

USDA Nutrient Database for Standard Reference, Release 15

Copper, Cu (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	3.796
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	3.740
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	3.650
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	1.649
11546	Tomato products, canned, paste, without salt added	262	1 cup	1.551
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	1.299
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.232
19080	Candies, semisweet chocolate	168	1 cup	1.176
15141	Crustaceans, crab, blue, canned	135	1 cup	1.026
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	1.005
20005	Barley, pearled, raw	200	1 cup	0.840
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.786
19061	Snacks, trail mix, tropical	140	1 cup	0.739
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.725
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.700
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.643
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.629
20011	Buckwheat flour, whole-groat	120	1 cup	0.618
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.615
16051	Beans, white, mature seeds, canned	262	1 cup	0.608
21042	Fast foods, chili con carne	253	1 cup	0.595
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.586
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.585
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.579
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.577
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.567
16008	Beans, baked, canned, with franks	259	1 cup	0.552
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.548
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.541
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.537
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.523
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.519
09087	Dates, domestic, natural and dry	178	1 cup	0.513
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.511
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.502
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.497
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.489
11578	Vegetable juice cocktail, canned	242	1 cup	0.484
11549	Tomato products, canned, sauce	245	1 cup	0.480
09292	Prunes, dried, stewed, without added sugar	248	1 cup	0.479
11364	Potatoes, baked, skin, without salt	58	1 skin	0.474
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.471
20012	Bulgur, dry	140	1 cup	0.469

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16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.461
20080	Wheat flour, whole-grain	120	1 cup	0.458
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.450
09298	Raisins, seedless	145	1 cup	0.448
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.442
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.439
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.437
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.434
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.428
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	0.428
20028	Couscous, dry	173	1 cup	0.427
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	0.423
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.421
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.418
19305	Molasses, blackstrap	20	1 tbsp	0.408
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.408
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.407
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.402
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.399
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.392
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.392
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.391
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.389
11461	Spinach, canned, drained solids	214	1 cup	0.385
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.384
20033	Oat bran, raw	94	1 cup	0.379
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.378
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.376
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.370
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.369
11264	Mushrooms, canned, drained solids	156	1 cup	0.367
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.366
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.364
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.363
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.361
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.361
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.359
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.355
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.355
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.354
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	0.354
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.353

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11260	Mushrooms, raw	70	1 cup	0.344
21077	Fast foods, frijoles with cheese	167	1 cup	0.341
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.340
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.335
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.330
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.327
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.326
21082	Fast foods, taco	263	1 large	0.316
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.315
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.315
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.313
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.313
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.308
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	0.307
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.304
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	0.303
16112	Miso	68.75	1 cup	0.300
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.299
15128	Finfish, tuna salad	205	1 cup	0.297
11414	Potato salad, home-prepared	250	1 cup	0.295
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.294
16120	Soy milk, fluid	245	1 cup	0.294
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.292
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.291
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	0.291
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.288
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.286
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.282
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.281
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.280
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.280
11672	Potato pancakes, home-prepared	76	1 pancake	0.279
21024	Fast foods, french toast sticks	141	5 sticks	0.271
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.268
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.264
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	0.263
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.263
11424	Pumpkin, canned, without salt	245	1 cup	0.262
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.261
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.259
18325	Pie, pecan, prepared from recipe	122	1 piece	0.257
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.257

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11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.256
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.255
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.254
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.253
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.251
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	0.251
20083	Wheat flour, white, bread, enriched	137	1 cup	0.249
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.246
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.246
11540	Tomato juice, canned, with salt added	243	1 cup	0.245
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.245
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.245
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.244
22904	Chili con carne with beans, canned entree	222	1 cup	0.244
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.242
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	0.240
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.240
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original	30	1/2 cup	0.240
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0.240
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.239
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.238
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.235
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.234
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.234
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.233
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.232
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.231
09176	Mangos, raw	207	1 mango	0.228
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.227
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.225
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.225
21083	Fast foods, taco salad	198	1-1/2 cups	0.224
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.223
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.222
18324	Pie, pecan, commercially prepared	113	1 piece	0.220
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.219
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	0.219
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.218
14346	Shake, fast food, chocolate	333	16 fl oz	0.216
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.215
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.215

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22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.214
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.214
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.211
11226	Jerusalem-artichokes, raw	150	1 cup	0.210
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.209
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.207
21082	Fast foods, taco	171	1 small	0.205
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.205
21129	Fast foods, hush puppies	78	5 pieces	0.204
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.203
09042	Blackberries, raw	144	1 cup	0.202
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.201
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.201
20089	Wild rice, cooked	164	1 cup	0.198
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	0.198
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.197
12104	Nuts, coconut meat, raw	45	1 piece	0.196
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	0.196
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.195
20037	Rice, brown, long-grain, cooked	195	1 cup	0.195
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.195
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.194
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	0.194
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.193
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.191
20084	Wheat flour, white, cake, enriched	137	1 cup	0.190
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.190
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.190
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.190
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.188
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.188
18283	Muffins, oat bran	57	1 muffin	0.188
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.188
09252	Pears, raw	166	1 pear	0.188
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	0.186
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.186
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.185
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	0.183
22905	Beef stew, canned entree	232	1 cup	0.183
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.183
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.183

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01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.182
09176	Mangos, raw	165	1 cup	0.182
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.181
09291	Prunes, dried, uncooked	42	5 prunes	0.181
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.180
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.179
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.178
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.176
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.176
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.176
09294	Prune juice, canned	256	1 cup	0.174
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	0.174
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.173
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.173
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	0.172
22906	Chicken pot pie, frozen entree	217	1 small pie	0.171
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.171
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.171
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.171
09266	Pineapple, raw	155	1 cup	0.171
18279	Muffins, corn, commercially prepared	57	1 muffin	0.170
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.170
14347	Shake, fast food, vanilla	333	16 fl oz	0.170
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.170
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.169
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.168
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.165
20006	Barley, pearled, cooked	157	1 cup	0.165
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.165
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.164
18031	Bread, indian (navajo) fry	160	10-1/2" bread	0.163
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.163
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.163
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.163
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.162
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.162
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.160
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.160
01111	Milk shakes, thick vanilla	313	11 fl oz	0.160
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.159

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19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.158
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.158
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	0.158
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.158
09040	Bananas, raw	150	1 cup	0.156
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.155
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	0.152
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	0.152
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.152
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.151
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.151
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.151
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.151
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.150
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	0.149
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.149
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.147
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.145
18005	Bagels, cinnamon-raisin	89	4" bagel	0.145
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.145
09277	Plantains, raw	179	1 medium	0.145
20034	Oat bran, cooked	219	1 cup	0.145
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.144
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.144
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.144
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.144
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	0.143
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.142
09207	Orange juice, canned, unsweetened	249	1 cup	0.142
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.141
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.141
21078	Fast foods, nachos, with cheese	113	6-8 nachos	0.140
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.140
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.140
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.139
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.139
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.139
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.139

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.139
18309	Pie, cherry, prepared from recipe	180	1 piece	0.139
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	0.138
20110	Noodles, egg, cooked, enriched	160	1 cup	0.138
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.138
09340	Pears, asian, raw	275	1 pear	0.138
20100	Macaroni, cooked, enriched	140	1 cup	0.137
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.137
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.137
20013	Bulgur, cooked	182	1 cup	0.137
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.136
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.136
06174	Soup, stock, fish, home-prepared	233	1 cup	0.135
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.134
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.134
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.133
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.133
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.133
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.132
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.132
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.132
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.131
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.131
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.131
07069	Salami, cooked, beef and pork	56.7	2 slices	0.130
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.130
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	0.130
09060	Carambola, (starfruit), raw	108	1 cup	0.130
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.130
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.129
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.129
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.129
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.129
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.128
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.128
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.128
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.127
21088	Tostada with guacamole	130.5	1 tostada	0.127
14267	Fruit punch drink, canned	248	8 fl oz	0.126
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.126
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.126

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11081	Beets, cooked, boiled, drained	170	1 cup	0.126
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.125
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.125
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.124
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.124
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.124
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.124
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.124
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.123
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.123
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.123
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.123
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.123
09040	Bananas, raw	118	1 banana	0.123
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.123
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.121
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.121
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.121
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.120
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.120
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.120
09124	Grapefruit juice, canned, sweetened	250	1 cup	0.120
11658	Spinach souffle, home-prepared	136	1 cup	0.120
09087	Dates, domestic, natural and dry	41.5	5 dates	0.120
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.119
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.119
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.119
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.119
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.119
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.119
09094	Figs, dried, uncooked	38	2 figs	0.119
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	0.119
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.118
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.118
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.118
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.117
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.117
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.116

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.116
09236	Peaches, raw	170	1 cup	0.116
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.114
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.113
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.113
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.113
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.113
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.111
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.111
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.111
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.110
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.110
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.110
14196	Cocoa mix, with aspartame, powder	15	1/2 oz envelope	0.110
09060	Carambola, (starfruit), raw	91	1 fruit	0.109
09206	Orange juice, raw	248	1 cup	0.109
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.109
11655	Carrot juice, canned	236	1 cup	0.109
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.109
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.108
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.108
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.107
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.107
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.107
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.107
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.106
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.106
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	0.104
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.104
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.104
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.104
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.104
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.104
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.103
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.103
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.103
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.102
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.102
19087	Candies, confectioner's coating, white	170	1 cup	0.102

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.102
09278	Plantains, cooked	154	1 cup	0.102
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.101
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.101
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.101
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.101
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	0.101
11084	Beets, canned, drained solids	170	1 cup	0.100
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.100
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.100
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.100
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.100
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.099
11205	Cucumber, with peel, raw	301	1 large	0.099
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	0.099
09191	Nectarines, raw	136	1 nectarine	0.099
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.098
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.098
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.098
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.098
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.098
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	0.098
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.097
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.097
11333	Peppers, sweet, green, raw	149	1 cup	0.097
11821	Peppers, sweet, red, raw	149	1 cup	0.097
11282	Onions, raw	160	1 cup	0.096
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.096
14181	Chocolate syrup	18.75	1 tbsp	0.096
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.096
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.095
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.095
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.094
09123	Grapefruit juice, canned, unsweetened	247	1 cup	0.094
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	0.094
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.094
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.094
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.094
18353	Rolls, hard (includes kaiser)	57	1 roll	0.093

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.093
18044	Bread, pumpernickel	32	1 slice	0.092
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.092
18031	Bread, indian (navajo) fry	90	5" bread	0.092
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.092
09326	Watermelon, raw	286	1 wedge	0.092
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.092
18045	Bread, pumpernickel, toasted	29	1 slice	0.091
09302	Raspberries, raw	123	1 cup	0.091
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.091
09153	Lemon juice, canned or bottled	244	1 cup	0.090
09055	Blueberries, frozen, sweetened	230	1 cup	0.090
11206	Cucumber, peeled, raw	280	1 large	0.090
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	0.089
19270	Ice creams, chocolate	66	1/2 cup	0.089
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.089
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	0.089
09050	Blueberries, raw	145	1 cup	0.088
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.088
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.088
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.088
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.088
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.087
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.087
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.087
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.087
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.086
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.086
11641	Squash, summer, all varieties, raw	113	1 cup	0.086
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	0.086
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.085
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.085
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.085
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.085
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.085
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	0.085
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.085
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.085
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.084
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.084

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.084
01037	Cheese, ricotta, part skim milk	246	1 cup	0.084
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.083
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.083
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.083
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.083
07022	Frankfurter, beef	45	1 frank	0.083
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.083
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.082
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.082
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.082
18302	Pie, apple, prepared from recipe	155	1 piece	0.082
14142	Carbonated beverage, grape soda	372	12 fl oz	0.082
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.082
09128	Grapefruit juice, white, raw	247	1 cup	0.082
09404	Grapefruit juice, pink, raw	247	1 cup	0.082
09316	Strawberries, raw	166	1 cup	0.081
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.081
09200	Oranges, raw, all commercial varieties	180	1 cup	0.081
21049	Entrees, pizza with cheese	63	1 slice	0.081
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.080
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.080
18003	Bagels, egg	89	4" bagel	0.080
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.080
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.080
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.080
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.079
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.079
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.079
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.079
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.079
11819	Peppers, hot chili, red, raw	45	1 pepper	0.078
11670	Peppers, hot chili, green, raw	45	1 pepper	0.078
21139	Fast foods, potato, mashed	80	1/3 cup	0.078
11333	Peppers, sweet, green, raw	119	1 pepper	0.077
11821	Peppers, sweet, red, raw	119	1 pepper	0.077
21118	Fast foods, hotdog, plain	98	1 sandwich	0.076
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.076
18057	Bread, reduced-calorie, white	23	1 slice	0.076
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.076
09038	Avocados, raw, California	28.35	1 oz	0.075

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.075
20113	Noodles, chinese, chow mein	45	1 cup	0.075
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.075
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.075
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.074
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.074
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.074
16158	Hummus, commercial	14	1 tbsp	0.074
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.074
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.073
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.073
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.073
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.072
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.072
09039	Avocados, raw, Florida	28.35	1 oz	0.071
18235	Crackers, whole-wheat	16	4 crackers	0.071
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.071
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.071
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.071
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.071
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.070
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.070
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.070
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.070
09184	Melons, honeydew, raw	170	1 cup	0.070
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.070
11015	Asparagus, canned, drained solids	72	4 spears	0.069
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.069
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.069
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.068
11112	Cabbage, red, raw	70	1 cup	0.068
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.068
09181	Melons, cantaloupe, raw	160	1 cup	0.067
18243	Croutons, seasoned	40	1 cup	0.067
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.067
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.067
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.067
09236	Peaches, raw	98	1 peach	0.067
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.066
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.066
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.066

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.066
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.066
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.066
11282	Onions, raw	110	1 whole	0.066
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.066
09184	Melons, honeydew, raw	160	1/8 melon	0.066
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.066
05277	Chicken, canned, meat only, with broth	142	5 oz	0.065
18027	Bread, egg	40	1/2" slice	0.065
21023	Breakfast items, french toast with butter	135	2 slices	0.065
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.065
09070	Cherries, sweet, raw	68	10 cherries	0.065
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.065
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.064
20029	Couscous, cooked	157	1 cup	0.064
18003	Bagels, egg	71	3-1/2" bagel	0.064
21051	Entrees, pizza with pepperoni	71	1 slice	0.064
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.064
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.064
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.064
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.063
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.063
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.063
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.063
18245	Danish pastry, cheese	71	1 danish	0.063
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.063
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.063
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.063
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.063
09223	Tangerine juice, canned, sweetened	249	1 cup	0.062
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.062
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.062
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.061
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.061
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.061
09340	Pears, asian, raw	122	1 pear	0.061
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.061
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.061
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.060
18319	Pie, fried pies, fruit	128	1 pie	0.060
18444	Pie, fried pies, cherry	128	1 pie	0.060

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09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.060
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.060
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.060
06125	Gravy, turkey, canned	59.6	1/4 cup	0.060
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.060
18060	Bread, rye	32	1 slice	0.060
06119	Gravy, chicken, canned	59.5	1/4 cup	0.060
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.059
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.059
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.059
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.059
09200	Oranges, raw, all commercial varieties	131	1 orange	0.059
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.059
06116	Gravy, beef, canned	58.25	1/4 cup	0.058
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.058
18220	Crackers, melba toast, plain	20	4 pieces	0.058
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.058
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	0.057
19036	Snacks, popcorn, cakes	10	1 cake	0.057
18040	Bread, oatmeal, toasted	25	1 slice	0.057
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.057
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.057
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.057
09003	Apples, raw, with skin	138	1 apple	0.057
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.057
18039	Bread, oatmeal	27	1 slice	0.056
18177	Cookies, molasses	15	1 cookie, medium	0.056
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.056
14150	Carbonated beverage, orange	372	12 fl oz	0.056
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.056
19089	Ice creams, vanilla, rich	74	1/2 cup	0.056
18025	Bread, cracked-wheat	25	1 slice	0.056
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.055
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.055
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.055
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.055
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.055
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.055
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.054
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.054
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.054

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11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.054
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.054
18305	Pie, blueberry, commercially prepared	117	1 piece	0.054
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.053
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.053
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.053
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.053
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.052
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.052
19071	Candies, carob	28.35	1 oz	0.052
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.052
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.052
11124	Carrots, raw	110	1 cup	0.052
01036	Cheese, ricotta, whole milk	246	1 cup	0.052
18048	Bread, raisin, toasted, enriched	24	1 slice	0.052
18047	Bread, raisin, enriched	26	1 slice	0.051
11937	Pickles, cucumber, dill	65	1 pickle	0.051
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.051
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.051
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.051
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.051
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.051
18226	Crackers, rye, wafers, plain	11	1 wafer	0.051
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.050
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.050
18268	French toast, frozen, ready-to-heat	59	1 slice	0.050
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	0.050
11213	Endive, raw	50	1 cup	0.050
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.049
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.049
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.049
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.049
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.049
18061	Bread, rye, toasted	24	1 slice	0.049
09326	Watermelon, raw	152	1 cup	0.049
09226	Papayas, raw	304	1 papaya	0.049
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.049
19116	Candies, marshmallows	50	1 cup	0.049
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.048
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.048
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.048
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.048
11399	Potato puffs, frozen, prepared	79	10 puffs	0.047
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.047

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.047
18041	Bread, pita, white, enriched	28	4" pita	0.047
18308	Pie, cherry, commercially prepared	117	1 piece	0.047
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	0.047
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.047
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.046
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.046
01164	Cheese sauce, prepared from recipe	243	1 cup	0.046
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.046
01095	Milk, canned, condensed, sweetened	306	1 cup	0.046
16055	Carob flour	8	1 tbsp	0.046
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.046
18239	Croissants, butter	57	1 croissant	0.046
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.046
13350	Beef, cured, dried beef	28.35	1 oz	0.045
07008	Bologna, pork and beef	56.7	2 slices	0.045
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.045
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.045
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.045
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.045
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.045
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.045
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.044
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.044
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.044
11961	Hearts of palm, canned	33	1 piece	0.044
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.044
11114	Cabbage, savoy, raw	70	1 cup	0.043
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	0.043
09298	Raisins, seedless	14	1 packet	0.043
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.043
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.043
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.043
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.043
19129	Syrups, table blends, pancake	20	1 tbsp	0.043
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.043
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.042
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.042
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.042
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.042
11135	Cauliflower, raw	100	1 cup	0.042
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.042

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19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.042
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.042
21127	Fast foods, coleslaw	99	3/4 cup	0.042
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.041
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.041
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.041
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.041
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.041
11143	Celery, raw	120	1 cup	0.041
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.041
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	0.041
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.041
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.041
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.041
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.040
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.040
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.040
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.040
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.040
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.040
06166	Sauce, homemade, white, medium	250	1 cup	0.040
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.040
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.040
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.040
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.040
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.040
11090	Broccoli, raw	88	1 cup	0.040
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.039
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.039
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	0.039
11457	Spinach, raw	30	1 cup	0.039
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.039
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.038
18033	Bread, italian	20	1 slice	0.038
11206	Cucumber, peeled, raw	119	1 cup	0.038
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.038
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.038
09206	Orange juice, raw	86	juice from 1 orange	0.038
07064	Pork sausage, fresh, cooked	27	1 patty	0.038
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.038
19104	Candies, fudge, vanilla with nuts, prepared-from-recipe	15	1 piece	0.038

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11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.037
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.037
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.037
11081	Beets, cooked, boiled, drained	50	1 beet	0.037
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.037
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.037
07064	Pork sausage, fresh, cooked	26	2 links	0.036
07023	Frankfurter, beef and pork	45	1 frank	0.036
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.036
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.036
19014	Snacks, fruit leather, rolls	21	1 large	0.036
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.036
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.035
18134	Cake, sponge, prepared from recipe	63	1 piece	0.035
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.035
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.035
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.035
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.035
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.035
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.035
11205	Cucumber, with peel, raw	104	1 cup	0.034
09004	Apples, raw, without skin	110	1 cup	0.034
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.034
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.034
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.034
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.034
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.034
11124	Carrots, raw	72	1 carrot	0.034
19034	Snacks, popcorn, air-popped	8	1 cup	0.034
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	0.034
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	0.034
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.034
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.033
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.033
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	0.033
01057	Eggnog	254	1 cup	0.033
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.033
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	0.033
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.033
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.033
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.032
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.032
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.032

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14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.032
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.032
18055	Bread, reduced-calorie, wheat	23	1 slice	0.032
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.032
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.032
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.032
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.031
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.031
05286	Turkey and gravy, frozen	142	5-oz package	0.031
09021	Apricots, raw	35	1 apricot	0.031
11935	Catsup	15	1 tbsp	0.031
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.031
18053	Bread, reduced-calorie, rye	23	1 slice	0.031
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.031
20068	Tapioca, pearl, dry	152	1 cup	0.030
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.030
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.030
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.030
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.030
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.030
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.030
14277	Grape drink, canned	250	8 fl oz	0.030
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.030
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.030
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.030
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.029
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	0.029
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.029
09181	Melons, cantaloupe, raw	69	1/8 melon	0.029
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.029
11955	Tomatoes, sun-dried	2	1 piece	0.028
09279	Plums, raw	66	1 plum	0.028
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.028
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.028
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.028
15034	Finfish, haddock, cooked, dry heat	85	3 oz	0.028
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	0.028
11159	Coleslaw, home-prepared	120	1 cup	0.028
02007	Spices, celery seed	2	1 tsp	0.027
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.027
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.027

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.027
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.027
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.027
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.027
11954	Tomatillos, raw	34	1 medium	0.027
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.027
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.027
19041	Snacks, pork skins, plain	28.35	1 oz	0.027
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.027
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.026
14157	Carbonated beverage, root beer	370	12 fl oz	0.026
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.026
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.026
18229	Crackers, standard snack-type, regular	12	4 crackers	0.026
18232	Crackers, wheat, regular	8	4 crackers	0.025
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.025
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.025
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.025
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.025
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.025
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.025
11253	Lettuce, looseleaf, raw	56	1 cup	0.025
01077	Milk, fluid, 3.25% milkfat	244	1 cup	0.024
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.024
19035	Snacks, popcorn, oil-popped	11	1 cup	0.024
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.024
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.024
02030	Spices, pepper, black	2.1	1 tsp	0.024
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.024
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.024
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.024
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.024
18170	Cookies, fig bars	16	1 cookie	0.024
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.023
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.023
07017	Chicken roll, light meat	56.7	2 slices	0.023
07024	Frankfurter, chicken	45	1 frank	0.023
09226	Papayas, raw	140	1 cup	0.022
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.022
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.022
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.022
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.022

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.022
18086	Cake, angelfood, commercially prepared	28	1 piece	0.022
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.022
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.022
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.022
09150	Lemons, raw, without peel	58	1 lemon	0.021
14121	Carbonated beverage, club soda	355	12 fl oz	0.021
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.021
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.021
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.021
18214	Crackers, cheese, regular	10	10 crackers	0.021
11284	Onions, dehydrated flakes	5	1 tbsp	0.021
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.021
11251	Lettuce, cos or romaine, raw	56	1 cup	0.021
19097	Sherbet, orange	74	1/2 cup	0.021
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.021
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.021
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.020
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.020
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.020
19297	Jams and preserves	20	1 tbsp	0.020
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.020
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.020
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.020
07073	Sandwich spread, pork, beef	15	1 tbsp	0.020
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.019
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.019
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.019
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.019
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.018
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.018
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.018
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.018
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.018
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.018
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.018
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.018
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.017
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.017
18217	Crackers, matzo, plain	28.35	1 matzo	0.017
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.017
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.017

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15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.017
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.016
02015	Spices, curry powder	2	1 tsp	0.016
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.016
11109	Cabbage, raw	70	1 cup	0.016
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.016
07072	Salami, dry or hard, pork, beef	20	2 slices	0.016
18147	Cheesecake commercially prepared	80	1 piece	0.016
18360	Taco shells, baked	13.3	1 medium	0.016
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.016
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.015
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.015
19095	Ice creams, vanilla	66	1/2 cup	0.015
11297	Parsley, raw	10	10 sprigs	0.015
19353	Syrups, maple	20	1 tbsp	0.015
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.015
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.015
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.015
01143	Egg substitute, liquid	62.75	1/4 cup	0.014
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.014
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.014
14429	Water, municipal	237	8 fl oz	0.014
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.014
11084	Beets, canned, drained solids	24	1 beet	0.014
02027	Spices, oregano, ground	1.5	1 tsp	0.014
11090	Broccoli, raw	31	1 spear	0.014
09152	Lemon juice, raw	47	juice of 1 lemon	0.014
11143	Celery, raw	40	1 stalk	0.014
19294	Fruit butters, apple	17	1 tbsp	0.014
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.014
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	0.013
11457	Spinach, raw	10	1 leaf	0.013
11445	Seaweed, kelp, raw	10	2 tbsp	0.013
11945	Pickle relish, sweet	15	1 tbsp	0.013
02028	Spices, paprika	2.1	1 tsp	0.013
07027	Ham, chopped, not canned	21	2 slices	0.013
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.013
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.013
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	0.012
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.012
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.012
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.012
11935	Catsup	6	1 packet	0.012
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.012

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.012
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.011
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.011
09160	Lime juice, raw	38	juice of 1 lime	0.011
01004	Cheese, blue	28.35	1 oz	0.011
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.011
02009	Spices, chili powder	2.6	1 tsp	0.011
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.011
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.011
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.010
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.010
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.010
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.010
19334	Sugars, brown	3.2	1 tsp	0.010
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.009
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.009
01040	Cheese, swiss	28.35	1 oz	0.009
01019	Cheese, feta	28.35	1 oz	0.009
11215	Garlic, raw	3	1 clove	0.009
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.009
09316	Strawberries, raw	18	1 strawberry	0.009
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.009
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.009
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.009
11677	Shallots, raw	10	1 tbsps	0.009
01009	Cheese, cheddar	28.35	1 oz	0.009
01030	Cheese, muenster	28.35	1 oz	0.009
01132	Egg, whole, cooked, scrambled	61	1 large	0.009
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.009
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.009
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.008
11282	Onions, raw	14	1 slice	0.008
02029	Spices, parsley, dried	1.3	1 tbsps	0.008
01123	Egg, whole, raw, fresh	58	1 extra large	0.008
01007	Cheese, camembert	38	1 wedge	0.008
19108	Candies, jellybeans	28.35	10 large	0.008
19088	Ice creams, vanilla, light	66	1/2 cup	0.008
01186	Cheese, cream, fat free	15.6	1 tbsps	0.008
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.008
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.008
19296	Honey, strained or extracted	21	1 tbsps	0.008
01035	Cheese, provolone	28.35	1 oz	0.007
01094	Milk, buttermilk, dried	6.5	1 tbsps	0.007

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02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.007
01131	Egg, whole, cooked, poached	50	1 large	0.007
01123	Egg, whole, raw, fresh	50	1 large	0.007
01128	Egg, whole, cooked, fried	46	1 large	0.007
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.007
11333	Peppers, sweet, green, raw	10	1 ring	0.007
01123	Egg, whole, raw, fresh	44	1 medium	0.006
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.006
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.006
02048	Vinegar, cider	15	1 tbsp	0.006
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.006
09316	Strawberries, raw	12	1 strawberry	0.006
11943	Pimento, canned	12	1 tbsp	0.006
18373	Leavening agents, cream of tartar	3	1 tsp	0.006
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.006
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.006
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.006
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.006
11135	Cauliflower, raw	13	1 floweret	0.005
02010	Spices, cinnamon, ground	2.3	1 tsp	0.005
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.005
11740	Broccoli, flower clusters, raw	11	1 floweret	0.005
07083	Vienna sausage, canned, beef and pork	16	1 sausage	0.005
11156	Chives, raw	3	1 tbsp	0.005
11960	Carrots, baby, raw	10	1 medium	0.005
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.005
01031	Cheese, neufchatel	28.35	1 oz	0.005
11253	Lettuce, looseleaf, raw	10	1 leaf	0.004
01125	Egg, yolk, raw, fresh	16.6	1 large	0.004
02020	Spices, garlic powder	2.8	1 tsp	0.004
20027	Cornstarch	8.064	1 tbsp	0.004
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.004
02026	Spices, onion powder	2.1	1 tsp	0.004
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.004
19336	Sugars, powdered	8	1 tbsp	0.003
19300	Jellies	19	1 tbsp	0.003
02050	Vanilla extract	4.2	1 tsp	0.003
02055	Horseradish, prepared	5	1 tsp	0.003
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.003
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.003
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	0.002
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.002
01017	Cheese, cream	14.5	1 tbsp	0.002

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01069	Cream substitute, powdered	2	1 tsp	0.002
01056	Cream, sour, cultured	12	1 tbsp	0.002
01145	Butter, without salt	14.2	1 tbsp	0.002
01001	Butter, with salt	14.2	1 tbsp	0.002
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.002
01124	Egg, white, raw, fresh	33.4	1 large	0.002
19350	Syrups, corn, light	20	1 tbsp	0.002
01032	Cheese, parmesan, grated	5	1 tbsp	0.002
19074	Candies, caramels	10.1	1 piece	0.002
19335	Sugars, granulated	4.2	1 tsp	0.002
02047	Salt, table	6	1 tsp	0.002
11429	Radishes, raw	4.5	1 radish	0.002
19107	Candies, hard	6	1 piece	0.002
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.002
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.002
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	0.002
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	0.002
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.002
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	0.002
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	0.002
04015	Salad dressing, russian, with salt	15.3	1 tbsp	0.002
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsp	0.002
01049	Cream, fluid, half and half	15	1 tbsp	0.002
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	0.001
02045	Spices, dill weed, fresh	1	5 sprigs	0.001
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.001
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.001
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.001
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	0.001
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.001
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.001
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.001
01052	Cream, fluid, light whipping	15	1 tbsp	0.001
01072	Dessert topping, pressurized	4	1 tbsp	0.001
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.001
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.001
19107	Candies, hard	3	1 small piece	0.001
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.001
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.001
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.001
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.001
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.000

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18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.000
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.000
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.000
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
04582	Vegetable oil, canola	14	1 tbsp	0.000
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.000
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	0.000
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
04002	Lard	12.8	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000