

USDA National Nutrient Database for Standard Reference, Release 17

Fatty acids, total polyunsaturated (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	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.010
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.055
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.047
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.135
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.082
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.030
09003	Apples, raw, with skin	138	1 apple	0.070
09004	Apples, raw, without skin	110	1 cup	0.041
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.138
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.034
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.043
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.039
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.017
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.026
09021	Apricots, raw	35	1 apricot	0.027
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.114
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.082
11015	Asparagus, canned, drained solids	72	4 spears	0.204
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.082
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.331
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.110
09038	Avocados, raw, California	28.35	1 oz	0.515
09039	Avocados, raw, Florida	28.35	1 oz	0.475
18005	Bagels, cinnamon-raisin	89	4" bagel	0.597
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.476
18003	Bagels, egg	89	4" bagel	0.571
18003	Bagels, egg	71	3-1/2" bagel	0.456
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.494
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.619
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3.033
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.441
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.233
09040	Bananas, raw	118	1 banana	0.086
09040	Bananas, raw	150	1 cup	0.109
20006	Barley, pearled, cooked	157	1 cup	0.336
20005	Barley, pearled, raw	200	1 cup	1.120

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.338
16008	Beans, baked, canned, with franks	259	1 cup	2.165
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.473
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.349
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.397
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.331
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.484
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.487
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.590
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.320
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.069
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.181
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.112
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.069
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.181
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.112
16051	Beans, white, mature seeds, canned	262	1 cup	0.322
22905	Beef stew, canned entree	232	1 cup	0.510
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.782
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.366
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.536
13350	Beef, cured, dried	28.35	1 oz	0.020
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.442
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.439
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.411
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.875
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.323
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.389
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.265
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.316
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.161
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.448
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.177
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.494
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.101
11084	Beets, canned, drained solids	24	1 beet	0.012
11084	Beets, canned, drained solids	170	1 cup	0.087
11081	Beets, cooked, boiled, drained	50	1 beet	0.032
11081	Beets, cooked, boiled, drained	170	1 cup	0.109
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	2.498
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	4.205
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.527

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18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.164
09042	Blackberries, raw	144	1 cup	0.403
09055	Blueberries, frozen, sweetened	230	1 cup	0.131
09050	Blueberries, raw	145	1 cup	0.212
07008	Bologna, beef and pork	56.7	2 slices	0.635
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.810
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.584
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	2.760
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.604
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	1.878
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.734
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	2.084
18025	Bread, cracked-wheat	25	1 slice	0.170
18027	Bread, egg	40	1/2" slice	0.442
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.173
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	1.688
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	0.949
18033	Bread, italian	20	1 slice	0.278
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.240
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.241
18039	Bread, oatmeal	27	1 slice	0.460
18040	Bread, oatmeal, toasted	25	1 slice	0.463
18041	Bread, pita, white, enriched	28	4" pita	0.150
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.321
18044	Bread, pumpernickel	32	1 slice	0.396
18045	Bread, pumpernickel, toasted	29	1 slice	0.394
18047	Bread, raisin, enriched	26	1 slice	0.177
18048	Bread, raisin, toasted, enriched	24	1 slice	0.177
18053	Bread, reduced-calorie, rye	23	1 slice	0.173
18055	Bread, reduced-calorie, wheat	23	1 slice	0.223
18057	Bread, reduced-calorie, white	23	1 slice	0.129
18060	Bread, rye	32	1 slice	0.256
18061	Bread, rye, toasted	24	1 slice	0.211
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.227
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.227
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.339
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.610
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.460
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.281
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.282
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	4.446
21023	Breakfast items, french toast with butter	135	2 slices	2.443
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.265
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.063
11740	Broccoli, flower clusters, raw	11	1 floweret	0.018
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.101
11090	Broccoli, raw	88	1 cup	0.033

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11090	Broccoli, raw	31	1 spear	0.012
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.406
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.310
20011	Buckwheat flour, whole-groat	120	1 cup	1.139
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.316
20013	Bulgur, cooked	182	1 cup	0.178
20012	Bulgur, dry	140	1 cup	0.757
01001	Butter, salted	14.2	1 tbsp	0.432
01145	Butter, without salt	14.2	1 tbsp	0.432
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.131
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.073
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.294
11109	Cabbage, raw	70	1 cup	0.042
11112	Cabbage, red, raw	70	1 cup	0.088
11114	Cabbage, savoy, raw	70	1 cup	0.034
18086	Cake, angelfood, commercially prepared	28	1 piece	0.103
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.062
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.928
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	1.181
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	2.623
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.429
18116	Cake, gingerbread, prepared from recipe	74	1 piece	3.120
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	3.774
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.299
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.119
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	2.361
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	2.618
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.404
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.209
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.134
18134	Cake, sponge, prepared from recipe	63	1 piece	0.409
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	2.421
18139	Cake, white, prepared from recipe without frosting	74	1 piece	2.330
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.352
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.296
19074	Candies, caramels	10.1	1 piece	0.018
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.019
19071	Candies, carob	28.35	1 oz	0.084
19087	Candies, confectioner's coating, white	170	1 cup	1.722
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.039
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.407
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.973
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.014
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	6	1 piece	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.376
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.027
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.840
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.366
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.108
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	1.535
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.156
19116	Candies, marshmallows	50	1 cup	0.023
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.358
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.732
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.051
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.935
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	2.139
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.172
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.520
19080	Candies, semisweet chocolate	168	1 cup	1.630
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.037
09060	Carambola, (starfruit), raw	108	1 cup	0.199
09060	Carambola, (starfruit), raw	91	1 fruit	0.167
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.017
11655	Carrot juice, canned	236	1 cup	0.168
11960	Carrots, baby, raw	10	1 medium	0.006
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.134
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.167
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.488
11124	Carrots, raw	72	1 carrot	0.084
11124	Carrots, raw	110	1 cup	0.129
11935	Catsup	6	1 packet	0.012
11935	Catsup	15	1 tbsp	0.030
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.269
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.117
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.185
11135	Cauliflower, raw	13	1 floweret	0.013
11135	Cauliflower, raw	100	1 cup	0.099

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11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.028
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.113
11143	Celery, raw	40	1 stalk	0.032
11143	Celery, raw	120	1 cup	0.097
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.384
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1.100
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.287
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.216
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.015
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.184
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.101
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.118
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.390
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.460
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.170
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.700
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.200
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.288
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.879
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.903
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.069
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.110
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.524
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.274
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.242
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.350
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.273
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.633
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.300
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.071
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.319
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.090
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.071
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.116
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.204
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.081
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.550
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.210
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.885
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.125
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.210
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.243
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.248
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.510

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08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.200
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.208
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.616
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.004
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.515
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.173
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.397
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.451
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.471
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.580
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.201
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.201
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.158
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.263
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.259
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.038
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.591
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.889
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.078
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.594
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.428
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.612
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.314
01164	Cheese sauce, prepared from recipe	243	1 cup	3.395
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.177
01004	Cheese, blue	28.35	1 oz	0.227
01007	Cheese, camembert	38	1 wedge	0.275
01009	Cheese, cheddar	28.35	1 oz	0.267
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.292
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.280
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.070
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.133
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.022
01017	Cheese, cream	14.5	1 tbsp	0.183
01186	Cheese, cream, fat free	15.6	1 tbsp	0.009
01019	Cheese, feta	28.35	1 oz	0.168
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.063
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.177
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.217
01030	Cheese, muenster	28.35	1 oz	0.187

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01031	Cheese, neufchatel	28.35	1 oz	0.184
01032	Cheese, parmesan, grated	5	1 tbsp	0.059
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.281
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.176
01035	Cheese, provolone	28.35	1 oz	0.218
01037	Cheese, ricotta, part skim milk	246	1 cup	0.640
01036	Cheese, ricotta, whole milk	246	1 cup	0.947
01040	Cheese, swiss	28.35	1 oz	0.276
18147	Cheesecake commercially prepared	80	1 piece	1.282
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.073
09070	Cherries, sweet, raw	68	10 cherries	0.035
22906	Chicken pot pie, frozen entree	217	1 small pie	4.488
07017	Chicken roll, light meat	56.7	2 slices	0.868
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	4.312
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.921
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.662
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.327
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	2.729
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	1.583
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.603
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.177
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.058
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.365
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	3.354
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	1.290
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.484
05277	Chicken, canned, meat only, with broth	142	5 oz	2.485
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.249
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	3.962
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	1.224
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	1.896
22904	Chili con carne with beans, canned entree	222	1 cup	0.948
11156	Chives, raw	3	1 tbsp	0.008
14181	Chocolate syrup	18.75	1 tbsp	0.005
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.020
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.495
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.013
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.034
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.035
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.013
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.024
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.002
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.055
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.004

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.966
11159	Coleslaw, home-prepared	120	1 cup	1.621
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.329
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.357
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.265
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.177
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.049
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.137
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.465
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.346
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.603
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.226
18170	Cookies, fig bars	16	1 cookie	0.444
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.536
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.219
18177	Cookies, molasses	15	1 cookie, medium	0.259
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.553
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.070
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.636
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.331
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.755
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.828
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	1.445
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.577
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.259
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.399
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.021
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.434
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.755
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	1.133
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.155
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.464
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.507
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.498
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.464
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.522
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.219
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.980
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	1.020
20020	Cornmeal, whole-grain, yellow	122	1 cup	1.998
20027	Cornstarch	8.064	1 tbsp	0.002
20029	Couscous, cooked	157	1 cup	0.100
20028	Couscous, dry	173	1 cup	0.436
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.266

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.476
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.569
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.387
18214	Crackers, cheese, regular	10	10 crackers	0.247
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.357
18217	Crackers, matzo, plain	28.35	1 matzo	0.171
18220	Crackers, melba toast, plain	20	4 pieces	0.256
18226	Crackers, rye, wafers, plain	11	1 wafer	0.044
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.150
18229	Crackers, standard snack-type, regular	12	4 crackers	1.145
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.180
18232	Crackers, wheat, regular	8	4 crackers	0.224
18235	Crackers, whole-wheat	16	4 crackers	1.055
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.111
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.038
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.004
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.064
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.206
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.108
01052	Cream, fluid, light whipping	15	1 tbsp	0.133
01056	Cream, sour, cultured	12	1 tbsp	0.093
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.067
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.025
18239	Croissants, butter	57	1 croissant	0.624
18243	Croutons, seasoned	40	1 cup	0.947
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.456
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.570
15141	Crustaceans, crab, blue, canned	135	1 cup	0.594
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.578
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.364
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.077
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.642
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	2.288
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	4.322
11206	Cucumber, peeled, raw	119	1 cup	0.004
11206	Cucumber, peeled, raw	280	1 large	0.008
11205	Cucumber, with peel, raw	301	1 large	0.160
11205	Cucumber, with peel, raw	104	1 cup	0.055
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.275
18245	Danish pastry, cheese	71	1 danish	1.828
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.678
09087	Dates, deglet noor	178	1 cup	0.034
09087	Dates, deglet noor	41.5	5 dates	0.008

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.008
01072	Dessert topping, pressurized	4	1 tbsp	0.010
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.021
02045	Dill weed, fresh	1	5 sprigs	0.001
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.103
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	3.704
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.377
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.741
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	3.160
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	3.948
01143	Egg substitute, liquid	62.75	1/4 cup	1.006
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	1.224
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.707
01131	Egg, whole, cooked, poached	50	1 large	0.679
01132	Egg, whole, cooked, scrambled	61	1 large	1.310
01123	Egg, whole, raw, fresh	44	1 medium	0.600
01123	Egg, whole, raw, fresh	50	1 large	0.682
01123	Egg, whole, raw, fresh	58	1 extra large	0.791
01125	Egg, yolk, raw, fresh	16.6	1 large	0.698
01057	Eggnog	254	1 cup	0.861
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.092
11213	Endive, raw	50	1 cup	0.043
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.506
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.502
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	5.706
21051	Entrees, pizza with pepperoni	71	1 slice	1.165
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.892
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.611
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	2.026
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	1.829
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	1.914
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	2.658
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	1.090
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	8.383
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	5.639
21042	Fast foods, chili con carne	253	1 cup	0.529
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	1.136
21043	Fast foods, clams, breaded and fried	115	3/4 cup	6.773
21127	Fast foods, coleslaw	99	3/4 cup	6.394
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	1.758
21015	Fast foods, danish pastry, cheese	91	1 pastry	2.423
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.568
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.817
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.558

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21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	9.432
21024	Fast foods, french toast sticks	141	5 sticks	9.941
21077	Fast foods, frijoles with cheese	167	1 cup	0.696
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	2.796
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	2.765
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	1.005
21118	Fast foods, hotdog, plain	98	1 sandwich	1.706
21119	Fast foods, hotdog, with chili	114	1 sandwich	1.188
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	3.497
21129	Fast foods, hush puppies	78	5 pieces	0.388
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.358
21078	Fast foods, nachos, with cheese	113	6-8 nachos	2.233
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.665
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1.958
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	5.288
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	4.193
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	2.660
21139	Fast foods, potato, mashed	80	1/3 cup	0.234
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.470
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	1.706
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.475
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.556
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.645
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	2.282
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	2.611
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	7.296
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.807
21082	Fast foods, taco	263	1 large	1.475
21082	Fast foods, taco	171	1 small	0.959
21083	Fast foods, taco salad	198	1-1/2 cups	1.748
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	0.596
09094	Figs, dried, uncooked	38	2 figs	0.131
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	2.826
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.247
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.266
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.805
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.886
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.820
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.549
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.263
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.463
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	1.495
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.799
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	1.428
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.273
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.465

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15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.445
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.314
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.885
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.505
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.014
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.846
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	1.742
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	3.734
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	2.048
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	4.378
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.253
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.005
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.980
15128	Fish, tuna salad	205	1 cup	8.450
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	2.454
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.286
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.943
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.309
07022	Frankfurter, beef	45	1 frank	0.532
07023	Frankfurter, beef and pork	45	1 frank	1.229
07024	Frankfurter, chicken	45	1 frank	1.818
18268	French toast, frozen, ready-to-heat	59	1 slice	0.724
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.686
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.809
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	3.021
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.023
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.158
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.151
19294	Fruit butters, apple	17	1 tbsp	0.000
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.077
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.009
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.007
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.195
11215	Garlic, raw	3	1 clove	0.007
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.003
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.056
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.065
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.199
09404	Grapefruit juice, pink, raw	247	1 cup	0.059
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.052
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.057

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.079
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.234
09128	Grapefruit juice, white, raw	247	1 cup	0.059
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.044
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.028
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.061
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.077
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.024
06116	Gravy, beef, canned	58.25	1/4 cup	0.047
06119	Gravy, chicken, canned	59.5	1/4 cup	0.893
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.608
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	2.159
06125	Gravy, turkey, canned	59.6	1/4 cup	0.292
07027	Ham, chopped, not canned	21	2 slices	0.265
07028	Ham, sliced, extra lean	56.7	2 slices	0.194
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.447
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	0.336
11961	Hearts of palm, canned	33	1 piece	0.067
19296	Honey	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.017
16158	Hummus, commercial	14	1 tbsp	0.506
19270	Ice creams, chocolate	66	1/2 cup	0.271
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.387
19095	Ice creams, vanilla	66	1/2 cup	0.298
19088	Ice creams, vanilla, light	66	1/2 cup	0.145
19089	Ice creams, vanilla, rich	74	1/2 cup	0.503
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.000
19300	Jellies	19	1 tbsp	0.001
11226	Jerusalem-artichokes, raw	150	1 cup	0.002
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.251
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.305
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.375
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.218
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.087
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.003
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.433
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	1.428
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.544
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.845
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.740

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	1.454
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.782
04002	Lard	12.8	1 tbsp	1.434
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.006
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.001
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.001
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.115
09153	Lemon juice, canned or bottled	244	1 cup	0.207
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.013
09152	Lemon juice, raw	47	juice of 1 lemon	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.042
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.002
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.011
09150	Lemons, raw, without peel	58	1 lemon	0.052
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.346
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.191
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.009
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.016
11251	Lettuce, cos or romaine, raw	56	1 cup	0.090
11253	Lettuce, green leaf, raw	56	1 cup	0.046
11253	Lettuce, green leaf, raw	10	1 leaf	0.008
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.399
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.041
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.006
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.261
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.277
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.178
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.321
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.010
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.157
09160	Lime juice, raw	38	juice of 1 lime	0.009
22247	Macaroni and Cheese, canned entree	252	1 cup	0.764
20100	Macaroni, cooked, enriched	140	1 cup	0.382
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.068
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.543
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.089
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.564
09176	Mangos, raw	207	1 mango	0.106

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09176	Mangos, raw	165	1 cup	0.084
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	3.955
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	3.581
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	2.195
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.737
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	1.604
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	2.264
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.662
09181	Melons, cantaloupe, raw	69	1/8 melon	0.056
09181	Melons, cantaloupe, raw	160	1 cup	0.130
09184	Melons, honeydew, raw	170	1 cup	0.100
09184	Melons, honeydew, raw	160	1/8 melon	0.094
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.300
01111	Milk shakes, thick vanilla	313	11 fl oz	0.354
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.014
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.081
01095	Milk, canned, condensed, sweetened	306	1 cup	1.031
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.015
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.617
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.310
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.088
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.180
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.006
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.085
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.017
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.178
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.476
16112	Miso	68.75	1 cup	2.203
19305	Molasses, blackstrap	20	1 tbsp	0.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.469
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.240
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	2.816
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.813
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	2.656
18274	Muffins, blueberry, commercially prepared	57	1 muffin	1.422
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	3.071
18279	Muffins, corn, commercially prepared	57	1 muffin	1.833
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.625
18283	Muffins, oat bran	57	1 muffin	2.354
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	1.672
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.040
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.060
11264	Mushrooms, canned, drained solids	156	1 cup	0.176
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.285
11260	Mushrooms, raw	70	1 cup	0.097
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.045

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.005
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.064
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.029
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.031
09191	Nectarines, raw	136	1 nectarine	0.154
20113	Noodles, chinese, chow mein	45	1 cup	7.799
20110	Noodles, egg, cooked, enriched	160	1 cup	0.653
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.558
12061	Nuts, almonds	28.35	1 oz (24 nuts)	3.463
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	5.834
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	2.222
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	2.423
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.243
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.361
12104	Nuts, coconut meat, raw	45	1 piece	0.165
12120	Nuts, hazelnuts or filberts	28.35	1 oz	2.245
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.425
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.053
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	3.770
12142	Nuts, pecans	28.35	1 oz (20 halves)	6.128
12147	Nuts, pine nuts, dried	8.6	1 tbsp	2.930
12147	Nuts, pine nuts, dried	28.35	1 oz	9.659
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	3.940
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	13.374
20034	Oat bran, cooked	219	1 cup	0.742
20033	Oat bran, raw	94	1 cup	2.600
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.350
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	4.320
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	5.671
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	5.114
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	6.542
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	1.952
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	7.436
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	8.935
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.074
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.149
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.200
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	3.068
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.153
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.069
11284	Onions, dehydrated flakes	5	1 tbsp	0.009
11282	Onions, raw	110	1 whole	0.068
11282	Onions, raw	160	1 cup	0.099
11282	Onions, raw	14	1 slice	0.009
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.011
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.074

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09207	Orange juice, canned, unsweetened	249	1 cup	0.085
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.159
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.030
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.087
09206	Orange juice, raw	86	juice from 1 orange	0.034
09206	Orange juice, raw	248	1 cup	0.099
09200	Oranges, raw, all commercial varieties	180	1 cup	0.045
09200	Oranges, raw, all commercial varieties	131	1 orange	0.033
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.347
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.312
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	1.111
09226	Papayas, raw	140	1 cup	0.043
09226	Papayas, raw	304	1 papaya	0.094
11297	Parsley, raw	10	10 sprigs	0.012
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.073
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.580
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.123
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.046
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.040
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.016
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.143
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.160
09236	Peaches, raw	170	1 cup	0.146
09236	Peaches, raw	98	1 peach	0.084
16097	Peanut butter, chunk style, with salt	16	1 tbsp	2.368
16098	Peanut butter, smooth style, with salt	16	1 tbsp	2.219
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	4.449
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	4.449
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	4.329
09340	Pears, asian, raw	122	1 pear	0.067
09340	Pears, asian, raw	275	1 pear	0.151
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.023
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.080
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.011
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.037
09252	Pears, raw	166	1 pear	0.048
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.160
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.267
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.277
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.206
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.323
11670	Peppers, hot chili, green, raw	45	1 pepper	0.049
11819	Peppers, hot chili, red, raw	45	1 pepper	0.108
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.134
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.146
11333	Peppers, sweet, green, raw	149	1 cup	0.092

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11333	Peppers, sweet, green, raw	10	1 ring	0.006
11333	Peppers, sweet, green, raw	119	1 pepper	0.074
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.144
11821	Peppers, sweet, red, raw	119	1 pepper	0.186
11821	Peppers, sweet, red, raw	149	1 cup	0.232
11945	Pickle relish, sweet	15	1 tbsp	0.018
11937	Pickles, cucumber, dill	65	1 pickle	0.050
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	16.510
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	5.083
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	16.420
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.022
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.016
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	2.572
18302	Pie, apple, prepared from recipe	155	1 piece	5.174
18305	Pie, blueberry, commercially prepared	117	1 piece	4.123
18306	Pie, blueberry, prepared from recipe	147	1 piece	4.528
18308	Pie, cherry, commercially prepared	117	1 piece	2.404
18309	Pie, cherry, prepared from recipe	180	1 piece	5.845
18310	Pie, chocolate creme, commercially prepared	113	1 piece	2.710
18316	Pie, coconut custard, commercially prepared	104	1 piece	1.217
18444	Pie, fried pies, cherry	128	1 pie	6.881
18319	Pie, fried pies, fruit	128	1 pie	6.881
18320	Pie, lemon meringue, commercially prepared	113	1 piece	4.122
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.230
18324	Pie, pecan, commercially prepared	113	1 piece	3.596
18325	Pie, pecan, prepared from recipe	122	1 piece	6.966
18326	Pie, pumpkin, commercially prepared	109	1 piece	3.434
18327	Pie, pumpkin, prepared from recipe	155	1 piece	2.805
11943	Pimento, canned	12	1 tbsp	0.019
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.070
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.070
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.020
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.102
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.014
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.072
09266	Pineapple, raw, all varieties	155	1 cup	0.065
21224	Pizza, cheese, regular crust, frozen	63	1 serving	1.150
21226	Pizza, meat and vegetable, regular crust, frozen	79	1 serving	1.949
09278	Plantains, cooked	154	1 cup	0.051
09277	Plantains, raw	179	1 medium	0.124
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.010
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.057
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.013
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.002
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.124
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.026

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09279	Plums, raw	66	1 plum	0.029
07065	Pork and beef sausage, fresh, cooked	26	2 links	1.014
07064	Pork sausage, fresh, cooked	26	2 links	0.969
07064	Pork sausage, fresh, cooked	27	1 patty	1.006
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.864
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.377
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.765
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	1.538
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.535
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	1.972
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	1.428
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.723
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.833
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	1.623
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.493
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	1.139
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	1.088
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.723
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	1.623
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	1.938
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.986
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	2.321
11672	Potato pancakes, home-prepared	76	1 pancake	4.971
11399	Potato puffs, frozen, prepared	79	10 puffs	0.635
11414	Potato salad, home-prepared	250	1 cup	9.342
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.117
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.328
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.676
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.067
11364	Potatoes, baked, skin, without salt	58	1 skin	0.025
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.058
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.067
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.058
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.389
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.384
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.565
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.199
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.136
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.547
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.475

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.407
05306	Poultry food products, ground turkey, cooked	82	1 patty	2.649
09294	Prune juice, canned	256	1 cup	0.018
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.194
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.102
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.616
19193	Puddings, rice, ready-to-eat	113.4	4 oz	3.164
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.537
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.123
19201	Puddings, vanilla, ready-to-eat	113	4 oz	1.514
11424	Pumpkin, canned, without salt	245	1 cup	0.037
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.010
11429	Radishes, raw	4.5	1 radish	0.002
09298	Raisins, seedless	14	1 packet	0.005
09298	Raisins, seedless	145	1 cup	0.054
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.223
09302	Raspberries, raw	123	1 cup	0.461
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.386
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.060
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.309
20037	Rice, brown, long-grain, cooked	195	1 cup	0.630
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.126
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.276
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.073
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.120
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.327
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.339
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.846
18353	Rolls, hard (includes kaiser)	57	1 roll	0.980
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.161
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4.253
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	3.281
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.820
04133	Salad dressing, french, home recipe	14	1 tbsp	4.718
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.336
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	3.760
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.902
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.256
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5.889
04015	Salad dressing, russian dressing	15.3	1 tbsp	4.498
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.375
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.412
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.842
07069	Salami, cooked, beef and pork	56.7	2 slices	1.145
07072	Salami, dry or hard, pork, beef	20	2 slices	0.556
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.384

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	2.710
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	1.540
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	2.202
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.107
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	1.637
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.272
06166	Sauce, homemade, white, medium	250	1 cup	7.155
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	2.113
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	2.370
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.009
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.018
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.144
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.206
11445	Seaweed, kelp, raw	10	2 tbsp	0.005
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.019
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	5.445
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	3.535
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	1.921
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	9.323
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	10.523
14346	Shake, fast food, chocolate	333	16 fl oz	0.466
14347	Shake, fast food, vanilla	333	16 fl oz	0.370
11677	Shallots, raw	10	1 tbsp	0.004
19097	Sherbet, orange	74	1/2 cup	0.059
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	3.341
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.200
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	4.584
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	4.672
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.349
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.055
19014	Snacks, fruit leather, rolls	21	1 large	0.113
19015	Snacks, granola bars, hard, plain	28.35	1 bar	3.416
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.539
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.558
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.910
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.333
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1.122
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	3.017
19034	Snacks, popcorn, air-popped	8	1 cup	0.152
19036	Snacks, popcorn, cakes	10	1 cake	0.135
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.373
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.577
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.691
19035	Snacks, popcorn, oil-popped	11	1 cup	1.476

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19041	Snacks, pork skins, plain	28.35	1 oz	1.032
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	4.641
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	3.824
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	5.664
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	5.324
19411	Snacks, potato chips, plain, salted	28.35	1 oz	3.450
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	3.450
19422	Snacks, potato chips, reduced fat	28.35	1 oz	3.101
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	4.939
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.732
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.089
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	1.004
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.595
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.029
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	16.483
19061	Snacks, trail mix, tropical	140	1 cup	7.224
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.948
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	1.822
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.020
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.488
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	1.512
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.554
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.391
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	1.008
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.410
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.291
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.091
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	1.488
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	1.637
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	4.613
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	4.221
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	1.109
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.081
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.074
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.375
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.382
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.480

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.242
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	0.986
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.425
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.350
06174	Soup, stock, fish, home-prepared	233	1 cup	0.322
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.116
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.952
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.122
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.392
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.723
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.056
16120	Soy milk, fluid	245	1 cup	1.877
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.003
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	5.420
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	8.710
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.906
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.382
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.298
02007	Spices, celery seed	2	1 tsp	0.074
02009	Spices, chili powder	2.6	1 tsp	0.194
02010	Spices, cinnamon, ground	2.3	1 tsp	0.012
02015	Spices, curry powder	2	1 tsp	0.051
02020	Spices, garlic powder	2.8	1 tsp	0.011
02026	Spices, onion powder	2.1	1 tsp	0.009
02027	Spices, oregano, dried	1.5	1 tsp	0.078
02028	Spices, paprika	2.1	1 tsp	0.175
02029	Spices, parsley, dried	1.3	1 tbsp	0.006
02030	Spices, pepper, black	2.1	1 tsp	0.024
11658	Spinach souffle, home-prepared	136	1 cup	3.082
11461	Spinach, canned, drained solids	214	1 cup	0.447
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.194
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.409
11457	Spinach, raw	30	1 cup	0.050
11457	Spinach, raw	10	1 leaf	0.017
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.236
11641	Squash, summer, all varieties, raw	113	1 cup	0.101
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.543
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.070
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.163
09316	Strawberries, raw	166	1 cup	0.257
09316	Strawberries, raw	18	1 strawberry	0.028
09316	Strawberries, raw	12	1 strawberry	0.019
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000

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19336	Sugars, powdered	8	1 tbsp	0.004
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.276
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.227
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.140
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.125
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.154
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	4.484
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.518
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.053
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.020
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	1.130
09223	Tangerine juice, canned, sweetened	249	1 cup	0.062
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.050
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.055
20068	Tapioca, pearl, dry	152	1 cup	0.005
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.007
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.009
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.009
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.002
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.021
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.901
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.012
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	1.144
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	1.453
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.497
11954	Tomatillos, raw	34	1 medium	0.142
11540	Tomato juice, canned, with salt added	243	1 cup	0.058
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.419
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.158
11549	Tomato products, canned, sauce	245	1 cup	0.240
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.196
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.130
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.243
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.023
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.027
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.166
11955	Tomatoes, sun-dried	2	1 piece	0.022
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.062
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.369
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.507

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21088	Tostada with guacamole	130.5	1 tostada	1.527
05286	Turkey and gravy, frozen	142	5-oz package	0.667
05292	Turkey patties, breaded, battered, fried	64	1 patty	3.014
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.412
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.814
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	1.827
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.722
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	2.002
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	3.314
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.131
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.279
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.066
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.399
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.807
11578	Vegetable juice cocktail, canned	242	1 cup	0.092
04582	Vegetable oil, canola	14	1 tbsp	4.144
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.194
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.131
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.918
18367	Waffles, plain, prepared from recipe	75	1 waffle	5.089
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.036
09326	Watermelon, raw	286	1 wedge	0.143
09326	Watermelon, raw	152	1 cup	0.076
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.516
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.512
20083	Wheat flour, white, bread, enriched	137	1 cup	0.996
20084	Wheat flour, white, cake, enriched	137	1 cup	0.519
20080	Wheat flour, whole-grain	120	1 cup	0.935
20089	Wild rice, cooked	164	1 cup	0.349
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	4.925
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.173
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.070
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.100
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.011
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.209