NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	606
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	570
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	410
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	302
01123	Egg, whole, raw, fresh	58	1 extra large	247
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	234
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	215
01132	Egg, whole, cooked, scrambled	61	1 large	215
01125	Egg, yolk, raw, fresh	16.6	1 large	213
01123	Egg, whole, raw, fresh	50	1 large	213
01129	Egg, whole, cooked, hard-boiled	50	1 large	212
01131	Egg, whole, cooked, poached	50	1 large	212
01128	Egg, whole, cooked, fried	46	1 large	211
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	200
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	197
01123	Egg, whole, raw, fresh	44	1 medium	187
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	185
11658	Spinach souffle, home-prepared	136	1 cup	184
11414	Potato salad, home-prepared	250	1 cup	170
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	150
01057	Eggnog	254	1 cup	150
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	147
21129	Fast foods, hush puppies	78	5 pieces	135
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	135
21042	Fast foods, chili con carne	253	1 cup	134
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	127
01036	Cheese, ricotta, whole milk	246	1 cup	125
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	124
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	122
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	121
15141	Crustaceans, crab, blue, canned	135	1 cup	120
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	119
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	116
21023	Breakfast items, french toast with butter	135	2 slices	116
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	114
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	111
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	111
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	110
18134	Cake, sponge, prepared from recipe	63	1 piece	107
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	106
18325	Pie, pecan, prepared from recipe	122	1 piece	106
01095	Milk, canned, condensed, sweetened	306	1 cup	104
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	103

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	103
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	103
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	102
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	100
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	98
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	97
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	94
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	93
01164	Cheese sauce, prepared from recipe	243	1 cup	92
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	90
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	90
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	88
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	88
05277	Chicken, canned, meat only, with broth	142	5 oz	88
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	88
21043	Fast foods, clams, breaded and fried	115	3/4 cup	87
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	87
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	87
21082	Fast foods, taco	263	1 large	87
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	86
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	85
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	85
05306	Poultry food products, ground turkey, cooked	82	1 patty	84
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	82
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	82
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	82
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	82
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	81
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	81
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	81
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	80
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	80
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	80
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	80
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	80
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	79

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	79
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	78
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	78
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	78
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	77
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	77
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	77
01037	Cheese, ricotta, part skim milk	246	1 cup	76
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	76
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	76
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	76
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	76
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	75
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	75
21024	Fast foods, french toast sticks	141	5 sticks	75
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	74
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	74
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	74
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	73
13348	Beef, cured, corned beef, canned	85.05	3 oz	73
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	73
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	73
11672	Potato pancakes, home-prepared	76	1 pancake	73
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	72
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	71
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	71
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	70
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	70
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	69
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	69
19089	Ice creams, vanilla, rich	74	1/2 cup	68
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	68
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	68
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	67
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	66
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	65
18327	Pie, pumpkin, prepared from recipe	155	1 piece	65
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	64

15034 10047	Finfish, haddock, cooked, dry heat			
10047		85	3 oz	63
	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	62
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	62
18120	Cake, pound, commercially prepared, butter	28	1 piece	62
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	61
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	61
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	61
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	60
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	60
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	60
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	59
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	58
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	58
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	58
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	58
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	58
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	57
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	57
21082	Fast foods, taco	171	1 small	56
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	56
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	55
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	53
20110	Noodles, egg, cooked, enriched	160	1 cup	53
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	53
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	53
18367	Waffles, plain, prepared from recipe	75	1 waffle	52
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	51
21119	Fast foods, hotdog, with chili	114	1 sandwich	51
18320	Pie, lemon meringue, commercially prepared	113	1 piece	51
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	50
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	49
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	49
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	49
18268	French toast, frozen, ready-to-heat	59	1 slice	48
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	47
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	47
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	47
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	46
07024	Frankfurter, chicken	45	1 frank	45
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	45

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	45
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	45
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	44
21118	Fast foods, hotdog, plain	98	1 sandwich	44
21074	Fast foods, enchilada, with cheese	163	1 enchilada	44
18147	Cheesecake commercially prepared	80	1 piece	44
21083	Fast foods, taco salad	198	1-1/2 cups	44
14346	Shake, fast food, chocolate	333	16 fl oz	43
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	43
22906	Chicken pot pie, frozen entree	217	1 small pie	41
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	41
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	40
05292	Turkey patties, breaded, battered, fried	64	1 patty	40
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	40
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	39
18239	Croissants, butter	57	1 croissant	38
01111	Milk shakes, thick vanilla	313	11 fl oz	38
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	37
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	37
22905	Beef stew, canned entree	232	1 cup	37
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	37
07069	Salami, cooked, beef and pork	56.7	2 slices	37
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	37
21077	Fast foods, frijoles with cheese	167	1 cup	37
14347	Shake, fast food, vanilla	333	16 fl oz	37
18023	Bread, cornbread, dry mix, prepared	60	1 piece	37
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	36
18316	Pie, coconut custard, commercially prepared	104	1 piece	36
18324	Pie, pecan, commercially prepared	113	1 piece	36
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	36
19087	Candies, confectioner's coating, white	170	1 cup	36
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	35
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	35
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	35
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	35
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	34
01077	Milk, fluid, 3.25% milkfat	244	1 cup	34
18090	Cake, boston cream pie, commercially prepared	92	1 piece	34
01110	Milk shakes, thick chocolate	300	10.6 fl oz	33
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	32
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	32
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	32

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	31
07008	Bologna, pork and beef	56.7	2 slices	31
01145	Butter, without salt	14.2	1 tbsp	31
01001	Butter, with salt	14.2	1 tbsp	31
18280	Muffins, corn, dry mix, prepared	50	1 muffin	31
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	31
18133	Cake, sponge, commercially prepared	30	1 shortcake	31
01102	Milk, chocolate, fluid, commercial,	250	1 cup	30
01009	Cheese, cheddar	28.35	1 oz	30
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	30
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	30
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	29
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	29
19095	Ice creams, vanilla	66	1/2 cup	29
15157	Mollusks, clam, mixed species, raw	85	3 oz	29
07017	Chicken roll, light meat	56.7	2 slices	28
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	28
01007	Cheese, camembert	38	1 wedge	27
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	27
01030	Cheese, muenster	28.35	l oz	27
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	27
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	27
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	27
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	27
19041	Snacks, pork skins, plain	28.35	1 oz	27
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	27
15128	Finfish, tuna salad	205	1 cup	27
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	27
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	27
01040	Cheese, swiss	28.35	1 oz	26
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	26
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	26
05286	Turkey and gravy, frozen	142	5-oz package	26
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	26
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	25
01019	Cheese, feta	28.35	1 oz	25
01013	Cheese, cottage, creamed, with fruit	226	1 cup	25
22904	Chili con carne with beans, canned entree	222	1 cup	24
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	24
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	24
07022	Frankfurter, beef	45	1 frank	24
18116	Cake, gingerbread, prepared from recipe	74	1 piece	24

Cholesterol (mg) Content of Selected Foods per C	Common Measure, sorted by nutrient content
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NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
07023	Frankfurter, beef and pork	45	1 frank	23
19270	Ice creams, chocolate	66	1/2 cup	22
07064	Pork sausage, fresh, cooked	27	1 patty	22
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	22
01026	Cheese, mozzarella, whole milk	28.35	1 oz	22
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	22
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	22
18326	Pie, pumpkin, commercially prepared	109	1 piece	22
07064	Pork sausage, fresh, cooked	26	2 links	22
01031	Cheese, neufchatel	28.35	1 oz	22
18003	Bagels, egg	89	4" bagel	21
01004	Cheese, blue	28.35	1 oz	21
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	21
01053	Cream, fluid, heavy whipping	15	1 tbsp	21
21033	Fast foods, sundae, hot fudge	158	1 sundae	21
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	21
18027	Bread, egg	40	1/2" slice	20
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	20
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	20
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	20
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	20
21015	Fast foods, danish pastry, cheese	91	1 pastry	20
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	20
21088	Tostada with guacamole	130.5	1 tostada	20
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	20
01035	Cheese, provolone	28.35	1 oz	20
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	20
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	19
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	19
21017	Fast foods, danish pastry, fruit	94	1 pastry	19
07065	Pork and beef sausage, fresh, cooked	26	2 links	18
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	18
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	18
21078	Fast foods, nachos, with cheese	113	6-8 nachos	18
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	18
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	18
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	18
06166	Sauce, homemade, white, medium	250	1 cup	18
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	18
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	17
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	17

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
18274	Muffins, blueberry, commercially prepared	57	1 muffin	17
18003	Bagels, egg	71	3-1/2" bagel	17
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	17
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	17
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	17
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	17
01052	Cream, fluid, light whipping	15	1 tbsp	17
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	16
01017	Cheese, cream	14.5	1 tbsp	16
07072	Salami, dry or hard, pork, beef	20	2 slices	16
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	16
16008	Beans, baked, canned, with franks	259	1 cup	16
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	15
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	15
18279	Muffins, corn, commercially prepared	57	1 muffin	15
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	14
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	14
21051	Entrees, pizza with pepperoni	71	1 slice	14
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	14
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	14
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	14
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	13
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	12
13350	Beef, cured, dried beef	28.35	l oz	12
04002	Lard	12.8	1 tbsp	12
18245	Danish pastry, cheese	71	1 danish	11
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	11
07027	Ham, chopped, not canned	21	2 slices	11
01097	Milk, canned, evaporated, nonfat	256	1 cup	10
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	10
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	10
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	10
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	10
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	10
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	10
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	10
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	10
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	10
11159	Coleslaw, home-prepared	120	1 cup	10
18151	Cookies, brownies, commercially prepared	56	1 brownie	10
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	10
21049	Entrees, pizza with cheese	63	1 slice	9

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	9
19088	Ice creams, vanilla, light	66	1/2 cup	9
04134	Salad dressing, home recipe, cooked	16	1 tbsp	9
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	9
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	9
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	9
8505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	9
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	9
9135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	9
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	9
1659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	8
07083	Vienna sausage, canned, beef and pork	16	1 sausage	8
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	8
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	8
9201	Puddings, vanilla, ready-to-eat	113	4 oz	8
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	8
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	8
22247	Macaroni and Cheese, canned entree	252	1 cup	8
1104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	8
9155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	7
6419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	7
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	7
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	7
8128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	7
8189	Cookies, peanut butter, prepared from recipe	20	1 cookie	6
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	6
8155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	6
9062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	6
9145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	6
07073	Sandwich spread, pork, beef	15	1 tbsp	6
8310	Pie, chocolate creme, commercially prepared	113	1 piece	6
01049	Cream, fluid, half and half	15	1 tbsp	6
01056	Cream, sour, cultured	12	1 tbsp	5
8248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	5
8165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	5
21127	Fast foods, coleslaw	99	3/4 cup	5
8184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	5
9143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	5
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	5
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	5
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	5

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	5
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	5
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	5
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	5
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	5
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	5
01094	Milk, buttermilk, dried	6.5	1 tbsp	4
19097	Sherbet, orange	74	1/2 cup	4
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	4
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	4
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	4
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	4
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	4
01032	Cheese, parmesan, grated	5	1 tbsp	4
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	4
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	4
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	4
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	4
19126	Candies, milk chocolate coated peanuts	40	10 pieces	4
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	3
19183	Puddings, chocolate, ready-to-eat	113	4 oz	3
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	3
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	3
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	3
18243	Croutons, seasoned	40	1 cup	3
04015	Salad dressing, russian, with salt	15.3	1 tbsp	3
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	3
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	3
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	3
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	3
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	3
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	3
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	2
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	2
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	2
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	2
06174	Soup, stock, fish, home-prepared	233	1 cup	2
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsp	2
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	2

19101Cardies, fadge, vanilla with mars, prepared with water151 piece141941Coosa mic, powder, prepared with water2061 serving18212Cookies, vanilla waters, lower fat28.351 oz18126Cake, shorake, biscut-type, prepared from recipe651 shorake08094Soug, union mix, delydrated, dry form391 pakete19105Biscuts, blane oblitemills, prepared from recipe6021.27 biscut19104Cardies, M&M MARS, "M&MS" Pearm Chocolate Cardies2010 pieces19105Snake, poptom, carame-to-stol, without pearnts35.21 coupie19104Cardies, M&M MARS, "M&MS" Pearm Chocolate Cardies81 coupie19105Snake, poptom, carame-to-stol, without pearnts35.21 coupie19105Cardies, M&M MARS, "M&MS" Pearm Chocolate Cardies81 coupie19104Cardies, MAM MARS, "M&MS" Pearm Chocolate Cardies91 dora19105Cardies, shorthread, commercially prepared, plain81 coupie19104Cardies, shorthread, commercially prepared, plain281 coupie19105Cardew, hite, prepared, plain11 for1 cargie19104Cardew, cheese, regular10 for1 cardew19105Cardew, cheese, regular10 for1 cardew19104Snacks, poptor, cheese-flavor15 for1 cardew19105Grave, cheese, regular11 for1 cardew19106Grave, cheese, carand, filter1 for1 cardew19	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
141441Cocoa mix, powder, prepared with water266I serving18212Cockies, vanill waters, lower in4I cockie19034Stacks, potato chips, sour crammand nom flowor28 35I shortake19044Staug, union mix, dehydrated, dry form97I packet19045Cake, shortake, bissuic-type, prepared from recipe602-12° biscuit19046Canes, Nedd MASR, 'McMa's' Bannut Chocolate Candies20Di peices19039Stacks, popeom, carane-l-coated, without peantis82.52I cap19139Cake, white, prepared from recipe without fronting74I packet19139Cake, white, prepared from recipe without fronting74I pace19139Cake, white, prepared from recipe without fronting74I pace19230Forse or, stanil, and sorte-serve23.50I depare19231Cake, white, prepared from recipe without fronting16I dup19231Cocoa mix, powder23.61I dup19241Cocoa mix, powder23.61I dup19242Cocoa mix, powder15.6I dup19243Rend crumps, dyr, grated, seasoned12.0I dup19344Cocoa mix, duvder, sensel-flowr13.14I dup19354Rend crumps, dyr, grated, seasoned12.0I dup19345Cake, shorting, chose-flowr13.14I dup19346Cocoa mix, with apartane, powder23.35I dup19345Padings, pince, rachy-to-cal13.14I dup <td>18110</td> <td>Cake, fruitcake, commercially prepared</td> <td>43</td> <td>1 piece</td> <td>2</td>	18110	Cake, fruitcake, commercially prepared	43	1 piece	2
18121Cockies, vanila water, lower fan41 cockie19043Stocks, potack opting sour-rearm and enform ferige83.501 of18126Cake, shortacke, biscut-type, prepared from recipe631 abortacke18040Soup, onion win, delydated, dry form631 packat18040Biscuts, plan or butternilk, prepared from recipe6021.27 biscut19140Cardies, M&M MARS, "M&MS" Pearu Choolate Candies2010 place66116Gravy, beer, canaed58.2514 cap611817Cockies, shorthead, commercially prepared, plain81 cockie18192Cockies, shorthead, commercially prepared, plain81 cockies18193Cake, white, prepared from recipe without frosting741 place18194Cockies, shorthead, commercially prepared, plain81 cockies18195Protern yogents, vanilla, soft-serve28.351 deap18194Cace, white, prepared from recipe without frosting741 place18195Cace, mix, proteer, quatr101 cap18194Cace, mix, uith agait anso, poly121 cap18195Disce regular1201 cap18196Cace, white, prepared from recipe with coceant frosting1344 oc18196Cace amix, with agait anso, poly124 cap19196Stacks, cortady-to-cat1344 cap19191Paddings, tpice, ready-to-cat1344 cap19192Paddings, tpice, ready-to-cat1314 cap </td <td>19104</td> <td>Candies, fudge, vanilla with nuts, prepared-from-recipe</td> <td>15</td> <td>1 piece</td> <td>2</td>	19104	Candies, fudge, vanilla with nuts, prepared-from-recipe	15	1 piece	2
1903Snacks, potatic chips, sur-recann-and-onion-flavor28.35I oz18126Cake, shortake, biscui-type, prepared from recipe65I shortake06094Soop, onion mix, dehydrated, dyform39I packet18186Bissits, plan or burnellik, prepared from recipe6021/2" biscuit19140Candies, M&M ARS, "M&M's" Peanut Chocolate Candies2010 pieces19039Stucks, poporon, cutamel-conduct, without peanuts55.2I cogh19140Candies, shortbraad, commercially prepared, plain80I cocolate18130Cake, white, prepared from recipe without frosting74I piece18130Cake, white, prepared from recipe without frosting72I piece18130Cake, shortbraad, commercially prepared, plain80I piece18130Cake, shortbraad, commercially prepared, plain80I piece18130Cake, white, prepared from recipe without frosting72I piece18131Cackes, shortbraad, commercially prepared, plain10I cocolate18132Cakes, hontbraad, play, grated, assomed10I cource18144Crackers, checker, regular10I cource18154Crackers, checker, faudure15.6I deap18154Cacker, strady-do-eat113.44 oz18165Garvy, chicken, canned10.41019169Paddings, tupioca, ready-do-eat113.44 oz18174Valdings, tupioca, ready-do-eat1134 oz18184Cack	14194	Cocoa mix, powder, prepared with water	206	1 serving	2
18126Calce, where, prepared from recipe651 shortcale06004Soup, onion mix, dehydrated, dry form391 packed18016Biscuis, plain or butternill, prepared from recipe602-1/2" biscuit19030Snocks, popeorn, cananel-coated, without pennats35.21 cup19141Canier, MAM MARS, MAMA' Pennat, Checolate Candies35.21 cup19131Fist foods, potato, nambed81 cookies19132Cookies, shortbread, commercially prepared, plain81 cup19132Cake, white, prepared from recipe without frosting741 piece19139Frozen yogurts, vanill, soft-serve721/2 cup19142Cooken six, provder28.353 heaping top19139Frozen yogurts, vanill, soft-serve11010 crackers19140Snacks, prosen, cheese-flavor1101 cup19140Snacks, prosen, cheese-flavor1101 cup19140Snacks, prosen, cheese-flavor113.44 oz19141Cace urunbs, duy, grated, seasoned10.31 oz19141Gardy, cheed, extraded, puff's or tvists, cheese-flavor28.351 oz19142Snacks, prosent, cheese-flavor113.44 oz19143Madrings, rice, rady-to-eat113.44 oz19144Cacek, white, prepared from recipe with cocourt frosting121 piece19145Natel, Stadd for sing, indian, commercial, tiet, 2 calories per teaporo, with oats, horey, and raisins1 piece19144C	18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2
60000Non, onion mix, dehydrated, dry form19191 packet18016Biscuits, plan or buttermilk, propared from recipe602-1/2" hiscuit19140Candies, M&M MARS, "M&MS" Pearut Chocolate Candies2010 pieces06116Gravy, beef, canned52.214 eup06116Gravy, beef, canned88.251/4 eup18192Cookies, shortbrad, commercially prepared, plan81 cookie18193Cake, while, prepared from recipe without frosting741 picce19234Forzen yoguts, vanilla, soft-serve28.351 de rackers19235Forzen yoguts, vanilla, soft-serve28.351 de racker19246Coccoa mix, benyder28.351 de racker19257Coccoa mix, vita paradiante, powder13.61 deracker19258Forzen yoguts, vanilla, soft-serve28.351 deracker19268Coccoa mix, vita paradiante, powder1201 coracker19376Coccoa mix, vita paradiante, powder1201 coracker19387Bracks, coro-backed, earned29.51/4 cup19398Paddings, rite, caady-to-cat113.44 oz19319Paddings, rite, caady-to-cat13.31 de cacker19310Madings, tapicca, ready-to-cat1.34 oz19319Paddings, tapicca, ready-to-cat1.34 oz19310Cacke, white, prepared from recipe with coconnt frosting11 denac19310Cacke, white, prepared from ceipe with coconnt frosting1	19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	2
18016Bisuits, plain or buiternilk, prepared from recipe602-1/2° bisuit19140Candies, M&M MARS, "M&M' Peanut Choolate Candies2010 picces19039Shacks, poporn, caramel-outed, without peanuts35.21 cap18120Coxies, shortbread, commercially prepared, plain81 coxie18139Cake, white, prepared from recipe without frosting741 piece18139Cake, white, prepared from recipe without frosting721/2 cup18141Coxea mix, powder28.353 hasping tsp18124Coxakers, cheese, regular100 crackers18134Coxea, shortbree15.61 brg18145Coxea mix, powder1201 cup18176Bread crambs, dry, grated, sensoned121 cup18176Recad, percont, cheese-flavor13.44 or18189Coxea mix, with apartame, powder13.44 or19190Snacks, corn-based, extruded, pull's or wists, cheese-flavor28.351 oz19193Pudding, rine, rady-to-cat11121 piece19194Puddings, rine, rady-to-cat13.44 or19195Snacks, corn-based, extruded, pull's or wists, cheese-flavor28.351 oz19194Candies, M&M MARS, "M&M's' Pian Chocolate Candies710 pieces19195Careal seady-to-cat, QUAKER, 100% Natural Cereal311 cup19141Candies, M&M MARS, "M&M's' Pian Chocolate Candies710 pieces19141Candies, M&M MARS, "M&M's' Pia	18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	2
19140Candies, M&M MARS, "MAM'S "Peanut Choolac Candies2010 pices19039Snacks, popern, cannel-coated, without peanuts55.21 cup06116Gravy, berf, cannel58.251 cookie19120Cokies, shorthread, commercially prepared, plain81 cookie21130Fast foods, potato, mashed741 picec19230Frazen yogurs, vanilla, soft-serve221 cookies19241Cocao mix, povide82.353 heaping tap19242Cocao mix, povider1010 crackers19243Cacke, white, prepared from recipe without frosting15.61 bpo19244Crackers, cheese, regular101 corp19445Cacea mix, notifies15.61 space19446Cocao mix, woiff a, paratom, power1312 correlope19446Cocao mix, with appartame, powder13412 correlope19457Bracks, corn-based, extrauded, puffs or twists, cheese-flavor13.44 oz19458Cacke, white, opeaned from recipe with cocount forsting1134 oz19459Pudrings, tipica, ready-to-eat1344 oz19410Cacad frim tracipe with solution forsting121 spacing tap19411Candies, M&M MARS, "M&M'S "Pain Chocolate Candies71 spacing19412Candies, M&M MARS, "M&M'S "Pain Chocolate Candies121 spacing19413Stacks, cort-based, extrauded puffs or tracips per teaspoon, with sal1 corp19414Candies, M&M MARS, "M&M'S "Pain Cho	06094	Soup, onion mix, dehydrated, dry form	39	1 packet	2
1909Snacks, popeor, caramel-coated, without peanuts15.2rep06116Gravy, beef, canned58.2514 cup18192Cookies, shorbread, commercially prepared, plain810 cookie18193Cake, white, prepared from recipe without frosting741 piece19293Frozen yogurts, vanilla, soft-serve721/2 cup19203Cocoa mix, powder28.353 hacing tsp18214Crackers, cheese, regular15.61 do crackers19040Snacks, popeorn, cheese -flavor11cup19040Snacks, popeorn, cheese -flavor12.01 cup19145Crackers, cheese, regular15.61 dog19146Cocoa mix, with aspartame, powder29.51/4 cup19159Puddings, trie, read-u-oeat13.44 oz19151Gravy, chicken, canned13.44 oz19182Puddings, trie, read-u-oeat11.34 oz19183Puddings, trie, read-u-oeat11.34 oz19184Cale, white, prepared from recipe with coconut frosting121 piece19184Caldings, trip, cal-u-o-at1.34 oz19185Puddings, trip, cal-u-o-at1.34 oz19186Cale, white, prepared from recipe with coconut frosting121 piece19181Caldings, trip, cale, du-u-o-at1.34 oz19182Caldings, trip, cale, du-u-o-at1.31 piece19184Cale, white, prepared from recipe with coconut frosting1.01 piece<	18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	2
Gravy, kerf, annel S8.25 1/4 cup   18192 Cookies, shorthread, commercially prepared, plain 8 1 cookie   18193 Fast foods, polato, mashed 80 1/3 cup   18139 Cake, white, prepared from recipe without fosting 74 1 piece   18139 Cake, white, prepared from recipe without fosting 72 1/2 cup   14102 Cocoar mix, powder 28.35 3 heaping tsp   18214 Crackers, cheese, regular 10 10 crackers   19040 Stracks, poptorn, cheese-flavor 15.6 1 tup   19040 Stracks, poptorn, cheese-flavor 10 1 cup   14196 Cocoa mix, with aspartame, powder 15 1 cup   14196 Cocoa mix, with aspartame, powder 13.4 4 oz   19139 Puddings, rice, ready-to-eat 113.4 4 oz   19141 Gravy, chicken, canned 112 1 piece   18102 Cake, white, prepared from recipe with coconal fosting 112 1 piece   18104 Cake, white, mix, chocolate, with added nutrients, powder <td< td=""><td>19140</td><td>Candies, M&amp;M MARS, "M&amp;M's" Peanut Chocolate Candies</td><td>20</td><td>10 pieces</td><td>2</td></td<>	19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	2
1812Cookies, shortbread, commercially prepared, plain8I cookie21139Fast foods, polato, mashed801/3 cup18139Cake, white, prepared from recipe without frosting741 picce19293Frozen yoguts, vanilla, soft-serve721/2 cup19214Cocoa mix, powder28.353 heaping tsp18124Crackers, cheese, regular1010 crackers19186Cheese, cream, fut free15.61 tup19040Snacks, poptom, cheese-flavor111 cup19146Cocoa mix, with aspartame, powder15.01 cup19149Cocoa mix, with aspartame, powder59.61/4 cup19130Gravy, turkey, canned59.61 dore19193Puddings, reize, ready-to-eat1134 oz19193Puddings, tapica, ready-to-eat1134 oz19182Cacke, white, prepared from recipe with cuconut frosting121 picce19184Malted drink mix, chocolate, with addel nutrients, powder231 oz19182Cacke, white, prepared from recipe with cuconut frosting121 picce19141Candies, MAM MARS, "M&MARS, "M	19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	2
Past foods, potntr, mshed801/3 cup18139Cake, white, prepared from recipe without frosting741 piece19293Frozen yogurts, vanilla, soft-serve721/2 cup18142Cackers, chees, regular1010 crackers10166Cheese, regular1010 crackers10166Cheese, regular111 cup18376Bread crumbs, dry, grated, seasoned1201 cup18376Bread crumbs, dry, grated, seasoned59.61/4 cup19400Snacks, popeom, cheese-flavor15.61 dwp19131Puddings, rice, ready-to-eat59.51/4 cup19132Puddings, rice, ready-to-eat113.44 oz19133Puddings, rice, ready-to-eat1134 oz19145Mated drink mix, chocolate, with added nutrients, powder23 heaping tsp19141Carkie, white, prepared from recipe with coconut frosting111/2 cup19141Carkie, white, prepared from recipe with acconut frosting121 beping tsp19141Carkies, Mated drink mix, chocolate, with added nutrients, powder23 heaping tsp19141Carkies, Mated Mate, TM&WS, "M&WS" Plain Chocolate Cardies710 pieces19142Salad dressing, russian, low calorie, with salt16.31 tbsp19143Salad dressing, russian, low calorie, with salt28.351 oz19144Cardies, carb2 calories per teaspoon, with salt1 oz19144Saks, tortilla chips, nacho-flavor, reduced fat	06116	Gravy, beef, canned	58.25	1/4 cup	2
NumberCalle, white, prepared from recipe without frosting741 piece19233Frozen yogurts, vanilla, soft-serve721/2 cup19244Cocoa mix, powder28.353 heaping tsp18214Crackers, cheese, regular100 crackers01186Cheese, cream, fut free15.61 btsp18214Bread crumbs, dry, grated, sesoned1201 cup18376Bread crumbs, dry, grated, sesoned59.61/4 cup16115Gravy, turkey, canned59.61/4 cup16116Gravy, turkey, canned28.351 oz19137Puddings, rice, ready-to-eat11.344 oz19138Puddings, trice, ready-to-eat11.344 oz19131Puddings, trice, ready-to-eat11.34 oz19132Puddings, trice, ready-to-eat11.34 oz19133Matted drink mix, chocolate, with added nutrients, powder21.43 heaping tsp19141Cake, white, prepared from recipe with coconut frosting11.21 piece19141Cake, white, prepared from recipe with coconut frosting1.41.419141Candies, M&MARS, "M&MAS" Plain Chocolate Candies71 opieces19142Salad dressing, russin, low calorie, with salt6.31 oz19143Salad dressing, russin, low calorie, with salt6.31 oz19144Candies, arabSalad dressing, russin, low calorie, with salt6.31 oz19144Salad dressing, russin, low calorie, with salt6.31	18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	2
Prozen yogurts, vanilla, soft-serve 72 1/2 cup   14192 Cocoa mix, powder 28.35 3 heaping tsp   18214 Crackers, cheese, regular 10 10 crackers   01186 Cheese, cream, fat free 15.6 1 tsp   19040 Snacks, popcorn, cheese-flavor 11 1 cup   19141 Cocoa mix, with aspartame, powder 59.6 1/4 cup   19152 Gravy, turkey, canned 59.5 1/4 cup   06119 Gravy, chicken, canned 59.5 1/4 cup   19138 Puddings, freie, ready-to-cat 113.4 4 oz   19108 Snacks, corn-based, extruded, puffs or twists, cheese-flavor 28.35 1 oz   19118 Puddings, faipice, ready-to-cat 113.4 4 oz   18102 Cake, white, prepared from recipe with coconat forsting 112 1 piece   18114 Candies, Ma&MARS, "M&Ms" Plain Chocolate Candies 7 10 pieces   19141 Candies, MAMARS, "M&Ms" Plain Chocolate Candies 7 10 pieces   104022 Salad dressing, russian, low calorie, with salt	21139	Fast foods, potato, mashed	80	1/3 cup	2
Harm End of the sec of the	18139	Cake, white, prepared from recipe without frosting	74	1 piece	1
1214Crackers, cheese, regular1010 crackers01186Cheese, cream, fat free15.61 tbsp19040Snacks, popcon, cheese-flavor111 cup18376Bread crumbs, dry, grated, seasoned1201 cup14196Cocoa mix, with aspartame, powder151 cup06125Gravy, turkey, canned59.61/4 cup06119Gravy, turkey, canned59.51/4 cup19130Puddings, rice, ready-to-cat113.44 oz19081Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz19131Puddings, tapicea, ready-to-cat1134 oz19142Cake, white, prepared from recipe with coconut frosting1121 piece18102Cake, white, prepared from recipe with coconut frosting11.21 piece18114Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp08218Creals ready-to-cat1.4 KER, QUAKER 100% Natural Cereal1.110 pieces19141Candies, M&M MARS, "M&M's Plain Chocolate Cradies710 pieces04021Salad dressing, russian, low calorie, with salt16.31 bsp19046Snacks, potato chips, made from dried potatoes, sour-cream and with salt10.21 oz19071Candies, curob28.351 oz19073Snacks, tortill chips, nacho-flavor, reduced fat28.351 oz19074Snacks, tortill chips, nacho-flavor, reduced fat28.351 oz19075Snack	19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	1
N186Cheese, eream, fut free15.61 thsp19040Snacks, popeorn, cheese-flavor111 cup18376Bread erumbs, dry, grated, seasoned1201 cup18187Cocoa mix, with aspartame, powder151/2 oz envelope66125Gravy, turkey, canned59.61/4 cup06119Gravy, chicken, canned59.51/4 cup19193Puddings, rice, ready-to-eat113.44 oz19088Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz19128Puddings, rajco, ready-to-eat1121 piece18120Cake, white, prepared from recipe with coconut frosting1121 piece18131Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp19141Cardies, M&M MARS, "M&MS" Plain Chocolate Candies710 pieces19142Cardies, fuedy-to-eat, OUAKER, QUAKER 100% Natural Cereal151 thsp19143Cardies, mads Morals, musian, low calorie, with salt16.31 thsp19144Cardies, cardy-to-eat, OUAKER, Succeream and onion-flavor28.351 oz19174Cardies, carob28.351 oz19175Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19174Cardies, carob28.351 oz19175Snacks, tortilla chips, nacho-flavor28.351 oz19174Cardies, carob-flavor28.351 oz19175Snacks, tortilla chips, nacho-flavor28.351 oz <td>14192</td> <td>Cocoa mix, powder</td> <td>28.35</td> <td>3 heaping tsp</td> <td>1</td>	14192	Cocoa mix, powder	28.35	3 heaping tsp	1
19400Snacks, popcorn, cheese-flavor11up18376Bread crumbs, dry, grated, seasoned1201 cup18376Cocoa mix, with aspartame, powder151/2 oz envelope06125Gravy, turkey, canned59.61/4 cup06119Gravy, chicken, canned59.51/4 cup19130Puddings, rice, ready-to-eat113.44 oz19080Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz19218Puddings, tapicca, ready-to-eat1121 piece14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp19314Carke, white, preperd from recipe with coconut frosting111 piece19414Candies, M&MARS, "M&M'S" Plain Chocolate Candies710 pieces19414Candies, M&MARS, "M&M'S" Plain Chocolate Candies11 sp19414Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 bips19414Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt1.6.31 oz19415Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt1.51 oz19414Sanacks, tortilla chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19415Sanacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19416Sanacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19417Sanacks, tortilla chips, nacho-flavor, reduced fat <td>18214</td> <td>Crackers, cheese, regular</td> <td>10</td> <td>10 crackers</td> <td>1</td>	18214	Crackers, cheese, regular	10	10 crackers	1
Brade runnbs, dry, grated, seasoned1201 cup14196Cocoa mix, with aspartame, powder151/2 oz envelope06125Gravy, turkey, canned59.61/4 cup06119Gravy, chicken, canned59.51/4 cup19193Puddings, rice, ready-to-eat113.44 oz19008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz19121Puddings, tapica, ready-to-eat1134 oz18102Cake, white, prepared from recipe with coconut fosting1121 piece18115Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp08218Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal511/2 cup19141Candies, M&M MARS, "M&Ms" Plain Chocolate Candies710 pieces04022Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt16.31 tbsp19046Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19047Candies, arob28.351 oz19048Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19049Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19058Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 hole18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11	01186	Cheese, cream, fat free	15.6	1 tbsp	1
14196Cocoa mix, with aspartame, powder1512 oz envelope06125Gravy, turkey, canned59.61/4 cup06119Gravy, chicken, canned59.51/4 cup19130Puddings, rice, ready-to-eat113.44 oz19080Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz19121Puddings, tapioca, ready-to-eat1134 oz18102Cake, white, prepared from recipe with coconut frosting1121 piece14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp08218Cereals ready-to-eat, QUAKER, QUAKER, 100% Natural Cereal511/2 cup19141Candies, M&M MARS, "M&MS" Plain Chocolate Candies710 pieces04022Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp19046Snacks, potto chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19071Candies, carab28.351 oz19075Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat </td <td>19040</td> <td>Snacks, popcorn, cheese-flavor</td> <td>11</td> <td>1 cup</td> <td>1</td>	19040	Snacks, popcorn, cheese-flavor	11	1 cup	1
Order 06125Gravy, turkey, earned59,61/4 cup06119Gravy, chicken, eanned59,51/4 cup19130Puddings, rice, ready-to-eat113,44 oz19080Snacks, com-based, extruded, puffs or twists, cheese-flavor28,351 oz19218Puddings, tapioca, ready-to-eat1134 oz18102Cake, white, prepared from recipe with coconut frosting1121 piece14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp08218Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal511/2 cup19141Candies, M&M MARS, "M&M's" Plain Chocolate Candies710 pieces04021Salad dressing, russian, low calorie, with salt16.31 dbsp04021Salad dressing, russian, low calorie, with salt16.31 oz19046Snacks, potato chips, made from dried potatoes, sour-cream and with salt28.351 oz19071Candies, stortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat151 cocokie19074Candies, caramels10.11 piece19074Candies, caramels10.11 piece19074Candies, caramels10.11 piece19075Snacks, tortilla chips, nacho-flavor28.351 cocokie<	18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1
Gravy, chicker, canned59.51/4 cu10919Gravy, chicker, candy-to-eat113.44 oz10008Snacks, corn-based, extruded, puffs or twists, cheese-flavor28.351 oz10218Puddings, tapioca, ready-to-eat1134 oz18102Cake, white, prepared from recipe with coconut frosting1121 piece14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp08218Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal511/2 cup19141Candies, M&M MARS, "M&M's" Plain Chocolate Candies710 pieces04022Salad dressing, russian, low calorie, with salt16.31 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, onion-flavor1 ca1 ca19046Snacks, tortilla chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor131 hole1819Cookies, oatmeal, commercially prepared, soft-type151 cockie19074Candies, earamels10.11 piece19074Gadies, earamels10.11 piece19074Gadies, earamels10.11 piece </td <td>14196</td> <td>Cocoa mix, with aspartame, powder</td> <td>15</td> <td>1/2 oz envelope</td> <td>1</td>	14196	Cocoa mix, with aspartame, powder	15	1/2 oz envelope	1
Puddings, rice, rady-to-eat113.44 oz1908Snacks, com-based, extruded, puffs or twists, cheese-flavor28.351 oz19218Puddings, tapioca, ready-to-eat1134 oz18102Cake, white, prepared from recipe with coconut frosting1121 piece14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp08218Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal511/2 cup19141Candies, M&M MARS, "M&M's" Plain Chocolate Candies710 pieces04022Salad dressing, russian, low calorie, with salt16.31 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 oz19046Snacks, tortilla chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19058Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 hole18179Cookies, oatmeal, commercial, soft-type151 cookie19074Candies, earamels10.11 piece19074Candies, earamels10.11 piece19074Salustitute, liquid62.751 /4 cup19074Supstitute, liquid10.21 /4 cup19074Supstitute, liquid10.11 piece19074Salustitute, liquid10.11 piece19074Salustitute, liquid10.11 piece19074Sandse	06125	Gravy, turkey, canned	59.6	1/4 cup	1
NoteNacks, corn-based, extruded, puffs or twists, cheese-flavor28.35I oz19218Puddings, tapioca, ready-to-eat1134 oz18102Cake, white, prepared from recipe with coconut frosting1121 piece14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp08218Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins511/2 cup19141Candies, M&M MARS, "M&M's" Plain Chocolate Candies710 pieces04022Salad dressing, russian, low calorie, with salt16.31 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 oz19046Snacks, potato chips, made from dried potatoes, sour-cream and onic-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19058Soughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 hole18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11 piece19074Sandes, truilla chips, nacho-flavor151 cookie19074Sag substitute, liquid62.751 /4 cup19074Egg substitute, liquid121 tbsp	06119	Gravy, chicken, canned	59.5	1/4 cup	1
19218Pudding, tapioca, ready-to-eat1134 oz18102Cake, white, prepared from recipe with coconut frosting1121 piece14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp08218Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins511/2 cup19141Candies, M&M MARS, "M&M's" Plain Chocolate Candies710 pieces04022Salad dressing, russian, low calorie, with salt16.31 thsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 thsp19046Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19047Candies, carob28.351 oz19047Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz18258Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 hole18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11 piece19075Snacks, tortilla chips, nacho-flavor151 cookie18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11 piece19075Snacks, tortilla chips, nacho-flavor2751/d cup19074Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11 piece190	19193	Puddings, rice, ready-to-eat	113.4	4 oz	1
18102Cake, white, prepared from recipe with coconut frosting112I piece14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp08218Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins511/2 cup19141Candies, M&M MARS, "M&M's" Plain Chocolate Candies710 pieces04022Salad dressing, russian, low calorie, with salt16.31 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 bsp19046Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19071Candies, carob28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor131 hole18179Cookies, oatmeal, commercially prepared, soft-type131 cookie19074Candies, caramels10.11 piece19074Eg substitute, liquid62.751/4 cup19075Sour dressing, non-butterfat, cultured, filled cream-type121 bbsp	19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	l oz	1
14315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp08218Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins511/2 cup19141Candies, M&M MARS, "M&M's" Plain Chocolate Candies710 pieces04022Salad dressing, russian, low calorie, with salt16.31 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp19046Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19071Candies, carob28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor131 hole18179Cookies, oatmeal, commercially prepared, soft-type151 cockie19074Egg substitute, liquid62.751/4 cup01038Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp	19218	Puddings, tapioca, ready-to-eat	113	4 oz	1
08218Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins511/2 cup19141Candies, M&M MARS, "M&M's" Plain Chocolate Candies710 pieces04022Salad dressing, russian, low calorie, with salt16.31 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 bsp19046Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19047Candies, carob28.351 oz19048Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz18179Cookies, oatmeal, commercially prepared, soft-type131 hole19074Gandies, caramels10.11 piece19075Egg substitute, liquid62.751/4 cup19074Su dressing, non-butterfat, cultured, filled cream-type121 tbsp	18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1
with oats, honey, and raisins19141Candies, M&M MARS, "M&M's" Plain Chocolate Candies710 pieces04022Salad dressing, russian, low calorie, with salt16.31 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp19046Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19071Candies, carob28.351 oz19057Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 hole18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Eag substitute, liquid62.751/4 cup01143Egg substitute, liquid, filled cream-type121 tbsp	14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	1
04022Salad dressing, russian, low calorie, with salt16.31 tbsp04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp19046Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19071Candies, carob28.351 oz19424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor131 tole18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11 piece01143Egg substitute, liquid62.751/4 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp	08218		51	1/2 cup	1
04021Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt151 tbsp19046Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19071Candies, carob28.351 oz19424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 hole18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11 piece01143Egg substitute, liquid62.751/4 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp	19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	1
with salt19046Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor28.351 oz19071Candies, carob28.351 oz19424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 hole18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Ganies, caramels10.11 piece01143Egg substitute, liquid62.751/4 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 thsp	04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	1
onion-flavor28.351 oz19071Candies, carob28.351 oz19424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 hole18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11 piece01143Egg substitute, liquid62.751/4 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp	04021		15	1 tbsp	1
19424Snacks, tortilla chips, nacho-flavor, reduced fat28.351 oz19057Snacks, tortilla chips, nacho-flavor28.351 oz18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 hole18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11 piece01143Egg substitute, liquid62.751/4 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp	19046		28.35	l oz	1
19057Snacks, tortilla chips, nacho-flavor28.351 oz18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 hole18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11 piece01143Egg substitute, liquid62.751/4 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp	19071	Candies, carob	28.35	1 oz	1
18255Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)131 hole18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11 piece01143Egg substitute, liquid62.751/4 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp	19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	1
18179Cookies, oatmeal, commercially prepared, soft-type151 cookie19074Candies, caramels10.11 piece01143Egg substitute, liquid62.751/4 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp	19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	1
19074Candies, caramels10.11 piece01143Egg substitute, liquid62.751/4 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp	18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	1
01143Egg substitute, liquid62.751/4 cup01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp	18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1
01058Sour dressing, non-butterfat, cultured, filled cream-type121 tbsp	19074	Candies, caramels	10.1	1 piece	1
	01143	Egg substitute, liquid	62.75	1/4 cup	1
06075Soup, beef broth or bouillon, powder, dry61 packet	01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1
	06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0
8215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0
19127	Candies, milk chocolate coated raisins	10	10 pieces	0
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and- serve)	28	1 roll	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0
18070	Bread, white, commercially prepared, toasted	22	1 slice	0
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	0
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0
9238	Peaches, canned, juice pack, solids and liquids	98	1 half	0
9250	Peaches, frozen, sliced, sweetened	250	1 cup	0
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0
09252	Pears, raw	166	1 pear	0
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0
)6067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0
09226	Papayas, raw	304	1 papaya	0
09236	Peaches, raw	170	1 cup	0
)9236	Peaches, raw	98	1 peach	0
)9226	Papayas, raw	140	1 cup	0
)9246	Peaches, dried, sulfured, uncooked	39	3 halves	0
09223	Tangerine juice, canned, sweetened	249	1 cup	0
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0
09153	Lemon juice, canned or bottled	244	1 cup	0
09152	Lemon juice, raw	47	juice of 1 lemon	0
09150	Lemons, raw, without peel	58	1 lemon	0
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0
09184	Melons, honeydew, raw	170	1 cup	0
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0
09128	Grapefruit juice, white, raw	247	1 cup	0
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0
09124	Grapefruit juice, canned, sweetened	250	1 cup	0
09123	Grapefruit juice, canned, unsweetened	247	1 cup	0
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0
09184	Melons, honeydew, raw	160	1/8 melon	0
09207	Orange juice, canned, unsweetened	249	1 cup	0
09206	Orange juice, raw	248	1 cup	0
09206	Orange juice, raw	86	juice from 1 orange	0
09200	Oranges, raw, all commercial varieties	131	1 orange	0
09200	Oranges, raw, all commercial varieties	180	1 cup	0
09193	Olives, ripe, canned (small-extra large)	22	5 large	0
09160	Lime juice, raw	38	juice of 1 lime	0
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0
09181	Melons, cantaloupe, raw	69	1/8 melon	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0
09181	Melons, cantaloupe, raw	160	1 cup	0
09176	Mangos, raw	165	1 cup	0
09176	Mangos, raw	207	1 mango	0
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0
09191	Nectarines, raw	136	1 nectarine	0
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	4.8	1 tsp	0
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0
11012	Asparagus, cooked, boiled, drained	60	4 spears	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0
04582	Vegetable oil, canola	14	1 tbsp	0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	0

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	0
1056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0
1090	Broccoli, raw	31	1 spear	0
1090	Broccoli, raw	88	1 cup	0
1087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0
1084	Beets, canned, drained solids	170	1 cup	0
11084	Beets, canned, drained solids	24	1 beet	0
1081	Beets, cooked, boiled, drained	50	1 beet	0
11015	Asparagus, canned, drained solids	72	4 spears	0
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	0
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0
1043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0
1040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0
11028	Bamboo shoots, canned, drained solids	131	1 cup	0
1081	Beets, cooked, boiled, drained	170	1 cup	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0
04133	Salad dressing, french, home recipe	14	1 tbsp	0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0
)9279	Plums, raw	66	1 plum	0
)9278	Plantains, cooked	154	1 cup	0
)9292	Prunes, dried, stewed, without added sugar	248	1 cup	0
9273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0
)9294	Prune juice, canned	256	1 cup	0
9270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0
9268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0
9268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0
9266	Pineapple, raw	155	1 cup	0
9257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0
9257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0
9277	Plantains, raw	179	1 medium	0
9316	Strawberries, raw	18	1 strawberry	0
09404	Grapefruit juice, pink, raw	247	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0
09340	Pears, asian, raw	275	1 pear	0
09340	Pears, asian, raw	122	1 pear	0
09326	Watermelon, raw	152	1 cup	0
09326	Watermelon, raw	286	1 wedge	0
09291	Prunes, dried, uncooked	42	5 prunes	0
09316	Strawberries, raw	12	1 strawberry	0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0
09316	Strawberries, raw	166	1 cup	0
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0
09306	Raspberries, frozen, red, sweetened	250	1 cup	0
09302	Raspberries, raw	123	1 cup	0
09298	Raisins, seedless	14	1 packet	0
09298	Raisins, seedless	145	1 cup	0
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	0
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
02028	Spices, paprika	2.1	1 tsp	0
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0
02045	Spices, dill weed, fresh	1	5 sprigs	0
02007	Spices, celery seed	2	1 tsp	0
02009	Spices, chili powder	2.6	1 tsp	0
02030	Spices, pepper, black	2.1	1 tsp	0
02029	Spices, parsley, dried	1.3	1 tbsp	0
02047	Salt, table	6	1 tsp	0
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0
02048	Vinegar, cider	15	1 tbsp	0
02027	Spices, oregano, ground	1.5	1 tsp	0
02010	Spices, cinnamon, ground	2.3	1 tsp	0
02015	Spices, curry powder	2	1 tsp	0
02020	Spices, garlic powder	2.8	1 tsp	0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0
02026	Spices, onion powder	2.1	1 tsp	0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S, ALL-BRAN Original	30	1/2 cup	0
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0
02055	Horseradish, prepared	5	1 tsp	0
02050	Vanilla extract	4.2	1 tsp	0
01124	Egg, white, raw, fresh	33.4	1 large	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09021	Apricots, raw	35	1 apricot	0
09040	Bananas, raw	118	1 banana	0
09040	Bananas, raw	150	1 cup	0
09039	Avocados, raw, Florida	28.35	1 oz	0
09038	Avocados, raw, California	28.35	1 oz	0
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0
09055	Blueberries, frozen, sweetened	230	1 cup	0
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0
09011	Apples, dried, sulfured, uncooked	32	5 rings	0
09004	Apples, raw, without skin	110	1 cup	0
09003	Apples, raw, with skin	138	1 apple	0
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0
09081	Cranberry sauce, canned, sweetened	57	1 slice	0
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0
09094	Figs, dried, uncooked	38	2 figs	0
06121	Gravy, mushroom, canned	59.6	1/4 cup	0
09087	Dates, domestic, natural and dry	178	1 cup	0
09042	Blackberries, raw	144	1 cup	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0
09050	Blueberries, raw	145	1 cup	0
01069	Cream substitute, powdered	2	1 tsp	0
09070	Cherries, sweet, raw	68	10 cherries	0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0
09060	Carambola, (starfruit), raw	108	1 cup	0
09060	Carambola, (starfruit), raw	91	1 fruit	0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0
09087	Dates, domestic, natural and dry	41.5	5 dates	0
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	0
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	0
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0

Cholesterol (mg) Content of Selected Foods per Common Measure, sorted by nutrient content
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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06150	Sauce, barbecue sauce	15.75	1 tbsp	0
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	0
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	0
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	0
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0
01072	Dessert topping, pressurized	4	1 tbsp	0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0
18177	Cookies, molasses	15	1 cookie, medium	0
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4'	0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0
18170	Cookies, fig bars	16	1 cookie	0
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0
18053	Bread, reduced-calorie, rye	23	1 slice	0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18226	Crackers, rye, wafers, plain	11	1 wafer	0
18086	Cake, angelfood, commercially prepared	28	1 piece	0
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0
18064	Bread, wheat (includes wheat berry)	25	1 slice	0
18061	Bread, rye, toasted	24	1 slice	0
18060	Bread, rye	32	1 slice	0
18057	Bread, reduced-calorie, white	23	1 slice	0
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0
18306	Pie, blueberry, prepared from recipe	147	1 piece	0
11677	Shallots, raw	10	1 tbsp	0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0
18360	Taco shells, baked	13.3	1 medium	0
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0
18353	Rolls, hard (includes kaiser)	57	1 roll	0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0
18319	Pie, fried pies, fruit	128	1 pie	0
18217	Crackers, matzo, plain	28.35	1 matzo	0
18308	Pie, cherry, commercially prepared	117	1 piece	0
18220	Crackers, melba toast, plain	20	4 pieces	0
18305	Pie, blueberry, commercially prepared	117	1 piece	0
18302	Pie, apple, prepared from recipe	155	1 piece	0
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0
18283	Muffins, oat bran	57	1 muffin	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0
18235	Crackers, whole-wheat	16	4 crackers	0
18232	Crackers, wheat, regular	8	4 crackers	0
18229	Crackers, standard snack-type, regular	12	4 crackers	0
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0
18048	Bread, raisin, toasted, enriched	24	1 slice	0
18309	Pie, cherry, prepared from recipe	180	1 piece	0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
6098	Peanut butter, smooth style, with salt	16	1 tbsp	0
6097	Peanut butter, chunk style, with salt	16	1 tbsp	0
6090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0
6089	Peanuts, all types, oil-roasted, with salt	28.35	l oz	0
6086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0
6073	Lima beans, large, mature seeds, canned	241	1 cup	0
6072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0
6070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0
6064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0
8055	Bread, reduced-calorie, wheat	23	1 slice	0
6058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0
6123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0
6055	Carob flour	8	1 tbsp	0
6051	Beans, white, mature seeds, canned	262	1 cup	0
6043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0
6038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0
6034	Beans, kidney, red, mature seeds, canned	256	1 cup	0
6033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0
6025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0
6015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0
6006	Beans, baked, canned, plain or vegetarian	254	1 cup	0
4551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
4550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
6063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0
8025	Bread, cracked-wheat	25	1 slice	0
8047	Bread, raisin, enriched	26	1 slice	0
8045	Bread, pumpernickel, toasted	29	1 slice	0
8044	Bread, pumpernickel	32	1 slice	0
8041	Bread, pita, white, enriched	28	4" pita	0
8041	Bread, pita, white, enriched	60	6-1/2" pita	0
8040	Bread, oatmeal, toasted	25	1 slice	0
8039	Bread, oatmeal	27	1 slice	0
8036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0
8035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0
8033	Bread, italian	20	1 slice	0
8031	Bread, indian (navajo) fry	160	10-1/2" bread	0
6112	Miso	68.75	1 cup	0
8029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0
6120	Soy milk, fluid	245	1 cup	0
8015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0
8013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0
8005	Bagels, cinnamon-raisin	89	4" bagel	0
8005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0
16158	Hummus, commercial	14	1 tbsp	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0
18031	Bread, indian (navajo) fry	90	5" bread	0
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0
20020	Cornmeal, whole-grain, yellow	122	1 cup	0
20013	Bulgur, cooked	182	1 cup	0
20012	Bulgur, dry	140	1 cup	0
20011	Buckwheat flour, whole-groat	120	1 cup	0
20010	Buckwheat groats, roasted, cooked	168	1 cup	0
20006	Barley, pearled, cooked	157	1 cup	0
20005	Barley, pearled, raw	200	1 cup	0
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0
19297	Jams and preserves	20	1 tbsp	0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0
20029	Couscous, cooked	157	1 cup	0
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0
19353	Syrups, maple	20	1 tbsp	0
19350	Syrups, corn, light	20	1 tbsp	0
19336	Sugars, powdered	8	1 tbsp	0
19335	Sugars, granulated	4.2	1 tsp	0
19334	Sugars, brown	3.2	1 tsp	0
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	0
19305	Molasses, blackstrap	20	1 tbsp	0
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0
20113	Noodles, chinese, chow mein	45	1 cup	0
20100	Macaroni, cooked, enriched	140	1 cup	0
20089	Wild rice, cooked	164	1 cup	0
20084	Wheat flour, white, cake, enriched	137	1 cup	0
20027	Cornstarch	8.064	1 tbsp	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0
20028	Couscous, dry	173	1 cup	0
20080	Wheat flour, whole-grain	120	1 cup	0
20068	Tapioca, pearl, dry	152	1 cup	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0
20037	Rice, brown, long-grain, cooked	195	1 cup	0
20034	Oat bran, cooked	219	1 cup	0
20033	Oat bran, raw	94	1 cup	0
19296	Honey, strained or extracted	21	1 tbsp	0
20083	Wheat flour, white, bread, enriched	137	1 cup	0
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0
19036	Snacks, popcorn, cakes	10	1 cake	0
19035	Snacks, popcorn, oil-popped	11	1 cup	0
19034	Snacks, popcorn, air-popped	8	1 cup	0
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0
19014	Snacks, fruit leather, rolls	21	1 large	0
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0
19300	Jellies	19	1 tbsp	0
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0
18444	Pie, fried pies, cherry	128	1 pie	0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0
18373	Leavening agents, cream of tartar	3	1 tsp	0

1872Leavening agents, baking powder, double-acting, straight phophata4.61 pp1871Leavening agents, baking powder, double-acting, straight phophata8.351 lap19003Sacks, con-based, chunder, dipin, phain28.350 large19108Candes, jellybeans28.350 large19234Le avorlins, supple1162 cap19235Le avorlins, indian, resnaram-prepared1162 cap19236Forscring, vanila, carvan, ready-to-ant8112 package19236Forscring, vanila, carvan, ready-to-ant8112 package19237Forsdring, chocolast, carcany, ready-to-ant812 cap19238Caudia deserts, dy max, reducet calors, with agartame, prepared172 cap19239Forsdring, chocolast, carcany, ready-to-ant81 lap19239Caudia deserts, dy max, reducet calors, with agartame, prepared172 cap19330Caudia, deserts, dy max, reducet calors, with agartame, prepared10 lap2 cap19330Caudia, deserts, dy max, reducet calors, with agartame, prepared10 lap2 cap19330Caudia, deserts, dy max, reducet calors, with agartame, prepared10 lap1 lap19330Caudia, deserts, dy max, reducet calors, with agartame, prepared10 cap1 lap19330Caudia, deserts, dy max, reducet calors, with agartame, prepared10 cap1 lap19331Caudia, deserts, dy max, reducet calors, with agartame, prepared2 cap1 lap19331Caudia, scattame, dy max, re	NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
18370Lavering agents, baking powder, double-acting, straight phosphate4.61 ps19000Sinceks, corn-based, extuded, chips, plain28.3510 large19108Candies, jellybeans28.3510 large19238Firstourds, paph591547 (2 fl oc)192381Le novelies, pap591547 (2 fl oc)192381Le novelies, paph1161.2 cap192381Le novelies, ruit and juice bars781/12 package192302Frostings, chocolate, creamy, randy-to-eat381/12 package192303Fostings, chocolate, creamy, randy-to-eat381.2 cap19335Gelatin desserts, dy mix, paperad with water1351.2 cap191364Gelatin desserts, dy mix, paperad with water3151.2 cap191375Gelatin desserts, dy mix, paperad with water3151.2 cap191385Candies, MAM MARS, STARBURST Fruit Chews51.0 car191496Candies, pande from dried potatoes, light28.351.0 car191496Candies, bardd6010 pretzels191497Sacks, potzto Sign, and from dried potatoes, light28.351.0 car191498Sanks, spatch jelly pieces2210 beans191699Candies, manhanalows2210 beans191090Candies, garndops, starch jelly piece28.351.0 car191091Candies, starl mix, topical28.351.0 car191092Candies, starl mix, topical28.351.0 cap <trr< tr="">191093<!--</td--><td>18372</td><td>Leavening agents, baking soda</td><td>4.6</td><td>1 tsp</td><td>0</td></trr<>	18372	Leavening agents, baking soda	4.6	1 tsp	0
9903Snacks, com-based, extraded, chips, plain28.351 oz19108Cancies, julylycasa's28.3510 large19294Fruit buters, apple171 dbsp19283Lea novelius, ipp9011612 cup19284Lea novelius, inlian, restaurant-prepared11612 cup19285Frooring, vanil, creating ready-to-eat381/12 package19266Frooring, chocolate, creamy, ready-to-eat381/12 package19276Celatin dessers, dry mix, ready-to-eat381/2 cup19177Celatin dessers, dry mix, ready-to-eat381/2 cup19178Celatin dessers, dry mix, ready-to-eat381/2 cup19178Celatin dessers, dry mix, ready-to-eat381/2 cup19179Candier, MARM ARLS, STARBURST Fruit Chews51 prece19180Candier, MARM ARLS, STARBURST Fruit Chews51 cup19191Candier, markmaltows901 cup19192Syntys, tubb blands, pancake201 cup19043Saacks, potato chips, made from driep otatoes, light31 cup19045Candies, markmaltows601 cup19046Candies, marknep lety pieces2210 beans19047Candies, gamdorps, starch jelly pieces23.51 cup19048Candies, gamdorps, starch jelly pieces23.51 cup19050Gadies, trail mix, tropical1401 cup19071Baking chocolate, unsweetned, liquid23.51 cup<	18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0
19108.Candies, isplyeas28.3510 large19294.Fruit butters, apple171.bap (2.1 o.2)19283.Ice novelties, intila, restaurant-prepared1161.2 cup19263.Forein juice novelties, fruit and juice bars.771.bar (2.5 fl o.2)19263.Frostings, vanilla, creatury, ready-to-eatt881/12 package19273.Fotsings, vanilla, creatury, ready-to-eatt881/12 package19274.Fotsings, chucolate, creatury, ready-to-eatt1351.2 cup19175.Geltait desserts, dry mix, prepared with water1351.2 cup19175.Geltait desserts, dry mix, prepared with water5.41.bap19176.Candies, Mard MARS, STARBURST Fruit Chews5.41.bap19186.Candies, pards5.01.oc191975.Snacks, pretzels, hard, plain, saled6.01.or191976.Candies, mardom, made from dried potatoes, light28.351.od191076.Candies, pardomops, starch jelly pieces2.21.madfuna191076.Candies, guandrops, starch jelly pieces2.21.madfuna191086.Candies, guandrops, starch jelly pieces28.351.ou191087Baking chocolax, unsweetened, iquid28.351.ou191088Starde, bachda, unsweetened, iquid28.351.ou191089Candies, guandrops, starch jelly pieces28.351.ou191080Candies, guandrops, starch jelly pieces28.351.ou191080Starde, hordied, mater, dr	18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
19294Function171 thep19283le novelher, spinlan, restant-prepared59lo ar (2 fl oz)19284le novelher, stinlan, restant-prepared11612 cup19285Frostings, romlia, arcamy, ready-to-eat381/12 package19280Frostings, checolate, creamy, ready-to-eat381/12 package19281Gelatin desserts, dy mix, reduced calorie, with aspartame, prepared171/2 cup19780Gelatin desserts, dy mix, reduced calorie, with aspartame, prepared171/2 cup19713Gelatin desserts, dy mix, prepared with water351 fore19714Caditar, desserts, dy mix, prepared with water361 dipace19715Coca, dy powder, unswerened201 dipace19714Caditar, anashmallow28.301 cup19715Saacks, potac chiny, made from died potatore, fight8.351 oz19716Cadies, marchallows61 prece19717Cadies, paradring pister22.001 bears19718Cadies, gandrops, starb jelly pieces421 medium19704Cadies, gundrops, starb jelly pieces7410 worms19705Cadies, gundrops, starb jelly pieces28.551 oz19706Gadies, gundrops, starb jelly pieces28.551 oz19707Baking checolar, unsweetened, spures28.551 square19708Baking checolar, unsweetened, spures28.551 square19709Baking checolar, unsweetened, spures28.55	19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0
1928.3le novelies, inlian, restauran-prepared59l bar (2 nor)1928.4le novelies, inlian, restauran-prepared116l.2 cup.1926.30Frozen juice novelies, fruit and juice bars77l bar (2 sup.1926.30Frozings, vanil, conventies, fruit and juice bars38l/12 package1926.40Frozings, vanil, conventies, with aspartame, prepared38l/12 package1927.50Gelatin desserts, dry mix, prepared with water135l cup.1917.50Galatin desserts, dry mix, prepared with water135l picec1917.50Cadatin, MAM ARS, STARRURST Fruit Chews5l picec1919.50Candies, MAM ARS, STARRURST Fruit Chews50l cup.1919.50Candies, Mand ARS, STARRURST Fruit Chews60l picec1919.50Candies, Mand ARS, STARRURST Fruit Chews6l picec1919.50Candies, Mand Arson6l picec1919.50Candies, Mard6l picec1919.50Candies, parachys, starch jelly pices22l bars1910.50Candies, guandrops, starch jelly pices24.53l ocur1910.50Candies, guandrops, starch jelly pices28.55l square1910.50Gandes, guandrops, starch jelly pices28.55l square1910.50Sancks, totalin, chips, plain28.35l oc1910.50Sancks, totalin, chips, plain28.35l oc1910.50Sancks, totalin, chips, plain28.35l oc1910.50Sancks, totalin, chips, p	19108	Candies, jellybeans	28.35	10 large	0
19281lee novelties, fuil and, juice bars16l /2 cup19283Frozen juice novelties, fuil and juice bars77l kar (2.51 or)19284Frostings, consults, creamy, ready-to-cat38l/2 package19175Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared17l/2 cup19176Gelatin desserts, dry mix, requeed calorie, with aspartame, prepared17l/2 cup19178Golain desserts, dry mix, requeed calorie, with aspartame, prepared17l/2 cup19184Cocoa, dry powder, unsweetened54l tubp19195Cocoa, dry powder, unsweetened28.35l oze19196Condies, Mark MARS, STARBURST Froit Chews50l oze19116Candies, marshmaltows60l oze19117Candies, marshmaltows61l oze19108Candies, marshmaltows22l ozen19109Candies, guardrops, starch jelly pieces24l ozen19106Candies, guardrops, starch jelly pieces28.35l ozen19106Candies, guardrops, starch jelly pieces28.35l ozen19107Baking chocolate, unsweetened, liquid28.35l ozen19108Sanko, toritul chips, plain28.35l ozen19109Sanko, toritul chips, plain28.35l ozen19109Sanko, toritul chips, plain28.35l ozen19109Sanko, toritul chips, plain28.35l ozen19119Sanko, toritul chips, plain21.05l ozen <tr< td=""><td>19294</td><td>Fruit butters, apple</td><td>17</td><td>1 tbsp</td><td>0</td></tr<>	19294	Fruit butters, apple	17	1 tbsp	0
1923aFrozen juice novelties, fruit and juice bars77I bar (2.5 fl oz)1923bFrostings, vanilla, creany, ready-to-eat381/12 package1923cFrostings, chocolate, creany, ready-to-eat381/12 package1923cGaltin desserts, dry mix, reduced calorie, with aspartame, prepared11712 cup1917aGaltin desserts, dry mix, repared with water13512 cup1917bCondits (M&M AKS, STARBURST Fruit Chews51 piece1919bCondies, markmalmal (MARS, STARBURST Fruit Chews51 oz1919cSyrups, table blends, pancake201 thsp1919cSancks, potta chips, made from dried potatoes, light28.351 oz19047Sancks, potta chips, made from dried potatoes, light31 small piece19106Candies, markmalhows61 piece19107Candies, markmalhows2210 bears19108Candies, gandrops, starch jelly pieces24.31 our19109Candies, gandrops, starch jelly pieces24.31 our19106Candies, gandrops, starch jelly pieces24.31 oz19077Baking chocolate, unsweetened, liquid28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19078Baking chocolate,	19283	Ice novelties, pop	59	1 bar (2 fl oz)	0
19236Frostings, vanilla, creamy, ready-to-eat381/12 package19226Frostings, chocolate, creamy, ready-to-eat381/12 package19236Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared1171/2 cup19173Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared1171/2 cup19173Gelatin desserts, dry mix, ready-to-eat1551/2 cup19165Cocoa, dry powder, unswetened5.41 piece19195Candies, MaxIMARS, STARBURST Fruit Chews201 thsp19104Candies, maxIbmailows501 operaces19105Candies, sprateke, band, plain, salted61 piece19104Candies, sprateke, hand, plain, salted61 piece19105Candies, gumdrops, starch jelly pieces221 bears19106Candies, gumdrops, starch jelly pieces2410 worms19106Candies, gumdrops, starch jelly pieces28.351 square19007Baking chocolate, unsweetened, upures28.351 square19078Baking chocolate, unsweetened, upures28.351 oz19085Snacks, trait inix, tropcical1401 sup19086Snacks, trait inix, tropcical1701 dup19087Baking chocolate, unsweetened, liquid28.351 oz19088Snacks, trait inix, tropcical1601 cup19089Snacks, trait inix, tropcical1601 cup19184Onions, raw1611 cup <t< td=""><td>19281</td><td>Ice novelties, italian, restaurant-prepared</td><td>116</td><td>1/2 cup</td><td>0</td></t<>	19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0
19226Frosting, chocolat, cramy, redy-to-cat381/12 package19176Gelain desserts, dry mix, reduced calorie, with aspartame, prepared1171/2 cup19173Gelain desserts, dry mix, prepared with water1351/2 cup19174Gelain desserts, dry mix, prepared with water1351/2 cup19175Gocoa, dry powder, unsweetened5.41 thsp19176Candies, MAX MARS, STARBURST Fruit Chews51 picce19186Sancks, potta ching, made from drid potatoes, light28.351 oz19116Candies, marshmallows601 picce19107Candies, hard, pain, salted601 picce19107Candies, partsching, starch jelly picces4.21 medium19106Candies, gumdrops, starch jelly picces22.10 bears19106Candies, gumdrops, starch jelly picces28.351 oz19078Baking chocolate, unsweetened, squares28.351 oz19079Baking chocolate, unsweetened, squares23.51 oz19075Baking chocolate, unsweetened, squares23.51 oz19075Baking chocolate, unsweetened, squares361 oz19075Baking chocolate, unsweetened, squares23.51 oz19076Sancks, trail mix, tropical1401 cup19075Baking chocolate, unsweetened, squares23.51 oz19076Sancks, trail mix, tropical151 thsp19075Baking chocolate, unsweetened, squares1601 cup <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</td>	19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0
1917aGelalia desserts, dry mix, reduced calorie, with sapartame, prepared171/2 cup1917aGelaia desserts, dry mix, prepared with water1512 cup19185Coca, dry powder, unsweetened541 hisp191950Candies, MAM MARS, STARBURST Fruit Chews51 pice191950Sancks, portato chips, mache from dried potatoes, light28.351 oz190401Sancks, portato chips, mache from dried potatoes, light8.351 oz190402Candies, marshmallows601 eup190403Candies, marshmallows311 medica190404Candies, marshmallows221 medica190405Candies, guardrops, starch jelly pices241 medica190406Candies, guardrops, starch jelly pices740 overns190406Candies, guardrops, starch jelly pices28.351 oz190407Baking chocolatc, unsweetened, squares28.351 oz190408Baking chocolatc, unsweetened, liquid28.351 oz190419Sancks, trail mix, tropical28.351 oz19052Sancks, trail mix, tropical2101 sup19053Sancks, trailing, planin211 sup19054Sancks, trailing, reduced-calorier161 cup19054Sancks, trailing, frazen, cooked, boiled, drained, without sati101 cup19054Sancks, trailing, reduced-soloifer161 cup19055Sancks, trail mix, tropical161 cup19056 <td< td=""><td>19230</td><td>Frostings, vanilla, creamy, ready-to-eat</td><td>38</td><td>1/12 package</td><td>0</td></td<>	19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0
with water   191730 Gelatin desserts, dry mix, prepared with water 135 1/2 equ   19165 Cocea, dry powder, masweetened 5.4 1 bip   19150 Candies, M&MARS, STARBURST Fruit Chews 5.4 1 pice   19120 Syrups, table blends, pancake 28.35 1 oz   19140 Candies, marshmallows 6.0 1 opretels   19147 Stacks, pretacle, hard, plain, safted 6.0 1 small pice   19107 Candies, pard 1 and pice 1 and pice   19107 Candies, guandrops, starch jelly pices 2 and 1 pice   19108 Candies, guandrops, starch jelly pices 2 and 1 opretain   19109 Candies, guandrops, starch jelly pices 2 and 1 opretain   19106 Candies, guandrops, starch jelly pices 2 and 1 opretain   19107 Baking chocolate, unsweetened, squares 2 and 1 opretain   19108 Baking chocolate, unsweetened, squares 2 and 1 opretain   19109 Sanaks, tori lan chips, plain 2 and 2 and	19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0
19164Cook, dy powder, unsweetened5.41 shep19155Candies, MARAS, STARBURST Fruit Chews5.41 pice19174Strups, table blends, panack201 dsp19045Snacks, potato-chips, made from dried potatoes, light2.31 oz19046Snacks, potato-chips, made from dried potatoes, light5.41 oup19174Snacks, pretzels, hard, plain, salted61 oup19175Candies, marshnallow61 small picec19176Candies, gundrops, starch jelly pices2.41 medium19176Candies, gundrops, starch jelly pices2.41 our19186Candies, gundrops, starch jelly pices2.41 ours19187Candies, gundrops, starch jelly pices2.41 ours19186Candies, gundrops, starch jelly pices2.41 ours19187Baking chocolate, unsweetend, squares2.81 ours19080Sacks, tortilla chips, plain2.8.31 ours19071Baking chocolate, unsweetend, liquid2.8.31 our19182Sacks, tortilla chips, plain2.8.31 our19184Synps, table blends, pancake, reduced-calorie161 cup19184Paes, gene, canned, regular pack, drained, without salt101 cup19185Paes, dible-podded, frozen, coekd, boiled, drained, without salt101 cup19184Paes, dible-podded, frozen, coekd, boiled, drained, without salt1 our1 cup19185Paes, dible-podded, frozen, coekd, boiled	19176		117	1/2 cup	0
1916Candies, MARS, STARBURST Fruit Chews5119129Syrups, table blends, pancake20119145Snacks, potato chips, made from dried potatoes, light28.35119166Candies, marshmallows50119177Candies, marshmallows601019187Snacks, pretzels, hard, plain, salted6010191970Candies, hard61191070Candies, gundrops, starch jelly pieces4.21191060Candies, gundrops, starch jelly pieces741019071Baking chocolate, unsweetende, squares28.35119080Candies, gundrops, starch jelly pieces168119071Baking chocolate, unsweetende, squares28.35119081Snacks, trail mix, tropical140119082Snacks, trail mix, tropical15119084Snacks, trail mix, tropical15119185Syrups, table blends, pancake, reduced-calorie160119184Peas, etande, regular pack, drained solids100119185Party, table blends, pancake, reduced-calorie15119184Peas, etalbe-podded, frozen, cooked, boiled, drained, without salt160119185Peas, etalbe-podded, frozen, cooked, boiled, drained, without salt160119185Peas, etalbe-podded, parfied, frozen, prepared, heated in oven16119184Onion rings, breaded, par fried, frozen, prepared, heated in oven16	19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0
19192Syrups, table blends, pancake20I they19045Snacks, potato chips, made from dried potatoes, light28.351 oz19116Candies, marshmallows501 cup19047Snacks, pretzels, hard, plain, salted6010 pretzels19107Candies, hard31 small piece19107Candies, gundrops, starch jelly pieces221 medium19106Candies, gundrops, starch jelly pieces2210 bears19106Candies, gundrops, starch jelly pieces7410 vorms19107Baking chocolate, unsweetend, squares28.351 square19077Baking chocolate, unsweetend, liquid28.351 oz19078Snacks, trill nix, tropical24.351 oz19079Snacks, trill nix, tropical28.351 oz19074Snacks, trill nix, tropical21.01 cup19075Snacks, trill nix, tropical1401 cup19076Snacks, trill nix, tropical1 stip19077Snacks, trill nix, tropical1 stip19078Snacks, trill nix, tropical1 cup19079Snacks, trill nix, tropical1 cup19070Snacks, trill nix, tropical1 cup19180Syrups, table blends, pancake, reduced-calorie1 stip19181Syrups, table blends, drained, without salt1601 cup111301Peas, edible-podded, fozen, cooked, boiled, drained, without salt1601 cup112170Parsley, caw101 cup </td <td>19165</td> <td>Cocoa, dry powder, unsweetened</td> <td>5.4</td> <td>1 tbsp</td> <td>0</td>	19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0
Nucle DescriptionNucle Description28.35Loc19116Candies, marshmallows501 cup19107Snacks, pretzels, hard, plain, salted6010 pretzels19107Candies, hard31 small piece19107Candies, hard61 piece19106Candies, gundrops, starch jelly pieces2210 bears19106Candies, gundrops, starch jelly pieces7410 worms19080Candies, gundrops, starch jelly pieces7410 worms19080Candies, gundrops, starch jelly pieces28.351 oz19081Snacks, trail mix, tropical1401 cup19082Sracks, trail mix, tropical28.351 oz19084Snacks, trail mix, tropical28.351 oz19085Snacks, trail mix, tropical1401 cup19086Snacks, trail mix, tropical151 dup19182Onions, raw141 slice11330Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11331Peas, edible-podded, frozen, ecoked, boiled, drained, without salt1601 cup11294Onion rings, braded, pur fried, frozen, prepared, hacted in oven6010 orings11295Onion rings, braded, pur fried, frozen, prepared, hacted in oven6010 orings11296Onion rings, braded, pur fried, frozen, prepared, hacted in oven601 cup11297Onion rings, braded, pur fried, frozen, prepared, hacted in oven601 cup	19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0
1916Candies, marshmallows50I cup19047Snacks, pretzels, hard, plain, salted6010 pretzels19107Candies, hard3I small piece19107Candies, hard6I piece19106Candies, gumdrops, starch jelly pieces4.2I medium19106Candies, gumdrops, starch jelly pieces7410 worms19106Candies, gumdrops, starch jelly pieces2210 bears19080Candies, gumdrops, starch jelly pieces28.351 square19080Saking chocolate, unsweetened, squares28.351 oz19071Baking chocolate, unsweetened, squares28.351 oz19075Snacks, trail mix, tropical1401 cup19056Snacks, trail mix, tropical151 oz19128Syrups, table blends, pancake, reduced-calorie151 stace11138Peas, green, canned, regular pack, drained solids1701 cup11304Peas, edible-podded, forzer, ecoked, boiled, drained, without salt1601 cup11317Parsley, raw101 cup11218Onion rings, preaded, par fried, frozen, prepared, hated in ovem6010 sings11219Onion rings, preadel, par fried, frozen, prepared, hated in ovem6010 rings11234Onions, spring or scallions (includes tops and bulb), raw151 whole11234Onions, spring or scallions (includes tops and bulb), raw1001 cup11234Onions, borded, boiled, drained, without salt <td>19129</td> <td>Syrups, table blends, pancake</td> <td>20</td> <td>1 tbsp</td> <td>0</td>	19129	Syrups, table blends, pancake	20	1 tbsp	0
NumberSnacks, pretzels, hard, plain, salted6010 pretzels19107Candies, hard31 small piece19107Candies, hard61 piece19106Candies, gumdrops, starch jelly pieces2210 bears19106Candies, gumdrops, starch jelly pieces7410 worms19080Candies, gumdrops, starch jelly pieces1681 cup19080Candies, gumdrops, starch jelly pieces28.351 square19080Saking chocolate, unsweetened, squares28.351 oz19077Baking chocolate, unsweetened, liquid28.351 oz19085Snacks, trail mix, tropical242378 fl oz19182Syrups, table blends, pancake, reduced-calorie151 cup19184Syrups, table blends, pancake, reduced-calorie1601 cup11330Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11301Peas, edible-podded, cooked, boiled, drained, without salt1601 cup11302Parsings, cooked, boiled, drained, without salt1601 cup11304Peas, edible-podded, noined, mithout salt1601 cup11305Peas, edible-podded, frozen, prepared, heated in oven6010 srings11294Onion rings, breaded, par fried, frozen, prepared, heated in oven1010 srings11294Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, spring or scallions (includes tops and bulb), raw100 <td< td=""><td>19045</td><td>Snacks, potato chips, made from dried potatoes, light</td><td>28.35</td><td>1 oz</td><td>0</td></td<>	19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0
NumberNumberNumber19107Candies, hard3Ismill piece19106Candies, gundrops, starch jelly pieces4.2I medium19106Candies, gundrops, starch jelly pieces2210 bears19106Candies, gundrops, starch jelly pieces7410 worms19106Candies, gundrops, starch jelly pieces7410 worms19080Candies, semisweet chocolate1681 cup19077Baking chocolate, unsweetened, squares28.351 square19076Snacks, triil mix, tropical1401 cup19056Snacks, triil nix, tropical2378 fl oz19128Syrups, table blends, pancake, reduced-calorie151 dsp11128Onions, raw1401 slice111301Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup111302Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup111304Peas, edible-podded, frozen, prepared, heated in oven6010 sprigs11291Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11294Onions, spring or scallions (includes tops and bulb), raw151 whole11284Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, dehydrated flakes51 kup11284Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, spring or scallions (includes tops	19116	Candies, marshmallows	50	1 cup	0
19107Candies, hard6I piece19106Candies, gundrops, starch jelly pieces4.2I medium19106Candies, gundrops, starch jelly pieces2210 bears19106Candies, gundrops, starch jelly pieces7410 worms19080Candies, semisweet chocolate1681 cup19077Baking chocolate, unsweetened, squares28.351 square19078Baking chocolate, unsweetened, liquid28.351 oz19079Baking chocolate, unsweetened, liquid28.351 oz19061Snacks, triil mix, tropical1401 cup19052Snacks, triil gehips, plain23.78 fl oz19124Water, municipal23.78 fl oz19125Onions, raw141 slice111304Peas, gene, canned, regular pack, drained solids101 cup11305Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11306Peas, edible-podded, cooked, boiled, drained, without salt1601 cup11307Parships, cooked, boiled, drained, without salt16010 sprigs11308Pase, raw1010 sprigs11309Parships, rooked, boiled, drained, without salt1601 cup11304Parships, rooked, boiled, drained, without salt1601 cup11305Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 sprigs11314Onions, spring or scallions (includes tops and bulb), raw151 whole<	19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0
1916Candies, gundrops, starch jelly pieces4.2I medium19106Candies, gundrops, starch jelly pieces2210 bears19106Candies, gundrops, starch jelly pieces7410 worms19080Candies, semisweet chocolate1681 cup19071Baking chocolate, unsweetened, squares28.351 square19072Baking chocolate, unsweetened, liquid28.351 oz19073Baking chocolate, unsweetened, liquid28.351 oz19074Snacks, trail mix, tropical1401 cup19055Snacks, tortilla chips, plain2378 fl oz19128Syrups, table blends, pancake, reduced-calorie151 tbsp11282Onions, raw141 slice11303Peas, genen, canned, regular pack, drained, without salt1601 cup11304Peas, calible-podded, fozen, cooked, boiled, drained, without salt1601 cup11305Peas, calible-podded, cooked, boiled, drained, without salt1601 cup11304Peas, calible-podded, fozen, prepared, heated in oven6010 rings11294Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11294Onions, spring or scallions (includes tops and bulb), raw151 whole11294Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, dehydrated flakes51 tbsp11285Onions, dehydrated flakes51 tbsp	19107	Candies, hard	3	1 small piece	0
11. Condies, gundrops, starch jelly pieces2210 bears19106Candies, gundrops, starch jelly pieces7410 worms19080Candies, semisweet chocolate1681 cup19071Baking chocolate, unsweetened, squares28.351 square19075Baking chocolate, unsweetened, liquid28.351 oz19076Snacks, trail mix, tropical1401 cup19056Snacks, tortilla chips, plain28.351 oz19182Water, municipal2378 fl oz19182Syrups, table blends, pancake, reduced-calorie151 tbsp11282Onions, raw141 slice11303Peas, green, canned, regular pack, drained solids1701 cup11304Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11299Parsnips, cooked, boiled, drained, without salt1601 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw151 whole11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt1001 cup	19107	Candies, hard	6	1 piece	0
19106Candies, gundrops, starch jelly pieces7410 worms19080Candies, semisweet chocolate1681 cup19071Baking chocolate, unsweetened, squares28.351 oz19072Baking chocolate, unsweetened, liquid28.351 oz19061Snacks, trail mix, tropical1401 cup19055Snacks, tortilla chips, plain28.351 oz19056Snacks, tortilla chips, plain2378 fl oz19128Syrups, table blends, pancake, reduced-calorie151 tbsp11282Onions, raw1441 slice11303Peas, green, canned, regular pack, drained solids1601 cup11304Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11299Parsnips, cooked, boiled, drained, without salt1601 cup11299Parsnips, cooked, boiled, drained, without salt1601 cup11290Parsnips, traked, par fried, frozen, prepared, heated in oven6010 sprigs11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt1001 cup	19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
Number DescriptionNumber Description19080Candies, semisweet chocolate1681 cup19073Baking chocolate, unsweetened, squares28.351 oz19074Baking chocolate, unsweetened, liquid28.351 oz19061Snacks, trail mix, tropical1401 cup19055Snacks, trail mix, tropical23.351 oz19056Snacks, trail nix, tropical2378 fl oz19128Syrups, table blends, pancake, reduced-calorie151 tbsp11282Onions, raw1441 slice11303Peas, green, canned, regular pack, drained solids1701 cup11304Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11305Peas, edible-podded, drained, without salt1601 cup11299Parsnips, cooked, boiled, drained, without salt1601 cup11297Parsley, raw1010 sprigs11294Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11294Onion, spring or scallions (includes tops and bulb), raw151 whole11294Onion, spring or scallions (includes tops and bulb), raw1001 cup11284Onion, dehydrated flakes51 tbsp11283Onion, cooked, boiled, drained, without salt2101 cup	19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
19078Baking chocolate, unsweetened, squares28.351 square19077Baking chocolate, unsweetened, liquid28.351 oz19061Snacks, trail mix, tropical1401 cup19056Snacks, tortilla chips, plain28.351 oz14429Water, municipal2378 fl oz19128Syrups, table blends, pancake, reduced-calorie151 tbsp11282Onions, raw1441 slice11303Peas, green, canned, regular pack, drained solids1701 cup11304Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11305Peas, edible-podded, cooked, boiled, drained, without salt1601 cup11297Parsips, cooked, boiled, drained, without salt10 sprigs11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11291Onions, spring or scallions (includes tops and bulb), raw151 whole11284Onion, dehydrated flakes51 tbsp11284Onion, cooked, boiled, drained, without salt1001 cup	19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
19077Baking chocolate, unsweetened, liquid28.35I oz19061Snacks, trail mix, tropical140I cup19056Snacks, tortilla chips, plain28.35I oz14429Water, municipal2378 fl oz19128Syrups, table blends, pancake, reduced-calorie15I tbsp11282Onions, raw141 slice11303Peas, green, canned, regular pack, drained solids170I cup11304Peas, edible-podded, frozen, cooked, boiled, drained, without salt160I cup11305Peas, edible-podded, cooked, boiled, drained, without salt160I cup11304Peas, edible-podded, cooked, boiled, drained, without salt160I cup11290Parsnips, cooked, boiled, drained, without salt160I cup11291Onions, spring or scallions (includes tops and bulb), raw1010 sprigs11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onion, cooked, boiled, drained, without salt1001 cup11284Onions, cooked, boiled, drained, without salt1001 cup	19080	Candies, semisweet chocolate	168	1 cup	0
19061Snacks, trail mix, tropical1401 cup19056Snacks, tortilla chips, plain28.351 oz14429Water, municipal2378 fl oz19128Syrups, table blends, pancake, reduced-calorie151 tbsp11282Onions, raw141 slice11308Peas, green, canned, regular pack, drained solids1701 cup11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11304Peas, edible-podded, cooked, boiled, drained, without salt1601 cup11290Parsnips, cooked, boiled, drained, without salt1601 cup11291Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11291Onions, spring or scallions (includes tops and bulb), raw151 whole11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt1001 cup	19078	Baking chocolate, unsweetened, squares	28.35	1 square	0
19056Snacks, tortilla chips, plain28.351 oz14429Water, municipal2378 fl oz19128Syrups, table blends, pancake, reduced-calorie151 tbsp11282Onions, raw141 slice11308Peas, green, canned, regular pack, drained solids1701 cup11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11301Peas, edible-podded, cooked, boiled, drained, without salt1601 cup11290Parsnips, cooked, boiled, drained, without salt1601 cup11291Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 sprigs11291Onions, spring or scallions (includes tops and bulb), raw151 whole11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt1001 cup	19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0
14429Water, municipal2378 fl oz19128Syrups, table blends, pancake, reduced-calorie151 tbsp11282Onions, raw141 slice11308Peas, green, canned, regular pack, drained solids1701 cup11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11301Peas, edible-podded, cooked, boiled, drained, without salt1601 cup11299Parsnips, cooked, boiled, drained, without salt1601 cup11291Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 sprigs11291Onions, spring or scallions (includes tops and bulb), raw151 whole11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt1001 cup	19061	Snacks, trail mix, tropical	140	1 cup	0
19128Syrups, table blends, pancake, reduced-calorie151 tbsp11282Onions, raw141 slice11308Peas, green, canned, regular pack, drained solids1701 cup11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11301Peas, edible-podded, cooked, boiled, drained, without salt1601 cup11290Parsnips, cooked, boiled, drained, without salt1561 cup11297Parsley, raw1010 sprigs11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11291Onions, spring or scallions (includes tops and bulb), raw1501 cup11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt1001 cup	19056	Snacks, tortilla chips, plain	28.35	1 oz	0
11282Onions, raw141 slice11308Peas, green, canned, regular pack, drained solids1701 cup11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11301Peas, edible-podded, cooked, boiled, drained, without salt1601 cup11299Parsnips, cooked, boiled, drained, without salt1561 cup11297Parsley, raw1010 sprigs11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11291Onions, spring or scallions (includes tops and bulb), raw151 whole11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt2101 cup	14429	Water, municipal	237	8 fl oz	0
11308Peas, green, canned, regular pack, drained solids1701 cup11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11301Peas, edible-podded, cooked, boiled, drained, without salt1601 cup11299Parsnips, cooked, boiled, drained, without salt1561 cup11297Parsley, raw1010 sprigs11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11291Onions, spring or scallions (includes tops and bulb), raw151 whole11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt2101 cup	19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
11303Peas, edible-podded, frozen, cooked, boiled, drained, without salt1601 cup11301Peas, edible-podded, cooked, boiled, drained, without salt1601 cup11299Parsnips, cooked, boiled, drained, without salt1561 cup11297Parsley, raw1010 sprigs11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt2101 cup	11282	Onions, raw	14	1 slice	0
11301Peas, edible-podded, cooked, boiled, drained, without salt1601 cup11299Parsnips, cooked, boiled, drained, without salt1561 cup11297Parsley, raw1010 sprigs11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt2101 cup	11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0
11299Parsnips, cooked, boiled, drained, without salt1561 cup11297Parsley, raw1010 sprigs11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt2101 cup	11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0
11297Parsley, raw1010 sprigs11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt2101 cup	11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0
11296Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt2101 cup	11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0
11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt2101 cup	11297	Parsley, raw	10	10 sprigs	0
11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt2101 cup	11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0
11284Onions, dehydrated flakes51 tbsp11283Onions, cooked, boiled, drained, without salt2101 cup	11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0
11283Onions, cooked, boiled, drained, without salt2101 cup	1291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0
	1284	Onions, dehydrated flakes	5	1 tbsp	0
11252Lettuce, iceberg (includes crisphead types), raw5391 head	11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0
	11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11282	Onions, raw	110	1 whole	0
11333	Peppers, sweet, green, raw	119	1 pepper	0
11282	Onions, raw	160	1 cup	0
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
11264	Mushrooms, canned, drained solids	156	1 cup	0
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0
11260	Mushrooms, raw	70	1 cup	0
11253	Lettuce, looseleaf, raw	56	1 cup	0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0
11461	Spinach, canned, drained solids	214	1 cup	0
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0
11457	Spinach, raw	10	1 leaf	0
11457	Spinach, raw	30	1 cup	0
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0
11445	Seaweed, kelp, raw	10	2 tbsp	0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0
11429	Radishes, raw	4.5	1 radish	0
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0
11333	Peppers, sweet, green, raw	10	1 ring	0
11399	Potato puffs, frozen, prepared	79	10 puffs	0
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0
11364	Potatoes, baked, skin, without salt	58	1 skin	0
11363	Potatoes, baked, flesh, without salt	156	1 potato	0
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0
11333	Peppers, sweet, green, raw	149	1 cup	0
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0
11424	Pumpkin, canned, without salt	245	1 cup	0
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0
11156	Chives, raw	3	1 tbsp	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0
11143	Celery, raw	40	1 stalk	0
11143	Celery, raw	120	1 cup	0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0
11135	Cauliflower, raw	13	1 floweret	0
11135	Cauliflower, raw	100	1 cup	0
11253	Lettuce, looseleaf, raw	10	1 leaf	0
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0
11124	Carrots, raw	110	1 cup	0
11124	Carrots, raw	72	1 carrot	0
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0
11114	Cabbage, savoy, raw	70	1 cup	0
11112	Cabbage, red, raw	70	1 cup	0
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0
11109	Cabbage, raw	70	1 cup	0
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0
11251	Lettuce, cos or romaine, raw	10	1 leaf	0
11251	Lettuce, cos or romaine, raw	56	1 cup	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0
11226	Jerusalem-artichokes, raw	150	1 cup	0
11215	Garlic, raw	3	1 clove	0
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0
11206	Cucumber, peeled, raw	119	1 cup	0
11206	Cucumber, peeled, raw	280	1 large	0
11205	Cucumber, with peel, raw	104	1 cup	0
11205	Cucumber, with peel, raw	301	1 large	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0
11213	Endive, raw	50	1 cup	0
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	0
14142	Carbonated beverage, grape soda	372	12 fl oz	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0
14121	Carbonated beverage, club soda	355	12 fl oz	0
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0
12167	Nuts, chestnuts, european, roasted	143	1 cup	0
14006	Alcoholic beverage, beer, light	354	12 fl oz	0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0

NDB_No	Description	Weight (g)	<b>Common Measure</b>	Content per Measure
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0
14150	Carbonated beverage, orange	372	12 fl oz	0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
14277	Grape drink, canned	250	8 fl oz	0
14267	Fruit punch drink, canned	248	8 fl oz	0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	0
14181	Chocolate syrup	18.75	1 tbsp	0
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	0
14157	Carbonated beverage, root beer	370	12 fl oz	0
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0
11655	Carrot juice, canned	236	1 cup	0
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0
11641	Squash, summer, all varieties, raw	113	1 cup	0
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0
11578	Vegetable juice cocktail, canned	242	1 cup	0
11670	Peppers, hot chili, green, raw	45	1 pepper	0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0
11549	Tomato products, canned, sauce	245	1 cup	0
11547	Tomato products, canned, puree, without salt added	250	1 cup	0
11546	Tomato products, canned, paste, without salt added	262	1 cup	0
11540	Tomato juice, canned, with salt added	243	1 cup	0
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0
11943	Pimento, canned	12	1 tbsp	0
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	0
12147	Nuts, pine nuts, pignolia, dried	28.35	l oz	0
12142	Nuts, pecans	28.35	1 oz (20 halves)	0
12120	Nuts, hazelnuts or filberts	28.35	l oz	0
12104	Nuts, coconut meat, raw	45	1 piece	0
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0
11961	Hearts of palm, canned	33	1 piece	0
11960	Carrots, baby, raw	10	1 medium	0
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0
11955	Tomatoes, sun-dried	2	1 piece	0
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0
11945	Pickle relish, sweet	15	1 tbsp	0
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0
11937	Pickles, cucumber, dill	65	1 pickle	0
11935	Catsup	15	1 tbsp	0
11935	Catsup	6	1 packet	0
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0
11821	Peppers, sweet, red, raw	149	1 cup	0
11821	Peppers, sweet, red, raw	119	1 pepper	0
11819	Peppers, hot chili, red, raw	45	1 pepper	0
11740	Broccoli, flower clusters, raw	11	1 floweret	0
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0
11954	Tomatillos, raw	34	1 medium	0