NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	20.020
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	20.010
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	20.010
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	20.010
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	14.732
15128	Finfish, tuna salad	205	1 cup	13.735
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	13.467
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	12.497
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	12.274
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	11.792
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	11.341
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	11.326
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	11.288
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	11.271
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	11.227
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	11.024
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	10.697
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	10.546
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	10.526
20083	Wheat flour, white, bread, enriched	137	1 cup	10.349
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	10.339
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	10.204
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	10.146
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	10.022
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	9.990
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	9.990
20084	Wheat flour, white, cake, enriched	137	1 cup	9.302
20005	Barley, pearled, raw	200	1 cup	9.208
05277	Chicken, canned, meat only, with broth	142	5 oz	8.987
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	8.976
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	8.971
11546	Tomato products, canned, paste, without salt added	262	1 cup	8.444
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	8.051
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	7.755
20080	Wheat flour, whole-grain	120	1 cup	7.638
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	7.620
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	7.571
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	7.473
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	7.472
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	7.380
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	7.380

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20011	Buckwheat flour, whole-groat	120	1 cup	7.380
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	7.290
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	7.281
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	7.183
20012	Bulgur, dry	140	1 cup	7.160
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	7.130
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	6.958
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	6.948
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	6.947
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	6.807
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	6.730
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	6.719
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	6.630
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	6.532
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	6.431
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	6.301
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	6.055
20028	Couscous, dry	173	1 cup	6.038
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	6.035
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	6.016
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	6.014
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	5.962
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	5.953
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	5.949
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	5.939
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	5.933
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	5.886
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	5.866
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	5.839
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	5.823
18031	Bread, indian (navajo) fry	160	10-1/2" bread	5.818
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	5.777
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	5.760
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	5.744
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.738
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	5.711
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	5.670
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.661
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	5.605

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.602
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	5.556
)8049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	5.504
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	5.495
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	5.486
8123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	5.469
0051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	5.456
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	5.427
8319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	5.390
7014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.389
7048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.381
5296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	5.333
7034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.236
8259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	5.220
0047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.199
8060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	5.185
8064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	5.177
8288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	5.100
8330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.098
0176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	5.097
8065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	5.049
0078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	5.049
8069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	5.022
8020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	5.012
8078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	5.010
8050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	5.010
8048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	5.010
8045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	5.010
8035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	5.010
8013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	5.010
8019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	5.010
8057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	5.010
8271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	5.010
8274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	5.010
8194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	5.010
3263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	5.010
8272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	5.010
8261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.005
08057 08271 08274 08194 08263 08272 08261	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30 30 30 30 30 30	3/4 cup 1 cup 3/4 cup 3/4 cup 3/4 cup 3/4 cup	

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	5.005
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	4.998
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	4.995
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	4.995
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	4.991
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	4.988
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	4.970
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	4.960
21082	Fast foods, taco	263	1 large	4.944
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	4.942
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	4.929
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	4.915
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	4.817
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original	30	1/2 cup	4.800
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	4.774
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	4.761
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	4.745
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	4.711
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	4.680
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	4.654
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	4.620
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	4.571
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	4.461
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	4.455
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	4.432
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.431
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	4.333
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	4.320
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.288
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	4.277
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	4.267
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	4.236
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	4.227
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	4.195
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	4.165
22906	Chicken pot pie, frozen entree	217	1 small pie	4.130
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	4.113
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	4.095
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	4.077

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	4.060
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	4.048
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	4.028
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	4.014
05306	Poultry food products, ground turkey, cooked	82	1 patty	3.952
15034	Finfish, haddock, cooked, dry heat	85	3 oz	3.937
09087	Dates, domestic, natural and dry	178	1 cup	3.916
21023	Breakfast items, french toast with butter	135	2 slices	3.915
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	3.911
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.905
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	3.888
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	3.834
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	3.834
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	3.819
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	3.792
21119	Fast foods, hotdog, with chili	114	1 sandwich	3.739
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	3.718
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	3.703
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	3.669
21118	Fast foods, hotdog, plain	98	1 sandwich	3.646
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	3.638
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	3.600
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	3.583
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	3.536
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.468
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.462
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	3.444
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	3.393
21025 13278	Fast foods, pancakes with butter and syrup Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all	232 85	2 pancakes 3 oz	3.387 3.341
21021	grades, cooked, broiled Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	3.335
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	3.331
22907	Pasta with meatballs in tomato sauce, canned entree	252		3.314
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	232	1 cup 1 cup	3.290
18376	Bread crumbs, dry, grated, seasoned	120	•	3.290
18031	Bread, indian (navajo) fry	90	1 cup 5" bread	3.270
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked,	90 85	3 oz	3.272
	braised			3.208
18001	braised Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20006	Barley, pearled, cooked	157	1 cup	3.239
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	3.215
21082	Fast foods, taco	171	1 small	3.215
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	3.188
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.171
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	3.151
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	3.124
11370	Potatoes, hashed brown, home-prepared	156	1 cup	3.122
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	3.108
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	3.106
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	3.069
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.065
18003	Bagels, egg	89	4" bagel	3.064
21051	Entrees, pizza with pepperoni	71	1 slice	3.046
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	3.018
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.000
07017	Chicken roll, light meat	56.7	2 slices	3.000
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	2.981
20037	Rice, brown, long-grain, cooked	195	1 cup	2.980
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	2.978
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.977
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	2.967
21024	Fast foods, french toast sticks	141	5 sticks	2.961
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	2.958
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	2.899
21043	Fast foods, clams, breaded and fried	115	3/4 cup	2.864
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	2.858
22905	Beef stew, canned entree	232	1 cup	2.856
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	2.851
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.848
11260	Mushrooms, raw	70	1 cup	2.828
11549	Tomato products, canned, sauce	245	1 cup	2.815
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	2.807
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	2.805
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	2.783
18041	Bread, pita, white, enriched	60	6-1/2" pita	2.779
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	2.767
06174	Soup, stock, fish, home-prepared	233	1 cup	2.763
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	2.743
18005	Bagels, cinnamon-raisin	89	4" bagel	2.741
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	2.703

20113Notelles, chumes, chuw mein45I cup2.67805073Chicken, broites or fryers, drumstock, near only, cooked, neared44I drumstock2.67505073Sance, pants, ngalefirminarn, rady-se-reve250I cup2.65515159Crostaccans, shrimp, mixel species, cooked, breaded and <i>fried</i> 853 or2.61018805KELLOCGS (tigo Low fat Hornesyle Walfles35I walfle2.591VECETABLES, camed, ready-to-serve250I cup2.591VECETABLES, camed, ready-to-serve255I cup2.58105100Chicken, broiles or fryers, wing, meat and sin, cooked, firmed42I cup2.58105101Chicken, broiles or fryers, wing, meat and sin, cooked, firmed, batter49I wing2.58205105Fast foods, fororn142S-or package2.55212056Tatky and gravy, fororn142S-or package2.52212174Machrours, camed entrice252I cup2.52412184Machrours, camed entrice252I cup2.52512184Machrours, camed entrice256I cup2.45512184Machrours, camed entrice256I cup2.45812184Kathods, ang and in chick, seguatr pack256I cup2.45812184Kathods, ang and in, innon-preprint pack256I cup2.45812184Kathods, ang and in, conked, encoked175I cup2.45812184Kathods, ang and in, conked, encoked	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
Salac, path, spached infinitian, ready-to-serve2501 cap2.65515150Crustaceans, hintip, mixed species, cooked, breaded and fied853 oz2.01018953KELLOGOS Egge Unvalid Limenstyle Wulles1521 waille2.59105180Tarky, all classes, reck, met only, cooked, simmered1521 neck2.59105180Cruste, all classes, reck, met only, cooked, simmered1521 neck2.59105101Crustes, scalloped, home-prepared with butter2451 cup2.58005101Cruste, met only, cooked, simmered2451 cup2.58105102Crustes, scalloped, home-prepared with butter2451 cup2.55205265Tark (ond garxy, finem1423-oz package2.55212015Tast foods, dminip busty, cheres911 pasity2.54212024Macroni and Cheres, canned entree2521 cup2.52112044Matroni, dmini pasity, cheres631 sloke2.48821042Fast foods, chili con came2531 cup2.45511745Con, sweet, yellow, canned, enam style, regular pack2561 cup2.45511746Con, sweet, yellow, garned, enam style, regular pack2561 cup2.45811747Con, sweet, yellow, garned, enam style, regular pack2561 cup2.45811746Con, sweet, yellow, garned, enam style, regular pack2561 cup2.45811746Con, sweet, yellow, garned, enam style, regular pack256 <td>20113</td> <td>Noodles, chinese, chow mein</td> <td>45</td> <td>1 cup</td> <td>2.678</td>	20113	Noodles, chinese, chow mein	45	1 cup	2.678
15150Crustaceans, shrinp, mixed species, cooked, breaded and field853 or2 det18505KLLLOGGS Eggo Low/at Homestyle Wattles351 wattle2.5906020Sog, PROGRESSO (RALLTWY CLSSICS CHICKES NECE WITH391 cap2.59015170Protexes, scalloped, home-prepared with butter2451 cop2.58006010Chicken, broites, or fryer, wing, mear and skin, cooked, fied, batter91 wing2.58005100Chicken, broites, or fryer, wing, mear and skin, cooked, fied, batter91 wing2.54205280Turkey and gawy, frozen1425-oz package2.55205280Turkey and gawy, frozen1425-oz package2.52115294Macaroni and Cheese, canned entree2521 cop2.52112640Mushrooms, canned, drained solids1661 cop2.48510741Corn, sweet, yellow, canned, regular pack2551 cop2.48510741Corn, sweet, yellow, canned, regular pack2561 cop2.48510742Fast foods, chil space and yke, regular pack2561 cop2.48510743Past foods, chil space and yke, regular pack2161 cop2.44510744Kee, white, long-garani, parbolied, enriched, cooked1751 cop2.45410745Ree, white, long-garani, parbolied, enriched, cooked1751 cop2.45410747Rice, white, long-garani, parbolied, enriched, cooked1751 cop2.45410748Ree, white	05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	2.673
1856KELLOGGS Figo Lowfit Homestyle Waffles35I waffle2.5940602Song, PROGRISSO HLALTHY CLASSICS CHICKEN RICE WITH291 cup259107180Turkey, all classes, need, meet only, cooked, simmered1521 cup258005101Chicken, hordies or prepared with butter2051 cup258008340Carcals ready-to-cut, RARFT, POST THE ORIGINAL SHREDDED462 bucuits256207105Fast foods, famich pastry, choses911 pastry254807105Fast foods, famich pastry, choses911 pastry254817187Putters, scalloped, dry mix, prepared with water, whole milk and2451 cup252117184Muteorns, anned, drained astifs1561 cup248827247Macaroni and Chener, canned entire2531 cup248821049Entrees, pizza with chenes631 slice248221049Entrees, pizza with chenes2531 cup245521047Fast foods, famich astry, regular pack2101 cup248521048Fast foods, famich astry, regular pack2101 cup248421049Fast foods, famich astry, regular pack2101 cup244521041Fast foods, famich astry, regular pack2101 cup244521045Rise, white, long-grain, partbolled, enriched, cooked1751 cup244521041Kast white, long-grain, partbolled, enriched, cooked1601 cup2388211	06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	2.655
96202Sup, PROCRESON HEALTHY CLASSICS CHICKEP RICE WITH2391 eup2.59105180Turkey, all classe, neat only, cooked, simmered1521 neck2.59005101Chicken, broilers or fyres, wing, meat and skin, cooked, fired, batter491 wing2.58005101Chicken, broilers or fyres, wing, meat and skin, cooked, fired, batter491 wing2.55205265Turkey and gravy, forcan1425-oz package2.55220150Fast foods, dunish pastry, choese911 pastry2.54811387Potatoes, scalloped, dry ms, prepared with water, whole milk and tert2.521 cup2.52122474Macanoni and Cheese, canned entree2.521 cup2.52111264Matsnooms, canned, drainet soilds631 slace2.48221042Fast foods, dunish ustry, regular pack2.561 cup2.45521045Corn, sweet, yellow, canned, eranen style, regular pack2.101 cup2.45521046Kace, white, long-grain, parbolel, entriched, cooked1751 cup2.45621047Nooke, sung and in, wegelabe oil851 small2.42321138Paat foods, koro and creanen style, regular pack2.101 cup2.45421047Nooke, sung and none-prepared from recipe using hutter2.121 cup2.45421047Nooke, sung and none-prepared from recipe using hutter2.121 cup2.45421137Potatos, sung Andonne-prepared Hote milk addd1001 cup <td< td=""><td>15150</td><td>Crustaceans, shrimp, mixed species, cooked, breaded and fried</td><td>85</td><td>3 oz</td><td>2.610</td></td<>	15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	2.610
VicTUTALLS, cannel, ready-to-serve 1 ack 2390 05180 Turkey, all classes, neck, meat only, cookd, simmered 152 1 ack 2390 05101 Chicken, broiles of riyes, wing, meat and skin, cooked, fried, batter 49 1 wing 2380 05104 Chicken, broiles of riyes, wing, meat and skin, cooked, fried, batter 49 2 biscuits 2562 05105 Fast foods, donis bastry, checse 142 50 package 2553 05105 Fast foods, donis bastry, checse 214 1 pastry 2531 12247 Macroni and Checse, cannel entree 252 1 cup 2530 11264 Mushrooms, canned, drained solids 156 1 cup 2483 21042 Fast foods, danied solids 256 1 cup 2453 11740 Corn, sweet, yellow, canned, cream style, regular pack 216 1 cup 2455 11741 Corn, sweet, yellow, canned, cream style, regular pack 216 1 cup 2455 11761 Corn, sweet, yellow, canned, recam style, regular pack 216 1 cup 2458 1	18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	2.594
11372 Protocs, scalloped, home-prepared with hutter 245 I cup 2.580 05101 Chicken, boilers of fyers, wing, meat and skin, cooked, fried, batter 49 1 wing 2.580 08340 Cereals ready-te-eat, KRATT, POST THE ORIGINAL SIIREDDED 46 2 biscuits 2.562 05386 Turkey and gravy, frozen 142 5-cz package 2.555 21015 Fast foods, danish pastry, cheese 91 1 pastry 2.530 11387 Potatees, scalloped, ty mic, prepared with water, whole milk and 245 1 cup 2.520 11244 Musbrooms, canned, drained solids 156 1 cup 2.482 21042 Fast foods, fuit on carne 2.53 1 cup 2.482 21042 Fast foods, aco alad 198 1-12 cups 2.455 11176 Corr, sweet, yellow, canned, vacuum pack, regular pack 2100 1 cup 2.451 11176 Corr, sweet, yellow, canned, drained, sing butter 245 1 cup 2.451 11176 Corr, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup	06202	1	239	1 cup	2.591
05101Chicken, broilers or fryers, wing, meat and skin, cooked, fried, barner491 wing2,58008340Creads ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED662 biscuins2,56205286Turkey and gravy, frozen1425-cor package2,55320195Fast foods, danish patty, cheese911 pastry2,54811387Photness, sealleged, dry mix, prepared with water, whole milk and2451 cup2,52022247Macronos, cannel entree2,5201 cup2,45821049Entrees, pizza with cheese631 silce2,48221042Fast foods, chili con carne2,531 cup2,45821049Entrees, pizza with cheese631 silce2,48221042Fast foods, con and a1981-1/2 cups2,45521043Fast foods, neo and, vacuum pack, regular pack2101 cup2,45121047Rice, white, long-grain, parbolied, enriched, cooked1751 cup2,45121038Fast foods, neo antin, home-prepared from recipe using butter2,4551 cup2,45121039Bageh, egg711 cup2,451210310Noodes, aggrain, parbolied, enriched ioi851 small2,42321138Fast foods, no antich, cooked1751 cup2,45421139Noodes, egg, sondo, enriched1601 cup2,34821131Noodes, egg, sondo, enriched1601 cup2,34821131Paus geren, frozen, cooked, en	05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	2.590
Bisolity Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED 46 2 biscuits 2.562 05286 Turkey and gany, frozen 142 5-oz package 2.555 21015 Fast foods, danish pastry, cheese 91 1 pastry 2.521 21247 Macaroni and Cheese, canned entree 252 1 cup 2.521 21247 Macaroni and Cheese, canned entree 252 1 cup 2.520 11264 Mushrooms, canned, drinied solids 156 1 cup 2.452 21042 Fast foods, thic on carne 253 1 cup 2.453 21043 Fast foods, thic on carne 255 1 cup 2.455 21045 Fast foods, thic on carne 210 1 cup 2.455 11176 Corn, sweet, yellow, canned, creal style, regular pack 210 1 cup 2.451 11176 Corn, sweet, yellow, canned, conked 717 3 1/2" bagel 2.445 11176 Corn, sweet, yellow, canned, conked 717 3 1/2" bagel 2.445 11173 Potatoes, ang ranin, horm-erperared	11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	2.580
WHEAT creat VHEAT creat Paist S-oz package Z 555 05286 Tukey and gravy, frozen P1 1 pastry Z-548 11387 Potatoes, scalloped, dry mix, prepared with water, whole milk and buter 245 1 cup Z-521 22247 Macaroni and Cheese, canned entree 252 1 cup Z-520 11264 Musbrooms, canned, drained solids 156 1 cup Z-485 21040 Entrese, pizz with cheese 63 1 slee Z-485 21042 Fast foods, tatic son and 256 1 cup Z-485 21043 Fast foods, tato salad 198 1-1/2 cups Z-455 11174 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup Z-451 20047 Rice, white, long-grain, parbeiled, enriched, cooked 175 1 cup Z-451 11373 Potatoes, au gratin, home-grepared from recipe using buter 245 1 cup Z-453 11374 Potatoes, au gratin, home-grepared, without salt 160 1 cup Z-458 11375 <t< td=""><td>05101</td><td>Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter</td><td>49</td><td>1 wing</td><td>2.580</td></t<>	05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.580
Past Foods, anish pastry, cheese 91 1 pastry 2.548 11387 Potatoes, scalloped, dry mix, prepared with water, whole milk and 245 1 cup 2.521 22247 Macaroni and Cheese, canned entree 252 1 cup 2.520 11264 Mushrooms, canned, drained solids 156 1 cup 2.485 21049 Entrees, pizza with cheese 63 1 slice 2.485 21042 Fast foods, chili con canne 253 1 cup 2.485 21043 Fast foods, too slad 198 1-1/2 cups 2.455 21047 Rice, white, long-grain, parholied, enriched, cooked 175 1 cup 2.455 21047 Rice, white, long-grain, parholied, enriched, cooked 175 1 cup 2.455 21047 Rice, white, long-grain, parholied, enriched, cooked 175 1 cup 2.453 21038 Potatos, au grain, home-prepared from recipe using butter 2455 1 cup 2.433 21138 Fast foods, tooked, enriched 160 1 cup 2.368 21149 Potatoes, au	08340		46	2 biscuits	2.562
11387 Potatoes, scalloped, dry mix, prepared with water, whole milk and butter 245 1 cup 2.521 22247 Macaroni and Cheese, eanned entree 252 1 cup 2.482 211264 Mushrooms, canned, drained solids 156 1 cup 2.485 21049 Entrees, pizza with cheese 63 1 slice 2.482 21042 Fast foods, chili con carne 253 1 cup 2.445 21043 Fast foods, taco salad 198 1-1/2 cups 2.451 21047 Rice, white, long-grain, parboiled, enriched, cooked 175 1 cup 2.451 20047 Rice, white, long-grain, parboiled, enriched, cooked 175 1 cup 2.451 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 2.423 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 2.424 21010 Nocdles, egg, cooked, enriched 160 1 cup 2.358 21138 Past foods, point, cooked, enriched 160 1 cup 2.344 2112	05286	Turkey and gravy, frozen	142	5-oz package	2.555
batter batter 252 1 cup 2520 22247 Macaroni and Cheese, canned entree 252 1 cup 2480 21049 Entrees, pizza with cheese 63 1 slice 2482 21042 Fast foods, chili con carne 253 1 cup 2479 11174 Corn, sweet, yellow, canned, ercam style, regular pack 256 1 cup 2455 21083 Fast foods, taco salad 198 1-12 cups 2455 21076 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 2451 21083 Bagels, egg 71 3-1/2* bagel 2445 1176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 2433 18003 Bagels, egg 71 3-1/2* bagel 2445 1173 Potatoes, au gratin, home-prepared from recipe using butter 245 1 cup 2433 21184 Fast foods, potato, freech fried in vegetable oil 160 1 cup 2379 11313 Potatoes, mashed, home-prepared, wholte milk added <	21015	Fast foods, danish pastry, cheese	91	1 pastry	2.548
11264 Mushrooms, canned, drained solids 156 I cup 2.485 21049 Entrees, pizza with cheese 63 1 slice 2.482 21042 Fast foods, chili con came 253 I cup 2.479 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 I cup 2.455 21083 Fast foods, taco salad 198 I-1/2 cups 2.455 21047 Rice, white, long-grain, parboiled, enriched, cooked 171 3.127" bagel 2.455 20047 Rice, white, long-grain, parboiled, enriched, cooked 71 3.127" bagel 2.445 21138 Bagels, egg 71 3.127" bagel 2.443 21138 Fast foods, potato, french fried in vegetable oil 85 I small 2.423 21138 Fast foods, ggg, cooked, enriched 160 I cup 2.368 20112 Noodles, egg, spinach, cooked, enriched 160 I cup 2.348 20112 Noodles, egg, spinach, cooked, enriched 160 I cup 2.348 20112 Noodles, egg, spinach, cooked, enriched 160 I cup 2.341	11387		245	1 cup	2.521
21049Entrees, piza with cheese631 slice2.48221042Fast foods, chili con came2531 cup2.47911174Corn, sweet, yellow, canned, cream style, regular pack2561 cup2.45821083Fast foods, taco salad1981-1/2 cups2.45511176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup2.45120047Rice, white, long-grain, parbolied, enriched, cooked1751 cup2.45111373Potatoes, au gratin, home-prepared from recipe using butter2451 cup2.43321138Fast foods, potato, french fried in vegetable oil851 small2.42318353Rolls, hard (includes kaiser)571 roll2.41620110Noodles, egg, cooked, enriched1601 cup2.36820112Noodles, egg, spinach, cooked, phole nilk added1001 cup2.36820112Noodles, egg, spinach, cooked, enriched1601 cup2.34320121Spaghetti, cooked, enriched1401 cup2.34120100Macaroni, cooked, enriched1581 cup2.31421010Macaroni, cooked, enriched1581 cup2.31120112Spaghetti, conde, enriched1581 cup2.31220123Spaghetti, conde, enriched1651 cup2.31421040Macaroni, cooked, enriched1581 cup2.31421010Macaroni, cooked, enriched1661 cup2.331 <td>22247</td> <td>Macaroni and Cheese, canned entree</td> <td>252</td> <td>1 cup</td> <td>2.520</td>	22247	Macaroni and Cheese, canned entree	252	1 cup	2.520
1042 Fast foods, chili con carne 253 1 cup 2449 11174 Corn, sweet, yellow, canned, cream style, regular pack 256 1 cup 2458 21083 Fast foods, taco salad 198 1-1/2 cups 2455 21084 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 2451 20047 Rice, white, long-grain, parboiled, enriched, cooked 175 1 cup 2450 18003 Bagels, egg 71 3-1/2* bagel 2445 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 2432 21138 Fast foods, potato, french fried in vegetable oil 86 1 cup 2379 21139 Nodles, egg, cooked, enriched 160 1 cup 2368 20110 Nodles, egg, spinach, cooked, enriched 160 1 cup 2348 21152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz 2343 20121 Nodles, egg, spinach, cooked, enriched 140 1 cup 2344 20453 Rece, white,	11264	Mushrooms, canned, drained solids	156	1 cup	2.485
11174 Corn, sweet, yellow, canned, cream style, regular pack 256 I cup 2488 21083 Fast foods, taco salad 198 1-1/2 cups 2.455 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 I cup 2.451 20047 Rice, white, long-grain, parboiled, enriched, cooked 175 I cup 2.450 18003 Bagels, egg 71 3-1/2" bagel 2.433 21138 Fast foods, potato, french fried in vegetable oil 85 I small 2.423 18353 Rolls, hard (includes kaiser) 57 I roll 2.416 20110 Noodles, egg, cooked, enriched 160 I cup 2.388 20112 Noodles, egg, spinach, cooked, enriched 160 I cup 2.348 2012 Noodles, egg, spinach, cooked, enriched 140 I cup 2.348 2012 Noodles, egg, spinach, cooked, enriched 140 I cup 2.341 2014 Spaghetti, cooked, enriched 140 I cup 2.341 2015 Rice, white, long-grain,	21049	Entrees, pizza with cheese	63	1 slice	2.482
21083 Fast foods, taco salad 198 1-1/2 cups 2.455 11176 Corn, sweet, yellow, canned, vacuum pack, regular pack 210 1 cup 2.451 20047 Rice, white, long-grain, parboiled, enriched, cooked 175 1 cup 2.450 18003 Bagels, egg 71 3-1/2" bagel 2.445 11373 Potatoes, au gratin, home-prepared from recipe using butter 2.45 1 cup 2.433 21188 Fast foods, potato, french fried in vegetable oil 85 1 small 2.423 21010 Noodles, egg, cooked, enriched 160 1 cup 2.379 21131 Peas, green, frozen, cooked, boiled, drained, without salt 160 1 cup 2.368 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.343 2012 Noodles, egg, spinach, cooked, enriched 140 1 cup 2.341 2015 Crustaceans, shrimp, mixed species, canned 85.05 3 oz 2.332 2012 Spaghetti; cooked, enriched 140 1 cup 2.341 2016 </td <td>21042</td> <td>Fast foods, chili con carne</td> <td>253</td> <td>1 cup</td> <td>2.479</td>	21042	Fast foods, chili con carne	253	1 cup	2.479
1176 Corn, swer, yellow, canned, vacuum pack, regular pack 210 1 eup 2.451 20047 Rice, white, long-grain, parboiled, enriched, cooked 175 1 eup 2.450 18003 Bagels, egg 71 3-1/2" bagel 2.445 11373 Potatoes, au gratin, home-prepared from recipe using butter 245 1 cup 2.433 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 2.423 18353 Rolls, hard (includes kaiser) 57 1 roll 2.416 20110 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.368 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.348 20121 Noodles, egg, spinach, cooked, enriched 140 1 cup 2.348 20121 Spaghetti; cooked, enriched 140 1 cup 2.341 20132 Crustaceans, shrimp, mixed species, canned 85.05 3 oz 2.343 20140 Macaroni, cooked, enriched 140 1 cup 2.341 20145 Rice	11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	2.458
Rice, white, long-grain, parboiled, enriched, cooked 175 1 cup 2.450 18003 Bagels, egg 71 3-1/2" bagel 2.445 11373 Potatoes, au gratin, home-prepared from recipe using butter 245 1 cup 2.433 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 2.423 21383 Rolls, hard (includes kaiser) 57 1 roll 2.416 20110 Noodles, egg, cooked, enriched 160 1 cup 2.338 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.348 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.348 20112 Noodles, egg, spinach, cooked, enriched 140 1 cup 2.343 20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 2.341 20100 Macaroni, cooked, enriched 158 1 cup 2.341 20100 Macaroni, cooked, enriched 158 1 cup 2.341 20100 Macaroni, cooked, enriched 158 1 cup 2.314 2045 Rice, white, lon	21083	Fast foods, taco salad	198	1-1/2 cups	2.455
Bagels, egg713-1/2" bagel2.44511373Potatoes, au gratin, home-prepared from recipe using butter2451 cup2.43321138Fast foods, potato, french fried in vegetable oil851 small2.42318353Rolls, hard (includes kaiser)571 roll2.41620110Noodles, egg, cooked, enriched1601 cup2.37911313Peas, green, frozen, cooked, boiled, drained, without salt1601 cup2.36820112Noodles, egg, spinach, cooked, enriched1601 cup2.34815152Crustaceans, shrimp, mixed species, canned85.053 oz2.34320121Spaghetti, cooked, enriched1401 cup2.34120100Macaroni, cooked, enriched1401 cup2.34120100Macaroni, cooked, enriched1581 cup2.3422045Rice, white, long-grain, regular, cooked1581 cup2.3322112Spaghetti, cooked, enriched1651 cup2.3152045Rice, white, long-grain, regular, cooked1581 cup2.33221192Cwithout salt2451 cup2.30121185Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup2.3012130Pie, cherry, prepared from recipe1801 piece2.29721361Toaster pastries, brown-sugar-cinnamon501 pastry2.28721305Beef, chuck, blade roast, separable lean only, trimmed to 1/4"	11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	2.451
11373 Potatoes, au gratin, home-prepared from recipe using butter 245 1 cup 2433 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 2423 18353 Rolls, hard (includes kaiser) 57 1 roll 2416 20110 Noodles, egg, cooked, enriched 160 1 cup 2.338 11313 Peas, green, frozen, cooked, boiled, drained, without salt 160 1 cup 2.348 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.348 2012 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.348 11552 Crustaceans, shrimp, mixed species, canned 85.05 3 oz 2.343 2010 Macaroni, cooked, enriched 140 1 cup 2.341 20100 Macaroni, cooked, enriched 140 1 cup 2.341 20100 Macaroni, cooked, enriched 158 1 cup 2.332 20112 Spagheti, long-grain, regular, cooked 158 1 cup 2.341 20045 Rice, white, long-grain, regular, cooked, boiled, drained, without salt 165 1 cup 2.351<	20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	2.450
21138Fast foods, potato, french fried in vegetable oil851 small2.42318353Rolls, hard (includes kaiser)571 roll2.4162010Noodles, egg, cooked, enriched1601 cup2.37911313Peas, green, frozen, cooked, boiled, drained, without salt1601 cup2.3682012Noodles, egg, spinach, cooked, enriched1601 cup2.35811657Potatoes, mashed, home-prepared, whole milk added2101 cup2.34320121Spaghetti, cooked, enriched1401 cup2.34120100Macaroni, cooked, enriched, without added salt1401 cup2.34120100Macaroni, cooked, enriched1581 cup2.31420100Macaroni, cooked, enriched, boiled, drained,1651 cup2.33220112Spaghetti, long-grain, regular, cooked1581 cup2.33220113Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained,1651 cup2.31511385Potatoes, au gratin, dry mix, prepared with water, whole milk and without salt2451 cup2.30111380Pie, cherry, prepared from recipe1801 piece2.29718301Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all853 oz2.27011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	18003	Bagels, egg	71	3-1/2" bagel	2.445
18353 Rolls, hard (includes kaiser) 57 1 roll 2.46 20110 Noodles, egg, cooked, enriched 160 1 cup 2.379 11313 Peas, green, frozen, cooked, boiled, drained, without salt 160 1 cup 2.368 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.358 20112 Noodles, egg, spinach, cooked, enriched 160 1 cup 2.348 20112 Potatoes, mashed, home-prepared, whole milk added 210 1 cup 2.348 15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz 2.343 20100 Macaroni, cooked, enriched 140 1 cup 2.341 20100 Macaroni, cooked, enriched 140 1 cup 2.341 20100 Macaroni, cooked, enriched 160 1 cup 2.341 20100 Macaroni, cooked, enriched 160 1 cup 2.341 20100 Macaroni, cooked, enriched 160 1 cup 2.342 2045 Rice, white, long-grain, regular, cooked 158 1 cup 2.315 11192 Cowpeas (Blackeyes	11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	2.433
20110Noodles, egg, cooked, enriched1601 cup2.37911313Peas, green, frozen, cooked, boiled, drained, without salt1601 cup2.36820112Noodles, egg, spinach, cooked, enriched1601 cup2.35820115Potatoes, mashed, home-prepared, whole milk added2101 cup2.34815152Crustaceans, shrimp, mixed species, canned85.053 oz2.34320121Spaghetti, cooked, enriched1401 cup2.34120100Macaroni, cooked, enriched1401 cup2.34120100Macaroni, cooked, enriched1581 cup2.33211001Macaroni, cooked, enriched1581 cup2.33220121Spaghetti, long-grain, regular, cooked1651 cup2.31511192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup2.31511385Potatoes, au gratin, dry mix, prepared with water, whole milk and bater, whole milk and bater2451 cup2.30111301Potatoes, nashed, home-prepared, whole milk and margarine added2101 cup2.267	21138	Fast foods, potato, french fried in vegetable oil	85	1 small	2.423
11313Peas, green, frozen, cooked, boiled, drained, without salt160I cup2.36820112Noodles, egg, spinach, cooked, enriched160I cup2.35811657Potatoes, mashed, home-prepared, whole milk added210I cup2.34815152Crustaceans, shrimp, mixed species, canned85.053 oz2.34320121Spaghetti, cooked, enriched, without added salt140I cup2.34120100Macaroni, cooked, enriched140I cup2.34120100Macaroni, cooked, enriched140I cup2.34120100Macaroni, cooked, enriched158I cup2.3342045Rice, white, long-grain, regular, cooked158I cup2.31511192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt165I cup2.30111385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter245I cup2.3011389Pie, cherry, prepared from recipe180I piece2.29718361Toaster pastries, brown-sugar-cinnamon50I pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz2.27011371Potatoes, mashed, home-prepared, whole milk and margarine added210I cup2.366	18353	Rolls, hard (includes kaiser)	57	1 roll	2.416
20112Noodles, egg, spinach, cooked, enriched1601 cup2.35821657Potatoes, mashed, home-prepared, whole milk added2101 cup2.34815152Crustaceans, shrimp, mixed species, canned85.053 oz2.34320121Spaghetti, cooked, enriched, without added salt1401 cup2.34120100Macaroni, cooked, enriched1401 cup2.34120100Macaroni, cooked, enriched1401 cup2.34120100Macaroni, cooked, enriched1581 cup2.33420045Rice, white, long-grain, regular, cooked1581 cup2.33221192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup2.30111385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup2.30118309Pie, cherry, prepared from recipe1801 piece2.29718361Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all853 oz2.2701371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	20110	Noodles, egg, cooked, enriched	160	1 cup	2.379
11657Potatoes, mashed, home-prepared, whole milk added2101 cup2.34815152Crustaceans, shrimp, mixed species, canned85.053 oz2.34320121Spaghetti, cooked, enriched, without added salt1401 cup2.34120100Macaroni, cooked, enriched1401 cup2.34120100Macaroni, cooked, enriched1401 cup2.34116008Beans, baked, canned, with franks2591 cup2.33420045Rice, white, long-grain, regular, cooked1581 cup2.33211192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup2.31511385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup2.30118309Pie, cherry, prepared from recipe1801 piece2.29718361Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all853 oz2.27013071Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	2.368
15152Crustaceans, shrimp, mixed species, canned85.053 oz2.34320121Spaghetti, cooked, enriched, without added salt1401 cup2.34120100Macaroni, cooked, enriched1401 cup2.34120100Macaroni, cooked, enriched1401 cup2.34116008Beans, baked, canned, with franks2591 cup2.33220045Rice, white, long-grain, regular, cooked1581 cup2.33211192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup2.31511385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup2.30118309Pie, cherry, prepared from recipe1801 piece2.29718361Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all853 oz2.2701371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	2.358
20121Spaghetti, cooked, enriched, without added salt1401 cup2.34120100Macaroni, cooked, enriched1401 cup2.34116008Beans, baked, canned, with franks2591 cup2.33420045Rice, white, long-grain, regular, cooked1581 cup2.33211192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup2.31511385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup2.30118309Pie, cherry, prepared from recipe1801 piece2.29718361Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz2.27011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	2.348
20100Macaroni, cooked, enriched1401 cup2.34116008Beans, baked, canned, with franks2591 cup2.33420045Rice, white, long-grain, regular, cooked1581 cup2.33211192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup2.31511385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup2.30118309Pie, cherry, prepared from recipe1801 piece2.29718361Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz2.27011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	2.343
16008Beans, baked, canned, with franks2591 cup2.33420045Rice, white, long-grain, regular, cooked1581 cup2.33211192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup2.31511385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup2.30118309Pie, cherry, prepared from recipe1801 piece2.29718361Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz2.27011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	2.341
20045Rice, white, long-grain, regular, cooked1581 cup2.33211192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup2.31511385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup2.30118309Pie, cherry, prepared from recipe1801 piece2.29718361Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz2.27011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	20100	Macaroni, cooked, enriched	140	1 cup	2.341
11192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup2.31511385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup2.30118309Pie, cherry, prepared from recipe1801 piece2.29718361Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz2.27011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	16008	Beans, baked, canned, with franks	259	1 cup	2.334
without salt11385Potatoes, au gratin, dry mix, prepared with water, whole milk and butter2451 cup2.30118309Pie, cherry, prepared from recipe1801 piece2.29718361Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz2.27011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	20045	Rice, white, long-grain, regular, cooked	158	1 cup	2.332
butter18309Pie, cherry, prepared from recipe1801 piece2.29718361Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz2.27011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	11192		165	1 cup	2.315
18361Toaster pastries, brown-sugar-cinnamon501 pastry2.28713058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz2.27011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	11385		245	1 cup	2.301
13058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz2.27011371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup2.266	18309	Pie, cherry, prepared from recipe	180	1 piece	2.297
grades, cooked, braised 11371 Potatoes, mashed, home-prepared, whole milk and margarine added 210 1 cup 2.266	18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	2.287
	13058		85	3 oz	2.270
12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup2.253	11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.266
	12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.253

11451Soybeans, green, cooked, boiled, drained, without salt1801 cup11414Potato salad, home-prepared2501 cup18258English muffins, plain, enriched, with ca prop (includes sourdough)571 muffin21012Fast foods, croissant, with egg, cheese, and bacon1291 croissant16097Peanut butter, chunk style, with salt161 tbsp18005Bagels, cinnamon-raisin713-1/2" bagel11363Potatoes, baked, flesh, without salt1561 potato11269Mushrooms, shiitake, cooked, without salt1451 cup11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings16098Peanut butter, smooth style, with salt161 tbsp11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup15017Finfish, cod, Atlantic, canned, solids and liquid853 oz15192Finfish, cod, Pacific, cooked, dry heat853 oz16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22044Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat	2.250 2.225
18258English muffins, plain, enriched, with ca prop (includes sourdough)57I muffin21012Fast foods, croissant, with egg, cheese, and bacon1291 croissant16097Peanut butter, chunk style, with salt161 tbsp18005Bagels, cinnamon-raisin713-1/2" bagel11363Potatoes, baked, flesh, without salt1561 potato11269Mushrooms, shiitake, cooked, without salt1451 cup11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings16098Peanut butter, smooth style, with salt161 tbsp1179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup15017Finfish, cod, Atlantic, canned, solids and liquid853 oz16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22044Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.225
21012Fast foods, croissant, with egg, cheese, and bacon1291 croissant16097Peanut butter, chunk style, with salt161 tbsp18005Bagels, cinnamon-raisin713-1/2" bagel11363Potatoes, baked, flesh, without salt1561 potato11269Mushrooms, shiitake, cooked, without salt1451 cup11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings16098Peanut butter, smooth style, with salt161 tbsp1179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup15017Finfish, cod, Atlantic, canned, solids and liquid853 oz20089Wild rice, cooked1641 cup16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	
16097Peanut butter, chunk style, with salt161 tbsp18005Bagels, cinnamon-raisin713-1/2" bagel11363Potatoes, baked, flesh, without salt1561 potato11269Mushrooms, shiitake, cooked, without salt1451 cup11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings16098Peanut butter, smooth style, with salt161 tbsp1179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup15017Finfish, cod, Atlantic, canned, solids and liquid853 oz20089Wild rice, cooked1641 cup16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat85.3 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, 853 oz	2.214
18005Bagels, cinnamon-raisin713-1/2" bagel11363Potatoes, baked, flesh, without salt1561 potato11269Mushrooms, shiitake, cooked, without salt1451 cup11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings16098Peanut butter, smooth style, with salt161 tbsp11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup15017Finfish, cod, Atlantic, canned, solids and liquid853 oz15192Finfish, cod, Pacific, cooked, dry heat853 oz20089Wild rice, cooked1641 cup16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup12294Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.193
11363Potatoes, baked, flesh, without salt1561 potato11269Mushrooms, shiitake, cooked, without salt1451 cup11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings16098Peanut butter, smooth style, with salt161 tbsp11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup15017Finfish, cod, Atlantic, canned, solids and liquid853 oz15192Finfish, cod, Pacific, cooked, dry heat853 oz20089Wild rice, cooked1641 cup16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, top853 oz	2.190
11269Mushrooms, shiitake, cooked, without salt1451 cup11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings16098Peanut butter, smooth style, with salt161 tbsp11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup15017Finfish, cod, Atlantic, canned, solids and liquid853 oz15192Finfish, cod, Pacific, cooked, dry heat853 oz20089Wild rice, cooked1641 cup16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.187
11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings16098Peanut butter, smooth style, with salt161 tbsp11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup15017Finfish, cod, Atlantic, canned, solids and liquid853 oz15192Finfish, cod, Pacific, cooked, dry heat853 oz20089Wild rice, cooked1641 cup16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.176
16098Peanut butter, smooth style, with salt161 tbsp11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup15017Finfish, cod, Atlantic, canned, solids and liquid853 oz15192Finfish, cod, Pacific, cooked, dry heat853 oz20089Wild rice, cooked1641 cup16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.175
11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup15017Finfish, cod, Atlantic, canned, solids and liquid853 oz15192Finfish, cod, Pacific, cooked, dry heat853 oz20089Wild rice, cooked1641 cup16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.166
without saltY15017Finfish, cod, Atlantic, canned, solids and liquid853 oz15192Finfish, cod, Pacific, cooked, dry heat853 oz20089Wild rice, cooked1641 cup16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.144
15192Finfish, cod, Pacific, cooked, dry heat853 oz20089Wild rice, cooked1641 cup16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.130
20089Wild rice, cooked11cup16070Lentils, mature seeds, cooked, boiled, without salt1981cup18374Leavening agents, yeast, baker's, compressed171cake19061Snacks, trail mix, tropical1401cup22904Chili con carne with beans, canned entree2221cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853oz13348Beef, cured, corned beef, canned85.053oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853oz	2.129
16070Lentils, mature seeds, cooked, boiled, without salt1981 cup18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.112
18374Leavening agents, yeast, baker's, compressed171 cake19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.111
19061Snacks, trail mix, tropical1401 cup22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.099
22904Chili con carne with beans, canned entree2221 cup15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.091
15058Finfish, ocean perch, Atlantic, cooked, dry heat853 oz13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.075
13348Beef, cured, corned beef, canned85.053 oz13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.073
13050Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat,853 oz	2.071
	2.067
an grados, cooked, braised	2.057
18362Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)521 pastry	2.050
11367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup	2.047
21129Fast foods, hush puppies785 pieces	2.028
19150Candies, REESE'S Peanut Butter Cups451 package (contains)	s 2) 2.021
07069 Salami, cooked, beef and pork 56.7 2 slices	2.015
09294 Prune juice, canned 256 1 cup	2.010
12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz	1.996
06094Soup, onion mix, dehydrated, dry form391 packet	1.989
19422Snacks, potato chips, reduced fat28.351 oz	1.985
18482 Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted 52 1 pastry chocolate fudge	1.976
18259 English muffins, plain, toasted, enriched, with calcium propionate 52 1 muffin (includes sourdough) 52 1 muffin	1.975
08164 Cereals, corn grits, yellow, regular, quick, enriched, cooked with 242 1 cup water, without salt	1.960
08091 Cereals, corn grits, white, regular, quick, enriched, cooked with 242 1 cup water, without salt	1.960
21050Entrees, pizza with cheese, meat, and vegetables791 slice	1.959
11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato	1.957
11226Jerusalem-artichokes, raw1501 cup	1.950
18079Bread crumbs, dry, grated, plain28.351 oz	1.942
15011Finfish, catfish, channel, cooked, breaded and fried853 oz	1.940
18027 Bread, egg 40 1/2" slice	
12167 Nuts, chestnuts, european, roasted 143 1 cup	1.939

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	1.913
14342	Rice beverage, RICE DREAM, canned	245	1 cup	1.909
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.907
18302	Pie, apple, prepared from recipe	155	1 piece	1.907
11512	Sweetpotato, canned, vacuum pack	255	1 cup	1.890
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1.868
18243	Croutons, seasoned	40	1 cup	1.858
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	1.852
15141	Crustaceans, crab, blue, canned	135	1 cup	1.850
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.825
18444	Pie, fried pies, cherry	128	1 pie	1.824
18319	Pie, fried pies, fruit	128	1 pie	1.824
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	1.821
20013	Bulgur, cooked	182	1 cup	1.820
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	1.817
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.795
09292	Prunes, dried, stewed, without added sugar	248	1 cup	1.793
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.786
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.786
11364	Potatoes, baked, skin, without salt	58	1 skin	1.778
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	1.771
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	1.769
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	1.764
11578	Vegetable juice cocktail, canned	242	1 cup	1.757
18306	Pie, blueberry, prepared from recipe	147	1 piece	1.755
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.744
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.740
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.711
11399	Potato puffs, frozen, prepared	79	10 puffs	1.708
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.706
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	1.701
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.700
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.691
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.686
09236	Peaches, raw	170	1 cup	1.683
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	1.682
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	1.672
11540	Tomato juice, canned, with salt added	243	1 cup	1.635
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.633
11672	Potato pancakes, home-prepared	76	1 pancake	1.629
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	1.609
14003	Alcoholic beverage, beer, regular	355	12 fl oz	1.608
18268	French toast, frozen, ready-to-heat	59	1 slice	1.606

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.598
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1.590
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.579
18367	Waffles, plain, prepared from recipe	75	1 waffle	1.555
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1.549
13350	Beef, cured, dried beef	28.35	1 oz	1.545
20029	Couscous, cooked	157	1 cup	1.543
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.537
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.525
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.520
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	1.506
15157	Mollusks, clam, mixed species, raw	85	3 oz	1.500
21077	Fast foods, frijoles with cheese	167	1 cup	1.486
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.475
05292	Turkey patties, breaded, battered, fried	64	1 patty	1.472
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.465
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	1.464
07008	Bologna, pork and beef	56.7	2 slices	1.463
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	1.452
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.444
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.444
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	1.443
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	1.437
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.435
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	1.434
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.430
18245	Danish pastry, cheese	71	1 danish	1.420
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.418
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.414
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	1.407
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	1.403
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	1.403
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	1.400
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	1.394
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	1.391
07024	Frankfurter, chicken	45	1 frank	1.390
14006	Alcoholic beverage, beer, light	354	12 fl oz	1.388
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	1.386
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	1.386
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1.382
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	1.382

Content per NDB No Description Weight (g) **Common Measure** Measure 18119 Cake, pineapple upside-down, prepared from recipe 115 1 piece 1.369 09191 Nectarines, raw 136 1 nectarine 1.346 08143 Cereals, WHEATENA, cooked with water 243 1 cup 1.337 12635 28.35 1.332 Nuts, mixed nuts, dry roasted, with peanuts, with salt added 1 oz 19042 Snacks, potato chips, barbecue-flavor 28.35 1 oz 1.330 18041 Bread, pita, white, enriched 28 4" pita 1.297 74 18116 1.286 Cake, gingerbread, prepared from recipe 1 piece 19087 Candies, confectioner's coating, white 170 1 cup 1.267 18278 Muffins, blueberry, prepared from recipe, made with low fat (2%) 57 1 muffin 1.260 milk 253 1.257 16011 Beans, baked, canned, with pork and tomato sauce 1 cup 18239 Croissants, butter 57 1 croissant 1.247 11308 Peas, green, canned, regular pack, drained solids 170 1 cup 1.244 11901 Corn, sweet, white, cooked, boiled, drained, without salt 77 1 ear 1.243 11168 Corn, sweet, yellow, cooked, boiled, drained, without salt 77 1 ear 1.243 06449 Soup, pea, green, canned, prepared with equal volume water, 250 1 cup 1.240 commercial 11196 Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, 170 1 cup 1.238 drained, without salt 18023 Bread, cornbread, dry mix, prepared 60 1 piece 1.234 179 09277 Plantains, raw 1 medium 1.228 07064 Pork sausage, fresh, cooked 27 1 patty 1.220 15058 Finfish, ocean perch, Atlantic, cooked, dry heat 50 1 fillet 1.218 18060 Bread, rye 32 1 slice 1.218 170 1 cup 11436 Rutabagas, cooked, boiled, drained, without salt 1.216 Cake, snack cakes, creme-filled, chocolate with frosting 50 1.215 18127 1 cupcake Finfish, fish portions and sticks, frozen, preheated 57 1 portion (4" x 2" x 1/2") 15027 1.214 18327 Pie, pumpkin, prepared from recipe 155 1 piece 1.212 207 1.209 09176 Mangos, raw 1 mango 16025 Beans, great northern, mature seeds, cooked, boiled, without salt 177 1 cup 1.205 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120 1 medium 1.201 06067 Soup, vegetable, canned, chunky, ready-to-serve, commercial 240 1 cup 1.200 Pie, lemon meringue, prepared from recipe 127 1.199 18321 1 piece 09282 Plums, canned, purple, juice pack, solids and liquids 252 1 cup 1.192 19045 Snacks, potato chips, made from dried potatoes, light 28.35 1.191 1 oz112 1.191 18102 Cake, white, prepared from recipe with coconut frosting 1 piece 18029 Bread, french or vienna (includes sourdough) 25 1/2" slice 1.187 09298 Raisins, seedless 145 1 cup 1.186 1 frank 07023 Frankfurter, beef and pork 45 1.185 07064 Pork sausage, fresh, cooked 2 links 1 1 7 5 26 16034 Beans, kidney, red, mature seeds, canned 256 1 cup 1.167 09278 Plantains, cooked 154 1 cup 1.164 18279 Muffins, corn, commercially prepared 57 1 muffin 1.161 15167 Mollusks, oyster, eastern, wild, raw 84 6 medium 1.159 18364 Tortillas, ready-to-bake or -fry, flour 32 1 tortilla 1.143

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.142
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	1.139
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	1.135
18139	Cake, white, prepared from recipe without frosting	74	1 piece	1.134
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	1.130
18342	Rolls, dinner, plain, commercially prepared (includes brown-and- serve)	28	1 roll	1.130
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.129
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	1.125
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.121
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	1.114
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.113
09302	Raspberries, raw	123	1 cup	1.107
18217	Crackers, matzo, plain	28.35	1 matzo	1.103
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.093
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	1.087
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1.087
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1.087
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.085
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.085
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.080
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1.080
21033	Fast foods, sundae, hot fudge	158	1 sundae	1.074
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.074
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	1.073
07022	Frankfurter, beef	45	1 frank	1.067
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.066
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.058
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.057
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.051
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	1.044
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	1.034
18325	Pie, pecan, prepared from recipe	122	1 piece	1.033
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.032
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.032
18064	Bread, wheat (includes wheat berry)	25	1 slice	1.031
09226	Papayas, raw	304	1 papaya	1.028
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	1.025
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	1.023
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.023
11124	Carrots, raw	110	1 cup	1.021

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09184	Melons, honeydew, raw	170	1 cup	1.020
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	1.013
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.012
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.012
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1.008
06166	Sauce, homemade, white, medium	250	1 cup	1.005
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	0.998
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.993
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.992
09206	Orange juice, raw	248	1 cup	0.992
21088	Tostada with guacamole	130.5	1 tostada	0.992
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	0.990
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.990
18044	Bread, pumpernickel	32	1 slice	0.989
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.977
07072	Salami, dry or hard, pork, beef	20	2 slices	0.973
09236	Peaches, raw	98	1 peach	0.970
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.970
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.970
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.970
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.966
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.964
09176	Mangos, raw	165	1 cup	0.964
09184	Melons, honeydew, raw	160	1/8 melon	0.960
21139	Fast foods, potato, mashed	80	1/3 cup	0.960
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.956
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.955
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.947
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.942
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.941
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.938
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.935
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.933
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.931
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.928
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.928
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.923
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.923

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.921
09181	Melons, cantaloupe, raw	160	1 cup	0.918
18025	Bread, cracked-wheat	25	1 slice	0.918
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.916
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.916
09087	Dates, domestic, natural and dry	41.5	5 dates	0.913
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.913
11655	Carrot juice, canned	236	1 cup	0.911
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.910
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.906
18061	Bread, rye, toasted	24	1 slice	0.903
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.903
18047	Bread, raisin, enriched	26	1 slice	0.901
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.901
11424	Pumpkin, canned, without salt	245	1 cup	0.899
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.895
18055	Bread, reduced-calorie, wheat	23	1 slice	0.894
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.893
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.888
18045	Bread, pumpernickel, toasted	29	1 slice	0.887
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.882
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.882
20033	Oat bran, raw	94	1 cup	0.878
18033	Bread, italian	20	1 slice	0.876
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.875
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.874
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.873
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.872
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.871
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.869
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.868
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.864
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.863
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.862
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.861
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.851
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.850
18039	Bread, oatmeal	27	1 slice	0.847
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.843
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.839
18057	Bread, reduced-calorie, white	23	1 slice	0.837

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.836
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.832
11461	Spinach, canned, drained solids	214	1 cup	0.830
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.829
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.828
09291	Prunes, dried, uncooked	42	5 prunes	0.824
18220	Crackers, melba toast, plain	20	4 pieces	0.823
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.820
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.818
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.818
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.817
07027	Ham, chopped, not canned	21	2 slices	0.815
18048	Bread, raisin, toasted, enriched	24	1 slice	0.814
09040	Bananas, raw	150	1 cup	0.810
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.806
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.799
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.798
09124	Grapefruit juice, canned, sweetened	250	1 cup	0.798
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.796
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.794
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.791
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.789
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.788
09207	Orange juice, canned, unsweetened	249	1 cup	0.782
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.779
06125	Gravy, turkey, canned	59.6	1/4 cup	0.775
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.774
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.772
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.768
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.768
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.768
18040	Bread, oatmeal, toasted	25	1 slice	0.767
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.766
18134	Cake, sponge, prepared from recipe	63	1 piece	0.759
11333	Peppers, sweet, green, raw	149	1 cup	0.758
11821	Peppers, sweet, red, raw	149	1 cup	0.758
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.751
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.733
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.729
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.728
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.725
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.724

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18235	Crackers, whole-wheat	16	4 crackers	0.723
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.719
19080	Candies, semisweet chocolate	168	1 cup	0.717
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.712
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	l cup	0.711
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.709
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.707
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	0.704
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.703
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.703
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.702
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.697
11015	Asparagus, canned, drained solids	72	4 spears	0.687
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.686
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.684
11124	Carrots, raw	72	1 carrot	0.668
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.668
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.666
11205	Cucumber, with peel, raw	301	1 large	0.665
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.663
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.653
09266	Pineapple, raw	155	1 cup	0.651
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.650
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.650
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.650
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.649
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.649
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.649
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.645
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.644
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.644
01095	Milk, canned, condensed, sweetened	306	1 cup	0.643
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.643
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.642
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.641
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.639
09040	Bananas, raw	118	1 banana	0.637
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.630
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.629
11954	Tomatillos, raw	34	1 medium	0.629
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.627

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.623
11641	Squash, summer, all varieties, raw	113	1 cup	0.623
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.617
14347	Shake, fast food, vanilla	333	16 fl oz	0.616
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.606
11333	Peppers, sweet, green, raw	119	1 pepper	0.606
11821	Peppers, sweet, red, raw	119	1 pepper	0.606
09340	Pears, asian, raw	275	1 pear	0.602
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.602
19036	Snacks, popcorn, cakes	10	1 cake	0.601
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.596
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.595
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.595
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.594
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.592
16112	Miso	68.75	1 cup	0.591
09055	Blueberries, frozen, sweetened	230	1 cup	0.582
18053	Bread, reduced-calorie, rye	23	1 slice	0.581
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.580
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.577
09042	Blackberries, raw	144	1 cup	0.576
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.575
09326	Watermelon, raw	286	1 wedge	0.572
09123	Grapefruit juice, canned, unsweetened	247	1 cup	0.571
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.570
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.567
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.563
11081	Beets, cooked, boiled, drained	170	1 cup	0.563
11090	Broccoli, raw	88	1 cup	0.561
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.558
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.557
09039	Avocados, raw, Florida	28.35	1 oz	0.545
09038	Avocados, raw, California	28.35	1 oz	0.545
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.540
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.538
14346	Shake, fast food, chocolate	333	16 fl oz	0.536
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.536
11135	Cauliflower, raw	100	1 cup	0.526
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.525
09050	Blueberries, raw	145	1 cup	0.521
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.520
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.518
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.517

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.517
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.514
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.510
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.508
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.508
09200	Oranges, raw, all commercial varieties	180	1 cup	0.508
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.507
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.504
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.503
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	0.501
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.496
01164	Cheese sauce, prepared from recipe	243	1 cup	0.496
09404	Grapefruit juice, pink, raw	247	1 cup	0.494
09128	Grapefruit juice, white, raw	247	1 cup	0.494
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.494
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.492
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.489
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.489
18229	Crackers, standard snack-type, regular	12	4 crackers	0.486
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.482
09153	Lemon juice, canned or bottled	244	1 cup	0.481
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.480
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.480
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.479
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.479
11658	Spinach souffle, home-prepared	136	1 cup	0.477
09226	Papayas, raw	140	1 cup	0.473
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.468
18214	Crackers, cheese, regular	10	10 crackers	0.467
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.466
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.466
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.460
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.459
01111	Milk shakes, thick vanilla	313	11 fl oz	0.457
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.456
18177	Cookies, molasses	15	1 cookie, medium	0.455
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.448
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.445
09060	Carambola, (starfruit), raw	108	1 cup	0.444
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.441
19041	Snacks, pork skins, plain	28.35	1 oz	0.439
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.432

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11819	Peppers, hot chili, red, raw	45	1 pepper	0.428
11670	Peppers, hot chili, green, raw	45	1 pepper	0.428
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.423
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.419
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.414
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.406
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.404
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.404
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.404
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.401
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.400
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.398
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.397
18232	Crackers, wheat, regular	8	4 crackers	0.397
09181	Melons, cantaloupe, raw	69	1/8 melon	0.396
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	0.395
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.392
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.389
11143	Celery, raw	120	1 cup	0.388
06116	Gravy, beef, canned	58.25	1/4 cup	0.384
09316	Strawberries, raw	166	1 cup	0.382
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.380
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.375
09060	Carambola, (starfruit), raw	91	1 fruit	0.374
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.372
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.371
09200	Oranges, raw, all commercial varieties	131	1 orange	0.369
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.369
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.367
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.363
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.362
16120	Soy milk, fluid	245	1 cup	0.360
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.353
18305	Pie, blueberry, commercially prepared	117	1 piece	0.351
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.347
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.347
09206	Orange juice, raw	86	juice from 1 orange	0.344
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.343
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.342
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.340
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.337
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.335
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.331
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.331

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09279	Plums, raw	66	1 plum	0.330
11159	Coleslaw, home-prepared	120	1 cup	0.326
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.325
02028	Spices, paprika	2.1	1 tsp	0.322
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.320
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.318
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.317
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.317
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.316
20034	Oat bran, cooked	219	1 cup	0.315
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.315
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.313
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.312
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.310
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.309
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.308
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.307
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.307
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.304
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.304
09326	Watermelon, raw	152	1 cup	0.304
18170	Cookies, fig bars	16	1 cookie	0.300
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.297
16051	Beans, white, mature seeds, canned	262	1 cup	0.296
19071	Candies, carob	28.35	1 oz	0.295
11206	Cucumber, peeled, raw	280	1 large	0.291
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.289
01004	Cheese, blue	28.35	1 oz	0.288
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.285
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.281
18324	Pie, pecan, commercially prepared	113	1 piece	0.281
01019	Cheese, feta	28.35	1 oz	0.281
11251	Lettuce, cos or romaine, raw	56	1 cup	0.280
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.277
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.273
09070	Cherries, sweet, raw	68	10 cherries	0.272
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.272
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.271
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.271
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.271
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.269
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.268

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09340	Pears, asian, raw	122	1 pear	0.267
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.267
11084	Beets, canned, drained solids	170	1 cup	0.267
01057	Eggnog	254	1 cup	0.267
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.265
09094	Figs, dried, uncooked	38	2 figs	0.264
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.264
06119	Gravy, chicken, canned	59.5	1/4 cup	0.264
07073	Sandwich spread, pork, beef	15	1 tbsp	0.260
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.259
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.259
07083	Vienna sausage, canned, beef and pork	16	1 sausage	0.258
01036	Cheese, ricotta, whole milk	246	1 cup	0.256
09223	Tangerine juice, canned, sweetened	249	1 cup	0.249
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.248
18086	Cake, angelfood, commercially prepared	28	1 piece	0.247
12104	Nuts, coconut meat, raw	45	1 piece	0.243
01007	Cheese, camembert	38	1 wedge	0.239
18283	Muffins, oat bran	57	1 muffin	0.239
11282	Onions, raw	160	1 cup	0.237
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.235
18308	Pie, cherry, commercially prepared	117	1 piece	0.234
11205	Cucumber, with peel, raw	104	1 cup	0.230
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.229
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.226
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.225
11253	Lettuce, looseleaf, raw	56	1 cup	0.224
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.221
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.220
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.220
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.219
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.219
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.218
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.218
11457	Spinach, raw	30	1 cup	0.217
19305	Molasses, blackstrap	20	1 tbsp	0.216
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.216
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.216
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.215
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.214
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.212
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.212
09021	Apricots, raw	35	1 apricot	0.210

Content per NDB No Description Weight (g) **Common Measure** Measure 11114 Cabbage, savoy, raw 70 1 cup 0.210 11109 Cabbage, raw 70 1 cup 0.210 11112 Cabbage, red, raw 70 1 cup 0.210 01079 Milk, reduced fat, fluid, 2% milkfat, with added vitamin A 0.210 244 1 cup 11247 Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, 104 1 cup 0.208 without salt 18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookie 0.207 19293 Frozen yogurts, vanilla, soft-serve 72 1/2 cup 0.207 02009 Spices, chili powder 2.6 1 tsp 0.205 11935 Catsup 15 1 tbsp 0.205 01077 Milk, fluid, 3.25% milkfat 0.205 244 1 cup 01092 Milk, dry, nonfat, instant, with added vitamin A 23 1/3 cup 0.205 18326 Pie, pumpkin, commercially prepared 109 1 piece 0.204 Endive, raw 50 0.200 11213 1 cup 11090 Broccoli, raw 31 1 spear 0.198 18451 Cake, pound, commercially prepared, fat-free 28 1 slice 0.192 01037 Cheese, ricotta, part skim milk 246 1 cup 0.192 18184 Cookies, oatmeal, prepared from recipe, with raisins 15 1 cookie 0.189 06175 Sauce, hoisin, ready-to-serve 16 1 tbsp 0.187 09257 Pears, canned, heavy syrup pack, solids and liquids 76 1 half 0.184 11028 Bamboo shoots, canned, drained solids 131 0.183 1 cup 19193 Puddings, rice, ready-to-eat 113.4 4 oz 0.183 Tomatoes, sun-dried 2 0.181 11955 1 piece 18360 Taco shells, baked 13.3 1 medium 0.180 18090 Cake, boston cream pie, commercially prepared 92 1 piece 0.176 19069 Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping 7 1 fun size bar 0.175 18226 Crackers, rye, wafers, plain 11 1 wafer 0.174 19035 Snacks, popcorn, oil-popped 11 1 cup 0.171 Yogurt, plain, whole milk, 8 grams protein per 8 ounce 227 8-oz container 0.170 01116 14194 Cocoa mix, powder, prepared with water 206 1 serving 0.167 14017 Alcoholic beverage, pina colada, prepared-from-recipe 141 4.5 fl oz 0.166 14192 Cocoa mix, powder 28.35 0.166 3 heaping tsp 09252 Pears, raw 166 1 pear 0.166 Beets, cooked, boiled, drained 50 1 beet 0.166 11081 Cocoa mix, with aspartame, powder, prepared from item 14196 192 0.163 14390 1 serving 11282 Onions, raw 110 1 whole 0.163 14196 Cocoa mix, with aspartame, powder 15 1/2 oz envelope 0.163 19040 Snacks, popcorn, cheese-flavor 11 1 cup 0.160 18155 Cookies, butter, commercially prepared, enriched 5 1 cookie 0.160 19123 Puddings, chocolate, dry mix, instant, prepared with 2% milk 147 1/2 cup 0.159 11001 Alfalfa seeds, sprouted, raw 33 1 cup 0.159 18147 Cheesecake commercially prepared 80 1 piece 0.156 19034 Snacks, popcorn, air-popped 8 1 cup 0.156 11283 Onions, cooked, boiled, drained, without salt 94 1 medium 0.155

P0254Pear, enned, juice pack, solid and liquids761 half0.15210055Carob hour81 tbop0.15020132Genes, end or gene (emponen) ype varieties, such as, Thompson5010 grapes0.15019270Ic c creams, chucolate6612 cup0.14919270Ic creams, chucolate6612 cup0.14919270Ic creams, chucolate331 picce0.14119160Hadris, chucolate, dy mix, regular, prepared with 2's mik14212 cup0.14219180Mike, buttermik, fundic chured, lowfut2451 tbop0.14219180Sance, harkeen sauce15.751 tbop0.14219270Pincapple, canaed, haxy symp pack, solids and liquids461 plura0.13119281Tangernes, (mandrinn oranges), raw841 tangerne0.13119292Pincapple, canaed, neary symp pack, solids and liquids161 slice0.13119293Tangernes, sinal, orangene, rands on arrey, silsa161 slice0.13119294Pincapple, canady, on arrey, silsa161 slice0.13119295Torantos, read, rise, raws101 slice0.13219295Torantos, read, rise, raws101 slice0.13219295Toratos, read, rise, raws101 slice0.13119295Toratos, read, rise, raws131 cookie0.13219295Toratos, read, rise, raws131 cookie0.132 <t< th=""><th>NDB_No</th><th>Description</th><th>Weight (g)</th><th>Common Measure</th><th>Content per Measure</th></t<>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10055 Carob flour 8 1 thep 0.152 09122 Genges, red orgene (suropean type varieties, such as, Thompson 50 10 grapes 0.159 19270 Ice creams, checolate. 66 1.2 cup 0.149 19190 Paddings, checolate, dry mix, regular, prepared with 2% milk 142 1.2 cup 0.144 19190 Candies, milk checolate 44 1 bar (1.55 cor) 0.143 19120 Candies, milk checolate 44 1 bar (1.55 cor) 0.144 19120 Candies, milk checolate 45.75 1 tup 0.142 19121 Tangerines, (madrari oringes), ruw 84 1 tangerine 0.144 19218 Tangerines, (madrari oringes), ruw 84 1 tangerine 0.133 19264 Plinexple, cannod, juery syrup pack, solds and liquids 46 1 pline 0.133 19276 Pancley, raw 10 1 origer 0.131 11287 Cockies, cannonal, cuer, solds and liquids 40 1 aluk 0.124 112812 Cockies, cannonal, cuer, solds andi	15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.153
D9132 secolles), rayS010 argses9.150 secolles), ray1927la cerams, chonchate661.2 cup0.14919190Pudrings, checolate, dy mix, regular, prepared with 2% milk1421.2 cup0.14319191Ilents of palm, canned331 price0.14319192Candes, milk checolate441 bur (1.5 oz)0.14319193Mik, burtermilk, find, cultured, lowfat2451 cup0.14209170Pinegple, canned, heavy syrup pack, solids and liquids491 langerine0.14109234Pinegple, canned, heavy syrup pack, solids and liquids461 plurn0.13109234Pinegple, canned, heavy syrup pack, solids and liquids461 plurn0.13109234Pinegple, canned, heavy syrup pack, solids and liquids161 slace0.13109234Pinegple, canned, heavy syrup pack, solids and liquids161 slace0.13109234Pinegple, canned, heavy syrup pack, solids and liquids161 slace0.13111135Catex, raw101 slack0.12211237Paraley, raw101 sank0.12411348Catex, raw1991 slace0.12411430Catex, raw1191 slace0.13111431Catex, raw1191 slace0.13111434Catex, raw1191 slace0.12411535Toratates, rad, pine, raw, car rand average201 slace0.12411545 <td>09254</td> <td>Pears, canned, juice pack, solids and liquids</td> <td>76</td> <td>1 half</td> <td>0.152</td>	09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.152
saceless, ma sace instruction 19270 lecrems, chocolaie 66 1/2 cup 0.149 19190 Puddings, chocolaie, dry mix, regular, prepared with 2% milk 142 1.2 cup 0.149 19190 Puddings, chocolaie, dry mix, regular, prepared with 2% milk 142 1.0 cup 0.142 0180 Milk, batternik, Indie, cultured, lowát 245 1 cup 0.142 06150 Sauce, barbeeue sauce 15.75 1 dsp 0.142 09218 Tangerines, (manderin orage), raw 46 1 plurn 0.134 09218 Tangerines, (manderin orage), raw 16 1 slice 0.133 09218 Pancaple, canned, purice pack, solids and liquids 46 1 plurn 0.133 19276 Roitey, raw 10 1 osprigs 0.131 1143 Celery, raw 40 1 sulk 0.122 1143 Celery, raw 10 1 cookie 0.124 11220 Cookies, ontimes, lower fat 41 1 cookie 0.124 11234 Cookie	16055	Carob flour	8	1 tbsp	0.152
19190Paddings, chocolate, dryms, regular, prepared with 2% milk1421.2 cup0.14911961Ilearts of palm, canned331 piece0.14319120Candies, milk chocolate441 bar (1.55 oz)0.14319120Candies, milk chocolate15.751 bar (1.55 oz)0.14206150Sance, harbeeue sance15.751 barg0.14207270Pincapple, canned, havy symp pack, solids and liquids491 slice0.13309284Plarns, canned, norago), nw841 planm0.13409284Plarns, canned, norago), nw161 barg0.13308164Sance, ready-to-sarve, sala161 barg0.13308164Sance, ready-to-sarve, sala161 slice0.12418175Cookies, ontmech, commercially prepared, flat-free111 cookie0.13111143Celery, raw401 slice0.12411204Cookies, vanilla wafen, lower fat191 cookie0.12411205Cookies, vanilla wafen, lower fat37.51 slick0.12411205Cookies, vanilla wafen, lower fat37.51 slick0.12411205Cookies, vanilla wafen, lower fat37.51 slick0.12411206Cookies, vanilla wafen, lower fat37.51 slick0.12411206Cookies, vanilla wafen, lower fat28.61 losp0.11411205Cookies, vanilla wafen, lower fat38.11 losp0.11411206	09132		50	10 grapes	0.150
11961 Hearts of palm, canned 33 1 piece 0.144 19120 Candies, milk chocolate 44 1 but (1.55 oc) 0.143 01088 Milk, buttermilk, fuid, cultured, lowfat 245 1 cup 0.142 01081 Sance, barbecue sauce 15.75 1 thsp 0.142 00270 Pineapple, canned, heavy syrup pack, solids and liquids 49 1 slice 0.154 00284 Phuespple, canned, jurgle, heavy syrup pack, solids and liquids 46 1 plum 0.133 01614 Sauce, redy-to-serve, salsa 16 1 thsp 0.133 01514 Sauce, redy-to-serve, salsa 16 1 stalk 0.122 11856 Cookies, outment, low range 20 1 stalk 0.122 118125 Cookies, outment, low raft 4 1 cookie 0.122 118212 Cookies, outment, low raft 4 1 cookie 0.122 118212 Cookies, outment, low raft 4 1 cookie 0.122 118212 Cookies, outment, low raft 33 1 bar (2.5 fl o.2) 0.122 118212 Cookies, outment, low raft </td <td>19270</td> <td>Ice creams, chocolate</td> <td>66</td> <td>1/2 cup</td> <td>0.149</td>	19270	Ice creams, chocolate	66	1/2 cup	0.149
19120Candies, milk choolate441 bar (1.55 oz)0.14301088Mik, buttermik, fuid, cultured, lowfar2451 upp0.14206100Saace, barbecue sauce15.751 thsp0.14206170Priengple, canced, heavy syrup pack, solids and liquids491 slice0.14109218Tangerines, (msndarin oranges), raw841 tangerine0.13409234Plums, canned, purple, heavy syrup pack, solids and liquids461 plum0.13309236Pineapple, canned, juce pack, solids and liquids461 thsp0.13311237Parsley, raw1010 oprigs0.13111385Cookies, catteral-to-serve, saba101 slice0.13111430Celery, raw401 slice0.12411504Torantes, red, rip, raw, year round average201 slice0.12411205Cookies, vanilla wafers, lower fat1101 cookie0.12411206Cocumber, pecled, raw1701 slice0.12411206Cocoa, day powder, unswetened37.51 stalk0.12411206Cocoa, day powder, unswetened5.41 thsp0.11811214Calery, cocked, biolid, drained, without salt21.62.3 heaping top0.10411214Calery, favor, taka, mach-favor, reduced fat1.81.90.10411206Cocoa, day powder, unswetened311.90.10411215Cocoa, day powder, unswetened311.9 <td>19190</td> <td>Puddings, chocolate, dry mix, regular, prepared with 2% milk</td> <td>142</td> <td>1/2 cup</td> <td>0.149</td>	19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.149
N1088Milk, buttermilk, fluid, cultured, lowfat245I cup0.14206150Sauce, barbecaue sauce15.75I thep0.14209270Pineapple, canned, havy syrup pack, solids and liquids49I sluce0.14109284Plumes, canned, juce pack, solids and liquids46I plum0.13409285Pineapple, canned, juce pack, solids and liquids46I plum0.13306164Sauce, rady-to-serve, salsa16I thep0.13318456Cookies, canned, juce pack, solids and liquids10I solids0.13118456Cookies, canned, juce pack, solids and liquids40I solids0.13118456Cookies, coatmeal, commercially prepared, fat-free11I cookie0.13111143Celery, raw40I stalk0.12211529Tomatoes, red, ripe, raw, year round average20I stalk0.12411520Cockies, vanilla waffes, lower fat41 cookie0.12211626Evezar, juce novehtes, fruit and juce bars77I bar (2.51 oz)0.12211647Seaced, spruilla, field0.93I thep0.11811685Cocca, dry powder, unsweetened54I thep0.11811756Chocolati-flavor beverage mink, powder21.62.3 leaping tsp0.10011894Tamates, raw, vith skin, neob-flavor, reduced fat3.81 packet0.10111926Tomatoes, raw, vith skin1381 papel0.10611921Pudefi	11961	Hearts of palm, canned	33	1 piece	0.144
b6150 Sauce, barbecue sauce 15.75 1 thsp 0.142 09270 Pincapple, canned, heavy syrup pack, solids and liquids 49 1 slice 0.141 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 46 1 plum 0.134 09284 Plums, canned, jurple, heavy syrup pack, solids and liquids 46 1 plum 0.133 06164 Sauce, ready-to-serve, salas 16 1 thsp 0.131 11297 Parsley, raw 10 10 sprigs 0.031 118456 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 0.142 11829 Tomatoes, red, ripe, raw, year round average 20 1 slice 0.124 118212 Cookies, oatmea, commercially prepared, fat-free 119 1 cookie 0.124 118212 Cookies, natilla wafers, lower fat 4 1 cookie 0.124 118214 Caleery, raw 119 1 cookie 0.124 118214 Caleery, raw 10 1 slace 0.124 118215 Cookies, vainila wafers, lower fat 37.5 1 slak 0.120 1	19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.143
pppppppppppppppppppppppppppppppppppp	01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.142
Description Transcrines Innegrine 0.134 09284 Plums, canned, purple, heavy syrup pack, solids and liquids 46 1 plum 0.134 09284 Plunes, pic, canned, juice pack, solids and liquids 47 1 slice 0.133 06164 Sauce, ready-to-serve, salsa 16 1 tbsp 0.131 11177 Parley, raw 10 10 sprigs 0.131 118456 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 0.126 11529 Tomatoes, red, ripe, raw, year round average 20 1 slice 0.126 11212 Cookies, vanilla wafers, lower fat 4 1 cookie 0.124 11266 Cucumber, peeled, raw 119 1 cup 0.124 11263 Frozen juice novelties, fruit and juice bars 77 1 bar (2.5 fl oz) 0.122 1167 Seaweed, spirulina, dried 0.93 1 tbsp 0.118 119424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 0.119 11956 Coocad, dry powder, unsweetened	06150	Sauce, barbecue sauce	15.75	1 tbsp	0.142
Plums, canned, purple, heavy syrup pack, solids and liquids 46 1 plum 0.134 09268 Pineapple, canned, juice pack, solids and liquids 47 1 slice 0.133 06164 Sauce, ready-to-serve, salsa 16 1 thsp 0.131 11297 Parsley, raw 10 10 oprigs 0.131 118456 Cockies, oatmeal, conmercially prepared, fat-free 11 1 cockie 0.131 11829 Tomatoes, red, ripe, raw, year round average 20 1 slice 0.126 118212 Cockies, vanilla wafers, lower fat 4 1 cockie 0.121 11206 Cucumber, poeled, raw 119 1 cup 0.122 11144 Colex, cooked, biord, drained, withou salt 37.5 1 stalk 0.120 11667 Scaweed, spirulina, dried 0.93 1 thsp 0.118 1167 Scaweed, spirulina, dried 1.02 0.118 0.118 1167 Scaweed, spirulina, dried 1.02 0.118 0.119 1165 Cocolat. fluxor beverage mix, powder 2.16	09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.141
Dependence Dependence <thdependence< th=""> Dependence Dependen</thdependence<>	09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.134
b06164 Sauce, ready-to-serve, salsa 16 1 tbsp 0.133 11127 Parsley, raw 10 10 sprigs 0.131 118456 Cookies, outmeal, commercially prepared, fat-free 11 1 1 cookie 0.131 11143 Celery, raw 40 1 stalk 0.129 11529 Tomatoes, red, rip, raw, year round average 20 1 slice 0.124 11206 Cucumber, peeled, raw 119 1 cup 0.124 11205 Cockies, vanill wafers, lower fat 37.5 1 stalk 0.120 11144 Celery, cooked, boiled, drained, without salt 37.5 1 stalk 0.120 11667 Seaweed, spirulina, dried 0.93 1 tbsp 0.119 19165 Cocea, dry powder, unsweetned 5.4 1 oz 0.118 09298 Raisins, seedless 14 1 packet 0.119 11529 Tomatoes, sun-dried, packed in oil, drained 3 1 piece 0.100 11520 Tomatoes, sun-dried, packed in oil, drained 3 1 p	09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.134
11297 Parsley, raw 10 10 sprigs 0.131 118456 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 0.131 111143 Celery, raw 40 1 stalk 0.129 11529 Tomatoes, red, ripe, raw, year round average 20 1 slice 0.124 11206 Cueumber, peeled, raw 119 1 cookie 0.124 11206 Cueumber, peeled, raw 119 1 cup 0.124 11206 Cueumber, peeled, raw 119 1 cup 0.122 11144 Celery, cooked, boiled, drained, without salt 37.5 1 stalk 0.102 11667 Seaweed, spirulina, dried 0.93 1 tbsp 0.119 11955 Cocoa, dry powder, unsweetened 5.4 1 tbsp 0.118 119424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 0.118 11956 Tomatoes, sun-dried, packed in oil, drained 3 1 piece 0.109 11956 Tomatoes, sun-dried, packed in oil, drained 3 1 apple 0.166 119212 Puddings, vamilla, dry mix, regular, p	09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.133
18456 Cookies, oatmeal, commercially prepared, fat-free 11 I cookie 0.131 11143 Celery, raw 40 1 stalk 0.129 11539 Tomatoes, red, ripe, raw, year round average 20 1 slice 0.124 118212 Cookies, vanilla wafers, lower fat 4 1 cookie 0.124 11206 Cucumber, peeled, raw 119 1 cup 0.124 11202 Fozen juice novelties, fruit and juice bars 77 1 bat (2.5 fl oz) 0.124 11206 Cucumber, peeled, raw 199 1 stalk 0.124 11204 Celery, cooked, boiled, drained, without salt 3.7.5 1 stalk 0.120 11667 Seawed, spirulina, dried 0.93 1 rbsp 0.118 119424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 0.118 11959 Tomatoes, sun-dried, packed in oil, drained 3 1 piece 0.100 11956 Tomatoes, exi, ripe, raw, vier round average 17 1 cherry tomato 0.107 11919 Tomatoes, ex	06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.133
Initial Celery, raw 40 I stalk 0.129 11529 Tomatoes, red, ripe, raw, year round average 20 1 slice 0.126 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 0.124 11206 Cucumber, peeled, raw 119 1 cup 0.124 19263 Frozen juice novelties, fruit and juice bars 77 1 bar (2.5 fl oz) 0.122 11144 Celery, cooked, boiled, drained, without salt 37.5 1 stalk 0.120 11667 Seaweed, spirulina, dried 0.93 1 tbsp 0.118 1055 Cocoa, dry powder, unsweetened 5.4 1 tbsp 0.118 10424 Snacks, tortill a chips, nacho-flavor, reduced fat 28.35 1 oz 0.118 10425 Tomatoes, sun-dried, packed in oil, drained 3 1 piece 0.109 11529 Tomatoes, red, ripe, raw, year round average 17 1 cherry tomato 0.107 19903 Apples, raw, with skin 138 1 apple 0.106 10212 Puddingy, vanilla, dry mix, re	11297	Parsley, raw	10	10 sprigs	0.131
Totaces, red, ripe, raw, year round average 20 1 slice 0.126 18212 Cookies, vanilla wafers, lower fat 4 1 cookie 0.124 11206 Cucumber, peeled, raw 119 1 cup 0.124 11206 Cocokad, spirulina, dried 0.93 1 stalk 0.120 11667 Seaweed, spirulina, dried 0.93 1 tbsp 0.118 119424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 0.118 119424 Snacks, tortilla chips, nacho-flavor beverage mix, powder 21.6 2-3 heaping tsp 0.110 11955 Tomatoes, sun-dried, packed in oil, drained 18 1 packet 0.107	18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.131
R1212 Cookies, vanila wafers, lower fat 4 1 cookie 0.124 11206 Cucumber, peeled, raw 119 1 cup 0.124 11203 Frozen juice novelties, fruit and juice bars 77 1 bar (2.5 fl oz) 0.122 11144 Celery, cooked, boiled, drained, without salt 37.5 1 stalk 0.120 11667 Seaweed, spirulina, dried 0.93 1 tbsp 0.119 10167 Seaweed, spirulina, dried 0.93 1 tbsp 0.119 11667 Seaweed, spirulina, dried 0.93 1 tbsp 0.118 10424 Snacks, tortilla ehips, nacho-flavor, reduced fat 28.35 1 oz 0.118 19298 Raisins, scedless 14 1 packet 0.119 1155 Chocolate-flavor beverage mix, powder 21.6 2.3 heaping tsp 0.110 11559 Tomatoes, red, ripe, raw, year round average 17 1 cherry tomato 0.107 11529 Tomatoes, red, ripe, raw, year round average 138 1 apple 0.106 11521 Puddings, vanila, dry mix, regular, prepared with 2% milk 140 1/2 cup 0.103	11143	Celery, raw	40	1 stalk	0.129
11206 Cucumber, peeled, raw 119 1 cup 0.124 12063 Frozen juice novelties, fruit and juice bars 77 1 bar (2.5 fl oz) 0.122 11144 Celery, cooked, boiled, drained, without salt 37.5 1 stalk 0.120 111667 Seaweed, spirulina, dried 0.93 1 tbsp 0.119 10167 Seaweed, spirulina, dried 0.93 1 tbsp 0.118 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 0.118 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 0.118 09298 Raisins, seedless 14 1 packet 0.119 11956 Tomatoes, sun-dried, packed in oil, drained 3 1 piece 0.109 11529 Tomatoes, red, ripe, raw, year round average 17 1 cherry tomato 0.107 119212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 0.104 10229 Spices, parsley, dried 1.3 1 apple 0.104 10212 <	11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.126
Prozen juče novelites, fruit and juče bars 77 1 br (2.5 fl oz) 0.122 11144 Celery, cooked, boiled, drained, without salt 37.5 1 stalk 0.120 11667 Seaweed, spirulina, dried 0.93 1 tbsp 0.119 11667 Seaweed, spirulina, dried 0.93 1 tbsp 0.119 19165 Cocoa, dry powder, unsweetened 5.4 1 tbsp 0.118 19244 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 0.118 09298 Raisins, seedless 14 1 packet 0.119 11155 Chocolate-flavor beverage mix, powder 21.6 2-3 heaping tsp 0.100 11956 Tomatoes, sun-dried, packed in oil, drained 3 1 piece 0.109 1152 Tomatoes, red, ripe, raw, year round average 17 1 cherry tomato 0.107 09003 Apples, raw, with skin 138 1 apple 0.106 1162 Pepers, jalapeno, canned, solids and liquids 26 1/4 cup 0.104 02029 Spices, parsley, dried	18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.124
11144 Celery, cooked, boiled, drained, without salt 37.5 1 stalk 0.10 11667 Seaweed, spirulina, dried 0.93 1 tbsp 0.119 19165 Cocoa, dry powder, unsweetened 5.4 1 tbsp 0.118 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 0.118 09298 Raisins, seedless 14 1 packet 0.119 11155 Chocolate-flavor beverage mix, powder 21.6 2-3 heaping tsp 0.110 11956 Tomatoes, sun-dried, packed in oil, drained 3 1 piece 0.109 11529 Tomatoes, red, ripe, raw, year round average 17 1 cherry tomato 0.107 09003 Apples, raw, with skin 138 1 apple 0.106 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 0.105 19314 Pie fillings, canned, cherry 74 1/8 of 21-oz can 0.104 02029 Spices, parsley, dried 1.3 1 tbsp 0.03 11252 Lettuce, icebe	11206	Cucumber, peeled, raw	119	1 cup	0.124
11667 Seawed, spirulina, dried 0.93 1 tbsp 0.19 19165 Cocoa, dry powder, unsweetened 5.4 1 tbsp 0.118 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 0.118 09298 Raisins, seedless 14 1 packet 0.116 01105 Chocolate-flavor beverage mix, powder 21.6 2-3 heaping tsp 0.100 11956 Tomatoes, sun-dried, packed in oil, drained 3 1 piece 0.100 11959 Tomatoes, red, ripe, raw, year round average 17 1 cherry tomato 0.107 09003 Apples, raw, with skin 138 1 apple 0.106 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 0.105 19314 Pie fillings, canned, solids and liquids 26 1/4 cup 0.104 02029 Spices, parsley, dried 1.3 1 tbsp 0.103 0104 Deppers, jalapeno, canned, solids and liquids 26 1/4 cup 0.100 02029 Spices, parsley, dried 1.3 1 tbsp 0.103 09004 <td>19263</td> <td>Frozen juice novelties, fruit and juice bars</td> <td>77</td> <td>1 bar (2.5 fl oz)</td> <td>0.122</td>	19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.122
19165 Cocoa, dry powder, unsweetened 5.4 1 tbsp 0.18 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1 oz 0.118 09298 Raisins, seedless 14 1 packet 0.115 114175 Chocolate-flavor beverage mix, powder 21.6 2-3 heaping tsp 0.110 11956 Tomatoes, sun-dried, packed in oil, drained 3 1 piece 0.109 11529 Tomatoes, red, ripe, raw, year round average 17 1 cherry tomato 0.107 09003 Apples, raw, with skin 138 1 apple 0.106 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 0.105 11632 Peppers, jalapeno, canned, solids and liquids 26 1/4 cup 0.104 02029 Spices, parsley, dried 1.3 1 bsp 0.103 11252 Lettuce, iceberg (includes crisphead types), raw 55 1 cup 0.103 02029 Spices, oregano, ground 1.5 1 tsp 0.093 1100 1 cup	11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.120
Number of the state o	11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.119
00298Raisins, seedless141 packet0.11514175Chocolate-flavor beverage mix, powder21.62-3 heaping tsp0.11011956Tomatoes, sun-dried, packed in oil, drained31 piece0.10911529Tomatoes, red, ripe, raw, year round average171 cherry tomato0.10709003Apples, raw, with skin1381 apple0.10619212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup0.10511632Peppers, jalapeno, canned, solids and liquids261/4 cup0.10519314Pie fillings, canned, cherry741/8 of 21-oz can0.10402029Spices, parsley, dried1.31 tbsp0.1031152Lettuce, iceberg (includes crisphead types), raw551 cup0.10302027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09304015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.0891450Larberry juice cocktail, bottled2538 fl oz0.891450Larberry juice cocktail, bottled2538 fl oz0.89	19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.118
14175Chocolate-flavor beverage mix, powder21.62-3 heaping tsp0.11011956Tomatoes, sun-dried, packed in oil, drained31 piece0.10911529Tomatoes, red, ripe, raw, year round average171 cherry tomato0.10709003Apples, raw, with skin1381 apple0.16619212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup0.10511632Peppers, jalapeno, canned, solids and liquids261/4 cup0.10319314Pie fillings, canned, cherry741/8 of 21-oz can0.10402029Spices, parsley, dried1.31 tbsp0.10311252Lettuce, iceberg (includes crisphead types), raw551 cup0.10302027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09314371Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.0931456Larberry juice cocktail, bottled0.0890.0931456Salad dressing, russian, with salt0.030.041450Carrots, baby, raw101 medium0.89	19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.118
11956Tomatoes, sun-dried, packed in oil, drained31 piece0.10911956Tomatoes, red, ripe, raw, year round average171 cherry tomato0.10709003Apples, raw, with skin1381 apple0.10619212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup0.10511632Peppers, jalapeno, canned, solids and liquids261/4 cup0.10519314Pie fillings, canned, cherry741/8 of 21-oz can0.10402029Spices, parsley, dried1.31 tbsp0.10311252Lettuce, iceberg (includes crisphead types), raw551 cup0.10302027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09314242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.89	09298	Raisins, seedless	14	1 packet	0.115
11529Tomatoes, red, ripe, raw, year round average171 cherry tomato0.10709003Apples, raw, with skin1381 apple0.10619212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup0.10511632Peppers, jalapeno, canned, solids and liquids261/4 cup0.10519314Pie fillings, canned, cherry741/8 of 21-oz can0.10402029Spices, parsley, dried1.31 tbsp0.10311252Lettuce, iceberg (includes crisphead types), raw551 cup0.10002027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09204015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.09311960Carrots, baby, raw101 medium0.89	14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	0.110
09003Apples, raw, with skin138I apple0.10619212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup0.10511632Peppers, jalapeno, canned, solids and liquids261/4 cup0.10519314Pie fillings, canned, cherry741/8 of 21-oz can0.10402029Spices, parsley, dried1.31 tbsp0.10311252Lettuce, iceberg (includes crisphead types), raw551 cup0.10309004Apples, raw, without skin1101 cup0.10002027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09204015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.89	11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.109
19212Puddings, vanilla, dry mix, regular, prepared with 2% milk1401/2 cup0.10511632Peppers, jalapeno, canned, solids and liquids261/4 cup0.10519314Pie fillings, canned, cherry741/8 of 21-oz can0.10402029Spices, parsley, dried1.31 tbsp0.10311252Lettuce, iceberg (includes crisphead types), raw551 cup0.10009004Apples, raw, without skin1101 cup0.10002027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09204015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.89	11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.107
11632Peppers, jalapeno, canned, solids and liquids261/4 cup0.10519314Pie fillings, canned, cherry741/8 of 21-oz can0.10402029Spices, parsley, dried1.31 tbsp0.10311252Lettuce, iceberg (includes crisphead types), raw551 cup0.10309004Apples, raw, without skin1101 cup0.10002027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09204015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.89	09003	Apples, raw, with skin	138	1 apple	0.106
19314Pie fillings, canned, cherry741/8 of 21-oz can0.10402029Spices, parsley, dried1.31 tbsp0.10311252Lettuce, iceberg (includes crisphead types), raw551 cup0.10309004Apples, raw, without skin1101 cup0.10002027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09304015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.089	19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.105
02029Spices, parsley, dried1.31 tbsp0.10311252Lettuce, iceberg (includes crisphead types), raw551 cup0.10309004Apples, raw, without skin1101 cup0.10002027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09304015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.089	11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.105
11252Lettuce, iceberg (includes crisphead types), raw551 cup0.10309004Apples, raw, without skin1101 cup0.10002027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09304015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.089	19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.104
09004Apples, raw, without skin1101 cup0.10002027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09304015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.089	02029	Spices, parsley, dried	1.3	1 tbsp	0.103
02027Spices, oregano, ground1.51 tsp0.09314371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09304015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.089	11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.103
14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz0.09304015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.089	09004	Apples, raw, without skin	110	1 cup	0.100
ascorbic acid, powder, prepared04015Salad dressing, russian, with salt15.31 tbsp0.09214242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.089	02027	Spices, oregano, ground	1.5	1 tsp	0.093
14242Cranberry juice cocktail, bottled2538 fl oz0.08911960Carrots, baby, raw101 medium0.089	14371	e .	259	8 fl oz	0.093
11960 Carrots, baby, raw 10 1 medium 0.089	04015	Salad dressing, russian, with salt	15.3	1 tbsp	0.092
	14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.089
19109 Candies, KIT KAT Wafer Bar 42 1 bar (1.5 oz) 0.088	11960	Carrots, baby, raw	10	1 medium	0.089
	19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.088

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.088
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.086
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.083
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.082
11935	Catsup	6	1 packet	0.082
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.082
16158	Hummus, commercial	14	1 tbsp	0.081
21127	Fast foods, coleslaw	99	3/4 cup	0.079
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.079
19095	Ice creams, vanilla	66	1/2 cup	0.077
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.075
11943	Pimento, canned	12	1 tbsp	0.074
11457	Spinach, raw	10	1 leaf	0.072
11740	Broccoli, flower clusters, raw	11	1 floweret	0.070
02015	Spices, curry powder	2	1 tsp	0.069
01143	Egg substitute, liquid	62.75	1/4 cup	0.069
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.069
11135	Cauliflower, raw	13	1 floweret	0.068
14277	Grape drink, canned	250	8 fl oz	0.065
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.063
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.062
02007	Spices, celery seed	2	1 tsp	0.061
14181	Chocolate syrup	18.75	1 tbsp	0.060
19088	Ice creams, vanilla, light	66	1/2 cup	0.059
09150	Lemons, raw, without peel	58	1 lemon	0.058
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.057
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.057
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.056
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.055
14267	Fruit punch drink, canned	248	8 fl oz	0.052
11333	Peppers, sweet, green, raw	10	1 ring	0.051
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.050
11284	Onions, dehydrated flakes	5	1 tbsp	0.050
01132	Egg, whole, cooked, scrambled	61	1 large	0.048
09152	Lemon juice, raw	47	juice of 1 lemon	0.047
11445	Seaweed, kelp, raw	10	2 tbsp	0.047
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.045
19097	Sherbet, orange	74	1/2 cup	0.044
01035	Cheese, provolone	28.35	1 oz	0.044
19089	Ice creams, vanilla, rich	74	1/2 cup	0.043
19104	Candies, fudge, vanilla with nuts, prepared-from-recipe	15	1 piece	0.043
01123	Egg, whole, raw, fresh	58	1 extra large	0.042
09316	Strawberries, raw	18	1 strawberry	0.041

91134Salad dicesing, home recipe, cooked161 fmp0.04019172Cardiss, mik checulat catael raisms1010 pieces0.04010144Checker, losselfar, frow101 lenf of0.04010144Checker, losselfar, frow121 oz0.040114373Lemenade, forzen concentrate, white, prepared with water2488 fl oz0.040119145Cardies, nanimalows501 pickle0.039119146Cardies, nanimalows501 cup0.039109140Line juike, raw38juike of 11me0.039109140Line juike, raw38.3juike of 11me0.039109141Beets, cannel, danined solub24.31 bret0.03910142Beets, cannel, danined solub28.351 oz0.03710131Cheres, netskhard501 large0.03110149Cheres, netskhard28.351 oz0.03410134Egg, whole, cooked, fired28.351 oz0.03110134Egg, whole, cooked, fired-0.042501 large0.03110134Egg, whole, cooked, fired-0.042501 large0.03110135Legg, whole, cooked, fired-0.04252.41 bref0.03110134Egg, whole, cooked, fired-0.04253.51 oz0.03110135Egg, whole, cooked, fired-0.04252.41 bref0.03210136Egg, whole, cooked, fired-0.04252.41 bref0.0321013	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11133Lettace, looseled, rave10101ear0.04001044Chesse food, pastearized process, american, without di southan23.51.020.04014293Lenonade, forcen concentrate, white, prepared with water24.88.1 oz0.04011970Packes, concender, ditt, sprepared with water24.88.1 oz0.04011971Candes, maninallows501.020.02909100Line jusce, raw38jusce of 1.1me0.03811844Beets, cannel, danied solds24.31.020.03701031Chesse, spread, pasterized process, american, without di soldium28.351.020.03701031Chesse, neuchated20.011.1age0.03701031Chesse, neuchated601.1age0.03701031Chesse, nonzarelle, part skin milk, low moisture28.351.020.03101134Egg, whole, cookel, farch601.1age0.03101134Egg, whole, cookel, part-boiled52.01.1age0.03101134Egg, whole, cookel, part-boiled52.01.1age0.03101134Egg, whole, cookel, part-boiled52.01.1age0.03101340Chesse, manane, ground1.521.1age0.03101341Egg, whole, cookel, part-boiled1.521.560.03201340Chesse, manane, ground2.141.1age0.03201341Egg, whole, cookel, part-boiled1.641.640.03201340<	04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.040
01046Cheese food, pasteurized process, american, without di sodiam28.351 or0.40014230Loroode, fixeur concentrate, white, prepured with water2488 fl oz.0.040119170Cadices, concentrate, white, prepured with water501 picke of 1 line0.03910160Line juice, naw301 picke of 1 line0.03910161Cheese, spread, leained solds241 hert0.03710130Cheese, spread, pasteurized process, american, without di solium28.351 or0.03710131Egg, whole, row, fiesh28.351 or0.03710132Fgg, whole, row, fiesh28.351 or0.03710131Egg, whole, row, fiesh28.351 or0.03511345Fgg, whole, row, fiesh28.351 or0.03111345Fgg, whole, row, fiesh211 or0.03111345Egg, whole, coxied, indentific low moistare28.351 or0.03111345Egg, whole, coxied, indentific low moistare23.351 larget0.03111345Egg, whole, coxied, indentific low23.351 or0.03211345Egg, whole, coxied, indentific low23.351 or0.02611345Egg, whole, coxied, indentific low23.351 or0.03211345Egg, whole, coxied, indentific low23.351 or0.02611345Egg, whole, coxied, indentific low23.351 or0.02611345Egg, whole, coxied, indentific low <t< td=""><td>19127</td><td>Candies, milk chocolate coated raisins</td><td>10</td><td>10 pieces</td><td>0.040</td></t<>	19127	Candies, milk chocolate coated raisins	10	10 pieces	0.040
phophate photophate <	11253	Lettuce, looseleaf, raw	10	1 leaf	0.040
11917Pickles, cacumber, dill651 pickle0.03919116Cardies, marnhallows501 cup0.03909160Line juice, raw38juice of 1 line0.03810144Detes, cannel, diniel oslida241 bet0.03801043Cheses great pasteurized process, american, without di sodium28.351 oz0.03701131Fgg, whole, raw, fresh501 large0.03701031Cheses, neuf-thalel28.351 oz0.03701132Fgg, whole, raw, fresh151 bbp0.03501124Egg, whole, cackel, fried501 large0.03101125Fgg, whole, cackel, fried501 large0.03201126Egg, whole, cackel, hard-boiled501 large0.03101121Egg, whole, cockel, hard-boiled501 large0.03101214Egg, whole, cockel, hard-boiled521 fbp0.03001214Egg, whole, cockel, hard-boiled521 fbp0.03001214Egg, whole, cockel, parabolic15.21 large0.03101214Egg, whole, cockel, parabolic2.31 large0.03101215Egg, whole, cockel, hard-boiled2.31 oz0.02601316Eners, wits2.31 oz0.02601316Eners, wits2.31 oz0.02601316Eners, wits2.31 oz0.02601317Egg, whole, cockel, parabolic2.11 oz </td <td>01046</td> <td></td> <td>28.35</td> <td>1 oz</td> <td>0.040</td>	01046		28.35	1 oz	0.040
19116Candies, marshmallows50LoupLoup0.03909160Line juice, nw38juice of 1 line0.03810848Cheese, sneud, chrained solials24.01.020.03701040Cheese, sneud, chrained solials28.51.020.03701012Egg, whole, cow, fresh501.large0.03701013Cheese, neuf-thell28.351.020.03601124Egg, whole, cow, fresh151.020.03511455Pickle relish, sweet151.020.03201124Egg, whole, cow, fresh28.51.020.03201131Egg, whole, cow, fresh501.large0.03201131Egg, whole, cow, fresh3.141.large0.03201131Egg, whole, cow, fresh3.141.large0.03101134Egg, whole, cow, fresh3.141.large0.03101135Lemon juice, canned or bottled501.large0.0310114Egg, whole, cow, chard-boiled231.020.03201130Cheese, manster2.31.020.03201140Egg, whole, cow, chard-boiled2.31.020.03201141Egg, whole, cow, chard-boiled2.31.020.03201140Egg, whole, cow, chard-boiled2.31.020.03201141Egg, whole, cow, chard-boiled2.31.020.02501140Cheese, manster2.31.020.0260114	14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.040
number number number number number number 101041 Detty, number, number 38 juc, or 11 meg, or 038 101041 Detty, number,	11937	Pickles, cucumber, dill	65	1 pickle	0.039
11044Beets, canned, drained solids24I beet0.03801048Cheese, spread, pasteurized process, american, without di sodium28.35I oz0.03701123Fgg, whole, raw, fresh50I large0.03701014Cheese, metchhatel28.35I oz0.03601128Fgg, whole, raw, fresh46I large0.03501029Cheese, mozzarella, part skim milk, low moisture28.35I oz0.03401129Fgg, whole, cooked, fraid44I medunu0.03201129Fgg, whole, cooked, part skim milk, low moisture28.35I oz0.03101120Fgg, whole, cooked, part skim milk, low moisture3.34I large0.03101124Fgg, whole, cooked, part skim milk, low moisture2.3I sop0.03001124Fgg, whole, cooked, part skim3.4I large0.03101124Fgg, whole, cooked, part skim3.4I large0.03001030Cheese, murster2.3I oz0.02001040Cheese, murster2.3I oz0.02001041Cheese, murster2.4I strawberrise, name0.02601042Peeting ins, canned or bottle, unscencenced1.4I sol 2.1-oz can0.02601041Cheese, murster2.1I strawberrise, name0.02601042Cheese, murster1.5I strawberrise, name0.02601044Cheese, senamels1.0.1I spo 10.02501045Cheese, ena	19116	Candies, marshmallows	50	1 cup	0.039
01048Chees spread, pasteurized process, american, without di sodium phosphate28.351 oz0.03701012Cheese, neufchatel501 large0.03701013Cheese, neufchatel28.351 oz0.03601128Egg, whole, cooked, fried661 large0.03101020Cheese, mozarella, part skim milk, low moisture28.351 oz0.03201124Egg, whole, cooked, hard-boiled501 large0.03201124Egg, whole, cooked, hard-boiled501 large0.03101124Egg, whole, cooked, hard-boiled501 large0.03101124Egg, whole, cooked, hard-boiled501 large0.0310125Lamon juice, canado of bottlod15.21 thep0.03001300Cheese, mozarella, part skim milk, low moisture28.351 oz0.03001214Egg, whole, cooked, poached23.31 targe0.03101214Egg, whole, cooked, hard-boiled28.351 oz0.03001315Cheese, mosarel and pottlod28.351 oz0.03001316Cheese, insamon, ground28.351 oz0.02001316Strawborries, raw10.11 bep0.02501311Egg, whole, condet, oppared-from-recipe602 fl oz0.02501316Cheese, svias15.41 thep0.02501316Cheese, neutrad, fifter28.351 oz0.02401316Cheese, neutrad, fifter28.35 <td>09160</td> <td>Lime juice, raw</td> <td>38</td> <td>juice of 1 lime</td> <td>0.038</td>	09160	Lime juice, raw	38	juice of 1 lime	0.038
phosphan 50 1 large 0.037 01123 Egg, whole, raw, firsh 50 1 arge 0.036 01124 Egg, whole, cooked, fried 28.35 1 oz 0.035 01125 Pickle relish, swoet 15 1 thsp 0.035 01120 Egg, whole, cooked, hard-holied 28.35 1 oz 0.032 011210 Egg, whole, cooked, hard-holied 50 1 large 0.031 01124 Egg, whole, cooked, hoached 50 1 large 0.031 01124 Egg, whole, cooked, poached 50 1 large 0.031 01124 Egg, whole, cooked, poached 15.2 1 thsp 0.030 01124 Egg, whole, cooked, poached 28.35 1 oz 0.020 02010 Spices, cinnamon, ground 2.3 1 thsp 0.020 02010 Spices, inmensiter 28.35 1 oz 0.026 019016 Cheese, suisis 28.35 1 oz 0.026 019016 Cheese, suisis 1 stawberry	11084	Beets, canned, drained solids	24	1 beet	0.038
Dubbi Cheese, neufchatel 28.35 1 oz 0.036 01128 Egg, whole, cooked, fried 46 1 large 0.035 11945 Pickle relish, swet 15 1 sbp 0.036 01129 Egg, whole, nov, fresh 44 1 medium 0.032 01129 Egg, whole, nov, fresh 44 1 medium 0.032 01124 Egg, whole, cooked, hard-boiled 50 1 large 0.031 01124 Egg, whole, cooked, poached 15.2 1 starge 0.031 01124 Egg, whole, cooked, poached 15.2 1 strawberry 0.030 01200 Spices, cinnamon, ground 2.3 1 strawberry 0.030 01300 Cheese, menster 2.3 1 oz 0.032 01404 Cheese, neurster 28.35 1 oz 0.030 01504 Cheese, menster 28.35 1 oz 0.026 01912 Pic fillings, canned or bottled 10.1 1 bisp 0.025 19074 Cheese, serias <	01048		28.35	l oz	0.037
11128Igg, whole, cooked, fried461 large0.03511145Pickle relish, sweet151 thsp0.03510129Cheese, mozzarella, part skim milk, low moisture28.351 oz0.03201129Egg, whole, cooked, hard-boiled501 large0.03101131Egg, whole, cooked, hard-boiled501 large0.03101141Egg, whole, cooked, hard-boiled501 large0.03101142Egg, whole, cooked, hard-boiled501 large0.03101144Egg, whole, cooked, hard-boiled521 thsp0.03101145Egg, whole, cooked, hard-boiled521 thsp0.0310114Egg, whole, cooked, hard-boiled521 thsp0.0310114Egg, whole, cooked, hard-boiled15.21 thsp0.0310115Cheose, mannan, ground2.31 strawberry0.02801030Cheose, muenster28.351 oz0.02601040Cheose, naviss28.351 oz0.02619312Pic fillings, canned, apple741 ksp 10.02519074Candies, caramels10.11 picec0.02619184Cheose, nean, fat free15.41 thsp0.02501164Line piuce, canned or bottled, unswetened15.41 thsp0.02601165Cheose, near, fat free15.61 spo1 acidet0.02401056Spices, pepper, black28.351 oz0.02401057G	01123	Egg, whole, raw, fresh	50	1 large	0.037
11945 Pickle relish, swet 15 1 bbp 0.035 01029 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 0.034 01123 Egg, whole, raw, fresh 44 1 medium 0.032 01129 Egg, whole, cooked, hard-boiled 50 1 large 0.031 01124 Egg, whice, raw, fresh 33.4 1 large 0.031 01124 Egg, whice, raw, fresh 33.4 1 large 0.030 01124 Egg, whice, raw, fresh 33.4 1 large 0.030 01120 Spices, cinnamon, ground 2.3 1 tsp 0.030 01030 Cheese, numenter 28.35 1 oz 0.020 01040 Cheese, suisa 28.35 1 oz 0.026 19312 Pic fillings, cannel, apple 74 1/8 of 21-oz can 0.026 19404 Alcoholic boverage, daiguiri, prepared-from-recipe 60 2 fl oz 0.025 19404 Alcoholic boverage, daiguiri, prepared-from-recipe 15.4 1 bbp 0.025	01031	Cheese, neufchatel	28.35	1 oz	0.036
01029 Cheese, mozzarella, part skim milk, low moisture 28.35 1 oz 0.034 01123 Egg, whole, raw, fresh 44 1 medium 0.032 01130 Egg, whole, cooked, hard-boiled 50 1 large 0.031 01134 Egg, while, cooked, poached 50 1 large 0.031 01134 Egg, white, raw, fresh 33.4 1 large 0.031 01134 Egg, white, raw, fresh 33.4 1 large 0.031 01134 Egg, white, raw, fresh 33.4 1 large 0.031 01135 Lemon juice, cannel or bottled 2.3 1 tsp 0.030 01030 Spices, cinnamon, ground 28.35 1 oz 0.029 01040 Cheese, swiss 28.35 1 oz 0.026 19312 Pie filings, cannel, apple 74 1 % of 21-oz can 0.025 19044 Candies, crannels 10.1 1 tsp 0.025 19104 Lime juice, cannel or bottled, unsweetened 15.6 1 tsp 0.025 <t< td=""><td>01128</td><td>Egg, whole, cooked, fried</td><td>46</td><td>1 large</td><td>0.035</td></t<>	01128	Egg, whole, cooked, fried	46	1 large	0.035
n1123 Fgg, whole, raw, fresh 44 1 medium 0.032 01129 Egg, whole, cooked, hard-boiled 50 1 large 0.032 01131 Egg, whole, cooked, poached 50 1 large 0.031 01124 Egg, whole, cooked, poached 33.4 1 large 0.031 01124 Egg, whole, raw, fresh 33.4 1 large 0.031 01124 Egg, whole, raw, fresh 33.4 1 large 0.031 01124 Egg, whole, raw, fresh 33.4 1 large 0.031 01124 Egg, whole, raw, fresh 33.4 1 large 0.030 0112 Strawberrise, raw 2.3 1 oz 0.029 00300 Cheese, menster 28.35 1 oz 0.026 19312 Pie fillings, canned, apple 74 1.8 of 21-oz can 0.026 19266 Honey, strained or extracted 21 noz 0.025 0.025 10474 Candies, caramels 10.1 1 piece 0.025 01164 Lime juice, cana	11945	Pickle relish, sweet	15	1 tbsp	0.035
Higg, whole, cooked, hard-boiled 50 I arge 0.032 01131 Egg, whole, cooked, poached 50 I large 0.031 01124 Egg, whole, cooked, poached 33.4 I large 0.031 00113 Lemon juice, canned or bottled 15.2 I thsp 0.030 02010 Spices, cinnamon, ground 2.3 I tsp 0.030 01030 Cheese, muenster 28.35 I oz 0.029 01040 Cheese, swiss 28.35 I oz 0.020 01404 Cheese, swiss 28.35 I oz 0.026 19312 Pie fillings, canned, apple 74 I.8 of 21-oz can 0.026 19324 Honey, strained or extracted 21 I thsp 0.025 19074 Candies, caramels 10.1 I piece 0.025 19100 Candies, fudge, chocolate, meraed-from-recipe 60 2 ft oz 0.025 10100 Candies, fudge, chocolate, meraed-from-recipe 15.6 1 tbsp 0.024 01026 Spi	01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.034
Higg, whic, cooked, poached 50 I arge 0.01 01124 Egg, white, raw, fresh 33.4 I large 0.031 09153 Lemon juice, canned or bottled 15.2 I thsp 0.030 02010 Spices, cinnamon, ground 2.3 I tsp 0.030 01030 Cheese, muenster 28.35 I oz 0.029 09316 Strawberries, raw 12 I strawberry 0.026 01040 Cheese, swiss 0.027 0.026 019312 Pie fillings, canned, apple 74 1.8 of 21-oz can 0.026 19324 Pie fillings, canned, apple 74 1.8 of 21-oz can 0.025 19344 Candies, caramels 10.1 1 piece 0.025 19404 Candies, ramed or bottled, unswetchend 15.4 1 bsp 0.025 0116 Line juice, canned or bottled, unswetchend 15.4 1 bsp 0.025 0116 Cheese, corcant, fat free 15.6 1 bsp 0.025 01026 Cheese, mozarzella, whole milk </td <td>01123</td> <td>Egg, whole, raw, fresh</td> <td>44</td> <td>1 medium</td> <td>0.032</td>	01123	Egg, whole, raw, fresh	44	1 medium	0.032
Bigg, whit, raw, fresh 33.4 I large 0.031 09153 Lemon juice, canned or bottled 15.2 1 thsp 0.030 02010 Spices, cinnamon, ground 2.3 1 tsp 0.030 01030 Cheese, muenster 28.35 1 oz 0.029 00316 Strawberries, raw 12 1 strawberry 0.028 01040 Cheese, swiss 28.35 1 oz 0.026 19312 Pie filings, canned, apple 74 18 of 21-oz can 0.026 19296 Honey, strained or extracted 21 1 btsp 0.025 19074 Candies, caramels 10.1 1 piece 0.025 19074 Candies, caramels 15.4 1 thsp 0.025 0116 Lime juice, canned or bottled, unsweetneed 15.6 1 btsp 0.025 01186 Cheese, ream, fat free 15.6 1 btsp 0.024 01026 Cheese, heddar 28.35 1 oz 0.023 01026 Cheese, cheddar 28.35 <	01129	Egg, whole, cooked, hard-boiled	50	1 large	0.032
Definition Lemon jurice, canned or bottled 15.2 1 tbsp 0.030 02010 Spices, cinnamon, ground 2.3 1 tsp 0.030 01030 Cheese, muenster 28.35 1 oz 0.029 09316 Strawberries, raw 12 1 strawberry 0.028 01040 Cheese, swiss 28.35 1 oz 0.026 19312 Pie fillings, canned, apple 74 1 /8 of 21-oz can 0.026 19296 Honey, strained or extracted 21 1 tbsp 0.025 19074 Candies, caramels 10.1 1 piece 0.025 1010 Alcoholic beverage, daiquiri, prepared-from-recipe 60 2 fl oz 0.025 00161 Lime juice, canned or bottled, unsweetened 15.6 1 bsp 0.025 01166 Cheese, mozzarella, whole milk 28.35 1 oz 0.024 01026 Cheese, mozzarella, whole milk 28.35 1 oz 0.024 01026 Mustard, prepared, yellow 5 1 tsp or 1 packet 0.023	01131	Egg, whole, cooked, poached	50	1 large	0.031
O2010 Spice, cinnamon, ground 2.3 1 sp 0.30 01030 Cheese, muenster 28.35 1 oz 0.029 09316 Strawberries, raw 12 1 strawberry 0.028 01040 Cheese, swiss 28.35 1 oz 0.026 19312 Pie fillings, canned, apple 74 1/8 of 21-oz can 0.026 19296 Honey, strained or extracted 21 1 tbsp 0.025 19074 Candies, caramels 10.1 1 piece 0.025 19104 Alcoholic beverage, daiquiri, prepared-from-recipe 60 2 fl oz 0.025 00161 Lime juice, canned or bottled, unsweetened 15.4 1 tbsp 0.025 01166 Cheese, recam, fat free 15.6 1 tbsp 0.024 01026 Cheese, mozarella, whole milk 28.35 1 oz 0.024 01026 Cheese, nozzarella, whole milk 28.35 1 oz 0.023 01090 Cheese, cheddar 28.35 1 oz 0.023 11250	01124	Egg, white, raw, fresh	33.4	1 large	0.031
Number Numer Numer Numer <td>09153</td> <td>Lemon juice, canned or bottled</td> <td>15.2</td> <td>1 tbsp</td> <td>0.030</td>	09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.030
Note Strawberries, raw 12 I strawberry 0.28 01040 Cheese, swiss 28.35 1 oz 0.026 19312 Pie fillings, canned, apple 74 1.8 of 21-oz can 0.026 19264 Honey, strained or extracted 21 1 tbsp 0.025 19074 Candies, caramels 10.1 1 piece 0.025 1010 Alcoholic beverage, diajuiri, prepared-from-recipe 60 2 fl oz 0.025 0116 Lime juice, cannel or bottled, unsweetened 15.4 1 tbsp 0.025 01186 Cheese, recarn, fat free 15.6 1 tbsp 0.025 01205 Spices, pepper, black 2.1 1 tsp 0.024 01226 Cheese, mozzarella, whole milk 28.35 1 oz 0.023 01206 Cheese, cheddar 28.35 1 oz 0.023 01204 Mustard, prepared, yellow 5 1 stp or 1 packet 0.023 01204 Nacks, fruit leather, rolls 21 1 aredium leaf 0.023	02010	Spices, cinnamon, ground	2.3	1 tsp	0.030
01040 Cheese, swiss 28.35 1 oz 0.026 19312 Pie fillings, canned, apple 74 1/8 of 21-oz can 0.026 19296 Honey, strained or extracted 21 1 bsp 0.025 19074 Candies, caramels 10.1 1 piece 0.025 1010 Alcoholic beverage, diajuiri, prepared-from-recipe 60 2 fl oz 0.025 00116 Lime juice, canned or bottled, unsweetened 15.4 1 bsp 0.025 01186 Cheese, cream, fat free 15.6 1 bsp 0.025 01016 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.025 01026 Cheese, mozzarella, whole milk 28.35 1 oz 0.024 01026 Cheese, cheddar 28.35 1 oz 0.023 01026 Cheese, cheddar 28.35 1 oz 0.023 01026 Cheese, cheddar 28.35 1 oz 0.021 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 0.021 </td <td>01030</td> <td>Cheese, muenster</td> <td>28.35</td> <td>l oz</td> <td>0.029</td>	01030	Cheese, muenster	28.35	l oz	0.029
1912 Pie fulling, canned, apple 74 18 of 21-oz can 0.02 19296 Honey, strained or extracted 21 1 tbsp 0.025 19074 Candies, caramels 10.1 1 piece 0.025 14010 Alcoholic beverage, daiquiri, prepared-from-recipe 60 2 fl oz 0.025 09161 Lime juice, canned or bottled, unsweetened 15.4 1 tbsp 0.025 01186 Cheese, cream, fat free 15.6 1 tbsp 0.025 01030 Spices, pepper, black 2.1 1 piece 0.025 02030 Spices, pepper, black 2.1 1 tsp 0.024 01026 Cheese, mozzarella, whole milk 28.35 1 oz 0.023 01030 Cheese, cheddar 28.35 1 oz 0.023 01040 Cheese, cheddar 2.1 1 medium leaf 0.023 01030 Cheese, cheddar 2.8.35 1 oz 0.023 01040 Cheese, cheddar 1.0 1 large 0.021 11250	09316	Strawberries, raw	12	1 strawberry	0.028
19296 Honey, strained or extracted 21 1 bsp 0.025 19074 Candies, caramels 10.1 1 piece 0.025 14010 Alcoholic beverage, daiquiri, prepared-from-recipe 60 2 fl oz 0.025 09161 Lime juice, canned or bottled, unsweetened 15.4 1 tbsp 0.025 01186 Cheese, cream, fat free 15.6 1 tbsp 0.025 0100 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.025 01010 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.025 01020 Spices, pepper, black 2.1 1 tsp 0.024 01026 Cheese, mozzarella, whole milk 28.35 1 oz 0.023 01026 Mustard, prepared, yellow 5 1 tsp or 1 packet 0.023 0109 Cheese, cheddar 28.35 1 oz 0.023 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 0.021 112151 Garlie, raw 3 <t< td=""><td>01040</td><td>Cheese, swiss</td><td>28.35</td><td>1 oz</td><td>0.026</td></t<>	01040	Cheese, swiss	28.35	1 oz	0.026
19074Candies, caramels10.11 piece0.02514010Alcoholic beverage, daiquiri, prepared-from-recipe602 fl oz0.02509161Lime juice, canned or bottled, unsweetened15.41 tbsp0.02501186Cheese, cream, fat free15.61 tbsp0.0250100Candies, fudge, chocolate, prepared-from-recipe171 piece0.02502030Spices, pepper, black2.11 tsp0.02401026Cheese, mozzarella, whole milk28.351 oz0.02302046Mustard, prepared, yellow51 tsp or 1 packet0.02301090Cheese, cheddar28.351 oz0.02311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.02311215Garlic, raw31 clove0.02111215Garlic, raw141 slice0.02111677Shallots, raw101 tbsp0.02001142Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.02011156Cheve, raw31 oz0.020	19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	0.026
14010 Alcoholic beverage, daiquiri, prepared-from-recipe 60 2 fl oz 0.025 09161 Lime juice, canned or bottled, unsweetened 15.4 1 tbsp 0.025 01186 Cheese, cream, fat free 15.6 1 tbsp 0.025 19100 Candies, fudge, chocolate, prepared-from-recipe 17 1 piece 0.024 02030 Spices, pepper, black 2.1 1 tsp 0.024 01026 Cheese, mozzarella, whole milk 28.35 1 oz 0.023 02046 Mustard, prepared, yellow 5 1 tsp or 1 packet 0.023 01090 Cheese, cheddar 28.35 1 oz 0.023 11250 Lettuce, butterhead (includes boston and bibb types), raw 7.5 1 medium leaf 0.021 11215 Garlic, raw 3 1 clove 0.021 11282 Onions, raw 14 1 slice 0.021 11677 Shallots, raw 10 1 tbsp 0.020 01042 Cheese, pasteurized process, american, with di sodium phosphate 28.35 1 oz 0.020 11156 Chives, raw 3	19296	Honey, strained or extracted	21	1 tbsp	0.025
09161Lime juice, canned or bottled, unsweetened15.41 tbsp0.02501186Cheese, cream, fat free15.61 tbsp0.02519100Candies, fudge, chocolate, prepared-from-recipe171 piece0.02502030Spices, pepper, black2.11 tsp0.02401026Cheese, mozzarella, whole milk28.351 oz0.02402046Mustard, prepared, yellow51 tsp or 1 packet0.02301009Cheese, cheddar28.351 oz0.02311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.02319014Snacks, fruit leather, rolls211 large0.02111252Garlic, raw31 clove0.02111677Shallots, raw101 tbsp0.02001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.02011156Chives, raw31 clove0.021	19074	Candies, caramels	10.1	1 piece	0.025
DillageCheese, cream, fat free15.61 tbsp0.02519100Candies, fudge, chocolate, prepared-from-recipe171 piece0.02502030Spices, pepper, black2.11 tsp0.02401026Cheese, mozzarella, whole milk28.351 oz0.02302046Mustard, prepared, yellow51 tsp or 1 packet0.02301009Cheese, cheddar28.351 oz0.02301009Cheese, cheddar28.351 oz0.02311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.02319014Snacks, fruit leather, rolls211 large0.02111252Onions, raw141 slice0.02111677Shallots, raw101 tbsp0.02001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.02011156Chives, raw31 ltsp0.020	14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.025
19100Candies, fudge, chocolate, prepared-from-recipe171 piece0.02502030Spices, pepper, black2.11 tsp0.02401026Cheese, mozzarella, whole milk28.351 oz0.02402046Mustard, prepared, yellow51 tsp or 1 packet0.02301009Cheese, cheddar28.351 oz0.02311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.02111215Garlic, raw211 large0.02111222Onions, raw141 slice0.02111677Shallots, raw101 tbsp0.02001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.02011156Chives, raw31 tbsp0.020	09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.025
02030Spices, pepper, black2.11 tsp0.02401026Cheese, mozzarella, whole milk28.351 oz0.02402046Mustard, prepared, yellow51 tsp or 1 packet0.02301009Cheese, cheddar28.351 oz0.02311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.02319014Snacks, fruit leather, rolls211 large0.02111215Garlic, raw31 clove0.02111282Onions, raw141 slice0.02001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.02011156Chives, raw31 tbsp0.020	01186	Cheese, cream, fat free	15.6	1 tbsp	0.025
01026Cheese, mozzarella, whole milk28.351 oz0.02402046Mustard, prepared, yellow51 tsp or 1 packet0.02301009Cheese, cheddar28.351 oz0.02311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.02319014Snacks, fruit leather, rolls211 large0.02111215Garlic, raw31 clove0.02111282Onions, raw141 slice0.02111677Shallots, raw101 tbsp0.02001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.0201156Chives, raw31 tbsp0.019	19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.025
02046Mustard, prepared, yellow51 tsp or 1 packet0.02301009Cheese, cheddar28.351 oz0.02311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.02319014Snacks, fruit leather, rolls211 large0.02111215Garlic, raw31 clove0.02111282Onions, raw141 slice0.02111677Shallots, raw101 tbsp0.02001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.0201156Chives, raw31 tbsp0.029	02030	Spices, pepper, black	2.1	1 tsp	0.024
01009Cheese, cheddar28.351 oz0.02311250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.02319014Snacks, fruit leather, rolls211 large0.02111215Garlic, raw31 clove0.02111282Onions, raw141 slice0.02111677Shallots, raw101 tbsp0.02001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.0201156Chives, raw31 tbsp0.019	01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.024
11250Lettuce, butterhead (includes boston and bibb types), raw7.5I medium leaf0.02319014Snacks, fruit leather, rolls21I large0.02111215Garlic, raw3I clove0.02111282Onions, raw14I slice0.02111677Shallots, raw10I tbsp0.02001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.0201156Chives, raw0.0190.0190.019	02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.023
19014 Snacks, fruit leather, rolls 21 1 large 0.021 11215 Garlic, raw 3 1 clove 0.021 11282 Onions, raw 14 1 slice 0.021 11677 Shallots, raw 10 1 tbsp 0.020 01042 Cheese, pasteurized process, american, with di sodium phosphate 28.35 1 oz 0.020 1156 Chives, raw 3 1 tbsp 0.019	01009	Cheese, cheddar	28.35	1 oz	0.023
11215Garlic, raw31 clove0.02111282Onions, raw141 slice0.02111677Shallots, raw101 tbsp0.02001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.02011156Chives, raw31 tbsp0.019	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.023
11282 Onions, raw 14 1 slice 0.021 11677 Shallots, raw 10 1 tbsp 0.020 01042 Cheese, pasteurized process, american, with di sodium phosphate 28.35 1 oz 0.020 11156 Chives, raw 3 1 tbsp 0.019	19014	Snacks, fruit leather, rolls	21	1 large	0.021
11677Shallots, raw101 tbsp0.02001042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.02011156Chives, raw31 tbsp0.019	11215	Garlic, raw	3	1 clove	0.021
01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz0.02011156Chives, raw31 tbsp0.019	11282	Onions, raw	14	1 slice	0.021
11156 Chives, raw 3 1 tbsp 0.019	11677	Shallots, raw	10	1 tbsp	0.020
	01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.020
	11156	Chives, raw	3	1 tbsp	0.019
	02020	Spices, garlic powder	2.8	1 tsp	0.019

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02055	Horseradish, prepared	5	1 tsp	0.019
19294	Fruit butters, apple	17	1 tbsp	0.019
04133	Salad dressing, french, home recipe	14	1 tbsp	0.018
02050	Vanilla extract	4.2	1 tsp	0.018
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.016
01032	Cheese, parmesan, grated	5	1 tbsp	0.016
02045	Spices, dill weed, fresh	1	5 sprigs	0.016
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	0.015
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.015
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.015
01017	Cheese, cream	14.5	1 tbsp	0.015
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.014
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.014
02026	Spices, onion powder	2.1	1 tsp	0.014
11429	Radishes, raw	4.5	1 radish	0.014
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.012
01049	Cream, fluid, half and half	15	1 tbsp	0.012
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.011
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.010
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	0.010
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.009
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.009
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.008
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.008
01056	Cream, sour, cultured	12	1 tbsp	0.008
19297	Jams and preserves	20	1 tbsp	0.007
19300	Jellies	19	1 tbsp	0.007
01052	Cream, fluid, light whipping	15	1 tbsp	0.006
19353	Syrups, maple	20	1 tbsp	0.006
01145	Butter, without salt	14.2	1 tbsp	0.006
01001	Butter, with salt	14.2	1 tbsp	0.006
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.006
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.005
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.005
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.005
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.005
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.004
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.004
19129	Syrups, table blends, pancake	20	1 tbsp	0.004
19350	Syrups, corn, light	20	1 tbsp	0.004
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.003
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.003
19334	Sugars, brown	3.2	1 tsp	0.003

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01125	Egg, yolk, raw, fresh	16.6	1 large	0.002
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.002
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	0.002
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.002
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.001
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.001
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.001
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	0.001
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	0.001
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	4.8	1 tsp	0.001
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.001
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	0.001
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.001
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	0.000
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsp	0.000
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19107	Candies, hard	6	1 piece	0.000
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	0.000
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
14429	Water, municipal	237	8 fl oz	0.000
20027	Cornstarch	8.064	1 tbsp	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
04002	Lard	12.8	1 tbsp	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
20068	Tapioca, pearl, dry	152	1 cup	0.000
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.000
02047	Salt, table	6	1 tsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04582	Vegetable oil, canola	14	1 tbsp	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	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
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000