

USDA National Nutrient Database for Standard Reference, Release 17
Pantothenic acid (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	10.65
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	10.12
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	10.08
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	9.90
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	9.90
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	5.90
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	5.21
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	4.75
21042	Fast foods, chili con carne	253	1 cup	3.59
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	3.55
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.37
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	3.32
21082	Fast foods, taco	263	1 large	2.60
01095	Milk, canned, condensed, sweetened	306	1 cup	2.30
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.25
20028	Couscous, dry	173	1 cup	2.15
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	2.10
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	2.05
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	2.00
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.92
01097	Milk, canned, evaporated, nonfat	256	1 cup	1.89
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	1.88
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1.87
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	1.87
19061	Snacks, trail mix, tropical	140	1 cup	1.71
01143	Egg substitute, liquid	62.75	1/4 cup	1.69
21082	Fast foods, taco	171	1 small	1.69
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	1.61
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	1.53
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.52
20012	Bulgur, dry	140	1 cup	1.46
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	1.46
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	1.42
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.41
20033	Oat bran, raw	94	1 cup	1.40
11370	Potatoes, hashed brown, home-prepared	156	1 cup	1.39
14347	Shake, fast food, vanilla	333	16 fl oz	1.39
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.39
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1.37
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	1.35
21083	Fast foods, taco salad	198	1-1/2 cups	1.35
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	1.34
11414	Potato salad, home-prepared	250	1 cup	1.33
11512	Sweet potato, canned, vacuum pack	255	1 cup	1.33
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	1.32
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.31
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	1.31
14346	Shake, fast food, chocolate	333	16 fl oz	1.30

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15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	1.30
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	1.29
16120	Soy milk, fluid	245	1 cup	1.27
11264	Mushrooms, canned, drained solids	156	1 cup	1.27
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	1.26
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	1.26
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	1.25
20080	Wheat flour, whole-grain	120	1 cup	1.21
05277	Chicken, canned, meat only, with broth	142	5 oz	1.21
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	1.21
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.19
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.17
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.15
01111	Milk shakes, thick vanilla	313	11 fl oz	1.15
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	1.13
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	1.12
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.11
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.11
21077	Fast foods, frijoles with cheese	167	1 cup	1.10
11547	Tomato products, canned, puree, without salt added	250	1 cup	1.10
01110	Milk shakes, thick chocolate	300	10.6 fl oz	1.09
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	1.09
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	1.08
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.08
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	1.08
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	1.07
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	1.07
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	1.06
01057	Eggnog	254	1 cup	1.06
11260	Mushrooms, raw	70	1 cup	1.06
09087	Dates, deglet noor	178	1 cup	1.05
19087	Candies, confectioner's coating, white	170	1 cup	1.03
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.03
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	1.01
21088	Tostada with guacamole	130.5	1 tostada	1.00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	1.00
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.99
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.98
11424	Pumpkin, canned, without salt	245	1 cup	0.98
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.96
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	0.95
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.94
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.92
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.91
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.90
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.89
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.89

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21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	0.89
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.88
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.88
11658	Spinach souffle, home-prepared	136	1 cup	0.88
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.88
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.87
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.87
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.87
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.87
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.87
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.85
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.85
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.84
01123	Egg, whole, raw, fresh	58	1 extra large	0.83
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.83
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.83
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.83
06166	Sauce, homemade, white, medium	250	1 cup	0.82
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.80
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.80
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.79
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.79
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.79
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.79
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.79
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.79
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.78
11205	Cucumber, with peel, raw	301	1 large	0.78
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.78
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	0.77
06174	Soup, stock, fish, home-prepared	233	1 cup	0.77
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.76
11549	Tomato products, canned, sauce	245	1 cup	0.76
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.75
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.75
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.75
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.74
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.74
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.74
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.74
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.74
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.74
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.73
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	0.72
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.72

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21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	0.72
01123	Egg, whole, raw, fresh	50	1 large	0.72
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.72
01128	Egg, whole, cooked, fried	46	1 large	0.72
01131	Egg, whole, cooked, poached	50	1 large	0.72
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.71
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.71
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.70
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.69
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.69
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.69
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.69
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.68
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.68
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.67
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.67
11206	Cucumber, peeled, raw	280	1 large	0.67
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.67
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.67
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.67
09226	Papayas, raw	304	1 papaya	0.66
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.66
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.66
11135	Cauliflower, raw	100	1 cup	0.65
11578	Vegetable juice cocktail, canned	242	1 cup	0.64
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.64
01123	Egg, whole, raw, fresh	44	1 medium	0.63
09326	Watermelon, raw	286	1 wedge	0.63
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.63
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.63
20084	Wheat flour, white, cake, enriched	137	1 cup	0.63
20013	Bulgur, cooked	182	1 cup	0.63
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.62
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.62
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	0.62
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.62
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.62
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.62
01132	Egg, whole, cooked, scrambled	61	1 large	0.61
11540	Tomato juice, canned, with salt added	243	1 cup	0.61
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.60
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.60
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.60
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.60
20083	Wheat flour, white, bread, enriched	137	1 cup	0.60
18003	Bagels, egg	89	4" bagel	0.60

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11226	Jerusalem-artichokes, raw	150	1 cup	0.60
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.60
01037	Cheese, ricotta, part skim milk	246	1 cup	0.60
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.59
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.59
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.59
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.59
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.59
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.59
18325	Pie, pecan, prepared from recipe	122	1 piece	0.58
20029	Couscous, cooked	157	1 cup	0.58
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.58
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.58
18283	Muffins, oat bran	57	1 muffin	0.58
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.57
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.57
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.57
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.57
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.57
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.57
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.57
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.57
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.57
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.57
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.57
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.57
01164	Cheese sauce, prepared from recipe	243	1 cup	0.57
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.57
20005	Barley, pearled, raw	200	1 cup	0.56
21024	Fast foods, french toast sticks	141	5 sticks	0.56
11672	Potato pancakes, home-prepared	76	1 pancake	0.56
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.56
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.56
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.56
20037	Rice, brown, long-grain, cooked	195	1 cup	0.56
18268	French toast, frozen, ready-to-heat	59	1 slice	0.55
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.55
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0.55
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.55
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.55
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.55
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.55
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.55
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.55

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15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.55
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	0.55
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.54
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	0.54
21023	Breakfast items, french toast with butter	135	2 slices	0.54
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.54
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.54
11655	Carrot juice, canned	236	1 cup	0.54
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.54
15128	Fish, tuna salad	205	1 cup	0.53
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.53
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.53
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.53
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.53
20011	Buckwheat flour, whole-groat	120	1 cup	0.53
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.53
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.53
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.52
01036	Cheese, ricotta, whole milk	246	1 cup	0.52
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.52
11399	Potato puffs, frozen, prepared	79	10 puffs	0.52
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.52
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.52
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.52
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.52
01007	Cheese, camembert	38	1 wedge	0.52
21118	Fast foods, hotdog, plain	98	1 sandwich	0.51
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.51
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.50
11090	Broccoli, raw	88	1 cup	0.50
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.50
09040	Bananas, raw	150	1 cup	0.50
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.50
11364	Potatoes, baked, skin, without salt	58	1 skin	0.50
22905	Beef stew, canned entree	232	1 cup	0.50
01125	Egg, yolk, raw, fresh	16.6	1 large	0.50
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.49
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.49
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.49
18239	Croissants, butter	57	1 croissant	0.49
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.49
01004	Cheese, blue	28.35	1 oz	0.49
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.49

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15141	Crustaceans, crab, blue, canned	135	1 cup	0.49
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.49
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.49
16051	Beans, white, mature seeds, canned	262	1 cup	0.48
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.48
07069	Salami, cooked, beef and pork	56.7	2 slices	0.48
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.48
18324	Pie, pecan, commercially prepared	113	1 piece	0.48
18003	Bagels, egg	71	3-1/2" bagel	0.48
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.48
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.48
20034	Oat bran, cooked	219	1 cup	0.48
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0.47
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.47
11821	Peppers, sweet, red, raw	149	1 cup	0.47
09206	Orange juice, raw	248	1 cup	0.47
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.47
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.47
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.47
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.47
09128	Grapefruit juice, white, raw	247	1 cup	0.47
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.47
09404	Grapefruit juice, pink, raw	247	1 cup	0.47
09277	Plantains, raw	179	1 medium	0.47
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.46
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.46
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.46
18147	Cheesecake commercially prepared	80	1 piece	0.46
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.46
18005	Bagels, cinnamon-raisin	89	4" bagel	0.45
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.45
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.45
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0.45
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.45
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.45
09200	Oranges, raw, all commercial varieties	180	1 cup	0.45
11213	Endive, raw	50	1 cup	0.45
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.45
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.45
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.44
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.44
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.44
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.44
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	0.43

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.43
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.43
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	0.43
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.43
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.42
09060	Carambola, (starfruit), raw	108	1 cup	0.42
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.42
09038	Avocados, raw, California	28.35	1 oz	0.41
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.41
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.41
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	0.41
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.41
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.41
09302	Raspberries, raw	123	1 cup	0.40
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.40
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.40
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.40
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.40
09042	Blackberries, raw	144	1 cup	0.40
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.40
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.40
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.40
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.39
09040	Bananas, raw	118	1 banana	0.39
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.39
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.39
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.39
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.39
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.39
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.38
21139	Fast foods, potato, mashed	80	1/3 cup	0.38
19095	Ice creams, vanilla	66	1/2 cup	0.38
11821	Peppers, sweet, red, raw	119	1 pepper	0.38
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.38
22906	Chicken pot pie, frozen entree	217	1 small pie	0.38
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.38
09207	Orange juice, canned, unsweetened	249	1 cup	0.37
07024	Frankfurter, chicken	45	1 frank	0.37
18308	Pie, cherry, commercially prepared	117	1 piece	0.37
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.37
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.37
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.37
19270	Ice creams, chocolate	66	1/2 cup	0.37
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.37
22904	Chili con carne with beans, canned entree	222	1 cup	0.36
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.36
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.36

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11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.36
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.36
16008	Beans, baked, canned, with franks	259	1 cup	0.36
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.36
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.36
09278	Plantains, cooked	154	1 cup	0.36
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.36
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.36
09060	Carambola, (starfruit), raw	91	1 fruit	0.36
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.35
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	0.35
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.35
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.35
18134	Cake, sponge, prepared from recipe	63	1 piece	0.34
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.34
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.34
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.34
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.34
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.34
19089	Ice creams, vanilla, rich	74	1/2 cup	0.34
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.34
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.34
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.34
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.34
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.34
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.34
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	0.34
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0.34
09326	Watermelon, raw	152	1 cup	0.34
18243	Croutons, seasoned	40	1 cup	0.33
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.33
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.33
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.33
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.33
09176	Mangos, raw	207	1 mango	0.33
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.33
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.33
09200	Oranges, raw, all commercial varieties	131	1 orange	0.33
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.32
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.32
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.32
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.32
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.32
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.32
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.32
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.32

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11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.32
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.32
09266	Pineapple, raw, all varieties	155	1 cup	0.32
19088	Ice creams, vanilla, light	66	1/2 cup	0.32
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	0.32
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.32
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.31
09223	Tangerine juice, canned, sweetened	249	1 cup	0.31
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.31
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.31
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.31
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.31
09226	Papayas, raw	140	1 cup	0.31
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.30
05286	Turkey and gravy, frozen	142	5-oz package	0.30
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.30
11124	Carrots, raw	110	1 cup	0.30
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.30
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.30
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.30
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	0.30
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.30
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.30
11143	Celery, raw	120	1 cup	0.30
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.29
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.29
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.29
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.29
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.29
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.29
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.29
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.29
09055	Blueberries, frozen, sweetened	230	1 cup	0.29
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.29
11206	Cucumber, peeled, raw	119	1 cup	0.29
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.28
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.28
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.28
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.28
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	0.28
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.28
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.28
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.28
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.28
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.28

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11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.27
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.27
01019	Cheese, feta	28.35	1 oz	0.27
09294	Prune juice, canned	256	1 cup	0.27
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.27
11205	Cucumber, with peel, raw	104	1 cup	0.27
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.27
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.27
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.27
07028	Ham, sliced, extra lean	56.7	2 slices	0.27
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.27
11084	Beets, canned, drained solids	170	1 cup	0.27
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.26
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.26
09176	Mangos, raw	165	1 cup	0.26
09039	Avocados, raw, Florida	28.35	1 oz	0.26
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.26
09184	Melons, honeydew, raw	170	1 cup	0.26
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.26
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.26
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.26
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	0.26
21226	Pizza, meat and vegetable, regular crust, frozen	79	1 serving	0.26
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.26
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.26
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.26
09236	Peaches, raw	170	1 cup	0.26
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.26
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.26
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.25
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.25
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.25
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.25
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.25
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.25
18279	Muffins, corn, commercially prepared	57	1 muffin	0.25
20089	Wild rice, cooked	164	1 cup	0.25
09191	Nectarines, raw	136	1 nectarine	0.25
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.25
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.25
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.25
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.25
21051	Entrees, pizza with pepperoni	71	1 slice	0.25
09184	Melons, honeydew, raw	160	1/8 melon	0.25
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.25

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18316	Pie, coconut custard, commercially prepared	104	1 piece	0.25
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.25
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.25
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.25
11081	Beets, cooked, boiled, drained	170	1 cup	0.25
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.24
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.24
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.24
09087	Dates, deglet noor	41.5	5 dates	0.24
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.24
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.24
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.24
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.24
20113	Noodles, chinese, chow mein	45	1 cup	0.24
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.24
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.24
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.24
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.24
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.24
07008	Bologna, beef and pork	56.7	2 slices	0.24
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.23
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.23
18353	Rolls, hard (includes kaiser)	57	1 roll	0.23
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.23
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.23
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.23
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.23
20110	Noodles, egg, cooked, enriched	160	1 cup	0.23
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.23
16112	Miso	68.75	1 cup	0.23
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.23
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.23
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.23
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.23
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.23
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.23
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.23
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.23
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.22
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.22
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.22
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.22
09153	Lemon juice, canned or bottled	244	1 cup	0.22
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.22
18309	Pie, cherry, prepared from recipe	180	1 piece	0.22
07017	Chicken roll, light meat	56.7	2 slices	0.22
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.22

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09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.22
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.22
21129	Fast foods, hush puppies	78	5 pieces	0.22
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.22
18245	Danish pastry, cheese	71	1 danish	0.22
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.21
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.21
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.21
19071	Candies, carob	28.35	1 oz	0.21
20006	Barley, pearled, cooked	157	1 cup	0.21
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.21
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.21
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.21
09316	Strawberries, raw	166	1 cup	0.21
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.21
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.21
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.21
20068	Tapioca, pearl, dry	152	1 cup	0.21
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.20
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.20
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.20
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.20
11124	Carrots, raw	72	1 carrot	0.20
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.20
07064	Pork sausage, fresh, cooked	27	1 patty	0.20
11282	Onions, raw	160	1 cup	0.20
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.20
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.20
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.19
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.19
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.19
09340	Pears, asian, raw	275	1 pear	0.19
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.19
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.19
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.19
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.19
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.19
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.19
07064	Pork sausage, fresh, cooked	26	2 links	0.19
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.19
22247	Macaroni and Cheese, canned entree	252	1 cup	0.19
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.19
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.19
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.19
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.19

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19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.18
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.18
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.18
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.18
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.18
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.18
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.18
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.18
09050	Blueberries, raw	145	1 cup	0.18
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.18
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.18
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.18
11090	Broccoli, raw	31	1 spear	0.18
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.18
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.18
19080	Candies, semisweet chocolate	168	1 cup	0.18
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.18
19305	Molasses, blackstrap	20	1 tbsp	0.18
11641	Squash, summer, all varieties, raw	113	1 cup	0.18
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.17
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.17
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.17
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.17
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.17
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.17
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.17
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.17
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.17
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.17
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.17
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.17
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.17
09181	Melons, cantaloupe, raw	160	1 cup	0.17
09094	Figs, dried, uncooked	38	2 figs	0.16
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.16
09206	Orange juice, raw	86	juice from 1 orange	0.16
19097	Sherbet, orange	74	1/2 cup	0.16
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.16
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.16
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.16
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.16
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.16
01031	Cheese, neufchatel	28.35	1 oz	0.16
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.16
18305	Pie, blueberry, commercially prepared	117	1 piece	0.16

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11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.16
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.16
07023	Frankfurter, beef and pork	45	1 frank	0.16
20100	Macaroni, cooked, enriched	140	1 cup	0.16
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.16
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.16
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.16
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.16
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.16
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.16
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.15
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.15
11159	Coleslaw, home-prepared	120	1 cup	0.15
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.15
09236	Peaches, raw	98	1 peach	0.15
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.15
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.15
21127	Fast foods, coleslaw	99	3/4 cup	0.15
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	0.15
11333	Peppers, sweet, green, raw	149	1 cup	0.15
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.15
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.15
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.15
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.15
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.15
18055	Bread, reduced-calorie, wheat	23	1 slice	0.14
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.14
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.14
18302	Pie, apple, prepared from recipe	155	1 piece	0.14
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.14
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.14
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.14
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.14
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.14
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.14
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.14
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.14
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.14
18444	Pie, fried pies, cherry	128	1 pie	0.14
18319	Pie, fried pies, fruit	128	1 pie	0.14
18060	Bread, rye	32	1 slice	0.14
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.14
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.14
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.14
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.14

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18220	Crackers, melba toast, plain	20	4 pieces	0.14
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.14
21224	Pizza, cheese, regular crust, frozen	63	1 serving	0.14
09298	Raisins, seedless	145	1 cup	0.14
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.14
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.14
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.14
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.14
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.14
09070	Cherries, sweet, raw	68	10 cherries	0.14
12104	Nuts, coconut meat, raw	45	1 piece	0.14
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.13
01035	Cheese, provolone	28.35	1 oz	0.13
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.13
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.13
11282	Onions, raw	110	1 whole	0.13
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.13
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.13
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.13
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.13
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.13
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.13
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.13
11114	Cabbage, savoy, raw	70	1 cup	0.13
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.13
18235	Crackers, whole-wheat	16	4 crackers	0.13
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.13
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.13
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.13
18044	Bread, pumpernickel	32	1 slice	0.13
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.13
18025	Bread, cracked-wheat	25	1 slice	0.13
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.13
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.13
18217	Crackers, matzo, plain	28.35	1 matzo	0.13
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.13
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.12
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.12
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.12
19041	Snacks, pork skins, plain	28.35	1 oz	0.12
01040	Cheese, swiss	28.35	1 oz	0.12
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.12
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.12
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.12
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.12
11333	Peppers, sweet, green, raw	119	1 pepper	0.12
01009	Cheese, cheddar	28.35	1 oz	0.12
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.12

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19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.12
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.11
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.11
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.11
18027	Bread, egg	40	1/2" slice	0.11
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.11
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.11
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.11
18041	Bread, pita, white, enriched	28	4" pita	0.11
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.11
09150	Lemons, raw, without peel	58	1 lemon	0.11
07022	Frankfurter, beef	45	1 frank	0.11
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.11
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.11
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.11
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.11
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.11
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.11
18057	Bread, reduced-calorie, white	23	1 slice	0.11
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.11
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.11
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.11
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.11
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.11
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.11
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.11
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.10
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.10
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.10
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.10
11112	Cabbage, red, raw	70	1 cup	0.10
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.10
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.10
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.10
18047	Bread, raisin, enriched	26	1 slice	0.10
11461	Spinach, canned, drained solids	214	1 cup	0.10
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.10
11015	Asparagus, canned, drained solids	72	4 spears	0.10
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.10
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.10
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.10
11143	Celery, raw	40	1 stalk	0.10
11109	Cabbage, raw	70	1 cup	0.10
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.10
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.10
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.10
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.10

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19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.10
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.10
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.10
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.10
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.10
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.10
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.10
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.09
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.09
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.09
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.09
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.09
13350	Beef, cured, dried	28.35	1 oz	0.09
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.09
18039	Bread, oatmeal	27	1 slice	0.09
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.09
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.09
11819	Peppers, hot chili, red, raw	45	1 pepper	0.09
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.09
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.09
09279	Plums, raw	66	1 plum	0.09
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.09
12147	Nuts, pine nuts, dried	28.35	1 oz	0.09
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.09
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.09
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.09
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.09
09340	Pears, asian, raw	122	1 pear	0.09
11135	Cauliflower, raw	13	1 floweret	0.08
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.08
09003	Apples, raw, with skin	138	1 apple	0.08
09021	Apricots, raw	35	1 apricot	0.08
18045	Bread, pumpernickel, toasted	29	1 slice	0.08
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.08
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.08
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.08
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.08
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.08
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.08
09252	Pears, raw	166	1 pear	0.08
11251	Lettuce, cos or romaine, raw	56	1 cup	0.08
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.08
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.08
09004	Apples, raw, without skin	110	1 cup	0.08
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.08
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.08
18033	Bread, italian	20	1 slice	0.08

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18061	Bread, rye, toasted	24	1 slice	0.08
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.08
11253	Lettuce, green leaf, raw	56	1 cup	0.08
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.08
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.07
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.07
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.07
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.07
11081	Beets, cooked, boiled, drained	50	1 beet	0.07
09181	Melons, cantaloupe, raw	69	1/8 melon	0.07
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.07
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.07
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.07
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.07
11284	Onions, dehydrated flakes	5	1 tbsp	0.07
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.07
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.07
18053	Bread, reduced-calorie, rye	23	1 slice	0.07
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.07
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.07
18048	Bread, raisin, toasted, enriched	24	1 slice	0.07
07073	Sandwich spread, pork, beef	15	1 tbsp	0.06
11445	Seaweed, kelp, raw	10	2 tbsp	0.06
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.06
01124	Egg, white, raw, fresh	33.4	1 large	0.06
18226	Crackers, rye, wafers, plain	11	1 wafer	0.06
18360	Taco shells, baked	13.3	1 medium	0.06
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.06
18177	Cookies, molasses	15	1 cookie, medium	0.06
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.06
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.06
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.06
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.06
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.06
18040	Bread, oatmeal, toasted	25	1 slice	0.06
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.06
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.06
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.06
19074	Candies, caramels	10.1	1 piece	0.06
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.06
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.06
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.06
11740	Broccoli, flower clusters, raw	11	1 floweret	0.06
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.06
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.06
18170	Cookies, fig bars	16	1 cookie	0.06
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.06

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18086	Cake, angelfood, commercially prepared	28	1 piece	0.06
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.05
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.05
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.05
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.05
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.05
01030	Cheese, muenster	28.35	1 oz	0.05
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.05
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.05
18214	Crackers, cheese, regular	10	10 crackers	0.05
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.05
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.05
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.05
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.05
11954	Tomatillos, raw	34	1 medium	0.05
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.05
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.05
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.05
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.05
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.05
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.05
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.05
09152	Lemon juice, raw	47	juice of 1 lemon	0.05
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water, commercial	241	1 cup	0.05
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.05
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.05
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.05
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.05
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.05
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.05
09160	Lime juice, raw	38	juice of 1 lime	0.05
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.05
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.04
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.04
19036	Snacks, popcorn, cakes	10	1 cake	0.04
01049	Cream, fluid, half and half	15	1 tbsp	0.04
01056	Cream, sour, cultured	12	1 tbsp	0.04
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.04
18232	Crackers, wheat, regular	8	4 crackers	0.04
11955	Tomatoes, sun-dried	2	1 piece	0.04
11961	Hearts of palm, canned	33	1 piece	0.04
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.04
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.04
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.04
11960	Carrots, baby, raw	10	1 medium	0.04
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.04
11297	Parsley, raw	10	10 sprigs	0.04
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.04

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19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.04
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.04
01017	Cheese, cream	14.5	1 tbsp	0.04
01052	Cream, fluid, light whipping	15	1 tbsp	0.04
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.04
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.04
11084	Beets, canned, drained solids	24	1 beet	0.04
19300	Jellies	19	1 tbsp	0.04
02028	Spices, paprika	2.1	1 tsp	0.04
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.04
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.04
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.04
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.04
11937	Pickles, cucumber, dill	65	1 pickle	0.04
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.03
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.03
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.03
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.03
19034	Snacks, popcorn, air-popped	8	1 cup	0.03
19035	Snacks, popcorn, oil-popped	11	1 cup	0.03
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.03
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.03
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.03
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.03
18229	Crackers, standard snack-type, regular	12	4 crackers	0.03
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.03
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.03
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.03
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.03
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.03
01186	Cheese, cream, fat free	15.6	1 tbsp	0.03
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.03
11677	Shallots, raw	10	1 tbsp	0.03
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.03
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.03
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.03
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.03
11670	Peppers, hot chili, green, raw	45	1 pepper	0.03
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.03
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.03
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.03
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.03
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.03
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.02
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.02
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.02
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.02
09316	Strawberries, raw	18	1 strawberry	0.02

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08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.02
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.02
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.02
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.02
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.02
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.02
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.02
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.02
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.02
11457	Spinach, raw	30	1 cup	0.02
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.02
16158	Hummus, commercial	14	1 tbsp	0.02
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.02
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.02
11215	Garlic, raw	3	1 clove	0.02
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.02
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.02
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.02
11282	Onions, raw	14	1 slice	0.02
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.02
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.02
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.02
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.02
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.02
01032	Cheese, parmesan, grated	5	1 tbsp	0.02
01001	Butter, salted	14.2	1 tbsp	0.02
01145	Butter, without salt	14.2	1 tbsp	0.02
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.02
09316	Strawberries, raw	12	1 strawberry	0.02
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.01
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.01
19296	Honey	21	1 tbsp	0.01
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.01
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.01
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.01
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.01
11253	Lettuce, green leaf, raw	10	1 leaf	0.01
09298	Raisins, seedless	14	1 packet	0.01
06125	Gravy, turkey, canned	59.6	1/4 cup	0.01
06119	Gravy, chicken, canned	59.5	1/4 cup	0.01
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.01
06116	Gravy, beef, canned	58.25	1/4 cup	0.01
19014	Snacks, fruit leather, rolls	21	1 large	0.01
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.01
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.01
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.01
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.01

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19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.01
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.01
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.01
11333	Peppers, sweet, green, raw	10	1 ring	0.01
11156	Chives, raw	3	1 tbsp	0.01
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.01
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.01
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.01
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.01
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.01
19294	Fruit butters, apple	17	1 tbsp	0.01
14277	Grape drink, canned	250	8 fl oz	0.01
11429	Radishes, raw	4.5	1 radish	0.01
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.01
19353	Syrups, maple	20	1 tbsp	0.01
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.01
11935	Catsup	15	1 tbsp	0.01
11457	Spinach, raw	10	1 leaf	0.01
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.01
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.01
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.01
02055	Horseradish, prepared	5	1 tsp	0.00
19350	Syrups, corn, light	20	1 tbsp	0.00
19297	Jams and preserves	20	1 tbsp	0.00
02045	Dill weed, fresh	1	5 sprigs	0.00
16055	Carob flour	8	1 tbsp	0.00
19334	Sugars, brown	3.2	1 tsp	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.00
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.00
19129	Syrups, table blends, pancake	20	1 tbsp	0.00
11935	Catsup	6	1 packet	0.00
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.00
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.00
19108	Candies, jellybeans	28.35	10 large	0.00
19116	Candies, marshmallows	50	1 cup	0.00
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.00
14181	Chocolate syrup	18.75	1 tbsp	0.00
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.00
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.00
02050	Vanilla extract	4.2	1 tsp	0.00
11943	Pimento, canned	12	1 tbsp	0.00
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.00
11945	Pickle relish, sweet	15	1 tbsp	0.00
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.00
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.00
19107	Candies, hard	6	1 piece	0.00
19107	Candies, hard	3	1 small piece	0.00

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01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.00
01072	Dessert topping, pressurized	4	1 tbsp	0.00
20027	Cornstarch	8.064	1 tbsp	0.00
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.00
14429	Water, municipal	237	8 fl oz	0.00
01069	Cream substitute, powdered	2	1 tsp	0.00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.00
19336	Sugars, powdered	8	1 tbsp	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.00
14150	Carbonated beverage, orange	372	12 fl oz	0.00
19335	Sugars, granulated	4.2	1 tsp	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.00
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
18373	Leavening agents, cream of tartar	3	1 tsp	0.00
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.00
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.00
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.00
14157	Carbonated beverage, root beer	370	12 fl oz	0.00
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.00
02048	Vinegar, cider	15	1 tbsp	0.00
04002	Lard	12.8	1 tbsp	0.00
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.00
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.00
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.00
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.00
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.00
04582	Vegetable oil, canola	14	1 tbsp	0.00
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.00
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.00
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.00
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.00
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.00
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.00
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.00

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14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.00
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.00
04133	Salad dressing, french, home recipe	14	1 tbsp	0.00
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.00
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.00
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.00
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.00
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.00
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.00
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.00
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.00
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.00
14142	Carbonated beverage, grape soda	372	12 fl oz	0.00