

# USDA National Nutrient Database for Standard Reference, Release 17

## Water ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	336.44
14003	Alcoholic beverage, beer, regular	355	12 fl oz	329.87
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	41.84
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	27.97
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	26.84
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	26.08
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	16.12
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	91.64
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	74.71
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	72.63
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	91.16
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	92.29
11001	Alfalfa seeds, sprouted, raw	33	1 cup	30.08
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	218.07
09011	Apples, dried, sulfured, uncooked	32	5 rings	10.16
09003	Apples, raw, with skin	138	1 apple	118.07
09004	Apples, raw, without skin	110	1 cup	95.34
09020	Applesauce, canned, sweetened, without salt	255	1 cup	202.93
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	215.57
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	213.02
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	200.10
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	211.35
09032	Apricots, dried, sulfured, uncooked	35	10 halves	10.81
09021	Apricots, raw	35	1 apricot	30.22
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	141.07
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	100.76
11015	Asparagus, canned, drained solids	72	4 spears	67.67
11012	Asparagus, cooked, boiled, drained	60	4 spears	55.58
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	169.38
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	56.46
09038	Avocados, raw, California	28.35	1 oz	20.51
09039	Avocados, raw, Florida	28.35	1 oz	22.34
18005	Bagels, cinnamon-raisin	89	4" bagel	28.48
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	22.72
18003	Bagels, egg	89	4" bagel	29.10
18003	Bagels, egg	71	3-1/2" bagel	23.22
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	23.15
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	29.01
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.26
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.38
11028	Bamboo shoots, canned, drained solids	131	1 cup	123.56
09040	Bananas, raw	118	1 banana	88.39
09040	Bananas, raw	150	1 cup	112.37
20006	Barley, pearled, cooked	157	1 cup	108.02
20005	Barley, pearled, raw	200	1 cup	20.18

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16006	Beans, baked, canned, plain or vegetarian	254	1 cup	182.88
16008	Beans, baked, canned, with franks	259	1 cup	179.59
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	178.90
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	185.96
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	113.07
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	122.13
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	198.04
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	118.48
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	116.13
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	107.64
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	125.96
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	111.53
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	123.42
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	125.96
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	111.53
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	123.42
16051	Beans, white, mature seeds, canned	262	1 cup	183.66
22905	Beef stew, canned entree	232	1 cup	189.10
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	40.20
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	47.09
13348	Beef, cured, corned beef, canned	85.05	3 oz	49.09
13350	Beef, cured, dried	28.35	1 oz	15.25
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	47.17
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	47.67
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	49.33
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	40.37
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	50.19
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	46.72
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	48.91
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	52.67
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	55.69
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	49.61
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	54.65
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	52.71
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	128.35
11084	Beets, canned, drained solids	170	1 cup	154.63
11084	Beets, canned, drained solids	24	1 beet	21.83
11081	Beets, cooked, boiled, drained	50	1 beet	43.53
11081	Beets, cooked, boiled, drained	170	1 cup	148.00
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	29.19
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	17.34
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	7.51

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18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	5.82
09042	Blackberries, raw	144	1 cup	126.94
09055	Blueberries, frozen, sweetened	230	1 cup	178.02
09050	Blueberries, raw	145	1 cup	122.10
07008	Bologna, beef and pork	56.7	2 slices	29.41
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	28.69
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.85
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	7.62
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	64.80
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	17.52
18023	Bread, cornbread, dry mix, prepared	60	1 piece	19.14
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	25.41
18025	Bread, cracked-wheat	25	1 slice	8.95
18027	Bread, egg	40	1/2" slice	13.88
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	8.57
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	50.51
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	28.41
18033	Bread, italian	20	1 slice	7.14
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	9.80
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	7.75
18039	Bread, oatmeal	27	1 slice	9.91
18040	Bread, oatmeal, toasted	25	1 slice	7.80
18041	Bread, pita, white, enriched	28	4" pita	8.99
18041	Bread, pita, white, enriched	60	6-1/2" pita	19.26
18044	Bread, pumpernickel	32	1 slice	12.13
18045	Bread, pumpernickel, toasted	29	1 slice	9.22
18047	Bread, raisin, enriched	26	1 slice	8.74
18048	Bread, raisin, toasted, enriched	24	1 slice	6.67
18053	Bread, reduced-calorie, rye	23	1 slice	10.58
18055	Bread, reduced-calorie, wheat	23	1 slice	9.94
18057	Bread, reduced-calorie, white	23	1 slice	9.87
18060	Bread, rye	32	1 slice	11.94
18061	Bread, rye, toasted	24	1 slice	7.44
18064	Bread, wheat (includes wheat berry)	25	1 slice	9.27
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	7.27
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	9.11
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	16.40
18070	Bread, white, commercially prepared, toasted	22	1 slice	6.69
18075	Bread, whole-wheat, commercially prepared	28	1 slice	10.56
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	7.50
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	77.22
21023	Breakfast items, french toast with butter	135	2 slices	68.47
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	139.23
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	33.02
11740	Broccoli, flower clusters, raw	11	1 floweret	9.98
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	166.92
11090	Broccoli, raw	31	1 spear	27.68

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11090	Broccoli, raw	88	1 cup	78.58
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	138.68
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	134.45
20011	Buckwheat flour, whole-groat	120	1 cup	13.38
20010	Buckwheat groats, roasted, cooked	168	1 cup	127.06
20013	Bulgur, cooked	182	1 cup	141.52
20012	Bulgur, dry	140	1 cup	12.60
01001	Butter, salted	14.2	1 tbsp	2.25
01145	Butter, without salt	14.2	1 tbsp	2.55
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	162.44
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	113.34
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	140.40
11109	Cabbage, raw	70	1 cup	64.51
11112	Cabbage, red, raw	70	1 cup	63.27
11114	Cabbage, savoy, raw	70	1 cup	63.70
18086	Cake, angelfood, commercially prepared	28	1 piece	9.30
18088	Cake, angelfood, dry mix, prepared	50	1 piece	16.45
18090	Cake, boston cream pie, commercially prepared	92	1 piece	41.77
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	14.66
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	23.18
18110	Cake, fruitcake, commercially prepared	43	1 piece	10.88
18116	Cake, gingerbread, prepared from recipe	74	1 piece	20.72
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	37.14
18120	Cake, pound, commercially prepared, butter	28	1 piece	6.89
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	8.68
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	18.46
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	9.90
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	8.59
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	9.80
18133	Cake, sponge, commercially prepared	30	1 shortcake	8.91
18134	Cake, sponge, prepared from recipe	63	1 piece	18.52
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	23.18
18139	Cake, white, prepared from recipe without frosting	74	1 piece	17.24
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	14.02
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	14.14
19074	Candies, caramels	10.1	1 piece	0.86
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.49
19071	Candies, carob	28.35	1 oz	0.44
19087	Candies, confectioner's coating, white	170	1 cup	2.21
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.66
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.45
19104	Candies, fudge, vanilla with nuts	15	1 piece	1.18
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	1.71
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.22
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.74
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.04
19107	Candies, hard	3	1 small piece	0.04

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19107	Candies, hard	6	1 piece	0.08
19108	Candies, jellybeans	28.35	10 large	1.79
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.68
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.12
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.36
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	3.84
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.13
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	3.16
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.33
19116	Candies, marshmallows	50	1 cup	8.20
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.66
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.76
19127	Candies, milk chocolate coated raisins	10	10 pieces	1.12
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.62
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.22
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.08
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.50
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.65
19080	Candies, semisweet chocolate	168	1 cup	1.18
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.08
09060	Carambola, (starfruit), raw	108	1 cup	98.69
09060	Carambola, (starfruit), raw	91	1 fruit	83.16
14121	Carbonated beverage, club soda	355	12 fl oz	354.65
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	329.67
14136	Carbonated beverage, ginger ale	366	12 fl oz	333.90
14142	Carbonated beverage, grape soda	372	12 fl oz	330.34
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	329.36
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	354.29
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	354.29
14150	Carbonated beverage, orange	372	12 fl oz	325.87
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	328.99
14157	Carbonated beverage, root beer	370	12 fl oz	330.41
16055	Carob flour	8	1 tbsp	0.29
11655	Carrot juice, canned	236	1 cup	209.73
11960	Carrots, baby, raw	10	1 medium	9.03
11128	Carrots, canned, regular pack, drained solids	146	1 cup	135.71
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	140.67
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	131.87
11124	Carrots, raw	110	1 cup	97.12
11124	Carrots, raw	72	1 carrot	63.57
11935	Catsup	6	1 packet	4.10
11935	Catsup	15	1 tbsp	10.25
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	115.32
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	50.22
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	169.20
11135	Cauliflower, raw	13	1 floweret	11.95

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11135	Cauliflower, raw	100	1 cup	91.91
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	35.29
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	141.17
11143	Celery, raw	40	1 stalk	38.17
11143	Celery, raw	120	1 cup	114.52
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.60
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.61
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.71
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.20
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.77
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.77
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.66
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.80
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.76
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.66
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.58
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.36
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.65
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.66
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2.48
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.90
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.88
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.77
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	4.55
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.56
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.70
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.95
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.90
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.64
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.90
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.87
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.87
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	1.05
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.93
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.87
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.84
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.93
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	3.30
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.90
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	5.06
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	1.38
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.90
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.68
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.93

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08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	3.06
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.68
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.65
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.97
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.30
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.75
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	2.17
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	1.28
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	1.28
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.42
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.40
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.36
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	2.81
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	206.55
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	206.55
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	116.58
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	206.97
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	218.62
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	210.24
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	152.79
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	199.60
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	112.92
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	116.45
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	117.05
08143	Cereals, WHEATENA, cooked with water	243	1 cup	207.52
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	12.25
01164	Cheese sauce, prepared from recipe	243	1 cup	162.47
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	13.51
01004	Cheese, blue	28.35	1 oz	12.02
01007	Cheese, camembert	38	1 wedge	19.68
01009	Cheese, cheddar	28.35	1 oz	10.42
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	165.82
01013	Cheese, cottage, creamed, with fruit	226	1 cup	179.99
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	186.40
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	179.24
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	115.67
01017	Cheese, cream	14.5	1 tbsp	7.79
01186	Cheese, cream, fat free	15.6	1 tbsp	11.78
01019	Cheese, feta	28.35	1 oz	15.65

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	17.89
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	13.17
01026	Cheese, mozzarella, whole milk	28.35	1 oz	14.18
01030	Cheese, muenster	28.35	1 oz	11.84
01031	Cheese, neufchatel	28.35	1 oz	17.64
01032	Cheese, parmesan, grated	5	1 tbsp	1.04
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	11.10
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	11.99
01035	Cheese, provolone	28.35	1 oz	11.61
01037	Cheese, ricotta, part skim milk	246	1 cup	183.05
01036	Cheese, ricotta, whole milk	246	1 cup	176.38
01040	Cheese, swiss	28.35	1 oz	10.52
18147	Cheesecake commercially prepared	80	1 piece	36.48
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	219.43
09070	Cherries, sweet, raw	68	10 cherries	55.93
22906	Chicken pot pie, frozen entree	217	1 small pie	129.96
07017	Chicken roll, light meat	56.7	2 slices	38.90
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	72.30
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	55.46
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	56.12
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	46.79
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	37.99
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	27.80
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	29.37
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	98.19
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	50.52
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	12.07
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	44.29
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	32.69
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	22.64
05277	Chicken, canned, meat only, with broth	142	5 oz	97.48
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	13.09
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	78.89
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	167.26
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	98.74
22904	Chili con carne with beans, canned entree	222	1 cup	165.03
11156	Chives, raw	3	1 tbsp	2.72
14181	Chocolate syrup	18.75	1 tbsp	5.81
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.19
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	214.90
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.51
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.43
14194	Cocoa mix, powder, prepared with water	206	1 serving	177.86
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	177.37



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.16
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	176.91
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	58.68
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	177.37
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	13.80
11159	Coleslaw, home-prepared	120	1 cup	97.80
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	174.53
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	150.40
18151	Cookies, brownies, commercially prepared	56	1 brownie	7.62
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	2.86
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.23
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.43
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.41
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.91
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.78
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.22
18170	Cookies, fig bars	16	1 cookie	2.64
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.62
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.70
18177	Cookies, molasses	15	1 cookie, medium	0.87
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.86
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	1.38
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.42
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1.65
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.96
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.91
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	1.18
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.46
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.30
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.72
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.25
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.75
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.22
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.33
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.20
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	53.57
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	201.55
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	160.82
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	53.57
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	126.33
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	46.12
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	15.99
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	14.03
20020	Cornmeal, whole-grain, yellow	122	1 cup	12.52
20027	Cornstarch	8.064	1 tbsp	0.67

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20029	Couscous, cooked	157	1 cup	113.93
20028	Couscous, dry	173	1 cup	14.81
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	124.54
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	112.37
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	191.11
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	120.47
18214	Crackers, cheese, regular	10	10 crackers	0.31
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.23
18217	Crackers, matzo, plain	28.35	1 matzo	1.22
18220	Crackers, melba toast, plain	20	4 pieces	1.02
18226	Crackers, rye, wafers, plain	11	1 wafer	0.55
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.60
18229	Crackers, standard snack-type, regular	12	4 crackers	0.42
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.27
18232	Crackers, wheat, regular	8	4 crackers	0.25
18235	Crackers, whole-wheat	16	4 crackers	0.43
14242	Cranberry juice cocktail, bottled	253	8 fl oz	216.32
09081	Cranberry sauce, canned, sweetened	57	1 slice	34.57
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	11.59
01069	Cream substitute, powdered	2	1 tsp	0.04
01049	Cream, fluid, half and half	15	1 tbsp	12.09
01053	Cream, fluid, heavy whipping	15	1 tbsp	8.66
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	11.06
01052	Cream, fluid, light whipping	15	1 tbsp	9.53
01056	Cream, sour, cultured	12	1 tbsp	8.51
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	12.02
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	1.84
18239	Croissants, butter	57	1 croissant	13.22
18243	Croutons, seasoned	40	1 cup	1.44
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	65.92
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	62.64
15141	Crustaceans, crab, blue, canned	135	1 cup	102.82
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	65.82
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	42.60
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	64.63
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	61.71
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	23.79
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	44.93
11206	Cucumber, peeled, raw	119	1 cup	115.11
11206	Cucumber, peeled, raw	280	1 large	270.84
11205	Cucumber, with peel, raw	301	1 large	286.64
11205	Cucumber, with peel, raw	104	1 cup	99.04
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	94.29
18245	Danish pastry, cheese	71	1 danish	22.29

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18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	19.24
09087	Dates, deglet noor	178	1 cup	36.54
09087	Dates, deglet noor	41.5	5 dates	8.52
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	2.67
01072	Dessert topping, pressurized	4	1 tbsp	2.41
01073	Dessert topping, semi solid, frozen	4	1 tbsp	2.01
02045	Dill weed, fresh	1	5 sprigs	0.86
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	2.91
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	9.78
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	3.30
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	15.24
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	141.93
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	52.40
01143	Egg substitute, liquid	62.75	1/4 cup	51.93
01124	Egg, white, raw, fresh	33.4	1 large	29.25
01128	Egg, whole, cooked, fried	46	1 large	31.80
01129	Egg, whole, cooked, hard-boiled	50	1 large	37.31
01131	Egg, whole, cooked, poached	50	1 large	37.77
01132	Egg, whole, cooked, scrambled	61	1 large	44.62
01123	Egg, whole, raw, fresh	44	1 medium	33.37
01123	Egg, whole, raw, fresh	50	1 large	37.92
01123	Egg, whole, raw, fresh	58	1 extra large	43.99
01125	Egg, yolk, raw, fresh	16.6	1 large	8.68
01057	Eggnog	254	1 cup	188.90
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	88.77
11213	Endive, raw	50	1 cup	46.90
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	24.00
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	19.29
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	48.75
21051	Entrees, pizza with pepperoni	71	1 slice	33.04
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	50.14
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	59.93
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	114.98
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	69.44
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	65.67
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	84.99
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	53.86
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	86.10
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	49.90
21042	Fast foods, chili con carne	253	1 cup	194.05
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	88.18
21043	Fast foods, clams, breaded and fried	115	3/4 cup	33.58
21127	Fast foods, coleslaw	99	3/4 cup	73.28
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	56.66
21015	Fast foods, danish pastry, cheese	91	1 pastry	30.76

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21017	Fast foods, danish pastry, fruit	94	1 pastry	27.26
21074	Fast foods, enchilada, with cheese	163	1 enchilada	103.06
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	77.79
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	82.68
21024	Fast foods, french toast sticks	141	5 sticks	42.24
21077	Fast foods, frijoles with cheese	167	1 cup	115.41
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	121.45
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	108.60
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	47.60
21118	Fast foods, hotdog, plain	98	1 sandwich	52.88
21119	Fast foods, hotdog, with chili	114	1 sandwich	54.49
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	81.73
21129	Fast foods, hush puppies	78	5 pieces	25.19
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	67.43
21078	Fast foods, nachos, with cheese	113	6-8 nachos	45.71
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	30.78
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	115.35
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	59.74
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	47.37
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	30.05
21139	Fast foods, potato, mashed	80	1/3 cup	63.37
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	43.30
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	67.61
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	196.30
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	189.77
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	78.42
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	131.78
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	127.38
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	139.03
21033	Fast foods, sundae, hot fudge	158	1 sundae	94.33
21082	Fast foods, taco	263	1 large	153.59
21082	Fast foods, taco	171	1 small	99.86
21083	Fast foods, taco salad	198	1-1/2 cups	143.25
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	158.49
09094	Figs, dried, uncooked	38	2 figs	11.42
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	49.99
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	64.27
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	64.60
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	26.40
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	12.97
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	92.91
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	62.19
15034	Fish, haddock, cooked, dry heat	85	3 oz	63.11
15034	Fish, haddock, cooked, dry heat	150	1 fillet	111.38
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	113.99
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	60.94

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15041	Fish, herring, Atlantic, pickled	85.05	3 oz	46.96
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	36.35
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	61.79
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	44.44
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	62.95
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	109.38
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	62.40
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	58.73
15077	Fish, salmon, chinook, smoked	85.05	3 oz	61.24
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	58.49
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	95.85
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	52.56
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	50.70
15111	Fish, swordfish, cooked, dry heat	85	3 oz	58.44
15111	Fish, swordfish, cooked, dry heat	106	1 piece	72.88
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	57.40
15128	Fish, tuna salad	205	1 cup	129.48
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	50.89
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	63.33
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	62.21
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	53.39
07022	Frankfurter, beef	45	1 frank	23.40
07023	Frankfurter, beef and pork	45	1 frank	25.18
07024	Frankfurter, chicken	45	1 frank	25.89
18268	French toast, frozen, ready-to-heat	59	1 slice	31.03
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	35.56
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	6.46
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	5.73
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	60.29
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	45.94
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	47.02
19294	Fruit butters, apple	17	1 tbsp	9.60
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	199.39
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	207.23
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	218.17
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	184.33
11215	Garlic, raw	3	1 clove	1.76
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	113.93
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	110.85
14277	Grape drink, canned	250	8 fl oz	220.95
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	212.82
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	217.25
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	117.50
09404	Grapefruit juice, pink, raw	247	1 cup	222.30

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	218.45
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	222.55
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	220.57
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	128.34
09128	Grapefruit juice, white, raw	247	1 cup	222.30
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	108.31
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	106.77
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	212.32
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	128.86
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	40.27
06116	Gravy, beef, canned	58.25	1/4 cup	50.96
06119	Gravy, chicken, canned	59.5	1/4 cup	50.78
06121	Gravy, mushroom, canned	59.6	1/4 cup	53.04
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	46.70
06125	Gravy, turkey, canned	59.6	1/4 cup	52.81
07027	Ham, chopped, not canned	21	2 slices	13.71
07028	Ham, sliced, extra lean	56.7	2 slices	41.71
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	38.14
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	187.68
11961	Hearts of palm, canned	33	1 piece	29.77
19296	Honey	21	1 tbsp	3.59
02055	Horseradish, prepared	5	1 tsp	4.25
16158	Hummus, commercial	14	1 tbsp	9.32
19270	Ice creams, chocolate	66	1/2 cup	36.76
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	51.43
19095	Ice creams, vanilla	66	1/2 cup	40.26
19088	Ice creams, vanilla, light	66	1/2 cup	41.92
19089	Ice creams, vanilla, rich	74	1/2 cup	42.33
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	100.22
19283	Ice novelties, pop	59	1 bar (2 fl oz)	47.20
19297	Jams and preserves	20	1 tbsp	6.09
19300	Jellies	19	1 tbsp	5.66
11226	Jerusalem-artichokes, raw	150	1 cup	117.02
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	118.56
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	117.65
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	15.20
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	63.13
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	149.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	48.86
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	54.31
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	43.83
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	51.83

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	40.71
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	51.11
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	37.59
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	41.92
04002	Lard	12.8	1 tbsp	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.23
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.18
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.31
18372	Leavening agents, baking soda	4.6	1 tsp	0.01
18373	Leavening agents, cream of tartar	3	1 tsp	0.05
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.30
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.53
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	11.73
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	94.43
09153	Lemon juice, canned or bottled	15.2	1 tbsp	14.05
09153	Lemon juice, canned or bottled	244	1 cup	225.60
09152	Lemon juice, raw	47	juice of 1 lemon	42.64
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	213.33
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	235.32
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	237.01
09150	Lemons, raw, without peel	58	1 lemon	51.61
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	137.89
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.17
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	155.88
11251	Lettuce, cos or romaine, raw	10	1 leaf	9.46
11251	Lettuce, cos or romaine, raw	56	1 cup	52.98
11253	Lettuce, green leaf, raw	10	1 leaf	9.51
11253	Lettuce, green leaf, raw	56	1 cup	53.24
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	7.65
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	515.50
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	52.60
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	130.23
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	124.07
16073	Lima beans, large, mature seeds, canned	241	1 cup	185.76
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	131.21
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	14.25
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	227.60
09160	Lime juice, raw	38	juice of 1 lime	34.50
22247	Macaroni and Cheese, canned entree	252	1 cup	205.10
20100	Macaroni, cooked, enriched	140	1 cup	92.39
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.53
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	215.82

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.65
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	215.95
09176	Mangos, raw	165	1 cup	134.82
09176	Mangos, raw	207	1 mango	169.14
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	2.30
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	2.21
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	5.61
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1.88
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	1.83
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	2.24
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	2.79
09181	Melons, cantaloupe, raw	69	1/8 melon	62.20
09181	Melons, cantaloupe, raw	160	1 cup	144.24
09184	Melons, honeydew, raw	170	1 cup	152.69
09184	Melons, honeydew, raw	160	1/8 melon	143.71
01110	Milk shakes, thick chocolate	300	10.6 fl oz	216.60
01111	Milk shakes, thick vanilla	313	11 fl oz	233.03
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.19
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	220.82
01095	Milk, canned, condensed, sweetened	306	1 cup	83.11
01097	Milk, canned, evaporated, nonfat	256	1 cup	203.26
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	186.58
01102	Milk, chocolate, fluid, commercial,	250	1 cup	205.75
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	211.25
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	208.95
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.91
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	219.40
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	222.56
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	217.97
01077	Milk, whole, 3.25% milkfat	244	1 cup	215.50
16112	Miso	68.75	1 cup	29.58
19305	Molasses, blackstrap	20	1 tbsp	5.74
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	54.09
15157	Mollusks, clam, mixed species, raw	85	3 oz	69.55
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	55.01
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	71.53
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	54.35
18274	Muffins, blueberry, commercially prepared	57	1 muffin	21.83
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	22.52
18279	Muffins, corn, commercially prepared	57	1 muffin	18.58
18280	Muffins, corn, dry mix, prepared	50	1 muffin	15.25
18283	Muffins, oat bran	57	1 muffin	19.95
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	9.18
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	115.80
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	94.02
11264	Mushrooms, canned, drained solids	156	1 cup	142.08



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	142.08
11260	Mushrooms, raw	70	1 cup	64.72
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	121.05
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.34
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	132.24
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	4.08
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	2.82
09191	Nectarines, raw	136	1 nectarine	119.12
20113	Noodles, chinese, chow mein	45	1 cup	0.33
20110	Noodles, egg, cooked, enriched	160	1 cup	109.92
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	109.63
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.49
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.99
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.48
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.66
12167	Nuts, chestnuts, european, roasted	143	1 cup	57.89
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	11.67
12104	Nuts, coconut meat, raw	45	1 piece	21.15
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.51
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.46
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.50
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.58
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.00
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.20
12147	Nuts, pine nuts, dried	28.35	1 oz	0.65
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.58
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.15
20034	Oat bran, cooked	219	1 cup	183.96
20033	Oat bran, raw	94	1 cup	6.16
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.00
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.00
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.00
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.00
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.00
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	148.11
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	167.66
09193	Olives, ripe, canned (small-extra large)	22	5 large	17.60
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	17.10
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	184.51
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	82.59
11284	Onions, dehydrated flakes	5	1 tbsp	0.20
11282	Onions, raw	110	1 whole	97.39
11282	Onions, raw	14	1 slice	12.40

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11282	Onions, raw	160	1 cup	141.66
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	89.83
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	13.47
09207	Orange juice, canned, unsweetened	249	1 cup	221.63
09209	Orange juice, chilled, includes from concentrate	249	1 cup	220.12
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	219.37
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	123.22
09206	Orange juice, raw	86	juice from 1 orange	75.94
09206	Orange juice, raw	248	1 cup	218.98
09200	Oranges, raw, all commercial varieties	180	1 cup	156.15
09200	Oranges, raw, all commercial varieties	131	1 orange	113.64
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	16.27
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	20.14
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	20.10
09226	Papayas, raw	140	1 cup	124.36
09226	Papayas, raw	304	1 papaya	270.04
11297	Parsley, raw	10	10 sprigs	8.77
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	125.17
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	196.16
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	207.71
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	77.69
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	85.74
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	216.98
09246	Peaches, dried, sulfured, uncooked	39	3 halves	12.40
09250	Peaches, frozen, sliced, sweetened	250	1 cup	186.83
09236	Peaches, raw	170	1 cup	151.08
09236	Peaches, raw	98	1 peach	87.09
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.18
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.29
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.44
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.44
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.41
09340	Pears, asian, raw	122	1 pear	107.67
09340	Pears, asian, raw	275	1 pear	242.69
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	213.73
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	61.07
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	214.45
09254	Pears, canned, juice pack, solids and liquids	76	1 half	65.72
09252	Pears, raw	166	1 pear	138.96
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	142.26
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	138.56
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	138.89
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	127.23
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	136.20
11670	Peppers, hot chili, green, raw	45	1 pepper	39.48
11819	Peppers, hot chili, red, raw	45	1 pepper	39.61

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11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	23.11
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	124.94
11333	Peppers, sweet, green, raw	149	1 cup	139.90
11333	Peppers, sweet, green, raw	10	1 ring	9.39
11333	Peppers, sweet, green, raw	119	1 pepper	111.73
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	124.94
11821	Peppers, sweet, red, raw	119	1 pepper	109.73
11821	Peppers, sweet, red, raw	149	1 cup	137.39
11945	Pickle relish, sweet	15	1 tbsp	9.31
11937	Pickles, cucumber, dill	65	1 pickle	59.59
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	10.04
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	14.11
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	17.64
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	54.32
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	52.71
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	61.07
18302	Pie, apple, prepared from recipe	155	1 piece	73.31
18305	Pie, blueberry, commercially prepared	117	1 piece	61.43
18306	Pie, blueberry, prepared from recipe	147	1 piece	75.26
18308	Pie, cherry, commercially prepared	117	1 piece	54.05
18309	Pie, cherry, prepared from recipe	180	1 piece	82.44
18310	Pie, chocolate creme, commercially prepared	113	1 piece	49.16
18316	Pie, coconut custard, commercially prepared	104	1 piece	51.17
18444	Pie, fried pies, cherry	128	1 pie	48.13
18319	Pie, fried pies, fruit	128	1 pie	48.13
18320	Pie, lemon meringue, commercially prepared	113	1 piece	47.12
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	54.99
18324	Pie, pecan, commercially prepared	113	1 piece	21.81
18325	Pie, pecan, prepared from recipe	122	1 piece	23.79
18326	Pie, pumpkin, commercially prepared	109	1 piece	63.33
18327	Pie, pumpkin, prepared from recipe	155	1 piece	90.68
11943	Pimento, canned	12	1 tbsp	11.17
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	219.75
14341	Pineapple and orange juice drink, canned	250	8 fl oz	217.25
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	213.82
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	38.71
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	200.63
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	39.25
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	207.94
09266	Pineapple, raw, all varieties	155	1 cup	134.01
21224	Pizza, cheese, regular crust, frozen	63	1 serving	29.16
21226	Pizza, meat and vegetable, regular crust, frozen	79	1 serving	36.90
09278	Plantains, cooked	154	1 cup	103.64
09277	Plantains, raw	179	1 medium	116.85
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	196.23
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	34.99
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	38.65

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09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	211.73
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	172.93
09291	Plums, dried (prunes), uncooked	42	5 prunes	12.99
09279	Plums, raw	66	1 plum	57.57
07065	Pork and beef sausage, fresh, cooked	26	2 links	11.58
07064	Pork sausage, fresh, cooked	26	2 links	12.94
07064	Pork sausage, fresh, cooked	27	1 patty	13.44
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.34
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	28.69
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	56.54
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	49.64
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	55.91
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	38.62
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	46.78
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	51.56
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	48.95
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	45.03
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	51.98
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	48.29
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	47.59
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	49.95
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	45.69
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	40.50
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	46.12
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	34.36
11672	Potato pancakes, home-prepared	76	1 pancake	35.92
11399	Potato puffs, frozen, prepared	79	10 puffs	41.79
11414	Potato salad, home-prepared	250	1 cup	190.00
11674	Potato, baked, flesh and skin, without salt	202	1 potato	151.28
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	193.50
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	181.30
11363	Potatoes, baked, flesh, without salt	156	1 potato	117.66
11364	Potatoes, baked, skin, without salt	58	1 skin	27.44
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	104.69
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	120.84
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	104.57
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	28.58
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	16.27
11370	Potatoes, hashed brown, home-prepared	156	1 cup	73.71
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	170.60
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	164.87

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11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	158.00
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	193.97
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	198.30
05306	Poultry food products, ground turkey, cooked	82	1 patty	48.72
09294	Prune juice, canned	256	1 cup	207.97
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	109.65
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	105.29
19183	Puddings, chocolate, ready-to-eat	113	4 oz	78.31
19193	Puddings, rice, ready-to-eat	113.4	4 oz	77.00
19218	Puddings, tapioca, ready-to-eat	113	4 oz	83.85
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	106.20
19201	Puddings, vanilla, ready-to-eat	113	4 oz	80.46
11424	Pumpkin, canned, without salt	245	1 cup	220.43
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	229.54
11429	Radishes, raw	4.5	1 radish	4.29
09298	Raisins, seedless	14	1 packet	2.16
09298	Raisins, seedless	145	1 cup	22.37
09306	Raspberries, frozen, red, sweetened	250	1 cup	181.88
09302	Raspberries, raw	123	1 cup	105.47
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	191.44
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	162.70
14342	Rice beverage, RICE DREAM, canned	245	1 cup	217.49
20037	Rice, brown, long-grain, cooked	195	1 cup	142.53
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	126.86
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	18.80
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	126.13
20045	Rice, white, long-grain, regular, cooked	158	1 cup	108.14
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	21.50
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	8.93
18350	Rolls, hamburger or hotdog, plain	43	1 roll	14.92
18353	Rolls, hard (includes kaiser)	57	1 roll	17.67
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	151.10
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4.94
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	5.70
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	8.85
04133	Salad dressing, french, home recipe	14	1 tbsp	3.39
04134	Salad dressing, home recipe, cooked	16	1 tbsp	11.07
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	7.39
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	8.29
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	12.70
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	2.11
04015	Salad dressing, russian dressing	15.3	1 tbsp	5.28
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	10.60
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	9.29
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	7.26
07069	Salami, cooked, beef and pork	56.7	2 slices	34.25

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07072	Salami, dry or hard, pork, beef	20	2 slices	7.43
02047	Salt, table	6	1 tsp	0.01
07073	Sandwich spread, pork, beef	15	1 tbsp	9.04
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	85.02
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	38.05
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	121.43
06150	Sauce, barbecue sauce	15.75	1 tbsp	12.74
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	44.42
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	7.08
06166	Sauce, homemade, white, medium	250	1 cup	187.22
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	44.37
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	206.00
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	4.23
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	14.38
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	12.18
11439	Sauerkraut, canned, solids and liquids	236	1 cup	218.35
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	10.38
11445	Seaweed, kelp, raw	10	2 tbsp	8.16
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.04
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	2.01
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.46
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.38
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.34
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.38
14346	Shake, fast food, chocolate	333	16 fl oz	238.10
14347	Shake, fast food, vanilla	333	16 fl oz	248.75
11677	Shallots, raw	10	1 tbsp	7.98
19097	Sherbet, orange	74	1/2 cup	48.91
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.00
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	4.63
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.99
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.34
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.28
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.43
19013	Snacks, fruit leather, pieces	28.35	1 oz	3.49
19014	Snacks, fruit leather, rolls	21	1 large	2.14
19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.11
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.91
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.53
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	1.81
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	5.37
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1.30
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.72
19034	Snacks, popcorn, air-popped	8	1 cup	0.33
19036	Snacks, popcorn, cakes	10	1 cake	0.50

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19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.39
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.99
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.28
19035	Snacks, popcorn, oil-popped	11	1 cup	0.31
19041	Snacks, pork skins, plain	28.35	1 oz	0.51
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.54
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.40
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.40
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.57
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.54
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.54
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.28
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.51
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.98
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.52
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.48
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.37
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.51
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	9.64
19061	Snacks, trail mix, tropical	140	1 cup	12.60
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	191.07
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	212.92
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.20
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	231.94
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	224.46
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	201.60
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	221.70
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	237.57
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	200.26
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	226.11
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	224.16
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	211.37
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	221.11
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	210.38
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	209.71
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	220.41
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	220.11
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.48
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	236.87
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	208.68

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06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	216.86
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	217.49
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	213.01
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	208.87
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	217.53
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	216.58
06174	Soup, stock, fish, home-prepared	233	1 cup	225.92
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	209.76
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	220.48
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	223.53
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	210.19
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	222.52
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	8.97
16120	Soy milk, fluid	245	1 cup	215.67
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	11.32
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	123.48
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	107.59
22401	Spaghetti with meat sauce, frozen entree	283	1 package	220.23
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	92.39
20125	Spaghetti, whole-wheat, cooked	140	1 cup	94.01
02007	Spices, celery seed	2	1 tsp	0.12
02009	Spices, chili powder	2.6	1 tsp	0.20
02010	Spices, cinnamon, ground	2.3	1 tsp	0.22
02015	Spices, curry powder	2	1 tsp	0.19
02020	Spices, garlic powder	2.8	1 tsp	0.18
02026	Spices, onion powder	2.1	1 tsp	0.11
02027	Spices, oregano, dried	1.5	1 tsp	0.11
02028	Spices, paprika	2.1	1 tsp	0.20
02029	Spices, parsley, dried	1.3	1 tbsp	0.12
02030	Spices, pepper, black	2.1	1 tsp	0.22
11658	Spinach souffle, home-prepared	136	1 cup	100.56
11461	Spinach, canned, drained solids	214	1 cup	196.41
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	164.18
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	168.99
11457	Spinach, raw	30	1 cup	27.42
11457	Spinach, raw	10	1 leaf	9.14
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	168.66
11641	Squash, summer, all varieties, raw	113	1 cup	106.94
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	182.88
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	210.72
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	186.61
09316	Strawberries, raw	166	1 cup	150.98
09316	Strawberries, raw	18	1 strawberry	16.37



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09316	Strawberries, raw	12	1 strawberry	10.91
19334	Sugars, brown	3.2	1 tsp	0.06
19335	Sugars, granulated	4.2	1 tsp	0.00
19336	Sugars, powdered	8	1 tbsps	0.02
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	142.04
11512	Sweet potato, canned, vacuum pack	255	1 cup	193.88
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	110.64
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	125.00
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	70.29
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	14.88
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	6.81
19348	Syrups, chocolate, fudge-type	19	1 tbsps	4.14
19350	Syrups, corn, light	20	1 tbsps	4.01
19353	Syrups, maple	20	1 tbsps	6.42
19129	Syrups, table blends, pancake	20	1 tbsps	7.60
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsps	8.24
18360	Taco shells, baked	13.3	1 medium	0.80
09223	Tangerine juice, canned, sweetened	249	1 cup	216.63
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	209.31
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	71.54
20068	Tapioca, pearl, dry	152	1 cup	16.70
14355	Tea, brewed, prepared with tap water	178	6 fl oz	177.47
14545	Tea, herb, chamomile, brewed	178	6 fl oz	177.47
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	177.47
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	235.60
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	236.18
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	236.10
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	5.40
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	6.40
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	6.50
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	68.81
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	104.71
11954	Tomatillos, raw	34	1 medium	31.15
11540	Tomato juice, canned, with salt added	243	1 cup	228.18
11546	Tomato products, canned, paste, without salt added	262	1 cup	192.57
11547	Tomato products, canned, puree, without salt added	250	1 cup	219.70
11549	Tomato products, canned, sauce	245	1 cup	218.22
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	233.43
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	226.42
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	170.10
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	16.07
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	18.90
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	116.24
11955	Tomatoes, sun-dried	2	1 piece	0.29

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11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	1.61
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	11.93
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	9.67
21088	Tostada with guacamole	130.5	1 tostada	94.63
05286	Turkey and gravy, frozen	142	5-oz package	120.80
05292	Turkey patties, breaded, battered, fried	64	1 patty	31.81
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	57.70
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	53.00
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	94.63
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	55.67
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	90.83
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	99.09
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	134.21
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	148.26
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	146.02
02050	Vanilla extract	4.2	1 tsp	2.21
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	47.17
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	50.92
11578	Vegetable juice cocktail, canned	242	1 cup	226.32
04582	Vegetable oil, canola	14	1 tbsps	0.00
11581	Vegetables, mixed, canned, drained solids	163	1 cup	141.83
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	151.48
02048	Vinegar, cider	15	1 tbsps	14.07
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	13.89
18367	Waffles, plain, prepared from recipe	75	1 waffle	31.50
14429	Water, municipal	237	8 fl oz	236.76
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	120.99
09326	Watermelon, raw	286	1 wedge	261.55
09326	Watermelon, raw	152	1 cup	139.00
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	14.90
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	13.24
20083	Wheat flour, white, bread, enriched	137	1 cup	18.30
20084	Wheat flour, white, cake, enriched	137	1 cup	17.14
20080	Wheat flour, whole-grain	120	1 cup	12.32
20089	Wild rice, cooked	164	1 cup	121.25
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	66.26
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	60.61
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	169.07
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	193.11
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	193.47
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	199.53