cup11094Broccoli, frazen, chopped, cooked, boiled, drained, without salt1601 cup11095Broccoli, frazen, chopped, cooked, boiled, drained, without salt1551 cup11096Broccoli, frazen, cooked, boiled, drained, without salt1551 cup11097Brussels sprouts, frozen, cooked, boiled, drained, without salt1551 cup11098Brussels sprouts, frozen, cooked, boiled, drained, without salt1561 cup11090Brussels sprouts, frozen, cooked, boiled, drained, without salt1501 cup11010Brussels sprouts, frozen, cooked, boiled, drained, without salt1201 cup	18060	Bread, rye	32	1 slice	0.420
18065Bread, whit, roasted (includes what berry)231 slice18069Bread, white, commercially prepared (includes soft bread erumbs)451 cup18060Bread, white, commercially prepared, toasted221 slice18070Bread, whole-wheat, commercially prepared281 slice18075Bread, whole-wheat, commercially prepared281 slice18076Bread, whole-wheat, commercially prepared281 slice18076Bread, whole-wheat, commercially prepared281 slice18070Bread, shole-wheat, commercially prepared1352 slices1908Bread, shole-d, drained, without salt1561 cup1909Broccoli, cooked, boiled, drained, without salt1561 cup1909Broccoli, rowe131 spear1909Broccoli, rowe881 cup1909Broccoli, rowe1201 cup1909Broccoli, rowe1201 cup2011Backwheat floar, whole-groad1201 cup2011Backwheat floar, whole-groad1201 cup2011Balgar, day1421 thsp2011Balgar, cooked, boiled, drained, without salt1551 cup2011Balgar, cooked, boiled, drained, without salt1501 cup2011Balgar, day1421 thsp2011Balgar, day1421 thsp2011Balgar, day1421 thsp2011Balgar, day1201 cup <trr>20</trr>	18061	Bread, rye, toasted	24	1 slice	0.346
18069Bread, white, commercially prepared (includes soft bread erumbs)451 cup18069Bread, white, commercially prepared, toasted221 slice18075Bread, white, commercially prepared, toasted221 slice18075Bread, whole-wheat, commercially prepared, toasted251 slice21085Break/ast items, biscuit with egg and sausage1801 biscuit121022Break/ast items, french toast with butter1352 slices121023Break/ast items, french toast with out salt1561 cup111091Broccoli, cooked, boiled, drained, without salt1561 cup11093Broccoli, fower clusters, raw111 floweret11090Broccoli, fower clusters, raw1561 cup11090Broccoli, fower clusters, raw1561 cup11091Broccoli, fower clusters, raw1201 cup11092Brussels sprouts, cooked, boiled, drained, without salt1561 cup11093Broccoli, raw1201 cup20010Buckwheat flour, whole-groat1201 cup20011Buckwheat flour, whole-groat1421 bisp20112Bulgur, cooked, boiled, drained, without salt1561 cup20113Bulgur, cooked, boiled, drained, without salt1681 cup20114Buckwheat flour, whole-groat1421 bisp20115Buter, without salt1421 bisp20116Buter, without salt1421 cup	18064	Bread, wheat (includes wheat berry)	25	1 slice	0.430
18069Bread, white, commercially prepared (notades soft bread crumbs)251 slice18070Bread, white, commercially prepared, toasted221 slice18075Bread, whole-wheat, commercially prepared, toasted251 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice18076Bread, fast items, fiscuit with egg and sussage1801 biscuit121023Breakfast items, fiscuit with out salt371 spear11091Broccoli, cooked, boiled, drained, without salt1561 cup11740Broccoli, foozen, chopped, cooked, boiled, drained, without salt1841 cup11893Broccoli, foozen, chopped, cooked, boiled, drained, without salt1841 cup11899Broccoli, frozen, cooked, boiled, drained, without salt1561 cup11899Broscoli, frozen, cooked, boiled, drained, without salt1561 cup20011Backwheat flour, whole-groat1201 cup20012Bulgur, cooked1681 cup20113Balgur, cooked, boiled, drained, without salt1701 cup20114Batter, with salt1421 thsp20115Butter, with salt1401 cup20116Batter, with salt1421 thsp20117Cabbage, choide, drained, without salt1191 cup20118Butter, without salt1191 cup20119Batter, with salt1421 thsp201119Cabbage, chooked, boiled, drained, without	18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.430
18070Bread, white, commercially prepared, toasted221 slice18075Bread, whole-wheat, commercially prepared, toasted251 slice18076Bread, whole-wheat, commercially prepared, toasted251 slice21005Breakfast items, biscuit with egg and sausage1801 biscuit121023Breakfast items, fronch hoast with butter1352 slices11091Broccoli, cooked, boiled, drained, without salt1561 cup11740Broccoli, flower clusters, raw111 floweret11093Broccoli, raw881 cup11090Broccoli, raw881 cup11091Broccoli, raw1201 cup11092Brussels sprouts, cooked, boiled, drained, without salt1561 cup11094Broccoli, raw881 cup11095Brussels sprouts, frozen, cooked, boiled, drained, without salt1561 cup20010Buckwheat groats, roasted, cooked1201 cup20011Buckwheat groats, roasted, cooked1821 cup20012Bulgur, cooked, boiled, drained, without salt1551 cup20013Bulgur, cooked, boiled, drained, without salt1701 cup20014Butter, without salt1421 thsp20115Butter, without salt1701 cup20116Butter, without salt1701 cup20117Cabbage, chneise (pak-thoi), cooked, boiled, drained, without salt1901 cup20118Butter, without s	18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.326
Bread, whole-wheat, commercially prepared281 slice18075Bread, whole-wheat, commercially prepared, toasted251 slice18076Bread, fast items, biscuit with egg and sausage1801 biscuit121023Breakfast items, firench toast with butter1352 slices11091Broccoli, cooked, boiled, drained, without salt371 spear11091Broccoli, foower clusters, raw111 floweret11090Broccoli, fooren, chopped, cooked, boiled, drained, without salt1841 cup11090Broccoli, raw311 spear11090Broccoli, raw311 spear11090Broccoli, raw1261 cup11090Broccoli, raw1261 cup11091Brussels sprouts, cooked, boiled, drained, without salt1551 cup11091Brussels sprouts, frozen, cooked, boiled, drained, without salt1551 cup20011Buckwheat groats, rasted, cooked1681 cup20012Bulgar, dry1401 cup20013Bulgar, cooked, boiled, drained, without salt1701 cup20114Butter, with salt1421 tbsp1117Cabbage, choines (pak-choi), cooked, boiled, drained, without salt1901 cup1110Cabbage, choines (pak-choi), cooked, boiled, drained, without salt1101 cup11117Cabbage, choines (pak-choi), cooked, boiled, drained, without salt1191 cup11110Cabbage, choines (pak-choi), cooked, boiled, draine	18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.181
Bread, whole-wheat, commercially prepared, toasted251 slice21005Break/fast items, biscuit with egg and sausage1801 biscuit121023Break/fast items, french toast with butter1352 slices11091Broccoli, cooked, boiled, drained, without salt371 spear11091Broccoli, cooked, boiled, drained, without salt1561 cup11740Broccoli, rooked, boiled, drained, without salt1841 cup11093Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup11090Broccoli, raw311 spear11090Broccoli, raw881 cup11091Brussels sprouts, cooked, boiled, drained, without salt1561 cup20011Buckwheat groats, roasted, cooked, boiled, drained, without salt1201 cup20010Buckwheat groats, roasted, cooked1821 cup20011Bulgur, cooked14421 dbsp20012Bulgur, cooked14421 dbsp20013Bulgur, cooked, boiled, drained, without salt1701 cup20014Buter, without salt1421 dbsp11117Cabbage, chinese (pa-tcai), cooked, boiled, drained, without salt1191 cup11119Cabbage, cooked, boiled, drained, without salt1501 cup11110Cabbage, cooked, boiled, drained, without salt1501 cup11110Cabbage, cooked, boiled, drained, without salt1501 cup11110Cabbage, cooked, boiled, drain	18070	Bread, white, commercially prepared, toasted	22	1 slice	0.175
ProblemBreakfast items, hiscuit with egg and sausage1801 biscuit121023Breakfast items, french toast with butter1352 slices11091Broccoli, cooked, boiled, drained, without salt371 spear11091Broccoli, flower clusters, raw111 floweret11093Broccoli, flower clusters, raw111 floweret11090Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup11090Broccoli, raw881 cup11090Broccoli, raw881 cup11091Brussels sprouts, cooked, boiled, drained, without salt1561 cup11092Brussels sprouts, frozen, cooked, boiled, drained, without salt1561 cup20011Buckwheat flour, whole-groat1201 cup20012Bulgur, cookedcooked1681 cup20013Bulgur, cookedsprate1401 cup20014Butter, with salt1421 dsp1117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt191 cup1110Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1191 cup11112Cabbage, coinese (pak-choi), cooked, boiled, drained, without salt1191 cup11114Cabbage, cooked, boiled, drained, without salt1191 cup11110Cabbage, coinese (pak-choi), cooked, boiled, drained, without salt1191 cup11110Cabbage, coinese (pak-choi), cooked, boiled, drained, without salt11	18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.470
Process Process Process Process 	18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.472
11091Brocodi, cooked, boiled, drained, without salt37I spear11091Broccoli, cooked, boiled, drained, without salt1661 cup11092Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup11094Broccoli, raw311 cup11095Broccoli, raw1661 cup11096Broccoli, raw1561 cup11097Brussels sprouts, cooked, boiled, drained, without salt1561 cup20110Brussels sprouts, cooked, boiled, drained, without salt1201 cup20111Brussels sprouts, cooked, boiled, drained, without salt1201 cup20112Budgur, drycen, cooked, boiled, drained, without salt1201 cup20113Budgur, dry1421 cup20114Butter, with salt1421 cup20115Butter, with salt1421 bsp20116Butter, without salt1701 cup20117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt101 cup20118Butter, without salt1601 cup20119Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt101 cup20119Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt101 cup20110Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt101 cup201110Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt101 cup2011110Cabbage, crises (pak-choi), c	21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	16.398
11991Breecoli, cooked, boiled, drained, without salt156I cup11740Broecoli, flower clusters, raw111 floweret11093Broecoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup11090Broecoli, raw311 spear11090Broecoli, raw881 cup11091Brussels sprouts, cooked, boiled, drained, without salt1561 cup11010Brussels sprouts, cooked, boiled, drained, without salt1551 cup20011Buckwheat flour, whole-groat1201 cup20012Bulgur, cookedcooked1681 cup20013Bulgur, cooked, cooked, boiled, drained, without salt14.21 thsp20014Butter, with salt14.21 thsp20115Bulgur, cookedcooked, boiled, drained, without salt1701 cup20116Butter, with salt1.41 cup11117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1701 cup11100Cabbage, cooked, boiled, drained, without salt1501 cup11110Cabbage, cooked, boiled, drained, without salt1501 cup11112Cabbage, cooked, boiled, drained, without salt1601 cup11114Cabbage, cooked, boiled, drained, without salt1501 cup11117Cabbage, cooked, boiled, drained, without salt1501 cup11118Cabbage, cooked, boiled, drained, without salt1601 cup11111Cabbage, cooked, boiled,	21023	Breakfast items, french toast with butter	135	2 slices	7.074
1140Broccoli, flower clusters, raw11I floweret11093Broccoli, frozen, chopped, cooked, boiled, drained, without salt1841 cup11090Broccoli, raw311 spear11090Broccoli, raw881 cup11090Broscoli, raw881 cup11010Brussels sprouts, cooked, boiled, drained, without salt1551 cup20011Buckwheat flour, whole-groat1201 cup20012Bulgur, cooked1681 cup20013Bulgur, cooked1421 thsp20014Buter, with salt1421 thsp20015Bulgur, cooked, boiled, drained, without salt1421 thsp20016Buter, with salt1421 thsp20017Bulgur, cooked, boiled, drained, without salt1421 thsp20018Buter, without salt1421 thsp20119Buter, without salt1501 cup20119Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1191 cup20110Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1191 cup20111Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1191 cup20119Cabbage, colide, drained, without salt1501 cup20110Cabbage, colide, drained, without salt1501 cup201111110Cabbage, raw701 cup20112Cabbage, raw701 cup20113Cake, angelfood, commerciall	11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.009
11093Brocedi, frozen, chopped, cooked, boiled, drained, without salt1841 cup11090Brocedi, raw311 spear11090Brocedi, raw881 cup11090Brussels sprouts, cooked, boiled, drained, without salt1561 cup11010Brussels sprouts, frozen, cooked, boiled, drained, without salt1551 cup20011Buckwheat flour, whole-groat1201 cup20012Bulgur, cooked1681 cup20013Bulgur, cooked1421 btsp2012Bulgur, dry1401 cup2013Butter, with salt14.21 btsp2014Butter, with salt14.21 btsp2015Butter, without salt1701 cup2016Butter, without salt1701 cup2017Cabbage, chinese (pa-tsai), cooked, boiled, drained, without salt1701 cup2018Cabbage, chinese (pa-tsai), cooked, boiled, drained, without salt1701 cup2019Cabbage, chinese (pa-tsai), cooked, boiled, drained, without salt1601 cup20110Cabbage, chinese (pa-tsai), cooked, boiled, drained, without salt1701 cup20111110Cabbage, conked, coiled, drained, without salt1601 cup20112Cabbage, raw701 cup20113Cabbage, rear, raw701 cup20114Cabbage, raw, raw701 cup20115Cake, docolate, commercially prepared281 piece20116Cake,	11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.037
International international<	11740	Broccoli, flower clusters, raw	11	1 floweret	0.003
11090Broccoli, raw88I cup11090Brussels sprouts, cooked, boiled, drained, without salt156I cup11010Brussels sprouts, frozen, cooked, boiled, drained, without salt155I cup2011Buckwheat flour, whole-groat120I cup20100Buckwheat groats, roasted, cooked168I cup20113Bulgur, cooked182I cup20114Butter, with salt142I thsp20115Butter, with salt142I thsp20116Butter, without salt170I cup20117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt119I cup20118Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt119I cup20119Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt119I cup20110Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt119I cup201110Cabbage, conked, boiled, drained, without salt119I cup2011110Cabbage, raw70I cup20111111Cabbage, raw28I pice20111112Cabbage, savoy, raw20I pice20202Cake, chocolate, commercially prepared92I pice20303Cake, chocolate, commercially prepared with chocolate frosting64I pice20404Cake, chocolate, prepared from recipe without fosting95I pice20405Cake, chocolate, prepared from recipe74I pice<	11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.015
IntegrationBrussel's sprouts, cooked, boiled, drained, without salt1561 cup2011Brussel's sprouts, frozen, cooked, boiled, drained, without salt1551 cup2011Buckwheat flour, whole-groat1201 cup2010Buckwheat groats, roasted, cooked1681 cup2011Bulgur, cooked1821 cup2012Bulgur, dry1401 cup2013Butter, with salt14.21 tbsp1117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1701 cup1118Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt191 cup1110Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt191 cup11110Cabbage, cooked, boiled, drained, without salt1501 cup11110Cabbage, raw701 cup11112Cabbage, raw701 cup11114Cabbage, savoy, raw701 cup11114Cabbage, savoy, raw701 cup11114Cabbage, savoy, raw701 cup11114Cabbage, solot oream pie, commercially prepared281 piece18090Cake, chocolate, ommercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fruitcake, commercially prepared741 piece	11090	Broccoli, raw	31	1 spear	0.007
11010Brussels sprouts, frozen, cooked, boiled, drained, without salt155I cup20011Buckwheat flour, whole-groat120I cup20010Buckwheat groats, roasted, cooked168I cup20013Bulgur, cooked182I cup20014Bulgur, cooked142I cup20015Bulgur, dry140I cup20016Butter, with salt14.2I tbsp01010Butter, with salt14.2I tbsp01145Butter, without salt170I cup11170Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt119I cup11100Cabbage, cooked, boiled, drained, without salt150I cup11110Cabbage, cooked, boiled, drained, without salt150I cup11112Cabbage, raw70I cup11114Cabbage, savoy, raw70I cup11114Cabbage, savoy, raw28I piece11888Cake, angelfood, dry mix, prepared28I piece18090Cake, chocolate, commercially prepared with chocolate frosting64I piece18010Cake, chocolate, prepared from recipe without frosting95I piece18110Cake, fruitcake, commercially prepared43I piece18110Cake, fruitcake, commercially prepared74I piece	11090	Broccoli, raw	88	1 cup	0.021
20011Buckwheat flour, whole-groat120I cup20010Buckwheat groats, roasted, cooked168I cup20013Bulgur, cooked182I cup20014Bulgur, dry140I cup20015Butter, with salt14.2I tbsp20114Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt170I cup11117Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt190I cup11110Cabbage, conked, boiled, drained, without salt190I cup11110Cabbage, cooked, boiled, drained, without salt190I cup11110Cabbage, raw70I cup11112Cabbage, raw70I cup11114Cabbage, raw28I piece11184Cake, angelfood, commercially prepared50I piece11805Cake, chocolate, commercially prepared64I piece11806Cake, chocolate, prepared from recipe without frosting95I piece11810Cake, furticake, commercially prepared43I piece11810Cake, furticake, prepared from recipe74I piece	11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.061
DefinitionBuckwheat groats, roasted, cooked1681 cup20013Bulgur, cooked1821 cup20014Bulgur, dry1401 cup20015Bulter, with salt14.21 tbsp01010Butter, with salt14.21 tbsp01145Butter, without salt1701 cup11170Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1901 cup11101Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt1901 cup11110Cabbage, cooked, boiled, drained, without salt1901 cup11110Cabbage, cooked, boiled, drained, without salt1901 cup11110Cabbage, raw701 cup11114Cabbage, red, raw701 cup11114Cabbage, savoy, raw281 piece18086Cake, angelfood, commercially prepared281 piece18090Cake, chocolate, commercially prepared921 piece18091Cake, chocolate, commercially prepared641 piece18092Cake, chocolate, prepared from recipe without frosting951 piece18101Cake, fruitcake, commercially prepared431 piece18116Cake, gingerbread, prepared from recipe741 piece	11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.047
20013Bulgur, cooked182I cup20012Bulgur, dry140I cup20013Butter, with salt14.2I tbsp01001Butter, with salt14.2I tbsp01145Butter, without salt170I cup1117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt170I cup1110Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt119I cup1110Cabbage, coked, boiled, drained, without salt150I cup11110Cabbage, coked, boiled, drained, without salt150I cup11110Cabbage, raw70I cup11112Cabbage, red, raw70I cup11114Cabbage, savoy, raw70I cup11140Cake, angelfood, commercially prepared28I piece18086Cake, angelfood, dry mix, prepared50I piece18090Cake, chocolate, commercially prepared with chocolate frosting64I piece18101Cake, chocolate, prepared from recipe without frosting95I piece18110Cake, futicake, commercially prepared43I piece	20011	Buckwheat flour, whole-groat	120	1 cup	1.139
20012Bulgur, dry1401 cup20012Bulgur, dry1421 tbsp01001Butter, with salt14.21 tbsp01145Butter, without salt14.21 tbsp1117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1701 cup1110Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt1191 cup1110Cabbage, conked, boiled, drained, without salt1501 cup1110Cabbage, raw701 cup11112Cabbage, red, raw701 cup11114Cabbage, savoy, raw701 cup18086Cake, angelfood, commercially prepared281 piece18090Cake, boston cream pie, commercially prepared501 piece18010Cake, chocolate, prepared from recipe without frosting641 piece18101Cake, chocolate, prepared from recipe without frosting551 piece18110Cake, furticake, commercially prepared431 piece	20010	Buckwheat groats, roasted, cooked	168	1 cup	0.316
DifferenceDifferenceDifference01001Butter, with salt14.21 tbsp01145Butter, without salt14.21 tbsp1117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1701 cup11120Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt1191 cup1110Cabbage, cooked, boiled, drained, without salt1501 cup1110Cabbage, cooked, boiled, drained, without salt1501 cup1110Cabbage, raw701 cup11112Cabbage, red, raw701 cup11114Cabbage, savoy, raw701 cup18086Cake, angelfood, commercially prepared281 piece18090Cake, boston cream pie, commercially prepared921 piece18010Cake, chocolate, prepared from recipe without frosting641 piece18101Cake, fruitcake, commercially prepared431 piece18110Cake, gingerbread, prepared from recipe741 piece	20013	Bulgur, cooked	182	1 cup	0.056
01145Butter, without salt14.2I thsp11117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt170I cup11120Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt119I cup11110Cabbage, cooked, boiled, drained, without salt150I cup1110Cabbage, raw70I cup11112Cabbage, red, raw70I cup11114Cabbage, savoy, raw70I cup18086Cake, angelfood, commercially prepared28I piece18090Cake, boston cream pie, commercially prepared50I piece18091Cake, chocolate, prepared from recipe without frosting95I piece18101Cake, fruitcake, commercially prepared43I piece18116Cake, gingerbread, prepared from recipe74I piece	20012	Bulgur, dry	140	1 cup	0.242
11117Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt1701 cup11120Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt1191 cup11110Cabbage, cooked, boiled, drained, without salt1501 cup11100Cabbage, raw701 cup11112Cabbage, red, raw701 cup11114Cabbage, savoy, raw701 cup18086Cake, angelfood, commercially prepared281 piece18090Cake, boston cream pie, commercially prepared501 piece18096Cake, chocolate, prepared from recipe with chocolate frosting641 piece18110Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, gingerbread, prepared from recipe741 piece	01001	Butter, with salt	14.2	1 tbsp	3.326
11120Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt1191 cup11110Cabbage, cooked, boiled, drained, without salt1501 cup11109Cabbage, raw701 cup11112Cabbage, red, raw701 cup11114Cabbage, savoy, raw701 cup18086Cake, angelfood, commercially prepared281 piece18090Cake, angelfood, dry mix, prepared501 piece18096Cake, boston cream pie, commercially prepared921 piece18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fruitcake, commercially prepared431 piece	01145	Butter, without salt	14.2	1 tbsp	3.327
11110Cabbage, cooked, boiled, drained, without salt1501 cup11109Cabbage, raw701 cup11112Cabbage, red, raw701 cup11114Cabbage, savoy, raw701 cup18086Cake, angelfood, commercially prepared281 piece18090Cake, angelfood, dry mix, prepared501 piece18096Cake, boston cream pie, commercially prepared921 piece18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fruitcake, commercially prepared431 piece	11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.020
11109Cabbage, raw701 cup11112Cabbage, red, raw701 cup11114Cabbage, savoy, raw701 cup18086Cake, angelfood, commercially prepared281 piece18088Cake, angelfood, dry mix, prepared501 piece18090Cake, boston cream pie, commercially prepared921 piece18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fuitcake, commercially prepared431 piece18110Cake, gingerbread, prepared from recipe741 piece	11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.024
11112Cabbage, red, raw701 cup11114Cabbage, savoy, raw701 cup18086Cake, angelfood, commercially prepared281 piece18088Cake, angelfood, dry mix, prepared501 piece18090Cake, boston cream pie, commercially prepared with chocolate frosting921 piece18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fruitcake, commercially prepared431 piece18110Cake, gingerbread, prepared from recipe741 piece	11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.045
11114Cabbage, savoy, raw701 cup18086Cake, angelfood, commercially prepared281 piece18088Cake, angelfood, dry mix, prepared501 piece18090Cake, boston cream pie, commercially prepared921 piece18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fruitcake, commercially prepared431 piece18116Cake, gingerbread, prepared from recipe741 piece	11109	Cabbage, raw	70	1 cup	0.013
18086Cake, angelfood, commercially prepared281 piece18086Cake, angelfood, dry mix, prepared501 piece18090Cake, boston cream pie, commercially prepared921 piece18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fruitcake, commercially prepared431 piece18116Cake, gingerbread, prepared from recipe741 piece	11112	Cabbage, red, raw	70	1 cup	0.013
18088Cake, angelfood, dry mix, prepared501 piece18090Cake, boston cream pie, commercially prepared921 piece18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fruitcake, commercially prepared431 piece18116Cake, gingerbread, prepared from recipe741 piece	11114	Cabbage, savoy, raw	70	1 cup	0.005
18090Cake, boston cream pie, commercially prepared921 piece18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fruitcake, commercially prepared431 piece18116Cake, gingerbread, prepared from recipe741 piece	18086	Cake, angelfood, commercially prepared	28	1 piece	0.020
18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fruitcake, commercially prepared431 piece18116Cake, gingerbread, prepared from recipe741 piece	18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.013
18096Cake, chocolate, commercially prepared with chocolate frosting641 piece18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fruitcake, commercially prepared431 piece18116Cake, gingerbread, prepared from recipe741 piece	18090	Cake, boston cream pie, commercially prepared	92	1 piece	4.180
18101Cake, chocolate, prepared from recipe without frosting951 piece18110Cake, fruitcake, commercially prepared431 piece18116Cake, gingerbread, prepared from recipe741 piece			64	*	5.606
18110Cake, fruitcake, commercially prepared431 piece18116Cake, gingerbread, prepared from recipe741 piece			95	*	5.737
18116Cake, gingerbread, prepared from recipe741 piece				*	1.806
				*	5.272
	18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	5.973

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18120	Cake, pound, commercially prepared, butter	28	1 piece	1.652
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.046
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	3.929
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	2.845
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.731
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.795
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.285
18134	Cake, sponge, prepared from recipe	63	1 piece	0.993
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.135
18139	Cake, white, prepared from recipe without frosting	74	1 piece	3.929
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	6.140
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.908
19074	Candies, caramels	10.1	1 piece	0.085
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.107
19071	Candies, carob	28.35	1 oz	0.137
19087	Candies, confectioner's coating, white	170	1 cup	15.465
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.557
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.802
19104	Candies, fudge, vanilla with nuts, prepared-from-recipe	15	1 piece	0.383
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.236
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.057
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.012
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	2.200
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	0.467
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	3.672
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.084
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	4.227
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.178
19116	Candies, marshmallows	50	1 cup	0.040
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	4.387
19126	Candies, milk chocolate coated peanuts	40	10 pieces	5.168
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.474
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	5.531
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	5.312
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	0.389
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	5.229

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19080	Candies, semisweet chocolate	168	1 cup	16.750
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.432
09060	Carambola, (starfruit), raw	91	1 fruit	0.028
09060	Carambola, (starfruit), raw	108	1 cup	0.033
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.016
11655	Carrot juice, canned	236	1 cup	0.017
11960	Carrots, baby, raw	10	1 medium	0.003
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.013
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.014
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.007
11124	Carrots, raw	72	1 carrot	0.006
11124	Carrots, raw	110	1 cup	0.009
11935	Catsup	15	1 tbsp	0.008
11935	Catsup	6	1 packet	0.003
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.017
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.040
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.027
11135	Cauliflower, raw	100	1 cup	0.014
11135	Cauliflower, raw	13	1 floweret	0.002
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.045
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.011
11143	Celery, raw	40	1 stalk	0.011
11143	Celery, raw	120	1 cup	0.032
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.714
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1.020
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.699
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.642
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.542
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.502

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.059
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.055
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.403
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.369
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.251
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.437
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.159
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.252
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2.361
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	1.244
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.068
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.064
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.149
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.596
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.079
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.286
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.156
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.180
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.279
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.145
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.056
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.084
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.058
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.300
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.028
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	0.132
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.120
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.305
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.132
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.870
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.176
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.124
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original	30	1/2 cup	0.222
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.122
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.289
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.289
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.786
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.710

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.770
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	2.009
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.426
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.477
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.107
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.121
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.121
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.040
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.065
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.068
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.060
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.566
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.749
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.037
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	0.623
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	0.502
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.173
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2.043
01164	Cheese sauce, prepared from recipe	243	1 cup	11.506
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	1.763
01004	Cheese, blue	28.35	1 oz	2.205
01007	Cheese, camembert	38	1 wedge	2.669
01009	Cheese, cheddar	28.35	1 oz	2.662
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	2.699
01013	Cheese, cottage, creamed, with fruit	226	1 cup	2.190
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.658
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	1.243
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.160
01017	Cheese, cream	14.5	1 tbsp	1.427
01186	Cheese, cream, fat free	15.6	1 tbsp	0.052
01019	Cheese, feta	28.35	1 oz	1.311
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.590
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	1.375
01026	Cheese, mozzarella, whole milk	28.35	1 oz	1.863
01030	Cheese, muenster	28.35	1 oz	2.470

01031Cheese, neufchatel28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01035Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01036Cheese, provolone28.351 oz01037Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, whole milk2461 cup01040Cheese, swiss28.351 oz18147Cheesecake commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherrie	Content per on Measure Measure
01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01035Cheese, provolone28.351 oz01037Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, whole milk2461 cup01040Cheese, swiss1 oz01041Cheese, swiss1 oz01042Cheese, swiss1 oz01036Cheese, ricotta, whole milk24601040Cheese, swiss1 oz01040Cheese, swiss1 oz01040Cheese, swiss1 oz01040Cheese, swiss1 oz01040Cheese, swiss1 oz01040Cheese, swiss1 oz01041Cheese, swiss1 oz01042Cherries, sour, red, canned, water pack, solids and liquids (includes24401040Cherries, sweet, raw68	1.920
01044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01035Cheese, provolone28.351 oz01037Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, whole milk2461 cup01040Cheese, swiss28.351 oz18147Cheesecake commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherrier	0.437
01035Cheese, provolone28.351 oz01037Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, whole milk2461 cup01040Cheese, swiss28.351 oz18147Cheesecake commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherrier	2.538
01037Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, whole milk2461 cup01040Cheese, swiss28.351 oz18147Cheesecake commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries	1.998
01036Cheese, ricotta, whole milk2461 cup01040Cheese, swiss28.351 oz18147Cheesecake commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries	2.096
01040Cheese, swiss28.351 oz18147Cheesecake commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries	5.692
18147Cheesecake commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries	8.922
09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries	2.062
USDA commodity red tart cherries, canned) 09070 Cherries, sweet, raw 68 10 cherri	6.907
	0.066
22000 Chishan actuit france anters 217	es 0.178
22906 Chicken pot pie, frozen entree 217 1 small p	e 12.478
07017Chicken roll, light meat56.72 slices	1.656
05058Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter1401/2 breast	7.644
05059Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour981/2 breast	3.430
05064Chicken, broilers or fryers, breast, meat only, cooked, roasted861/2 breast	1.066
05044Chicken, broilers or fryers, dark meat, meat only, cooked, fried843 oz	3.629
05067 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, 72 1 drumst batter	ck 4.630
05068 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, 49 1 drumst flour	ck 2.656
05073Chicken, broilers or fryers, drumstick, meat only, cooked, roasted441 drumst	ck 0.823
05022Chicken, broilers or fryers, giblets, cooked, simmered1451 cup	1.726
05040Chicken, broilers or fryers, light meat, meat only, cooked, fried843 oz	1.655
05090Chicken, broilers or fryers, neck, meat only, cooked, simmered181 neck	0.457
05092 Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter 86 1 thigh	5.762
05098Chicken, broilers or fryers, thigh, meat only, cooked, roasted521 thigh	2.158
05101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter491 wing	4.390
05277 Chicken, canned, meat only, with broth 142 5 oz	4.473
05028Chicken, liver, all classes, cooked, simmered19.61 liver	0.263
05126 Chicken, stewing, meat only, cooked, stewed 140 1 cup	5.670
16058Chickpeas (garbanzo beans, bengal gram), mature seeds, canned2401 cup	0.617
16057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup boiled, without salt	0.956
22904Chili con carne with beans, canned entree2221 cup	2.153
11156 Chives, raw 3 1 tbsp	0.003
14181 Chocolate syrup 18.75 1 tbsp	0.054
14175Chocolate-flavor beverage mix, powder21.62-3 heap	ng tsp 0.218
14177Chocolate-flavor beverage mix, powder, prepared with whole milk2661 cup	2.578
14192 Cocoa mix, powder 28.35 3 heapin	0.27(
14194Cocoa mix, powder, prepared with water2061 serving	tsp 0.376
14196Cocoa mix, with aspartame, powder151/2 oz er	1

1916 Cocoa, dry powder, unsweetened 5.4 1 thep 0.2 14210 Coffee, brewed, spreaso, restaural-prepared 00 2.1 a. 0.00 14209 Coffee, brewed, spreaso, restaural-prepared 00 2.1 a. 0.00 14215 Coffee, instaur, regular, prepared with water 179 6.1 a. 0.00 18104 Coffees, instaur, regular, prepared with water 179 1 cap 0.83 11159 Colstaw, home-prepared 120 1 cap 0.06 11164 Collards, cooked, boiled, drained, without salt 170 1 cap 0.01 1164 Colkies, horowies, dry mix, spreared, encipher 22 1 brownie 0.01 11815 Cookies, chocolute chip, commercially prepared, encipher fat, 10 1 caokie 0.01 11815 Cookies, chocolute chip, commercially prepared, regular, lower fat 10 1 caokie 0.41 11816 Cookies, chocolute chip, commercially prepared, regular 16 1 caokie 0.41 11817 Cookies, chocolute chip, commercially prepared, regular 16 1 caokie	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
Hall Coffee, brewed, ergeneso, restaurant-prepared 60 21 nz 000 H4209 Coffee, brewed, prepared with my ware 178 6 fl nz 000 H4215 Coffee, instant, regular, prepared with water 179 6 fl nz 000 H4216 Coffee, instant, regular, prepared with water 179 6 fl nz 000 H1159 Colstaw, home-prepared 120 1 cup 0.00 H1164 Collards, cooked, boiled, drained, without salt 170 1 cup 0.00 H1164 Collards, forcer, choppel, cookel, boiled, drained, without salt 170 1 cup 0.00 H1164 Collards, forcer, choppel, cookel, boiled, drained, without salt 170 1 cup 0.00 H1165 Cookies, horonies, dry mix, special dicary, prepared 22 1 brownie 0.02 H1815 Cookies, chocolate chip, commercially prepared, reg, higher fat, 10 1 cookie 0.66 H1815 Cookies, chocolate chip, refreared dorug, haded 26 1 cookie 0.63 H1816 Cookies, graham erackers, plain or honey (includes cinnamon) <	14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.146
14209Coffee, instant, regular, prepared with water1786 fl oz0.0014215Coffee, instant, regular, prepared with water1796 fl oz0.0018104Corffee, instant, regular, prepared with water1796 fl oz0.0018105Colestaw, home-prepared1201 cup0.0011152Collards, cooled, biolied, drained, without salt1901 cup0.0011164Collards, forzer, chopped, cooled, boiled, drained, without salt1701 cup0.0011815Cookies, trownies, cummercially prepared261 brownie0.0011815Cookies, torumercially prepared, encided51 cookie0.0111815Cookies, chocolate chip, commercially repared, regular, lower fat101 cookie0.0111816Cookies, chocolate chip, commercially prepared, regular, lower fat101 cookie0.0118165Cookies, chocolate chip, repared from recipe, made with margarine161 cookie0.0118166Cookies, chocolate chip, reprigrent dough, haded261 cookie0.0118170Cookies, graham cnacker, plain or honey (includes cimanon)142 squares0.5118171Cookies, graham cnacker, plain or honey (includes cimanon)141 cookie0.0218172Cookies, graham cnacker, plain or honey (includes cimanon)141 cookie0.0218173Cookies, graham cnacker, plain or honey (includes cimanon)141 cookie0.0218174Cookies, contantal, commer	19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.247
14215 Orffee, instant, regular, prepared with water 179 6 ft oz 000 18104 Coffee, cinstant, regular, prepared, with out suft 190 1 piece 8.1 11152 Colelaw, home-prepared 120 1 cup 0.83 11164 Collards, cocked, boiled, drained, without suft 170 1 cup 0.00 11164 Coldards, force, chopped, cocked, boiled, drained, without suft 170 1 cup 0.00 11164 Coldards, force, chopped, cocked, boiled, drained, without suft 70 1 cup 0.00 11164 Coldards, force, chored, boiled, drained, without suft 70 1 cup 0.00 11165 Cookies, brownies, dry mix, special dictary, prepared 22 1 brownie 0.00 11165 Cookies, chocolate chip, commercially prepared, regular, lower fut 10 1 cuokie 0.00 118168 Cookies, chocolate chip, refrigerated dough, baked 26 1 cuokie 0.04 11817 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0.05 11817 Cookies, graham crackers, plai	14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
B1814 Coffeceeke, cinamon with crumb topping, commercially prepared, carriched 63 1 piece 8.1. 1115 Collards, none-prepared 120 1 cup 0.00 11164 Collards, cooked, boiled, drained, without salt 190 1 cup 0.00 11164 Collards, frozen, chopped, cocked, boiled, drained, without salt 170 1 cup 0.00 11165 Cookies, brownies, dry mix, special differy, prepared 22 1 brownie 0.01 18155 Cookies, boutter, commercially prepared, englar, lower fat 10 1 cookie 0.01 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 10 1 cookie 0.01 18164 Cookies, chocolate chip, regrigerated dough, baked 26 1 cookie 0.04 18175 Cookies, gradum crackers, plain or honey (includes cinnamon) 14 2 squares 0.5 18177 Cookies, molases 32 1 cookie 0.04 18173 Cookies, molases 32 1 cookie 0.04 18174 Cookies, molases 32 1 cookie	14209	Coffee, brewed, prepared with tap water	178	6 fl oz	0.000
anriched 120 1 cap 0.8 11159 Collards, cooked, boiled, drained, without salt 190 1 cap 0.0 11164 Collards, cooked, boiled, drained, without salt 170 1 cap 0.03 118151 Cookies, brownies, commercially prepared 56 1 brownie 0.02 18157 Cookies, brownies, dromnies, dry nix, special dietary, prepared 22 1 brownie 0.02 18158 Cookies, broute, commercially prepared, eng, higher fat, nined, without salt 10 1 cookie 0.02 18158 Cookies, chocolate chip, commercially prepared, regular, lower fat 10 1 cookie 0.60 18168 Cookies, chocolate chip, commercially grepared, regular, lower fat 10 1 cookie 0.60 18164 Cookies, chocolate chip, commercially grepared, regular, now fat 10 1 cookie 0.63 18175 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0.63 18176 Cookies, graham crackers, plain or honey (includes cimanon) 14 2 squares 0.57 18177 Cookies, soutmeal, commerci	14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
11162 Collards, cooked, boiled, drained, without salt 190 Lup 0.0 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 0.02 18151 Cookies, brownies, commercially prepared 22 1 brownie 100 18197 Cookies, bouter, commercially prepared, enriched 5 1 cookie 0.02 18155 Cookies, chocolate chip, commercially prepared, regular, lower fat 10 1 cookie 0.61 18165 Cookies, chocolate chip, commercially prepared, regular, lower fat 10 1 cookie 0.61 18166 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0.42 18166 Cookies, chocolate chip, refrigerated dough, baked 26 1 cookie 0.43 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 0.53 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 3.42 18177 Cookies, ontmeal, commercially prepared, regular 25 1 cookie, inedium 1.06 18173	18104		63	1 piece	8.175
11144Collards, frozen, chopped, cooked, boiled, drained, without salt1701 cup0.0018151Cookies, brownies, commercially prepared561 brownie5.0018157Cookies, brownies, dry mix, special dietary, prepared221 brownie0.0018158Cookies, butter, commercially prepared, enciched51 cookie0.2018159Cookies, chocolate chip, commercially prepared, regular, lower fat101 cookie0.6018158Cookies, chocolate chip, prepared from recipe, made with margarine161 cookie0.6018164Cookies, chocolate chip, refrigerated dough, baked261 cookie0.8218175Cookies, chocolate chip, refrigerated dough, baked261 cookie0.4318170Cookies, chocolate sandwich, with erene filling, regular101 cookie0.4318173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.5318173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup3.4318177Cookies, contead, commercially prepared, fit-free111 cookie, large (3-1/2" to 4"2.2518178Cookies, contead, commercially prepared, regular151 cookie1.4018179Cookies, contead, commercially prepared, regular151 cookie1.6018179Cookies, contead, commercially prepared, regular151 cookie1.6018184Cookies, panut butter, commercially prepared, regular151 cookie1.60 <td>11159</td> <td>Coleslaw, home-prepared</td> <td>120</td> <td>1 cup</td> <td>0.850</td>	11159	Coleslaw, home-prepared	120	1 cup	0.850
18151Cookies, brownies, commercially prepared56I brownie5018197Cookies, brownies, dry mix, special dietary, prepared22I brownie1.0018155Cookies, brownies, dry mix, special dietary, prepared22I brownie1.0018155Cookies, chocolate chip, commercially prepared, regular, lower fat10I cookie0.6118165Cookies, chocolate chip, commercially prepared, regular, lower fat10I cookie0.6118165Cookies, chocolate chip, commercially prepared, regular, lower fat10I cookie0.6218166Cookies, chocolate subwich, with creme filling, regular10I cookie0.6218170Cookies, chocolate subwich, with creme filling, regular10I cookie0.4318173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.5518173Cookies, graham crackers, plain or honey (includes cinnamon)141 cup3.4218177Cookies, onalases15I cookie0.0418178Cookies, oatmeal, commercially prepared, fat-free11I cookie0.0418178Cookies, oatmeal, commercially prepared, regular25I cookie1.0318185Cookies, antheral, commercially prepared, regular15I cookie1.0318178Cookies, antheral, commercially prepared, regular15I cookie1.0318184Cookies, antheral, commercially prepared, regular15I cookie1.0318179Cookies, anthe	11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.049
R197Cookies, brownies, dry mix, special dietary, prepared221 brownie1018155Cookies, butter, commercially prepared, enriched51 cookie0.2318159Cookies, chocolate chip, commercially prepared, regular, lower fat101 cookie0.6618165Cookies, chocolate chip, commercially prepared, regular, lower fat101 cookie0.6618165Cookies, chocolate chip, refrigerated dough, baked261 cookie0.8318166Cookies, chocolate chip, refrigerated dough, baked261 cookie0.8318170Cookies, fig bars161 cookie0.4318173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.5518177Cookies, graham crackers, plain or honey (includes cinnamon)841 cup3.4218177Cookies, outment, ommercially prepared, fat-free111 cookie0.0418177Cookies, outment, commercially prepared, regular251 cookie0.6418178Cookies, outment, commercially prepared, regular151 cookie1.1618178Cookies, outment, commercially prepared, regular151 cookie1.6018184Cookies, outment, commercially prepared, regular151 cookie1.6018185Cookies, outment, commercially prepared, regular151 cookie1.6018184Cookies, peanut butter, commercially prepared, regular151 cookie1.6018185Cookies, speart down recipe, made with ma	11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.034
18155Cookies, butter, commercially prepared, enriched5I cookie0.2718159Cookies, chocolate chip, commercially prepared, regular, lower fat10I cookie1.1618158Cookies, chocolate chip, commercially prepared, regular, lower fat10I cookie0.6618164Cookies, chocolate chip, refrigerated dough, baked26I cookie0.6618165Cookies, chocolate chip, refrigerated dough, baked26I cookie0.8818170Cookies, chocolate sandwich, with creme filling, regular10I cookie0.8418173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.5718173Cookies, graham crackers, plain or honey (includes cinnamon)84I cup3.4218174Cookies, outmeal, commercially prepared, fat-free11I cup3.4218175Cookies, outmeal, commercially prepared, fat-free11I cookie0.0618178Cookies, outmeal, commercially prepared, regular25I cookie1.0018178Cookies, outmeal, commercially prepared, regular15I cookie2.6618184Cookies, outmeal, commercially prepared, segular15I cookie1.0218185Cookies, shortbread, commercially prepared, regular15I cookie1.0218184Cookies, shortbread, commercially prepared, regular15I cookie1.0218185Cookies, shortbread, commercially prepared, regular15I cookie1.0218184Coo	18151	Cookies, brownies, commercially prepared	56	1 brownie	5.020
R159Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched101 cookie1.1018158Cookies, chocolate chip, commercially prepared, regular, lower fat101 cookie0.6018165Cookies, chocolate chip, oreprared from recipe, made with margarine161 cookie0.6018164Cookies, chocolate sandwich, with creme filling, regular101 cookie0.8318170Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.5518173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup3.4318177Cookies, graham crackers, plain or honey (includes cinnamon)841 cup3.4318177Cookies, gnaham crackers, plain or honey (includes cinnamon)841 cup3.4318177Cookies, molasses151 cookie, medium1.0018177Cookies, ontimeal, commercially prepared, fat-free111 cookie0.0018178Cookies, ontimeal, commercially prepared, negular251 cookie1.1618184Cookies, ontimeal, commercially prepared, soft-type151 cookie1.6018185Cookies, ontimeal, commercially prepared, pecan141 cookie1.6018184Cookies, ontimedial, prepared from recipe, with raisins151 cookie1.6018185Cookies, southead, commercially prepared, pecan141 cookie1.6018193Cookies, shurthead, commercially prepared, pecan141 cookie1.60<	18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1.006
enriched18158Cookies, chocolate chip, commercially prepared, regular, lower fat101 cookie0.6118164Cookies, chocolate chip, reprared from recipe, made with margarine161 cookie0.6218164Cookies, chocolate chip, refrigerated dough, baked261 cookie0.8318164Cookies, chocolate chip, refrigerated dough, chuede161 cookie0.8318170Cookies, chocolate sandwich, with ereme filling, regular101 cookie0.4318173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.5718173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup3.4318177Cookies, molasses151 cookie, medium1.0218177Cookies, molasses321 cookie, medium0.0718178Cookies, oatmeal, commercially prepared, fat-free111 cookie2.5518179Cookies, oatmeal, commercially prepared, regular251 cookie1.1618184Cookies, oatmeal, commercially prepared, regular151 cookie2.1618185Cookies, peanut butter, oremarcially prepared, regular151 cookie2.1618193Cookies, subarbead, commercially prepared, regular151 cookie1.6618193Cookies, subarbead, commercially prepared, pean141 cookie1.6618193Cookies, subarbead, commercially prepared, pean141 cookie1.6718204Cookies, subarbead, co	18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.276
BitsCookies, chocolate chip, prepared from recipe, made with margarine161 cookie1618164Cookies, chocolate chip, refrigerated dough, baked261 cookie29218166Cookies, chocolate sandwich, with ereme filling, regular101 cookie0.8318170Cookies, fig bars161 cookie0.4318173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.5518173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup3.4318177Cookies, molasses151 cookie, medium1.0018177Cookies, andnases321 cookie, large (3-1/2" to 4"2.2818456Cookies, catmeal, commercially prepared, far-free111 cookie1.0018178Cookies, oatmeal, commercially prepared, soft-type151 cookie1.0018184Cookies, oatmeal, commercially prepared, soft-type151 cookie1.0018185Cookies, oatmeal, commercially prepared, negular151 cookie1.0018184Cookies, peanut butter, commercially prepared, negular151 cookie1.0018193Cookies, shortbread, commercially prepared, pecan141 cookie1.0018194Cookies, sugar, repmered from recipe, made with margarine141 cookie1.0018195Cookies, sugar, prepared from recipe, made with margarine141 cookie1.0018194Cookies, sugar, prepared from recipe, made with margarine14	18159		10	1 cookie	1.167
18164Cookies, chocolate chin, refrigerated dough, baked261 cookie2918166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.8818170Cookies, fig bars161 cookie0.4818173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.5718173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup3.4218177Cookies, molasses151 cookie, incdium1.0018177Cookies, molasses321 cookie, incdium0.0418178Cookies, oatmeal, commercially prepared, fat-free111 cookie0.0418178Cookies, oatmeal, commercially prepared, regular251 cookie1.1618178Cookies, oatmeal, commercially prepared, regular151 cookie1.1618184Cookies, oatmeal, commercially prepared, regular151 cookie1.1618185Cookies, peanut butter, commercially prepared, pecan141 cookie2.6618193Cookies, sugar, reprepared from recipe, with risins151 cookie1.1718204Cookies, sugar, reprepared from recipe, made with margarine141 cookie1.4218204Cookies, sugar, refrigerated dough, baked151 cookie1.2618210Cookies, sugar, refrigerated dough, baked151 cookie1.2618210Cookies, sugar, refrigerated dough, baked151 cookie0.2618210Cookie	18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.610
18166Cookies, chocolate sandwich, with creme filling, regular101 cookie0.4818170Cookies, fig bars161 cookie0.4418173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.5518173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup3.4318177Cookies, molasses151 cookie, medium1.0518177Cookies, molasses321 cookie, large (3-1/2" to 4"2.2818456Cookies, oatmeal, commercially prepared, fat-free111 cookie0.0618178Cookies, oatmeal, commercially prepared, regular251 cookie2.5518179Cookies, oatmeal, commercially prepared, soft-type151 cookie1.0518184Cookies, oatmeal, prepared from recipe, with raisins151 cookie1.0518185Cookies, peanut butter, prepared from recipe201 cookie2.1618193Cookies, shortbread, commercially prepared, pecan141 cookie1.0718204Cookies, shortbread, commercially prepared, pecan141 cookie1.0718204Cookies, sugar, prepared from recipe, med with magarine141 cookie1.0718204Cookies, sugar, prepared from recipe, made with magarine141 cookie1.0718204Cookies, sugar, prepared from recipe, made with magarine141 cookie1.0718204Cookies, sugar, prepared from recipe, made with magarine141 cookie </td <td>18165</td> <td>Cookies, chocolate chip, prepared from recipe, made with margarine</td> <td>16</td> <td>1 cookie</td> <td>1.660</td>	18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.660
18170Cookies, fig bars16I cookie0.4418173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.5518173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup3.4318177Cookies, molasses151 cookie, medium1.0018177Cookies, molasses321 cookie, medium1.0018177Cookies, oatmeal, commercially prepared, fat-free111 cookie0.0418178Cookies, oatmeal, commercially prepared, regular251 cookie1.1618179Cookies, oatmeal, commercially prepared, regular151 cookie1.0018184Cookies, oatmeal, prepared from recipe, with raisins151 cookie1.0018185Cookies, paarut butter, commercially prepared, regular151 cookie2.1618192Cookies, shortbread, commercially prepared, pecan141 cookie2.1618193Cookies, shortbread, commercially prepared, pecan141 cookie1.0018204Cookies, shortbread, commercially prepared, pecan141 cookie1.0718204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.4718204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.4718204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.4218204Cookies, sugar, commercially prepared, regular (includes vanilla)	18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	2.927
18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares0.5718173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup3.4218177Cookies, molasses151 cookie, medium1.0718177Cookies, molasses321 cookie, medium1.0718177Cookies, molasses321 cookie, large (3-1/2" to 4"2.2818456Cookies, oatmeal, commercially prepared, fat-free111 cookie0.0018178Cookies, oatmeal, commercially prepared, regular251 cookie1.1918184Cookies, oatmeal, commercially prepared, regular151 cookie1.0018185Cookies, peanut butter, commercially prepared, regular151 cookie1.0018193Cookies, shortbread, commercially prepared, regular151 cookie2.0018194Cookies, shortbread, commercially prepared, pecan141 cookie2.0018195Cookies, shortbread, commercially prepared, pecan141 cookie1.0018204Cookies, shortbread, commercially prepared, pelanin81 cookie1.0718208Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.2018204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.2018205Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.2018206Cookies, sugar, refrigerated dough, baked <td< td=""><td>18166</td><td>Cookies, chocolate sandwich, with creme filling, regular</td><td>10</td><td>1 cookie</td><td>0.856</td></td<>	18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.856
18173Cookies, graham crackers, plain or honey (includes cinnamon)841 cup34.318177Cookies, molasses151 cookie, medium1.0018177Cookies, molasses321 cookie, large (3-1/2" to 4"2.2218456Cookies, oatmeal, commercially prepared, fat-free111 cookie0.0018178Cookies, oatmeal, commercially prepared, regular251 cookie2.5018179Cookies, oatmeal, commercially prepared, soft-type151 cookie1.1918184Cookies, oatmeal, prepared from recipe, with raisins151 cookie1.0018185Cookies, peanut butter, commercially prepared, regular151 cookie2.1018184Cookies, peanut butter, ornmercially prepared, pecan141 cookie2.6018193Cookies, shortbread, commercially prepared, pecan141 cookie1.0018204Cookies, sugar, commercially prepared, pecan141 cookie1.7718208Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.7718204Cookies, sugar, prepared from recipe, made with margarine141 cookie1.4218205Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.2618210Cookies, vanilla sandwich with creme filling101 cookie0.3618212Cookies, vanilla sandwich with creme filling101 cookie0.3618212Cookies, vanilla wafers, lower fat41	18170	Cookies, fig bars	16	1 cookie	0.480
18177Cookies, molasses15I cookie, medium10718177Cookies, molasses32I cookie, large (3-1/2" to 4"2.2818456Cookies, oatmeal, commercially prepared, fat-free11I cookie0.0418178Cookies, oatmeal, commercially prepared, regular25I cookie2.5018179Cookies, oatmeal, commercially prepared, soft-type15I cookie1.1618184Cookies, oatmeal, prepared from recipe, with raisins15I cookie1.1618185Cookies, peanut butter, commercially prepared, regular15I cookie1.1618184Cookies, peanut butter, orommercially prepared, regular15I cookie2.1618185Cookies, peanut butter, orommercially prepared, pecan14I cookie2.1618192Cookies, shortbread, commercially prepared, pecan14I cookie1.0718204Cookies, sugar, commercially prepared, pegular (includes vanilla)15I cookie1.7718208Cookies, sugar, refrigerated dough, baked15I cookie1.2618210Cookies, vanilla sandwich with creme filling15I cookie1.2618212Cookies, vanilla sandwich with creme filling10I cookie0.2618214Cookies, vanilla sandwich with creme filling10I cookie0.2618212Cookies, vanilla wafers, lower fat4I cookie0.2618214Cookies, vanilla wafers, lower fat256I cup0.3118215 <tdc< td=""><td>18173</td><td>Cookies, graham crackers, plain or honey (includes cinnamon)</td><td>14</td><td>2 squares</td><td>0.572</td></tdc<>	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.572
18177Cookies, molasses321 cookie, large (3-1/2" to 4"2.2418456Cookies, oatmeal, commercially prepared, fat-free111 cookie0.0018178Cookies, oatmeal, commercially prepared, regular251 cookie2.5018179Cookies, oatmeal, commercially prepared, soft-type151 cookie1.1018184Cookies, oatmeal, prepared from recipe, with raisins151 cookie1.1018185Cookies, oatmeal, prepared from recipe, with raisins151 cookie1.1018184Cookies, peanut butter, commercially prepared, regular151 cookie2.1018185Cookies, peanut butter, prepared from recipe201 cookie2.1018193Cookies, shortbread, commercially prepared, pecan141 cookie2.1018192Cookies, shortbread, commercially prepared, pecan141 cookie1.0018204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.4418205Cookies, sugar, prepared from recipe, made with margarine141 cookie1.4418206Cookies, vanilla sandwich with creme filling151 cookie1.2018210Cookies, vanilla sandwich with creme filling101 cookie0.2418212Cookies, vanilla vafers, lower fat41 cookie0.2418214Cookies, vanilla vafers, lower fat41 cookie0.2418215Cookies, vanilla vafers, lower fat41 cookie0.24 <tr< td=""><td>18173</td><td>Cookies, graham crackers, plain or honey (includes cinnamon)</td><td>84</td><td>1 cup</td><td>3.432</td></tr<>	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.432
18456Cookies, oatmeal, commercially prepared, fat-free111 cookie0.0418178Cookies, oatmeal, commercially prepared, regular251 cookie2.5018179Cookies, oatmeal, commercially prepared, soft-type151 cookie1.1918184Cookies, oatmeal, prepared from recipe, with raisins151 cookie1.0018185Cookies, peanut butter, commercially prepared, regular151 cookie1.8818189Cookies, peanut butter, prepared from recipe201 cookie2.1018193Cookies, shortbread, commercially prepared, pecan141 cookie2.6018192Cookies, shortbread, commercially prepared, negular (includes vanilla)151 cookie1.0718204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.4218205Cookies, sugar, prepared from recipe, made with margarine141 cookie1.4218206Cookies, sugar, refrigerated dough, baked151 cookie1.9218210Cookies, vanilla sandwich with creme filling151 cookie1.9218210Cookies, vanilla sandwich with creme filling101 cookie0.261901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.261174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.311176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.31	18177	Cookies, molasses	15	1 cookie, medium	1.070
18178Cookies, oatmeal, commercially prepared, regular251 cookie2.5018179Cookies, oatmeal, commercially prepared, soft-type151 cookie1.1918184Cookies, oatmeal, prepared from recipe, with raisins151 cookie1.0218185Cookies, peanut butter, commercially prepared, regular151 cookie1.6018189Cookies, peanut butter, prepared from recipe201 cookie2.1018193Cookies, shortbread, commercially prepared, pecan141 cookie2.6018192Cookies, shortbread, commercially prepared, pecan141 cookie1.0718204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.7718208Cookies, sugar, prepared from recipe, made with margarine141 cookie1.4218206Cookies, sugar, refrigerated dough, baked151 cookie1.9218210Cookies, vanilla sandwich with creme filling151 cookie1.2218210Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2811176Corn, sweet, yellow, canned, yeuum pack, regular pack2101 cup0.31	18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	2.282
18179Cookies, oatmeal, commercially prepared, soft-type15I cookie1.1918184Cookies, oatmeal, prepared from recipe, with raisins15I cookie1.0218185Cookies, peanut butter, commercially prepared, regular15I cookie1.8818189Cookies, peanut butter, prepared from recipe20I cookie2.1618193Cookies, shortbread, commercially prepared, pecan14I cookie2.6618192Cookies, shortbread, commercially prepared, pecan14I cookie1.0718204Cookies, sugar, commercially prepared, regular (includes vanilla)15I cookie1.7718208Cookies, sugar, prepared from recipe, made with margarine14I cookie1.4218206Cookies, sugar, refrigerated dough, baked15I cookie1.9918210Cookies, vanilla sandwich with creme filling15I cookie0.2618212Cookies, vanilla sandwich with creme filling10I cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt77I ear0.2611174Corn, sweet, yellow, canned, cream style, regular pack256I cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack210I cup0.30	18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.043
18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie1.0318185Cookies, peanut butter, commercially prepared, regular151 cookie1.8518189Cookies, peanut butter, prepared from recipe201 cookie2.1618193Cookies, shortbread, commercially prepared, pecan141 cookie2.6018192Cookies, shortbread, commercially prepared, pecan141 cookie2.6018192Cookies, shortbread, commercially prepared, pecan141 cookie1.0718204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.7718208Cookies, sugar, prepared from recipe, made with margarine141 cookie1.4218206Cookies, sugar, refrigerated dough, baked151 cookie1.2618210Cookies, vanilla sandwich with creme filling151 cookie0.2618212Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2611174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.506
18185Cookies, peanut butter, commercially prepared, regular151 cookie1.8518189Cookies, peanut butter, prepared from recipe201 cookie2.1618193Cookies, shortbread, commercially prepared, pecan141 cookie2.6618192Cookies, shortbread, commercially prepared, pecan141 cookie2.6618192Cookies, shortbread, commercially prepared, plain81 cookie1.0718204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.7718208Cookies, sugar, prepared from recipe, made with margarine141 cookie1.4218206Cookies, sugar, refrigerated dough, baked151 cookie1.9918210Cookies, vanilla sandwich with creme filling151 cookie0.2618212Cookies, vanilla sandwich with creme filling101 cookie0.2618212Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2611174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.31	18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1.198
18189Cookies, peanut butter, prepared from recipe201 cookie2.1618193Cookies, shortbread, commercially prepared, pecan141 cookie2.6018192Cookies, shortbread, commercially prepared, plain81 cookie1.0718204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.7718208Cookies, sugar, prepared from recipe, made with margarine141 cookie1.4218206Cookies, sugar, refrigerated dough, baked151 cookie1.9218210Cookies, vanilla sandwich with creme filling151 cookie1.2618210Cookies, vanilla sandwich with creme filling101 cookie0.8418212Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2811174Corn, sweet, yellow, canned, cream style, regular pack2101 cup0.31	18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	1.033
18193Cookies, shortbread, commercially prepared, pecan141 cookie2.6018192Cookies, shortbread, commercially prepared, plain81 cookie1.0718204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.7718208Cookies, sugar, prepared from recipe, made with margarine141 cookie1.4218206Cookies, sugar, refrigerated dough, baked151 cookie1.9218210Cookies, vanilla sandwich with creme filling151 cookie1.2618210Cookies, vanilla sandwich with creme filling101 cookie0.8418212Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2811174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.31	18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	1.855
18192Cookies, shortbread, commercially prepared, plain81 cookie1.0718204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.7718208Cookies, sugar, prepared from recipe, made with margarine141 cookie1.4218206Cookies, sugar, refrigerated dough, baked151 cookie1.9518210Cookies, vanilla sandwich with creme filling151 cookie1.2618210Cookies, vanilla sandwich with creme filling101 cookie0.8418212Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2811174Corn, sweet, yellow, canned, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	2.166
18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1.7718208Cookies, sugar, prepared from recipe, made with margarine141 cookie1.4218206Cookies, sugar, refrigerated dough, baked151 cookie1.9518210Cookies, vanilla sandwich with creme filling151 cookie1.2618210Cookies, vanilla sandwich with creme filling101 cookie0.8418212Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2811174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	2.608
18208Cookies, sugar, prepared from recipe, made with margarine141 cookie1.4218206Cookies, sugar, refrigerated dough, baked151 cookie1.9518210Cookies, vanilla sandwich with creme filling151 cookie1.2618210Cookies, vanilla sandwich with creme filling101 cookie0.8418212Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2811174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.074
18206Cookies, sugar, refrigerated dough, baked151 cookie1.9518210Cookies, vanilla sandwich with creme filling151 cookie1.2618210Cookies, vanilla sandwich with creme filling101 cookie0.8418212Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2811174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	1.775
18210Cookies, vanilla sandwich with creme filling151 cookie1.2618210Cookies, vanilla sandwich with creme filling101 cookie0.8418212Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2611174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.426
18210Cookies, vanilla sandwich with creme filling101 cookie0.8418212Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2611174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.952
18212Cookies, vanilla wafers, lower fat41 cookie0.2611901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2811174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	1.266
11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear0.2811174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.844
11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup0.3111176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.262
11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.288
11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup0.30	11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.315
11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear0.28	11176		210	1 cup	0.309
	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	•	0.288

without saft without saft ear 0.1 11181 conswert, yellow, rocen, kennels on cob, cooked, boiled, drained, 6.3 1 ear 0.1 20022 Commeal, degremed, enriched, yellow 138 1 eap 0.5 20020 Commeal, self-rising, degremed, enriched, yellow 122 1 cap 0.0 20020 Comssach, whole-grain, yellow 122 1 cap 0.0 20020 Conscous, dot 157 1 cap 0.0 20020 Conscous, dot 157 1 cap 0.0 20021 Conscous, dot 157 1 cap 0.0 20022 Conscous, dot 173 1 cap 0.0 11190 Conspeas, common (blackeyse, roowder, southern), mature seeds, 240 1 cap 0.0 1204 Crackers, checker, rogular 10 10 enckers 12 1205 Crackers, mator, plain 28.35 1 mator 0.0 1220 Crackers, standard snack-type, stan	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
without stil without stil 20022 Commal, alf engined, enriched, yellow 138 I cup 0.5 20020 Commal, soff ensine, degrmed, enriched, yellow 138 I cup 0.1 20020 Conmal, whole-grain, yellow 122 I cup 0.0 20020 Conscous, cooked 157 I cup 0.0 20028 Conscous, cooked 165 I cup 0.0 20028 Conscous, cooked, boiled, drained, 165 I cup 0.0 11190 Cowpeas (Blackeyes), immature seeds, fozen, cooked, boiled, drained, 170 I cup 0.0 16663 Cowpeas, Condence, conder, southern), mature seeds, 240 I cup 0.0 16664 Cowpeas, Condence, conder, southern), mature seeds, 172 I cup 0.0 18214 Crackers, engint 10 10 erackers 0.0 18215 Crackers, mature, puint 28.35 1 mature 0.0 18216 Crackers, mature, puint 11 1 wafer 0.0 18226 Cr	11179		164	1 cup	0.207
20225 Commeal, self-rising, degemed, enriched, yellow 138 1 cup 0.5.5 20200 Commeal, whole-grain, yellow 122 1 cup 1.1.1 20207 Constach 8.064 1 fsp. 0.00 20208 Conscous, corked 157 1 cup 0.01 20228 Couscous, corked 173 1 cup 0.01 20230 Couscous, corked 165 1 cup 0.01 20242 Couscous, corked, bioled, drained, inford, antore seeds, corked, bioled, drained, inford antore seeds, corweder, southern), mature seeds, cower, consect, not seeds, corwer, southern), mature seeds, cower, consect, seed, corwer, seeds, corwer, seed, corwer, seed, corwer, seeds, seeds, corwer, seeds, seeds, corwer, seeds, corwer	11181		63	1 ear	0.136
20020Commeal, whole-grain, yellow1221 cup1.120027Consulter, billow8,0641 lisp0.0020029Couscous, cooked1571 cup0.0020028Couscous, cooked, to iled, drained, without salt1571 cup0.0111192Coopeas (Blackeyes), inmature seeds, cooked, hoiled, drained, without salt1701 cup0.0111196Coopeas (Blackeyes), inmature seeds, frozen, cooked, boiled, drained, without salt1701 cup0.0110663Coopeas, common (blackeyes, crowder, southern), mature seeds, 	20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.569
20027 Constarch 8.064 1 thsp 0.0 20029 Couscous, cocked 157 1 cup 0.0 20028 Couscous, dy 173 1 cup 0.0 20028 Couscous, dy 173 1 cup 0.0 20028 Couscous, dy 165 1 cup 0.0 11196 Coopeas (blackeyes), immature seeds, fozzen, cooked, boiled, drained, drainedraine, drained, drained, dra	20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.592
2009Couscous, cooked1571 cup0.02003Couscous, dy1731 cup0.111192Coopeas, (Blackeyes), inmature seeds, cooked, boiled, drained, without salt1651 cup0.111196Coopeas, conmon (blackeyes, irmuture seeds, frozen, cooked, boiled, drained, canned, plain1701 cup0.116063Coopeas, conmon (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup0.016063Coopeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers, checes, regular1010 crackers, checes, regular12172Crackers, checes, anadwich-type with peanut butter filling coaket, shelfers, checes, anadwich-type with peanut butter filling71 sandwich0.018214Crackers, nebus, anadwich-type with peanut butter filling71 sandwich0.018225Crackers, subini204 crackers0.018226Crackers, subinies (includeo syster, soda, soup)124 crackers0.018225Crackers, subinies (includeo syster, soda, soup)124 crackers0.018236Crackers, subdard snack-type, regular164 crackers0.018237Crackers, wheat, regular2338 fl oor0.018238Crackers, whole-wheat161 thp0.018239Crackers, whole-wheat161 thp0.018230Crackers, whole-wheat151 thp0.01823	20020	Cornmeal, whole-grain, yellow	122	1 cup	1.157
20028 Couscoul, dry 173 Lup 0.1 11192 Cowpeas, dry 173 Lup 0.0 11194 Cowpeas, (blackcyes), immature seeds, cooked, boiled, drained, lifs 165 1 cup 0.1 11196 Cowpeas, (blackcyes), immature seeds, frozen, cooked, boiled, drained, lin 170 1 cup 0.1 16664 Cowpeas, common (blackcyes, crowder, southern), mature seeds, 172 1 cup 0.0 16663 Cooked, boiled, without salt 10 10 crackers 10.2 10.0 1	20027	Cornstarch	8.064	1 tbsp	0.001
11192Cowpeas (Blackeyes), inmature seeds, cooked, boiled, drained, without salt1651 cup0011196Cowpeas (Blackeyes), inmature seeds, frozen, cooked, boiled, drained, without salt1701 cup0.116064Cowpeas, common (blackeyes, crowder, southern), mature seeds, 20001 cup0.116065Cowpeas, common (blackeyes, crowder, southern), mature seeds, 1221 cup0.018214Crackers, cheese, andwich-type with peanut butter filling71 sandwich0.818217Crackers, cheese, andwich-type with peanut butter filling71 sandwich0.018220Crackers, nebus tast, plain204 piccess0.018226Crackers, regular1010 crackers0.018226Crackers, standard snack-type, regular124 crackers0.018229Crackers, standard snack-type, andwich, with cheese filling71 sandwich0.718232Crackers, standard snack-type, andwich, with cheese filling71 sandwich0.018235Crackers, wheat, regular124 crackers0.918236Crackers, wheat, regular2538 fl oz0.000081Crankers, wheat, regular151 thsp0.001069Craem substitute, fuguid, with hydrogenated wegetable oil and soy151 thsp0.001069Craem, fudui, flaht half151 thsp0.001069Craem, fudui, flaht on flaht151 thsp0.001050Cream, fudui, h	20029	Couscous, cooked	157	1 cup	0.035
without sultwithout sult11196Cowpeas (blackeyes), immuture seeds, frozen, cooked, hoiled, drained, anned, plain170l cup0.116064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt172l cup0.016063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers1218214Crackers, cheese, regular1010 crackers0.018217Crackers, cheese, regular204 picces0.018220Crackers, neba toast, plain204 picces0.018226Crackers, snedwich-type with peanut butter filling71 sandwich0.018226Crackers, snedwich-type with cease filling71 sandwich0.018228Crackers, snedwich, regular124 crackers0.718229Crackers, standard snack-type, regular124 crackers0.918232Crackers, standard snack-type, regular164 crackers0.918235Crackers, wheat, regular, southered571 slace0.000067Cream substitute, liquid, with hydrogenated vegetable oil and soy151 tbsp0.601067Cream, fluid, half and half151 tbsp0.601050Cream, fluid, half and half151 tbsp0.601050Cream, fluid, light (coffee cream or table cream)151 tbsp0.501050Cream, fluid, light whipping151 tbsp0	20028	Couscous, dry	173	1 cup	0.154
without sait without sait it without sait 16064 Cowpeas, common (blackeyes, crowder, southern), mature seeds, mende, plain 1 1 1 0 1 16063 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without sait 172 1 cup 00 18214 Crackers, cheese, regular 10 10 crackers 12 18215 Crackers, matzo, plain 28.35 1 matzo 0.0 18220 Crackers, melba toast, plain 20 4 piecees 0.1 18226 Crackers, suthos (includes oyster, soda, soup) 12 4 crackers 0.7 18228 Crackers, standard snack-type, regular 12 4 crackers 0.9 18230 Crackers, wheat, regular 16 4 crackers 0.9 18232 Crackers, whole-wheat 16 4 crackers 0.0 01067 Cramberry juice cocktail, botted 23 8 flo oz 0.0 01067 Cream substitute, powdered<	11192		165	1 cup	0.056
canned, plain body body construction body construction 16063 Cowpeas, common (blackeyes, crowder, southerm), mature seeds, 172 l cup 0.0 18214 Crackers, cheese, regular 10 10 crackers 12 18215 Crackers, cheese, sandwich-type with peanut butter filling 7 l sandwich 0.0 18210 Crackers, metha toast, plain 28.35 l matzo 0.0 18226 Crackers, metha, toast, plain 20 4 picces 0.1 18226 Crackers, saltines (includes oyster, soda, soup) 12 4 crackers 0.7 18229 Crackers, standard snack-type, regular 12 4 crackers 0.9 18232 Crackers, wheat, regular 16 4 crackers 0.9 18235 Crackers, wheat, regular 16 4 crackers 0.9 18235 Crackers, wheat, regular 16 4 crackers 0.9 18235 Crackers, wheat, eweltened 57 1 slice 0.0 00061 Cranberry suice, contali, bottled	11196		170	1 cup	0.102
cooked, boiled, without saft 10 10 erackers 18214 Crackers, cheese, regular 10 10 erackers 1.2 18215 Crackers, cheese, sandwich-type with peanut butter filling 7 1 sandwich 0.8 18217 Crackers, metzo, plain 28.35 1 matzo 0.0 18220 Crackers, metba toast, plain 20 4 pieces 0.1 18226 Crackers, sutines (includes oyster, soda, soup) 12 4 erackers 0.7 18229 Crackers, standard snack-type, regular 12 4 crackers 0.9 18230 Crackers, wheat, regular 16 4 crackers 0.9 18232 Crackers, wheat, regular 16 4 crackers 0.0 09081 Craberry juice cocktail, bottled 253 8 fl oz 0.0 01067 Cream substitute, liquid, with hydrogenated vegetable oil and soy 15 1 tbsp 0.4 01059 Cream substitute, powdered 2 1 tsp 0.0 01059 Cream, fluid, hafr and half 15 1 tbsp 0.8	16064		240	1 cup	0.110
R215 Crackers, chece, andwich-type with peanut butter filling 7 1 sandwich 0.0 R217 Crackers, matzo, plain 28.35 1 matzo 0.0 R220 Crackers, melba toast, plain 20 4 pieces 0.1 R226 Crackers, rye, wafers, plain 11 1 wafer 0.0 R228 Crackers, slatines (includes oyster, soda, soup) 12 4 crackers 0.7 R229 Crackers, standard snack-type, regular 12 4 crackers 0.9 R232 Crackers, what, regular 8 4 crackers 0.9 R232 Crackers, whole-wheat 16 4 crackers 0.9 R235 Crackers, whole-wheat 57 1 slice 0.0 09081 Cranberry juice cocktail, bottled 57 1 slice 0.0 01067 Cream substitute, liquid, with hydrogenated vegetable oil and soy 15 1 bsp 0.4 01069 Cream, fluid, half and half 15 1 bsp 0.4 01050 Cream, fluid, half and half 15 1 bsp 0.8 01052 Cream, fluid, hight whipping 15<	16063		172	1 cup	0.076
R217 Crackers, mato, plain 28.35 1 matzo 0.0 18220 Crackers, melba toast, plain 20 4 pieces 0.1 18226 Crackers, rye, wafers, plain 11 1 wafer 0.0 18228 Crackers, saltines (includes oyster, soda, soup) 12 4 crackers 0.7 18229 Crackers, standard snack-type, regular 12 4 crackers 0.9 18230 Crackers, standard snack-type, regular 8 4 crackers 0.9 18232 Crackers, wheat, regular 8 4 crackers 0.9 18235 Crackers, whole-wheat 16 4 crackers 0.9 18235 Crackers, whole-wheat 16 4 crackers 0.9 18242 Cranberry juice cocktail, bottled 253 8 fl oz 0.0 00067 Cream substitute, liquid, with hydrogenated vegetable oil and soy 15 1 tsp 0.0 01069 Cream, fluid, half and half 15 1 tsp 0.0 01050 Cream, fluid, half and half 15 1 tsp 0.8 01052 Cream, fluid, light (coffee cream or table cream) <td>18214</td> <td>Crackers, cheese, regular</td> <td>10</td> <td>10 crackers</td> <td>1.211</td>	18214	Crackers, cheese, regular	10	10 crackers	1.211
R2200 Crackers, nye, wafers, plain 20 4 pieces 0.0 R226 Crackers, rye, wafers, plain 11 1 wafer 0.0 R228 Crackers, sultines (includes oyster, soda, soup) 12 4 crackers 0.7 R229 Crackers, standard snack-type, regular 12 4 crackers 12 R230 Crackers, standard snack-type, sandwich, with cheese filling 7 1 sandwich 0.7 R232 Crackers, wheat, regular 8 4 crackers 0.9 R232 Crackers, whole-wheat 16 4 crackers 0.9 R232 Crackers, whole-wheat 16 4 crackers 0.9 R232 Crackers, whole-wheat 16 4 crackers 0.9 R242 Cranberry juice cocktail, bottled 253 8 fl oz 0.0 09981 Craam substitute, liquid, with hydrogenated vegetable oil and soy 15 1 bsp 0.0 01069 Cream substitute, powdered 2 1 tsp 0.0 01049 Cream, fluid, half 15 1 bsp 0.8 01050 Cream, fluid, half 15 <td< td=""><td>18215</td><td>Crackers, cheese, sandwich-type with peanut butter filling</td><td>7</td><td>1 sandwich</td><td>0.824</td></td<>	18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.824
11 1	18217	Crackers, matzo, plain	28.35	1 matzo	0.036
R228 Crackers, saltines (includes oyster, soda, soup) 12 4 crackers 12 R229 Crackers, standard snack-type, regular 12 4 crackers 12 R230 Crackers, standard snack-type, sandwich, with cheese filling 7 1 sandwich 0.7 R232 Crackers, wheat, regular 8 4 crackers 0.9 R235 Crackers, whole-wheat 16 4 crackers 0.9 R4242 Cranberry juice cocktail, bottled 253 8 fl oz 0.0 09081 Cranberry sauce, canned, sweetened 57 1 slice 0.0 01067 Cream substitute, liquid, with hydrogenated vegetable oil and soy 15 1 tbsp 0.4 01069 Cream, fluid, half and half 15 1 tbsp 0.4 01053 Cream, fluid, half and half 15 1 tbsp 0.8 01050 Cream, fluid, light (coffee cream or table cream) 15 1 tbsp 0.7 01052 Cream, sour, cultured 12 1 tbsp 0.7 01054 Cream, sour, reduced fat, cultured 15 1 tbsp 0.5 01055 Crea	18220	Crackers, melba toast, plain	20	4 pieces	0.156
18229Crackers, standard snack-type, regular124 crackers1218230Crackers, standard snack-type, sandwich, with cheese filling71 sandwich0.718232Crackers, wheat, regular84 crackers0.918235Crackers, whole-wheat164 crackers0.918242Cranberry juice cocktail, bottled2538 fl oz0.009081Cranberry sauce, canned, sweetened571 slice0.001067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tbsp1.101069Cream, fluid, half and half151 tbsp0.401050Cream, fluid, half and half151 tbsp0.401052Cream, fluid, light (coffee cream or table cream)151 tbsp0.301055Cream, sour, cultured121 tbsp0.701055Cream, sour, reduced fat, cultured151 tbsp0.501054Cream, sour, reduced fat, cultured31 tbsp0.118239Croissants, butter571 croissant3.118230Croissants, butter571 croissant3.118230Croutons, seasoned401 cup3.7	18226	Crackers, rye, wafers, plain	11	1 wafer	0.017
R1230Crackers, standard snack-type, sandwich, with cheese filling71 sandwich0.718232Crackers, wheat, regular84 crackers0.918235Crackers, whole-wheat164 crackers0.918236Crackers, whole-wheat164 crackers0.918237Cranberry juice cocktail, bottled2538 fl oz0.009081Cranberry sauce, canned, sweetened571 slice0.001067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tbsp0.101069Cream substitute, powdered21 tsp0.001049Cream, fluid, half and half151 tbsp0.401050Cream, fluid, light (coffee cream or table cream)151 tbsp0.801052Cream, fluid, light (coffee cream or table cream)151 tbsp0.701055Cream, sour, cultured121 tbsp0.701055Cream, sour, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croissants, butter571 croissant3.118243Croutons, seasoned401 cup3.71537Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.771
18232Crackers, wheat, regular84 crackers0.918235Crackers, whole-wheat164 crackers0.918236Crackers, whole-wheat164 crackers0.914242Cranberry juice cocktail, bottled2538 fl oz0.009081Cranberry sauce, canned, sweetened571 slice0.000167Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tbsp0.001069Cream substitute, powdered21 tsp0.001049Cream, fluid, half and half151 tbsp0.401053Cream, fluid, heavy whipping151 tbsp0.601054Cream, fluid, light (coffee cream or table cream)151 tbsp0.801055Cream, sour, cultured121 tbsp0.701056Cream, sour, cultured121 tbsp0.701055Cream, whipped, cream topping, pressurized31 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croitssants, butter571 croissant3.118243Croutons, seasoned401 cup3.71537Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	18229	Crackers, standard snack-type, regular	12	4 crackers	1.277
18235Crackers, whole-wheat164 crackers0.914242Cranberry juice cocktail, bottled2538 fl oz0.009081Cranberry sauce, canned, sweetened571 slice0.001067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tbsp1.101069Cream substitute, powdered21 tsp0.001069Cream, fluid, half and half151 tbsp0.001053Cream, fluid, heavy whipping151 tbsp0.601050Cream, fluid, light (coffee cream or table cream)151 tbsp0.801052Cream, fluid, light whipping151 tbsp0.701054Cream, sour, cultured121 tbsp0.701055Cream, sour, reduced fat, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croissants, butter571 croissant3.118234Croutons, seasoned401 cup3.71537Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.788
14242Cranberry juice cocktail, bottled2538 fl oz0.009081Cranberry sauce, canned, sweetened571 slice0.001067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tbsp1.101069Cream substitute, powdered21 tsp0.001049Cream, fluid, half and half151 tbsp0.001053Cream, fluid, heavy whipping151 tbsp0.401050Cream, fluid, light (coffee cream or table cream)151 tbsp0.801052Cream, fluid, light whipping151 tbsp0.801054Cream, sour, cultured121 tbsp0.701055Cream, sour, reduced fat, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croitsants, butter571 croissant3.118243Croutons, seasoned401 cup3.71537Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	18232	Crackers, wheat, regular	8	4 crackers	0.916
09081Cranberry sauce, canned, sweetened571 slice0.001067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tbsp1.101069Cream substitute, powdered21 tsp0.001049Cream, fluid, half and half151 tbsp0.401053Cream, fluid, heavy whipping151 tbsp0.401050Cream, fluid, light (coffee cream or table cream)151 tbsp0.801052Cream, fluid, light whipping151 tbsp0.301054Cream, sour, cultured121 tbsp0.501055Cream, sour, reduced fat, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croissants, butter571 cup3.71537Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	18235	Crackers, whole-wheat	16	4 crackers	0.941
01067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tbsp1.101069Cream substitute, powdered21 tsp0.001049Cream, fluid, half and half151 tbsp0.401053Cream, fluid, half and half151 tbsp0.401050Cream, fluid, light (coffee cream or table cream)151 tbsp0.801052Cream, fluid, light (coffee cream or table cream)151 tbsp0.801054Cream, sour, cultured121 tbsp0.701055Cream, sour, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croutons, seasoned571 croissant3.118243Croutons, seasoned401 cup3.715137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.035
protein21 tsp0.001069Cream substitute, powdered21 tsp0.001049Cream, fluid, half and half151 tbsp0.401053Cream, fluid, half and half151 tbsp1.601050Cream, fluid, light (coffee cream or table cream)151 tbsp0.801052Cream, fluid, light whipping151 tbsp0.801052Cream, fluid, light whipping151 tbsp0.701056Cream, sour, cultured121 tbsp0.701055Cream, sour, reduced fat, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croitsants, butter571 croissant3.118243Croutons, seasoned401 cup3.715137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	09081	Cranberry sauce, canned, sweetened	57	1 slice	0.012
01049Cream, fluid, half and half151 tbsp0.401053Cream, fluid, heavy whipping151 tbsp1.601050Cream, fluid, light (coffee cream or table cream)151 tbsp0.801052Cream, fluid, light whipping151 tbsp0.801054Cream, sour, cultured121 tbsp0.701055Cream, sour, reduced fat, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croitssants, butter571 croissant3.118243Croutons, seasoned401 cup3.715137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	01067		15	1 tbsp	1.133
01053Cream, fluid, heavy whipping151 tbsp1.601050Cream, fluid, light (coffee cream or table cream)151 tbsp0.801052Cream, fluid, light whipping151 tbsp1.301056Cream, sour, cultured121 tbsp0.701055Cream, sour, reduced fat, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croissants, butter571 croissant3.118243Croutons, seasoned401 cup3.715137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	01069	Cream substitute, powdered	2	1 tsp	0.019
01050Cream, fluid, light (coffee cream or table cream)151 tbsp0.801052Cream, fluid, light whipping151 tbsp1.301056Cream, sour, cultured121 tbsp0.701055Cream, sour, reduced fat, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croissants, butter571 croissant3.118243Croutons, seasoned401 cup3.715137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	01049	Cream, fluid, half and half	15	1 tbsp	0.498
01052Cream, fluid, light whipping151 tbsp1.301056Cream, sour, cultured121 tbsp0.701055Cream, sour, reduced fat, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croissants, butter571 croissant3.118243Croutons, seasoned401 cup3.715137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	01053	Cream, fluid, heavy whipping	15	1 tbsp	1.603
01056Cream, sour, cultured121 tbsp0.701055Cream, sour, reduced fat, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croissants, butter571 croissant3.118243Croutons, seasoned401 cup3.715137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.837
01055Cream, sour, reduced fat, cultured151 tbsp0.501054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croissants, butter571 croissant3.118243Croutons, seasoned401 cup3.715137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	01052	Cream, fluid, light whipping	15	1 tbsp	1.364
01054Cream, whipped, cream topping, pressurized31 tbsp0.118239Croissants, butter571 croissant3.118243Croutons, seasoned401 cup3.715137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	01056	Cream, sour, cultured	12	1 tbsp	0.726
18239Croissants, butter571 croissant3.118243Croutons, seasoned401 cup3.715137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.520
18243Croutons, seasoned401 cup3.715137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.193
15137Crustaceans, crab, alaska king, cooked, moist heat853 oz0.1	18239	Croissants, butter	57	1 croissant	3.149
	18243	Croutons, seasoned	40	1 cup	3.799
15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz0.1	15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.157
	15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.170

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15141	Crustaceans, crab, blue, canned	135	1 cup	0.294
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.238
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.689
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.136
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.249
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	3.240
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	1.715
11206	Cucumber, peeled, raw	119	1 cup	0.005
11206	Cucumber, peeled, raw	280	1 large	0.011
11205	Cucumber, with peel, raw	301	1 large	0.009
11205	Cucumber, with peel, raw	104	1 cup	0.003
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.013
18245	Danish pastry, cheese	71	1 danish	8.032
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	7.118
09087	Dates, domestic, natural and dry	41.5	5 dates	0.062
09087	Dates, domestic, natural and dry	178	1 cup	0.265
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.034
01072	Dessert topping, pressurized	4	1 tbsp	0.077
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.065
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	4.370
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.302
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	7.719
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	1.672
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	8.177
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	6.484
01143	Egg substitute, liquid	62.75	1/4 cup	0.562
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	2.746
01129	Egg, whole, cooked, hard-boiled	50	1 large	2.039
01131	Egg, whole, cooked, poached	50	1 large	1.897
01132	Egg, whole, cooked, scrambled	61	1 large	2.908
01123	Egg, whole, raw, fresh	50	1 large	1.905
01123	Egg, whole, raw, fresh	44	1 medium	1.676
01123	Egg, whole, raw, fresh	58	1 extra large	2.209
01125	Egg, yolk, raw, fresh	16.6	1 large	1.949
01057	Eggnog	254	1 cup	5.672
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.020
11213	Endive, raw	50	1 cup	0.002
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.172
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.171

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	2.348
21049	Entrees, pizza with cheese	63	1 slice	0.990
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	2.543
21051	Entrees, pizza with pepperoni	71	1 slice	3.140
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.242
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	3.509
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	12.610
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	8.333
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	11.008
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	7.809
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	5.347
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	10.410
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	10.482
21042	Fast foods, chili con carne	253	1 cup	3.408
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	8.065
21043	Fast foods, clams, breaded and fried	115	3/4 cup	11.440
21127	Fast foods, coleslaw	99	3/4 cup	2.420
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	9.176
21015	Fast foods, danish pastry, cheese	91	1 pastry	15.601
21017	Fast foods, danish pastry, fruit	94	1 pastry	10.096
21074	Fast foods, enchilada, with cheese	163	1 enchilada	6.311
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	4.670
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	8.919
21024	Fast foods, french toast sticks	141	5 sticks	12.648
21077	Fast foods, frijoles with cheese	167	1 cup	2.617
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	10.328
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	14.128
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	3.405
21118	Fast foods, hotdog, plain	98	1 sandwich	6.853
21119	Fast foods, hotdog, with chili	114	1 sandwich	6.595
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	9.109
21129	Fast foods, hush puppies	78	5 pieces	7.819
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	1.816
21078	Fast foods, nachos, with cheese	113	6-8 nachos	7.994
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	6.651
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	5.269
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	14.264
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	17.990
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	9.048

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21139	Fast foods, potato, mashed	80	1/3 cup	0.281
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	3.858
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	6.804
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	1.758
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.678
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	17.379
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	8.226
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	1.836
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	13.402
21033	Fast foods, sundae, hot fudge	158	1 sundae	2.331
21082	Fast foods, taco	171	1 small	6.577
21082	Fast foods, taco	263	1 large	10.115
21083	Fast foods, taco salad	198	1-1/2 cups	5.160
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	3.512
09094	Figs, dried, uncooked	38	2 figs	0.098
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	4.769
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.105
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	0.089
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	1.419
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	2.888
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.300
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.201
15034	Finfish, haddock, cooked, dry heat	85	3 oz	0.128
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	0.227
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.822
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	1.538
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	10.161
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.401
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.681
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	0.104
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	0.148
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.666
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.380
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	0.523
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	1.721
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	1.536
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	4.497
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	8.200
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	3.291
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	1.684

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	2.100
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.782
15128	Finfish, tuna salad	205	1 cup	5.918
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	2.508
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	0.135
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	0.666
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.167
07022	Frankfurter, beef	45	1 frank	6.437
07023	Frankfurter, beef and pork	45	1 frank	6.152
07024	Frankfurter, chicken	45	1 frank	3.816
18268	French toast, frozen, ready-to-heat	59	1 slice	1.204
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	2.941
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	3.428
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	3.333
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.000
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	1.260
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	1.145
19294	Fruit butters, apple	17	1 tbsp	0.000
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.032
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.005
14267	Fruit punch drink, canned	248	8 fl oz	0.005
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.085
11215	Garlic, raw	3	1 clove	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.008
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.010
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.028
09124	Grapefruit juice, canned, sweetened	250	1 cup	0.030
09123	Grapefruit juice, canned, unsweetened	247	1 cup	0.032
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.044
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.130
09404	Grapefruit juice, pink, raw	247	1 cup	0.032
09128	Grapefruit juice, white, raw	247	1 cup	0.032
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.016
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.015
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	(

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.033
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.037
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.012
06116	Gravy, beef, canned	58.25	1/4 cup	0.560
06119	Gravy, chicken, canned	59.5	1/4 cup	1.517
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.697
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	2.913
06125	Gravy, turkey, canned	59.6	1/4 cup	0.536
07027	Ham, chopped, not canned	21	2 slices	1.722
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	1.332
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.807
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	1.200
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	0.934
11961	Hearts of palm, canned	33	1 piece	0.034
19296	Honey, strained or extracted	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.007
16158	Hummus, commercial	14	1 tbsp	0.565
19270	Ice creams, chocolate	66	1/2 cup	2.119
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	3.001
19095	Ice creams, vanilla	66	1/2 cup	2.092
19088	Ice creams, vanilla, light	66	1/2 cup	0.812
19089	Ice creams, vanilla, rich	74	1/2 cup	3.448
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.008
19300	Jellies	19	1 tbsp	0.002
11226	Jerusalem-artichokes, raw	150	1 cup	0.006
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.039
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.047
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.350
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.030
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.013
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.916
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2.882
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	8.245
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.621
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	10.642

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	4.956
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	8.653
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.245
04002	Lard	12.8	1 tbsp	5.773
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.102
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.179
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.178
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.003
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.002
09153	Lemon juice, canned or bottled	244	1 cup	0.027
09152	Lemon juice, raw	47	juice of 1 lemon	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.005
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.005
09150	Lemons, raw, without peel	58	1 lemon	0.006
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.127
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.013
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.001
11251	Lettuce, cos or romaine, raw	56	1 cup	0.004
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.001
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.001
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.004
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.038
11253	Lettuce, looseleaf, raw	56	1 cup	0.007
11253	Lettuce, looseleaf, raw	10	l leaf	0.001
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.031
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.034
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.036
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.064
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.054
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.003
09160	Lime juice, raw	38	juice of 1 lime	0.004

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20100	Macaroni, cooked, enriched	140	1 cup	0.111
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.200
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	2.425
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.152
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	2.377
09176	Mangos, raw	165	1 cup	0.167
09176	Mangos, raw	207	1 mango	0.209
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	5.048
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	1.340
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	4.652
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.754
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	4.8	1 tsp	1.248
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	3.744
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	1.512
09181	Melons, cantaloupe, raw	69	1/8 melon	0.005
09181	Melons, cantaloupe, raw	160	1 cup	0.011
09184	Melons, honeydew, raw	160	1/8 melon	0.003
09184	Melons, honeydew, raw	170	1 cup	0.003
01110	Milk shakes, thick chocolate	300	10.6 fl oz	2.340
01111	Milk shakes, thick vanilla	313	11 fl oz	2.739
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.108
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.622
01095	Milk, canned, condensed, sweetened	306	1 cup	7.427
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.159
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	5.884
01102	Milk, chocolate, fluid, commercial,	250	1 cup	2.475
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.750
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	1.470
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.043
01077	Milk, fluid, 3.25% milkfat	244	1 cup	2.355
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.747
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.115
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	1.354
16112	Miso	68.75	1 cup	0.922
19305	Molasses, blackstrap	20	1 tbsp	0.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.146
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.068
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	3.997
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.264

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	4.183
18274	Muffins, blueberry, commercially prepared	57	1 muffin	1.124
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.480
18279	Muffins, corn, commercially prepared	57	1 muffin	1.199
18280	Muffins, corn, dry mix, prepared	50	1 muffin	2.625
18283	Muffins, oat bran	57	1 muffin	0.966
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.755
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.015
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.023
11264	Mushrooms, canned, drained solids	156	1 cup	0.008
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.012
11260	Mushrooms, raw	70	1 cup	0.004
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.099
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.011
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.154
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.107
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.039
09191	Nectarines, raw	136	1 nectarine	0.237
20113	Noodles, chinese, chow mein	45	1 cup	3.460
20110	Noodles, egg, cooked, enriched	160	1 cup	0.688
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.789
12061	Nuts, almonds	28.35	1 oz (24 nuts)	9.116
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	6.525
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	7.744
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	7.349
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.085
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	1.404
12104	Nuts, coconut meat, raw	45	1 piece	0.641
12120	Nuts, hazelnuts or filberts	28.35	1 oz	12.942
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	16.804
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	8.900
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	8.986
12142	Nuts, pecans	28.35	1 oz (20 halves)	11.567
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	1.641
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	5.408
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	6.865
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	2.533
20034	Oat bran, cooked	219	1 cup	0.637
20033	Oat bran, raw	94	1 cup	2.233
04053	Oil, olive, salad or cooking	13.5	1 tbsp	9.950

04034Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp04543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp04518Oil, vegetable corn, salad or cooking13.61 tbsp04511Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.61 tbsp04506Oil, vegetable, sunflower, linoleic, (60% and over)13.61 tbsp11279Okra, cooked, boiled, drained, without salt1601 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup01993Olives, ripe, canned (small-extra large)225 large11283Onions, cooked, boiled, drained, without salt2101 cup	Content per Measure
04034Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp04543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 tbsp04518Oil, vegetable corn, salad or cooking13.61 tbsp04511Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.61 tbsp04506Oil, vegetable, sunflower, linoleic, (60% and over)13.61 tbsp11279Okra, cooked, boiled, drained, without salt1601 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup01993Olives, ripe, canned (small-extra large)225 large11283Onions, cooked, boiled, drained, without salt2101 cup	6.237
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04511Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.61 tbsp04506Oil, vegetable, sunflower, linoleic, (60% and over)13.61 tbsp11279Okra, cooked, boiled, drained, without salt1601 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup09193Olives, ripe, canned (small-extra large)225 large11286Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup	4.012
safflower oil of commerce)13.61 tbsp04506Oil, vegetable, sunflower, linoleic, (60% and over)13.61 tbsp11279Okra, cooked, boiled, drained, without salt1601 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup09193Olives, ripe, canned (small-extra large)225 large11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup	3.291
11279Okra, cooked, boiled, drained, without salt1601 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup09193Olives, ripe, canned (small-extra large)225 large11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup	10.152
11281Okra, frozen, cooked, boiled, drained, without salt1841 cup09193Olives, ripe, canned (small-extra large)225 large11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup	2.652
09193Olives, ripe, canned (small-extra large)225 large11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup	0.045
11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup	0.092
11283Onions, cooked, boiled, drained, without salt2101 cup	1.735
	6.520
	0.057
11283 Onions, cooked, boiled, drained, without salt 94 1 medium	0.025
11284Onions, dehydrated flakes51 tbsp	0.003
11282 Onions, raw 14 1 slice	0.003
11282 Onions, raw 110 1 whole	0.025
11282 Onions, raw 160 1 cup	0.037
11291Onions, spring or scallions (includes tops and bulb), raw1001 cup	0.027
11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole	0.004
09207 Orange juice, canned, unsweetened 249 1 cup	0.062
09209 Orange juice, chilled, includes from concentrate 249 1 cup	0.115
09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume 249 1 cup water	0.025
09214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can	0.081
09206 Orange juice, raw 86 juice from 1 orange	0.031
09206 Orange juice, raw 248 1 cup	0.089
09200 Oranges, raw, all commercial varieties 180 1 cup	0.041
09200 Oranges, raw, all commercial varieties 131 1 orange	0.030
18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake	0.435
18290Pancakes, plain, dry mix, complete, prepared381 pancake	0.335
18292Pancakes, plain, dry mix, incomplete, prepared381 pancake	0.787
09226 Papayas, raw 304 1 papaya	0.116
09226 Papayas, raw 140 1 cup	0.053
11297 Parsley, raw 10 10 sprigs	0.030
11299Parsnips, cooked, boiled, drained, without salt1561 cup	0.175
22907Pasta with meatballs in tomato sauce, canned entree2521 cup	4.208
09241 Peaches, canned, heavy syrup pack, solids and liquids 98 1 half	0.034
09241 Peaches, canned, heavy syrup pack, solids and liquids 262 1 cup	0.092
09238Peaches, canned, juice pack, solids and liquids2481 cup	0.000
09238Peaches, canned, juice pack, solids and liquids981 half	0.030
09246Peaches, dried, sulfured, uncooked393 halves	0.030

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.120
09236	Peaches, raw	170	1 cup	0.058
09236	Peaches, raw	98	1 peach	0.033
16097	Peanut butter, chunk style, with salt	16	1 tbsp	3.770
16098	Peanut butter, smooth style, with salt	16	1 tbsp	3.884
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	6.985
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	6.985
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	6.935
09340	Pears, asian, raw	122	1 pear	0.060
09340	Pears, asian, raw	275	1 pear	0.135
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.021
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.072
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.035
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.011
09252	Pears, raw	166	1 pear	0.139
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.037
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.062
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.053
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.038
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.159
11670	Peppers, hot chili, green, raw	45	1 pepper	0.005
11819	Peppers, hot chili, red, raw	45	1 pepper	0.005
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.014
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.018
11333	Peppers, sweet, green, raw	10	1 ring	0.001
11333	Peppers, sweet, green, raw	149	1 cup	0.019
11333	Peppers, sweet, green, raw	119	1 pepper	0.015
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.018
11821	Peppers, sweet, red, raw	149	1 cup	0.019
11821	Peppers, sweet, red, raw	119	1 pepper	0.015
11945	Pickle relish, sweet	15	1 tbsp	0.031
11937	Pickles, cucumber, dill	65	1 pickle	0.002
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	27.174
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	19.801
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	27.304
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	0.000
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.016
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	5.134
18302	Pie, apple, prepared from recipe	155	1 piece	8.359
18305	Pie, blueberry, commercially prepared	117	1 piece	4.965
18306	Pie, blueberry, prepared from recipe	147	1 piece	7.528

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18308	Pie, cherry, commercially prepared	117	1 piece	6.829
18309	Pie, cherry, prepared from recipe	180	1 piece	9.565
18310	Pie, chocolate creme, commercially prepared	113	1 piece	12.562
18316	Pie, coconut custard, commercially prepared	104	1 piece	5.715
18444	Pie, fried pies, cherry	128	1 pie	9.535
18319	Pie, fried pies, fruit	128	1 pie	9.535
18320	Pie, lemon meringue, commercially prepared	113	1 piece	3.034
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	7.089
18324	Pie, pecan, commercially prepared	113	1 piece	12.137
18325	Pie, pecan, prepared from recipe	122	1 piece	13.641
18326	Pie, pumpkin, commercially prepared	109	1 piece	4.395
18327	Pie, pumpkin, prepared from recipe	155	1 piece	5.730
11943	Pimento, canned	12	1 tbsp	0.002
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.025
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.023
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.033
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.006
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.005
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.025
09266	Pineapple, raw	155	1 cup	0.074
09278	Plantains, cooked	154	1 cup	0.023
09277	Plantains, raw	179	1 medium	0.057
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.030
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.170
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.035
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.006
09279	Plums, raw	66	1 plum	0.268
07065	Pork and beef sausage, fresh, cooked	26	2 links	4.467
07064	Pork sausage, fresh, cooked	27	1 patty	3.753
07064	Pork sausage, fresh, cooked	26	2 links	3.614
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	4.501
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	1.879
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	3.451
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	6.698
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	2.151
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	11.441
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	6.698
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	3.783
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	4.981

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	6.001
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	3.094
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	3.783
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.933
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	4.463
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	7.888
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	8.823
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4.913
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	11.458
11672	Potato pancakes, home-prepared	76	1 pancake	3.526
11399	Potato puffs, frozen, prepared	79	10 puffs	3.440
11414	Potato salad, home-prepared	250	1 cup	6.200
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.006
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.879
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	5.265
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.003
11364	Potatoes, baked, skin, without salt	58	1 skin	0.001
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.003
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.003
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.003
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	2.381
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.490
11370	Potatoes, hashed brown, home-prepared	156	1 cup	9.691
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	3.324
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.307
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	3.717
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.972
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	2.546
05306	Poultry food products, ground turkey, cooked	82	1 patty	4.010
09294	Prune juice, canned	256	1 cup	0.054
09292	Prunes, dried, stewed, without added sugar	248	1 cup	0.377
09291	Prunes, dried, uncooked	42	5 prunes	0.143
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.825
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.802
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.921

19193Puddings, rice, ready-tn-cat113.44 oz19218Puddings, rice, ready-tn-cat1134 oz19212Puddings, vanill, dy mix, regular, prepared with 2% milk1401.2 cup19214Pumpkin, cand, without salt2451 cup11424Pumpkin, cand, without salt2451 cup11425Rakins, scelless1411 packet19208Rakins, scelless1451 cup19300Radyberrise, frozo, red, sweetened2501 cup19301Rakins, scelless1451 cup19302Raspberrise, frozon, red, sweetened2501 cup16103Refried heans, canned (includes USDA commodity)2521 cup16103Refried heans, canned (includes USDA commodity)2521 cup20047Rike, horen, tooked, with sugar2401 cup20048Rike, horen, tooked, with sugar2401 cup20047Rike, white, long-grain, parbolied, carriched, cocked1751 cup20047Rike, white, long-grain, parbolied, carriched, dy1851 cup20048Rike, white, long-grain, regular, cocked1581 cup20049Rike, white, long-grain, regular, methed1851 cup20044Rike, white, long-grain, regular, methed1851 cup20045Rice, white, long-grain, regular, regular, with salt15.61 roll1835Rolls, hand (methods kaiser)571 roll1835Rolls, hand (methods kaiser)771 ro	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19212 Pudding, vanilla, dry mix, regular, prepared with 25% milk. 140 1/2 cup 19201 Puddings, vanilla, rady-to-eat 113 4 oz. 11424 Pumpkin, conked, boiled, drained, without salt 245 1 cup 11425 Pumpkin, conked, boiled, drained, without salt 245 1 radish 09298 Raisins, seedless 144 1 packet 09208 Raisins, seedless 145 1 cup 09208 Raisins, seedless 250 1 cup 09208 Raisins, seedless 252 1 cup 09310 Rhubrab, frozzn, rodk with sugar 240 1 cup 09310 Rhubrab, frozzn, cooked, with sugar 240 1 cup 20047 Rice, white, long-grain, cooked 175 1 cup 20047 Rice, white, long-grain, parboiled, enriched, prepared 165 1 cup 20048 Rice, white, long-grain, regular, cooked 158 1 cup 20044 Rice, white, long-grain, regular, cooked 158 1 cup 20045 Rice, white, long-grain, regular, cooked <	19193	Puddings, rice, ready-to-eat	113.4	4 oz	3.640
Padding, vanillar endy-to-eat1134 oz11424Pumpkin, conted, without sult2451 cup11425Pumpkin, cooked, builed, drained, without sult2451 cup11429Radishes, raw4.51 radish09298Raisins, scelless141 packet09298Raisins, scelless1451 cup09300Raspherries, fizzen, red, swectned2501 cup09310Rhubarb, frozen, cooked, with sugar2401 cup09310Rhubarb, frozen, cooked, with sugar2401 cup09310Rhubarb, frozen, cooked, with sugar2401 cup20037Rice, brown, long-grain, cooked1751 cup20046Rice, white, long-grain, parboiled, enriched, orepared1651 cup20047Rice, white, long-grain, parboiled, enriched, prepared1651 cup20048Rice, white, long-grain, regular, worthed1851 cup20044Rice, white, long-grain, regular, worthed1851 cup11832Rolls, hand (includes kaiser)571 roll118353Rolls, hand (includes kaiser)571 clup04133Salad dressing, french, commercial, regular, with sult15.31 disp04134Salad dressing, french, commercial, regular, with sult15.61 disp04135Salad dressing, french, commercial, regular, with sult15.61 disp04134Salad dressing, french, commercial, regular, with sult15.61 disp04135Salad dressing	19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.785
11424Pumpkin, canned, without salt245I cup11423Pumpkin, cooked, boiled, drained, without salt245I cup11429Radishes, raw4.5I radish09298Raisins, seedless14I packet09306Raspberries, frozen, red, sweetened250I cup09307Refried beans, canned (includes USDA commodily)252I cup09310Rhubarh, frozen, cooked, with sugar240I cup09310Rhubarh, frozen, cooked, with sugar240I cup20037Rice, brown, Iong-grain, cooked195I cup20037Rice, white, long-grain, parboiled, enriched, cooked175I cup20046Rice, white, long-grain, parboiled, enriched, prepared165I cup20047Rice, white, long-grain, parboiled, enriched, prepared158I cup20048Rice, white, long-grain, regular, cooked185I cup20044Rice, white, long-grain, regular, raw, enriched185I cup20045Rice, white, long-grain, regular, raw, enriched185I cup20046Rice, white, long-grain, regular, raw, enriched185I cup20047Rice, white, long-grain, regular, raw, enriched185I cup20048Rice, white, long-grain, regular, with salt170I cup20049Rice, white, long-grain, regular, with salt15.3I thsp20045Salad dressing, french, horm recipe, cooked185I cup20045Salad dressing, french, commercial, regular,	19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.647
11423Pumpkin, cooked, boiled, drained, without salt2451 cup11429Radishes, raw4.51 radish99298Raisins, seedless141 packet99298Raisins, seedless1451 cup99206Raspherries, frozen, red, sweetened2501 cup90306Rapherries, frozen, red, sweetened2521 cup90302Raspherries, frozen, red, sweetened2431 cup16103Refried beams, canned (includes USDA commodity)2521 cup90310Rhubarh, frozen, cooked, with sugar2401 cup20037Rice, brown, long-grain, cooked1951 cup20048Rice, white, long-grain, parboiled, enriched, cooked1751 cup20049Rice, white, long-grain, parboiled, enriched, prepared1651 cup20049Rice, white, long-grain, pregular, raw, enriched1851 cup20049Rice, white, long-grain, pregular, raw, enriched1851 cup20044Rice, white, long-grain, regular, raw, enriched1851 cup20045Rice, white, long-grain, pregular (includes brown-and-serve)281 roll11835Rolls, hard (includes kaiser)271 roll11835Rolls, hard (includes kaiser)571 roll11835Rolls, hard (includes kaiser)16.31 thsp11835Salad dressing, french, dier, low fat, 5 calories per teaspoon, with salt15.61 thsp1135Salad dressing, french, dier, low fat, 5 calories per teaspoon, with	19201	Puddings, vanilla, ready-to-eat	113	4 oz	1.740
11429Radishes, raw4.51 radish09298Raisins, seedless141 packet09298Raisins, seedless1451 cup09306Raspberries, frozen, red, sweetened2131 cup16103Refried beams, canned (includes USDA commodity)2521 cup16104Refried beams, canned (includes USDA commodity)2521 cup16103Refried beams, canned (includes USDA commodity)2401 cup17144Rice bearage, RICE DELAM, canned2451 cup20037Rice, whron, long-grain, parbolied, enriched, cooked1751 cup20047Rice, whrite, long-grain, parbolied, enriched, droy1851 cup20048Rice, whrite, long-grain, precocked or instant, enriched, prepared1581 cup20049Rice, whrite, long-grain, regular, cooked1881 cup20044Rice, whrite, long-grain, regular, cooked1791 cup20045Rice, whrite, long-grain, regular, cooked1581 cup20046Rice, whrite, long-grain, regular, cooked1501 cup20047Rice, whrite, long-grain, regular, cooked, solid1501 cup20048Rolls, hamburger or hotolog, plain1501 cup20049Salad dressing, french, commercial, regular, whi salt1631 disp20140Salad dressing, french, oomercial, regular, whi salt1631 disp20141Salad dressing, french, oomercial, regular, whi salt1631 disp20142Salad dressing, incun	11424	Pumpkin, canned, without salt	245	1 cup	0.091
99298Raisins, seedless141 packet90298Raisins, seedless1451 cup90306Raspberrics, frozen, red, sweetened2501 cup90302Raspberrics, raw1231 cup16103Refried beans, canned (includes USDA commodity)2521 cup10310Rhubarb, frozen, cooked, with sugar2401 cup10310Rice, borverage, RICE DREAM, canned2451 cup20371Rice, white, long-grain, parbolied, enriched, cooked1751 cup20440Rice, white, long-grain, parbolied, enriched, dy1851 cup20440Rice, white, long-grain, prevoled, cooked1581 cup20440Rice, white, long-grain, regular, cooked1881 cup20441Rice, white, long-grain, regular, cooked1881 cup20442Rice, white, long-grain, regular, cooked1701 cul118350Rolls, hand (includes kaiser)2701 cul118450Salad dressing, blue or couperfor theses, commercial, regular, with salt15.31 thsp11436Salad dressing, blue or couperfor theses, commercial, regular, with salt1.631 thsp11435Salad dressing, blue or couperfor theses, commercial, regular, with salt1.641 thsp11436Salad dressing, blue or couperfor theses, commercial, regular, with salt1.631 thsp11436Salad dressing, blue or couperfor theses, commercial, regular, with salt1.641 thsp11436Salad dressing, horen recipe, conked1.6	11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.022
9298Raising seedless145I cup99306Raspherries, frozen, red, sweetened250I cup99302Raspherries, raw123I cup16103Refried beans, canned (includes USDA commodity)252I cup99310Rhubarb, frozen, cooked, with sugar240I cup20037Rice beverrage, RICE DRIAM, canned245I cup20037Rice, hrown, Iong-grain, parboiled, enriched, cooked175I cup20046Rice, white, long-grain, parboiled, enriched, dry185I cup20047Rice, white, long-grain, recooked or instant, enriched, prepared165I cup20048Rice, white, long-grain, recooked or instant, enriched, prepared185I cup20049Rice, white, long-grain, regular, taw, enriched185I cup20044Rice, white, long-grain, regular, taw, enriched185I cup20045Rice, white, long-grain, regular, taw, enriched185I cup20044Rice, white, long-grain, regular, taw, enriched185I cup20045Rice, white, long-grain, regular, taw, enriched185I cup20044Rice, white, long-grain, regular, taw, enriched185I cup20045Salad dressing, french, commercial, regular, with salt15.6I thsp20145Salad dressing, french, boerd cheese, commercial, regular, with salt15.6I thsp20140Salad dressing, french, diet, low fat, 5 calories per teaspoon, with161 thsp20150Salad dressing, inalian, co	11429	Radishes, raw	4.5	1 radish	0.001
9366Raspberries, frozen, red, sweetened2501 cup90302Raspberries, raw1231 cup16103Refried beans, canned (includes USDA commodity)2521 cup9310Rhubath, frozen, cooked, with sugar2401 cup14342Rice beverage, RICE DREAM, canned2451 cup20037Rice, brown, long-grain, cooked1751 cup20047Rice, white, long-grain, cooked1751 cup20048Rice, white, long-grain, parboiled, enriched, cooked1751 cup20049Rice, white, long-grain, regular, cooked1581 cup20044Rice, white, long-grain, regular, cooked1851 cup20045Rice, white, long-grain, regular, raw, enriched1851 cup20044Rice, white, long-grain, regular, raw, enriched1851 cup20044Rice, white, long-grain, regular, raw, enriched1851 cup20045Rice, white, long-grain, regular, raw, enriched1851 cup20044Rice, white, long-grain, regular, raw, enriched1851 cup20045Rolls, hand (ncludes kaiser)571 roll18350Rolls, hard (ncludes kaiser)571 roll11436Rutabagas, cooked, boiled, drained, without salt15.61 tbsp04120Salad dressing, french, commercial, regular, with salt15.61 tbsp04133Salad dressing, home recipe, cooked161 tbsp04134Salad dressing, home recipe, vinegar and oil15.6	09298	Raisins, seedless	14	1 packet	0.003
93020Raspberrier, raw1231 cup16103Refried beans, canned (includes USDA commodity)2521 cup9310Rhubarb, frozen, cooked, with sugar2401 cup14342Rice beverage, RUCE DREMA, canned2451 cup20037Rice, whorn, long-grain, cooked1951 cup20047Rice, white, long-grain, parboiled, enriched, cooked1751 cup20048Rice, white, long-grain, parboiled, enriched, dry1851 cup20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup20044Rice, white, long-grain, regular, cooked1581 cup20045Rice, white, long-grain, regular, cooked1851 cup20044Rice, white, long-grain, regular, raw, enriched1851 cup20045Rice, white, long-grain, regular, with eff1701 roll18350Rolls, hamburger or hotdog, plain431 roll18353Rolls, hamburger or hotdog, plain15.31 tbsp04120Salad dressing, french, commercial, regular, with salt15.61 tbsp04130Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.31 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, cooked161 tbsp04136Salad dressing, italian, commercial, regular, with salt1.41 tbsp04136Salad dressing, italian, commercial, regular, with salt1.6.31 tbsp <td>09298</td> <td>Raisins, seedless</td> <td>145</td> <td>1 cup</td> <td>0.026</td>	09298	Raisins, seedless	145	1 cup	0.026
1613Refried bears, canned (includes USDA commodity)2521 cup09310Rhubarb, frozen, cooked, with sugar2401 cup14342Rice beverage, RICE DREAM, canned2451 cup2007Rice, brown, long-grain, cooked1951 cup20047Rice, white, long-grain, parboiled, enriched, oeoked1751 cup20048Rice, white, long-grain, parboiled, enriched, dry1851 cup20049Rice, white, long-grain, recooked or instant, enriched, prepared1651 cup20044Rice, white, long-grain, regular, cooked1851 cup20045Rice, white, long-grain, regular, raw, enriched1851 cup20044Rice, white, long-grain, regular, raw, enriched1851 cup20045Rice, white, long-grain, regular, raw, enriched1851 cup20046Rolls, hamburger or hotdog, plain431 roll18350Rolls, hamburger or hotdog, plain571 cup11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, french, commercial, regular, with salt15.61 tbsp04120Salad dressing, french, diet, S calories per teaspoon, with salt16.31 tbsp04131Salad dressing, home recipe, cooked161 tbsp04132Salad dressing, french, diet, 2 calories per teaspoon, with salt15.61 tbsp04134Salad dressing, french, diet, 2 calories per teaspoon, with salt15.61 tbsp04135Salad dressing, home r	09306	Raspberries, frozen, red, sweetened	250	1 cup	0.038
09310Rhubarb, frozen, cooked, with sugar240I cup14342Rice beverage, RICE DREAM, canned245I cup20037Rice, brown, long-grain, cooked195I cup20047Rice, white, long-grain, parboiled, enriched, cooked175I cup20046Rice, white, long-grain, parboiled, enriched, dry185I cup20047Rice, white, long-grain, parboiled, enriched, dry185I cup20048Rice, white, long-grain, regular, cooked158I cup20044Rice, white, long-grain, regular, cooked185I cup18342Rolls, dimer, plain, commercially prepared (includes brown-and-serve)28I roll18353Rolls, hamburger or hotdog, plain43I roll18354Rutabagas, cooked, boiled, drained, without salt170I cup04130Salad dressing, french, commercial, regular, with salt15.3I tbsp04131Salad dressing, french, commercial, regular, with salt15.6I tbsp04132Salad dressing, inter ceipe, cooked16I tbsp04133Salad dressing, inter ceipe, cooked16.3I tbsp04134Salad dressing, inter ceipe, cooked16.3I tbsp04135Salad dressing, inter ceipe, cooked16.3I tbsp04134Salad dressing, inter ceipe, cooked16.3I tbsp04135Salad dressing, interceipe, cooked16.3I tbsp04136Salad dressing, interceipe, cooked16.3I tbsp04137Salad dres	09302	Raspberries, raw	123	1 cup	0.065
HardRice beverage, RICE DREAM, canned245I cup20037Rice, brown, long-grain, cooked195I cup20047Rice, white, long-grain, parboiled, enriched, cooked175I cup20046Rice, white, long-grain, parboiled, enriched, dry185I cup20047Rice, white, long-grain, precooked or instant, enriched, prepared165I cup20048Rice, white, long-grain, regular, cooked158I cup20044Rice, white, long-grain, regular, raw, enriched185I cup20044Rice, white, long-grain, regular, raw, enriched185I cup20045Rolls, dinner, plain, commercially prepared (includes brown-and-serve)28I roll18350Rolls, hamburger or hotdog, plain43I roll18353Rolls, hamburger or hotdog, plain57I cup04339Salad dressing, french, commercial, regular, with salt15.3I tbsp04120Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.3I tbsp04133Salad dressing, french, diet, low fat, 2 calories per teaspoon, with salt15.6I tbsp04134Salad dressing, home recipe, cooked16I tbsp04135Salad dressing, italian, commercial, regular, with salt15.6I tbsp04134Salad dressing, italian, commercial, regular, with salt14.7I tbsp04135Salad dressing, italian, commercial, regular, with salt15.6I tbsp0414Salad dressing, italian, commercial, regular, with salt <td< td=""><td>16103</td><td>Refried beans, canned (includes USDA commodity)</td><td>252</td><td>1 cup</td><td>1.414</td></td<>	16103	Refried beans, canned (includes USDA commodity)	252	1 cup	1.414
Rice, brown, Iong-grain, cooked1951 cup20047Rice, white, long-grain, parboiled, enriched, cooked1751 cup20046Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup20047Rice, white, long-grain, regular, cooked1581 cup20048Rice, white, long-grain, regular, cooked1581 cup20044Rice, white, long-grain, regular, raw, enriched1851 cup20045Rolls, dinner, plain, commercially prepared (includes brown-and-serve)281 roll18350Rolls, hamburger or hotdog, plain431 roll18353Rolls, hamburger or hotdog, plain571 cup11436Rutabagas, cooked, boiled, drained, without salt1701 cup04120Salad dressing, french, commercial, regular, with salt15.61 tbsp04130Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.31 tbsp04131Salad dressing, ifench, home recipe, ooked15.61 tbsp04132Salad dressing, italian, commercial, regular, with salt15.61 tbsp04134Salad dressing, italian, commercial, regular, with salt14.71 tbsp0414Salad dressing, italian, commercial, regular, with salt15.61 tbsp04135Salad dressing, italian, commercial, regular, with salt15.61 tbsp04136Salad dressing, italian, commercial, regular, with salt15.61 tbsp04137Salad dressing, italian, commercial, regular, with salt16.3<	09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.024
Rice, white, long-grain, parboiled, enriched, cooked175l cup20046Rice, white, long-grain, precooked or instant, enriched, prepared165l cup20049Rice, white, long-grain, regular, cooked158l cup20044Rice, white, long-grain, regular, cooked158l cup20045Rice, white, long-grain, regular, raw, enriched185l cup20044Rice, white, long-grain, regular, raw, enriched185l cup20045Rolls, dinner, plain, commercially prepared (includes brown-and-serve)28l roll18350Rolls, hamburger or hotdog, plain43l roll18353Rolls, hard (includes kaiser)57l roll11436Rutabagas, cooked, boiled, drained, without salt170l cup04120Salad dressing, french, commercial, regular, with salt15.6l tbsp04130Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.3l tbsp04134Salad dressing, inalian, commercial, regular, with salt15.6l tbsp04134Salad dressing, inalian, commercial, fiegular, with salt15.6l tbsp04021Salad dressing, italian, commercial, fiegular, with salt14.7l tbsp04134Salad dressing, italian, commercial, regular, with salt15.6l tbsp04134Salad dressing, italian, commercial, regular, with salt14.7l tbsp04134Salad dressing, italian, commercial, regular, with salt15.6l tbsp04134Salad dressing, italian, commercial, reg	14342	Rice beverage, RICE DREAM, canned	245	1 cup	1.345
20046Rice, white, long-grain, parboiled, enriched, dry1851 cup20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup20041Rice, white, long-grain, regular, cooked1581 cup20042Rice, white, long-grain, regular, raw, enriched1851 cup18342Rolls, dinner, plain, commercially prepared (includes brown-and-serve)281 roll18353Rolls, hamburger or hotdog, plain431 roll18354Rolls, hand (includes kaiser)571 roll11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, french, commercial, regular, with salt15.31 tbsp04120Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, italian, commercial, regular, with salt15.61 tbsp04121Salad dressing, italian, commercial, regular, with salt14.71 tbsp04022Salad dressing, italian, commercial, regular, with salt14.31 tbsp04114Salad dressing, nusian, low calorie, with salt16.31 tbsp04022Salad dressing, russian, low calorie, with salt16.31 tbsp04023Salad dressing, russian, low calorie, with salt14.71 tbsp04024Salad dressing, russian, low calorie, with salt16.31 tbsp04025Salad dressing, russian, low calorie, with salt16.	20037	Rice, brown, long-grain, cooked	195	1 cup	0.638
20049Rice, white, long-grain, regular, necooked or instant, enriched, prepared1651 cup20045Rice, white, long-grain, regular, cooked1881 cup20044Rice, white, long-grain, regular, raw, enriched1851 cup18342Rolls, dinner, plain, commercially prepared (includes brown-and-serve)281 roll18350Rolls, hamburger or hotdog, plain431 roll18353Rolls, hard (includes kaiser)571 roll11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, blue or roquefort cheese, commercial, regular, with salt15.61 tbsp04120Salad dressing, french, commercial, regular, with salt16.31 tbsp04133Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt15.61 tbsp04134Salad dressing, inence, inequer and oil15.61 tbsp04135Salad dressing, inalian, commercial, regular, with salt14.71 tbsp0414Salad dressing, italian, commercial, regular, with salt14.71 tbsp04114Salad dressing, italian, commercial, regular, with salt13.81 tbsp04025Salad dressing, nussian, low calorie, with salt16.31 tbsp04026Salad dressing, nussian, low calorie, with salt16.31 tbsp04015Salad dressing, nussian, low calorie, with salt15.31 tbsp04026Salad dressing, nussian, with salt15.31 tbsp04027Salad dressing, nussian, with sal	20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.147
NumberNumber20045Rice, white, long-grain, regular, cooked1581 cup20044Rice, white, long-grain, regular, raw, enriched1851 cup18342Rolls, dinner, plain, commercially prepared (includes brown-and-serve)281 roll18350Rolls, hamburger or hotdog, plain431 roll18353Rolls, hard (includes kaiser)571 roll11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, blue or roquefort cheese, commercial, regular, with salt15.61 tbsp04120Salad dressing, french, commercial, regular, with salt16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with alt15.61 tbsp0414Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with alt15.61 tbsp04135Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with alt15.61 tbsp0414Salad dressing, italian, commercial, regular, with salt14.71 tbsp0414Salad dressing, italian, commercial, regular, with salt16.31 tbsp0415Salad dressing, nuoy calorie, with salt16.31 tbsp0416Salad dressing, nuoy calorie, with salt15.31 tbsp0417Salad dressing, nuoy calorie, with salt15.61 tbsp04015S	20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.320
20044Rice, white, long-grain, regular, raw, enriched1851 cup18342Rolls, dinner, plain, commercially prepared (includes brown-and-serve)281 roll18350Rolls, hamburger or hotdog, plain431 roll18353Rolls, hand (includes kaiser)571 roll11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, blue or roquefort cheese, commercial, regular, with salt15.31 tbsp04120Salad dressing, french, commercial, regular, with salt16.31 tbsp04130Salad dressing, french, home recipe141 tbsp04133Salad dressing, home recipe, cooked161 tbsp04134Salad dressing, inome recipe, cooked15.61 tbsp04135Salad dressing, inome recipe, vinegar and oil15.61 tbsp0414Salad dressing, italian, commercial, egular, with salt14.71 tbsp04134Salad dressing, italian, commercial, regular, with salt14.71 tbsp0414Salad dressing, italian, commercial, regular, with salt16.31 tbsp0415Salad dressing, italian, commercial, regular, with salt13.81 tbsp04120Salad dressing, italian, commercial, regular, with salt16.31 tbsp04134Salad dressing, italian, commercial, regular, with salt14.71 tbsp04135Salad dressing, italian, commercial, regular, with salt16.31 tbsp0414Salad dressing, mayonnaise, soybean oil, with salt16.3 <td>20049</td> <td>Rice, white, long-grain, precooked or instant, enriched, prepared</td> <td>165</td> <td>1 cup</td> <td>0.084</td>	20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.084
18342Rolls, dinner, plain, commercially prepared (includes brown-and-serve)28I roll18350Rolls, hamburger or hotdog, plain43I roll18353Rolls, hand (includes kaiser)57I roll11436Rutabagas, cooked, boiled, drained, without salt170I cup04539Salad dressing, blue or roquefort cheese, commercial, regular, with salt15.3I tbsp04120Salad dressing, french, commercial, regular, with salt15.6I tbsp0420Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.3I tbsp04131Salad dressing, french, home recipe14I tbsp04132Salad dressing, home recipe, cooked16I tbsp04133Salad dressing, home recipe, vinegar and oil15.6I tbsp0414Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt15I tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt15.6I tbsp04025Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt15.3I tbsp04025Salad dressing, italian, commercial, regular, with salt14.7I tbsp04026Salad dressing, nusian, low calorie, with salt16.3I tbsp04027Salad dressing, russian, low calorie, with salt15.3I tbsp04028Salad dressing, russian, with salt15.6I tbsp04029Salad dressing, russian, with salt15.6I tbsp04015	20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.139
18350Rolls, handburger or hotdog, plain431 roll18353Rolls, hard (includes kaiser)571 roll11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, blue or roquefort cheese, commercial, regular, with salt15.31 tbsp04120Salad dressing, french, commercial, regular, with salt15.61 tbsp04200Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with15.61 tbsp0421Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with151 tbsp0422Salad dressing, italian, commercial, regular, with salt14.71 tbsp0414Salad dressing, italian, commercial, regular, with salt13.81 tbsp0422Salad dressing, italian, commercial, regular, with salt14.71 tbsp0423Salad dressing, russian, low calorie, with salt16.31 tbsp0402Salad dressing, russian, low calorie, with salt15.31 tbsp0403Salad dressing, russian, low calorie, with salt15.31 tbsp0404Salad dressing, russian, low calorie, with salt15.61 tbsp0402Salad dressing, russian, low calorie, with salt15.31 tbsp0403Salad dressing, russian, low calor	20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.381
18353Rolls, hard (includes kaiser)57I roll11436Rutabagas, cooked, boiled, drained, without salt1701 cup04539Salad dressing, blue or roquefort cheese, commercial, regular, with salt15.31 tbsp04120Salad dressing, french, commercial, regular, with salt15.61 tbsp04200Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04120Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with151 tbsp04134Salad dressing, italian, commercial, regular, with salt14.71 tbsp04135Salad dressing, italian, commercial, regular, with salt14.71 tbsp0414Salad dressing, italian, commercial, regular, with salt14.71 tbsp0415Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04025Salad dressing, russian, low calorie, with salt15.31 tbsp04015Salad dressing, nussian, with salt15.31 tbsp04016Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04018Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04017S	18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	1.037
11436Rutabagas, cooked, boiled, drained, without salt170I cup04539Salad dressing, blue or roquefort cheese, commercial, regular, with salt15.31 tbsp04120Salad dressing, french, commercial, regular, with salt15.61 tbsp04200Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04134Salad dressing, italian, commercial, idet, 2 calories per teaspoon, with15.61 tbsp04114Salad dressing, italian, commercial, regular, with salt14.71 tbsp04120Salad dressing, italian, commercial, regular, with salt14.71 tbsp04135Salad dressing, italian, commercial, regular, with salt14.71 tbsp0414Salad dressing, italian, commercial, regular, with salt14.71 tbsp04120Salad dressing, italian, commercial, regular, with salt16.31 tbsp04021Salad dressing, italian, commercial, regular, with salt15.31 tbsp04022Salad dressing, russian, low calorie, with salt15.31 tbsp04023Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp04024Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp	18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.362
04539Salad dressing, blue or roquefort cheese, commercial, regular, with salt15.31 tbsp04120Salad dressing, french, commercial, regular, with salt15.61 tbsp04020Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04136Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp04114Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt15.61 tbsp04125Salad dressing, italian, commercial, regular, with salt14.71 tbsp04026Salad dressing, italian, commercial, regular, with salt16.31 tbsp04027Salad dressing, italian, commercial, regular, with salt16.31 tbsp04028Salad dressing, italian, commercial, regular, with salt14.71 tbsp04029Salad dressing, russian, low calorie, with salt16.31 tbsp04020Salad dressing, russian, low calorie, with salt15.31 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04021Salad dressing, thousand island, diet, low calorie, 10 calories per15.31 tbsp04022Salad dressing, thousand island, diet, low calorie, 10 calories per15.31 tbsp	18353	Rolls, hard (includes kaiser)	57	1 roll	0.646
04120Salad dressing, french, commercial, regular, with salt15.61 tbsp04020Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp04114Salad dressing, italian, commercial, regular, with salt14.71 tbsp04125Salad dressing, italian, commercial, regular, with salt13.81 tbsp04026Salad dressing, italian, commercial, regular, with salt15.31 tbsp04027Salad dressing, italian, commercial, regular, with salt15.31 tbsp04028Salad dressing, russian, low calorie, with salt15.31 tbsp04017Salad dressing, russian, with salt15.61 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04029Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp	11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.046
04020Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt16.31 tbsp04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp04134Salad dressing, italian, commercial, regular, with salt14.71 tbsp04114Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04022Salad dressing, russian, low calorie, with salt16.31 tbsp04015Salad dressing, russian, with salt15.31 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04023Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp	04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	1.882
04133Salad dressing, french, home recipe141 tbsp04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp04114Salad dressing, italian, commercial, regular, with salt14.71 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04026Salad dressing, russian, low calorie, with salt16.31 tbsp04015Salad dressing, russian, with salt15.31 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04023Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp	04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	1.248
04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp04114Salad dressing, italian, commercial, regular, with salt14.71 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04026Salad dressing, russian, low calorie, with salt16.31 tbsp04015Salad dressing, russian, with salt15.31 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04023Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp	04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	0.228
04134Salad dressing, home recipe, cooked161 tbsp04135Salad dressing, home recipe, vinegar and oil15.61 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp04114Salad dressing, italian, commercial, regular, with salt14.71 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04026Salad dressing, russian, low calorie, with salt16.31 tbsp04015Salad dressing, russian, with salt15.31 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04023Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp	04133	Salad dressing, french, home recipe	14	1 tbsp	2.898
04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp04114Salad dressing, italian, commercial, regular, with salt14.71 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04022Salad dressing, russian, low calorie, with salt16.31 tbsp04015Salad dressing, russian, with salt15.31 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04023Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp	04134	Salad dressing, home recipe, cooked	16		0.608
salt04114Salad dressing, italian, commercial, regular, with salt14.71 tbsp04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04026Salad dressing, russian, low calorie, with salt16.31 tbsp04015Salad dressing, russian, with salt15.31 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04023Salad dressing, thousand island, diet, low calorie, 10 calories per teaspon, with salt15.31 tbsp	04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	2.309
04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp04022Salad dressing, russian, low calorie, with salt16.31 tbsp04015Salad dressing, russian, with salt15.31 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04023Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp	04021		15	1 tbsp	0.300
04022Salad dressing, russian, low calorie, with salt16.31 tbsp04015Salad dressing, russian, with salt15.31 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04023Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp	04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	1.646
04015Salad dressing, russian, with salt15.31 tbsp04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04023Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp	04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	3.133
04017Salad dressing, thousand island, commercial, regular, with salt15.61 tbsp04023Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt15.31 tbsp	04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	0.147
04023 Salad dressing, thousand island, diet, low calorie, 10 calories per 15.3 1 tbsp teaspoon, with salt 10 calories per 15.3 1 tbsp	04015	Salad dressing, russian, with salt	15.3	1 tbsp	1.805
teaspoon, with salt	04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	1.295
07069 Salami, cooked, beef and pork 56.7 2 slices	04023		15.3	1 tbsp	0.367
	07069	Salami, cooked, beef and pork	56.7	2 slices	5.211
07072Salami, dry or hard, pork, beef202 slices	07072	Salami, dry or hard, pork, beef	20	2 slices	3.420
02047 Salt, table 6 1 tsp	02047	Salt, table	6	1 tsp	0.000

07073Sandwich spread, pork, beef15I thsp21097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments195I sandwich21089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain102I sandwich21113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables218I sandwich21113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables218I sandwich06150Sauce, barbecue sauce15.75I thsp06150Sauce, cheese, ready-to-serve631/4 cup06175Sauce, hoisin, ready-to-serve16I thsp06166Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup06168Sauce, pasta, spaghetti/marinara, ready-to-serve250I cup06164Sauce, ready-to-serve, pepper or hot4.7I tsp06112Sauce, teriyaki, ready-to-serve18I thsp0612Sauce, teriyaki, ready-to-serve18I thsp11439Sauerkraut, canned, solids and liquids236I cup11445Seaweed, kelp, raw102 thsp1167Seaweed, kelp, raw102 thsp1167Seeweed, spirulina, dried0.93I thsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.35I oz (142 seeds)12516Seeds, sesame butter, tahini, from roasted and toasted kernels (most15I thsp<	1.142 14.489
bacon and condiments21089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich21113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich06150Sauce, barbecue sauce15.751 tbsp06150Sauce, cheese, ready-to-serve631/4 cup06175Sauce, hoisin, ready-to-serve161 tbsp06166Sauce, homemade, white, medium2501 cup06990Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup06175Sauce, pasta, spaghetti/marinara, ready-to-serve631 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Saucek teriyaki, ready-to-serve2361 cup11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp1266Seaweed, spirulina, dried kernels, roasted, with salt added28.35142 seeds	14.489
21113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich06150Sauce, barbecue sauce15.751 tbsp06930Sauce, cheese, ready-to-serve631/4 cup06175Sauce, hoisin, ready-to-serve161 tbsp06166Sauce, homemade, white, medium2501 cup06999Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup06931Sauce, pasta, spaghetti/marinara, ready-to-serve631/4 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Saucet, teriyaki, ready-to-serve102 tbsp11667Seaweed, kelp, raw102 tbsp11667Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 cu2 t142 seeds)	
condiments and vegetablescondiments and vegetables06150Sauce, barbecue sauce15.751 tbsp06930Sauce, cheese, ready-to-serve631/4 cup06175Sauce, hoisin, ready-to-serve161 tbsp06166Sauce, homemade, white, medium2501 cup06990Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup06931Sauce, pasta, spaghetti/marinara, ready-to-serve631/4 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Sauerkraut, canned, solids and liquids2361 cup11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp1250Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	5.773
06930Sauce, cheese, ready-to-serve631/4 cup06175Sauce, hoisin, ready-to-serve161 tbsp06166Sauce, homemade, white, medium2501 cup06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup06931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Saucet, teriyaki, ready-to-serve2361 cup11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	11.423
06175Sauce, hoisin, ready-to-serve161 tbsp06166Sauce, homemade, white, medium2501 cup06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup06931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Saucerkraut, canned, solids and liquids2361 cup11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	0.121
06166Sauce, homemade, white, medium2501 cup06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup06931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Saucek, teriyaki, ready-to-serve2361 cup11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	2.408
06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup06931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Saucek, teriyaki, ready-to-serve102 tbsp11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	0.154
06931Sauce, pasta, spaghetti/marinara, ready-to-serve2501 cup06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Sauerkraut, canned, solids and liquids2361 cup11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	11.050
06168Sauce, ready-to-serve, pepper or hot4.71 tsp06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Sauerkraut, canned, solids and liquids2361 cup11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	3.101
06164Sauce, ready-to-serve, salsa161 tbsp06112Sauce, teriyaki, ready-to-serve181 tbsp11439Saucek, teriyaki, ready-to-serve181 tbsp11445Seaweed, kelp, raw2361 cup11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	2.175
06112Sauce, teriyaki, ready-to-serve181 tbsp11439Sauerkraut, canned, solids and liquids2361 cup11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	0.001
11439Sauerkraut, canned, solids and liquids2361 cup11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	0.004
11445Seaweed, kelp, raw102 tbsp11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	0.000
11667Seaweed, spirulina, dried0.931 tbsp12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	0.031
12516Seeds, pumpkin and squash seed kernels, roasted, with salt added28.351 oz (142 seeds)	0.010
	0.006
12166 Seeds, sesame butter, tahini, from roasted and toasted kernels (most 15 1 tbsp	3.714
common type)	3.045
12201Seeds, sesame seed kernels, dried (decorticated)81 tbsp	1.655
12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	2.695
12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup	3.042
14346 Shake, fast food, chocolate 333 16 fl oz	3.580
14347 Shake, fast food, vanilla 333 16 fl oz	2.870
11677 Shallots, raw 10 1 tbsp	0.001
19097 Sherbet, orange 74 1/2 cup	0.392
04031 Shortening, household, soybean (hydrogenated)-cottonseed 12.8 1 tbsp (hydrogenated)	5.696
19002Snacks, beef jerky, chopped and formed19.81 large piece	2.238
19004Snacks, corn-based, extruded, chips, barbecue-flavor28.351 oz	2.688
19003Snacks, corn-based, extruded, chips, plain28.351 oz	2.739
19008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz	5.749
19014Snacks, fruit leather, rolls211 large	0.311
19015Snacks, granola bars, hard, plain28.351 bar	1.242
19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter 28.35 1 bar	1.854
19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar	1.001
19022Snacks, granola bars, soft, uncoated, raisin28.351 bar	0.805
19441 Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit 37 1 bar	1.850
19438 Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares 22 1 bar	
19031Snacks, oriental mix, rice-based28.351 oz (about 1/4 c	0.550
19034Snacks, popcorn, air-popped81 cup	

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19036	Snacks, popcorn, cakes	10	1 cake	0.092
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.147
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.014
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.067
19035	Snacks, popcorn, oil-popped	11	1 cup	0.899
19041	Snacks, pork skins, plain	28.35	1 oz	4.190
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.854
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.678
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.061
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	2.019
19411	Snacks, potato chips, plain, salted	28.35	1 oz	2.790
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2.790
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.361
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.735
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.816
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.093
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	4.278
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	2.537
19056	Snacks, tortilla chips, plain	28.35	1 oz	4.380
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	19.768
19061	Snacks, trail mix, tropical	140	1 cup	3.486
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	3.839
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	2.176
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.217
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.244
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	2.664
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	1.109
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.517
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	2.160
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.916
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.383
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	2.257
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	3.270
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	4.464
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	2.976

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	1.708
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.699
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.361
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.320
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.000
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.585
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.504
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	0.816
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	0.928
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.669
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.445
06174	Soup, stock, fish, home-prepared	233	1 cup	0.550
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.612
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.439
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.805
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.584
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.819
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.235
16120	Soy milk, fluid	245	1 cup	0.799
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.002
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	2.176
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	3.407
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.111
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.105
02007	Spices, celery seed	2	1 tsp	0.319
02009	Spices, chili powder	2.6	1 tsp	0.093
02010	Spices, cinnamon, ground	2.3	1 tsp	0.011
02015	Spices, curry powder	2	1 tsp	0.111
02045	Spices, dill weed, fresh	1	5 sprigs	0.008
02020	Spices, garlic powder	2.8	1 tsp	0.000
02026	Spices, onion powder	2.1	1 tsp	0.003
02027	Spices, oregano, ground	1.5	1 tsp	0.010
02028	Spices, paprika	2.1	1 tsp	0.026
02029	Spices, parsley, dried	1.3	1 tbsp	0.042
02030	Spices, pepper, black	2.1	1 tsp	0.021
11658	Spinach souffle, home-prepared	136	1 cup	6.835

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11461	Spinach, canned, drained solids	214	1 cup	0.030
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.013
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.011
11457	Spinach, raw	30	1 cup	0.003
11457	Spinach, raw	10	1 leaf	0.001
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.041
11641	Squash, summer, all varieties, raw	113	1 cup	0.018
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.096
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.012
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.046
09316	Strawberries, raw	166	1 cup	0.086
09316	Strawberries, raw	12	1 strawberry	0.006
09316	Strawberries, raw	18	1 strawberry	0.009
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.003
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	2.878
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	2.226
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.024
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.020
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.006
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	0.017
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.658
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.733
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.013
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	1.188
09223	Tangerine juice, canned, sweetened	249	1 cup	0.045
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.045
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.029
20068	Tapioca, pearl, dry	152	1 cup	0.008
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.002
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.002
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.002
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.003
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	4.016

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.150
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	2.704
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.798
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.977
11954	Tomatillos, raw	34	1 medium	0.053
11540	Tomato juice, canned, with salt added	243	1 cup	0.022
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.217
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.058
11549	Tomato products, canned, sauce	245	1 cup	0.061
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.051
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.048
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.090
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.009
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.010
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.062
11955	Tomatoes, sun-dried	2	1 piece	0.010
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.260
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.169
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.206
21088	Tostada with guacamole	130.5	1 tostada	4.241
05286	Turkey and gravy, frozen	142	5-oz package	1.377
05292	Turkey patties, breaded, battered, fried	64	1 patty	4.781
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.021
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.378
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	1.668
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.470
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	1.442
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	2.508
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.022
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.046
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.008
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	2.006
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	4.624
11578	Vegetable juice cocktail, canned	242	1 cup	0.034
04582	Vegetable oil, canola	14	1 tbsp	8.246
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.026
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.018
07083	Vienna sausage, canned, beef and pork	16	1 sausage	2.008

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	1.059
18367	Waffles, plain, prepared from recipe	75	1 waffle	2.641
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.001
09326	Watermelon, raw	286	1 wedge	0.306
09326	Watermelon, raw	152	1 cup	0.163
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.109
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.108
20083	Wheat flour, white, bread, enriched	137	1 cup	0.192
20084	Wheat flour, white, cake, enriched	137	1 cup	0.100
20080	Wheat flour, whole-grain	120	1 cup	0.278
20089	Wild rice, cooked	164	1 cup	0.082
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	4.628
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.318
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.674
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.967
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.111
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	2.027