

# USDA National Nutrient Database for Standard Reference, Release 17

## Vitamin B-12 (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure       | Content per Measure |
|--------|---|------------|----------------------|---------------------|
| 15160  | Mollusks, clam, mixed species, canned, drained solids   | 85         | 3 oz                 | 84.06               |
| 13327  | Beef, variety meats and by-products, liver, cooked, pan-fried                                       | 85         | 3 oz                 | 70.66               |
| 05172  | Turkey, all classes, giblets, cooked, simmered, some giblet fat                                     | 145        | 1 cup                | 48.21               |
| 15157  | Mollusks, clam, mixed species, raw  | 85         | 3 oz                 | 42.02               |
| 15167  | Mollusks, oyster, eastern, wild, raw  | 84         | 6 medium             | 16.35               |
| 05022  | Chicken, broilers or fryers, giblets, cooked, simmered  | 145        | 1 cup                | 13.69               |
| 15168  | Mollusks, oyster, eastern, cooked, breaded and fried  | 85         | 3 oz                 | 13.29               |
| 07014  | Braunschweiger (a liver sausage), pork  | 56.7       | 2 slices             | 11.39               |
| 06230  | Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial                | 248        | 1 cup                | 10.24               |
| 15137  | Crustaceans, crab, alaska king, cooked, moist heat  | 85         | 3 oz                 | 9.78                |
| 15086  | Fish, salmon, sockeye, cooked, dry heat   | 155        | 1/2 fillet           | 8.99                |
| 15088  | Fish, sardine, Atlantic, canned in oil, drained solids with bone                                    | 85.05      | 3 oz                 | 7.60                |
| 08077  | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL  | 30         | 3/4 cup              | 6.42                |
| 15140  | Crustaceans, crab, blue, cooked, moist heat   | 85         | 3 oz                 | 6.21                |
| 06205  | Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve                   | 244        | 1 cup                | 6.17                |
| 08067  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K  | 31         | 1 cup                | 6.05                |
| 08028  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes                                 | 29         | 3/4 cup              | 6.00                |
| 08246  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes  | 30         | 1-1/3 cup            | 6.00                |
| 08058  | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19   | 30         | 1 cup                | 6.00                |
| 08247  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran  | 55         | 1 cup                | 5.99                |
| 08001  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original  | 30         | 1/2 cup              | 5.64                |
| 15086  | Fish, salmon, sockeye, cooked, dry heat   | 85         | 3 oz                 | 4.93                |
| 22120  | WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles  | 110        | 1 cup                | 4.37                |
| 15241  | Fish, trout, rainbow, farmed, cooked, dry heat  | 85         | 3 oz                 | 4.22                |
| 21114  | Fast foods, hamburger, large, double patty, with condiments and vegetables                          | 226        | 1 sandwich           | 4.07                |
| 06428  | Soup, clam chowder, manhattan, canned, prepared with equal volume water                             | 244        | 1 cup                | 4.05                |
| 15084  | Fish, salmon, pink, canned, solids with bone and liquid   | 85         | 3 oz                 | 3.74                |
| 15041  | Fish, herring, Atlantic, pickled  | 85.05      | 3 oz                 | 3.63                |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 85         | 3 oz                 | 3.57                |
| 15142  | Crustaceans, crab, blue, crab cakes   | 60         | 1 cake               | 3.56                |
| 19033  | Snacks, CHEX mix  | 28.35      | 1 oz (about 2/3 cup) | 3.52                |
| 21111  | Fast foods, hamburger, regular, double patty, with condiments                                       | 215        | 1 sandwich           | 3.33                |
| 05028  | Chicken, liver, all classes, cooked, simmered   | 19.6       | 1 liver              | 3.30                |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat  | 127        | 1 fillet             | 3.19                |
| 08089  | Cereals ready-to-eat, GENERAL MILLS, WHEATIES   | 30         | 1 cup                | 3.00                |
| 08266  | Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES   | 30         | 3/4 cup              | 3.00                |
| 16120  | Soy milk, fluid   | 245        | 1 cup                | 2.99                |
| 15077  | Fish, salmon, chinook, smoked   | 85.05      | 3 oz                 | 2.77                |
| 08020  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes  | 28         | 1 cup                | 2.65                |
| 15148  | Crustaceans, lobster, northern, cooked, moist heat  | 85         | 3 oz                 | 2.64                |
| 21098  | Fast foods, cheeseburger, large, single patty, with condiments and vegetables                       | 219        | 1 sandwich           | 2.56                |
| 15121  | Fish, tuna, light, canned in water, drained solids  | 85         | 3 oz                 | 2.54                |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 60         | 1 fillet             | 2.52                |
| 13085  | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85         | 3 oz                 | 2.47                |
| 15128  | Fish, tuna salad  | 205        | 1 cup                | 2.46                |

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|--------|--|------------|---------------------|---------------------|
| 23578  | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled  | 85         | 3 oz                | 2.39                |
| 21113  | Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables                          | 218        | 1 sandwich          | 2.38                |
| 21097  | Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments                            | 195        | 1 sandwich          | 2.34                |
| 23573  | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled  | 85         | 3 oz                | 2.32                |
| 21092  | Fast foods, cheeseburger, regular, double patty, plain   | 155        | 1 sandwich          | 2.31                |
| 17048  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised                     | 85         | 3 oz                | 2.25                |
| 17014  | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted    | 85         | 3 oz                | 2.24                |
| 23568  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled  | 85         | 3 oz                | 2.24                |
| 17012  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz                | 2.20                |
| 17044  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised                  | 85         | 3 oz                | 2.19                |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat  | 159        | 1/2 fillet          | 2.18                |
| 13073  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted               | 85         | 3 oz                | 2.16                |
| 08014  | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES  | 31         | 3/4 cup             | 2.15                |
| 17027  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                              | 85         | 3 oz                | 2.14                |
| 15111  | Fish, swordfish, cooked, dry heat  | 106        | 1 piece             | 2.14                |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat   | 85         | 3 oz                | 2.13                |
| 08030  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS   | 30         | 1 cup               | 2.12                |
| 13058  | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised                      | 85         | 3 oz                | 2.10                |
| 17024  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                           | 85         | 3 oz                | 2.10                |
| 08259  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX   | 29         | 1 cup               | 2.09                |
| 15034  | Fish, haddock, cooked, dry heat  | 150        | 1 fillet            | 2.08                |
| 07069  | Salami, cooked, beef and pork  | 56.7       | 2 slices            | 2.07                |
| 08065  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES   | 33         | 1-1/4 cup           | 2.01                |
| 15232  | Fish, roughy, orange, cooked, dry heat   | 85         | 3 oz                | 1.96                |
| 13050  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised                   | 85         | 3 oz                | 1.94                |
| 21093  | Fast foods, cheeseburger, regular, double patty, with condiments and vegetables                                      | 166        | 1 sandwich          | 1.93                |
| 21094  | Fast foods, cheeseburger, regular, double patty and bun, plain   | 160        | 1 sandwich          | 1.92                |
| 17031  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted                            | 85         | 3 oz                | 1.90                |
| 15119  | Fish, tuna, light, canned in oil, drained solids   | 85.05      | 3 oz                | 1.87                |
| 17034  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted                               | 85         | 3 oz                | 1.84                |
| 21125  | Fast foods, submarine sandwich, with roast beef  | 216        | 1 sandwich, 6" roll | 1.81                |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat   | 149        | 1 fillet            | 1.79                |
| 15111  | Fish, swordfish, cooked, dry heat  | 85         | 3 oz                | 1.72                |
| 01111  | Milk shakes, thick vanilla   | 313        | 11 fl oz            | 1.63                |
| 08319  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size  | 55         | 1 cup               | 1.62                |
| 15011  | Fish, catfish, channel, cooked, breaded and fried  | 85         | 3 oz                | 1.61                |
| 21126  | Fast foods, submarine sandwich, with tuna salad  | 256        | 1 sandwich, 6" roll | 1.61                |
| 06174  | Soup, stock, fish, home-prepared   | 233        | 1 cup               | 1.61                |
| 23605  | Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised                     | 85         | 3 oz                | 1.61                |
| 01015  | Cheese, cottage, lowfat, 2% milkfat  | 226        | 1 cup               | 1.60                |

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|--------|---|------------|----------------|---------------------|
| 21082  | Fast foods, taco  | 263        | 1 large        | 1.60                |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried                                       | 85         | 3 oz           | 1.59                |
| 08064  | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX  | 31         | 1-1/4 cup      | 1.55                |
| 08069  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES   | 31         | 3/4 cup        | 1.55                |
| 08060  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN  | 61         | 1 cup          | 1.55                |
| 13869  | Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85         | 3 oz           | 1.55                |
| 08068  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS  | 31         | 1 cup          | 1.52                |
| 21070  | Fast foods, chimichanga, with beef  | 174        | 1 chimichanga  | 1.51                |
| 08071  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS   | 27         | 3/4 cup        | 1.51                |
| 08194  | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS  | 30         | 3/4 cup        | 1.50                |
| 08288  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal                                | 30         | 3/4 cup        | 1.50                |
| 08035  | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS   | 30         | 3/4 cup        | 1.50                |
| 08045  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS   | 30         | 1 cup          | 1.50                |
| 08048  | Cereals ready-to-eat, GENERAL MILLS, KIX  | 30         | 1-1/3 cup      | 1.50                |
| 08050  | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS   | 30         | 1 cup          | 1.50                |
| 08078  | Cereals ready-to-eat, GENERAL MILLS, TRIX   | 30         | 1 cup          | 1.50                |
| 08019  | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX  | 30         | 1 cup          | 1.50                |
| 08263  | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS  | 30         | 3/4 cup        | 1.50                |
| 08271  | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS  | 30         | 1 cup          | 1.50                |
| 08272  | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH  | 30         | 3/4 cup        | 1.50                |
| 08274  | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX  | 30         | 3/4 cup        | 1.50                |
| 08057  | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX   | 30         | 3/4 cup        | 1.50                |
| 08031  | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original                                       | 51         | 1 cup          | 1.50                |
| 08243  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS   | 55         | 1 cup          | 1.49                |
| 08261  | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN  | 55         | 1 cup          | 1.49                |
| 22904  | Chili con carne with beans, canned entree   | 222        | 1 cup          | 1.44                |
| 08013  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS   | 30         | 1 cup          | 1.43                |
| 23610  | Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled            | 85         | 3 oz           | 1.43                |
| 01016  | Cheese, cottage, lowfat, 1% milkfat   | 226        | 1 cup          | 1.42                |
| 23598  | Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted    | 85         | 3 oz           | 1.39                |
| 01118  | Yogurt, plain, skim milk, 13 grams protein per 8 ounce  | 227        | 8-oz container | 1.38                |
| 08003  | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS  | 30         | 1 cup          | 1.38                |
| 13348  | Beef, cured, corned beef, canned  | 85.05      | 3 oz           | 1.38                |
| 21005  | Breakfast items, biscuit with egg and sausage   | 180        | 1 biscuit      | 1.37                |
| 15138  | Crustaceans, crab, alaska king, imitation, made from surimi   | 85         | 3 oz           | 1.36                |
| 11658  | Spinach souffle, home-prepared  | 136        | 1 cup          | 1.36                |
| 13930  | Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled         | 85         | 3 oz           | 1.35                |
| 01095  | Milk, canned, condensed, sweetened  | 306        | 1 cup          | 1.35                |
| 13878  | Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85         | 3 oz           | 1.33                |
| 01012  | Cheese, cottage, creamed, large or small curd   | 210        | 1 cup          | 1.30                |
| 01085  | Milk, nonfat, fluid, with added vitamin A (fat free or skim)  | 245        | 1 cup          | 1.30                |
| 05296  | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted                              | 85.05      | 3 oz           | 1.29                |
| 01117  | Yogurt, plain, low fat, 12 grams protein per 8 ounce  | 227        | 8-oz container | 1.27                |
| 17112  | Veal, rib, separable lean and fat, cooked, roasted  | 85         | 3 oz           | 1.24                |

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|--------|---|------------|----------------------------|---------------------|
| 15173  | Mollusks, scallop, mixed species, cooked, breaded and fried                         | 93         | 6 large                    | 1.23                |
| 21121  | Fast foods, roast beef sandwich, plain  | 139        | 1 sandwich                 | 1.22                |
| 01014  | Cheese, cottage, nonfat, uncreamed, dry, large or small curd                        | 145        | 1 cup                      | 1.20                |
| 14347  | Shake, fast food, vanilla   | 333        | 16 fl oz                   | 1.20                |
| 01013  | Cheese, cottage, creamed, with fruit  | 226        | 1 cup                      | 1.20                |
| 15034  | Fish, haddock, cooked, dry heat   | 85         | 3 oz                       | 1.18                |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat                               | 85         | 3 oz                       | 1.16                |
| 08262  | Cereals ready-to-eat, GENERAL MILLS, BASIC 4  | 55         | 1 cup                      | 1.15                |
| 01057  | Eggnog  | 254        | 1 cup                      | 1.14                |
| 14316  | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 265        | 1 cup                      | 1.14                |
| 21042  | Fast foods, chili con carne   | 253        | 1 cup                      | 1.14                |
| 14346  | Shake, fast food, chocolate   | 333        | 16 fl oz                   | 1.13                |
| 21086  | Fast foods, tostada, with beans, beef, and cheese                                   | 225        | 1 tostada                  | 1.13                |
| 01079  | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A                          | 244        | 1 cup                      | 1.12                |
| 21043  | Fast foods, clams, breaded and fried  | 115        | 3/4 cup                    | 1.10                |
| 21124  | Fast foods, submarine sandwich, with cold cuts                                      | 228        | 1 sandwich, 6" roll        | 1.09                |
| 21108  | Fast foods, hamburger, regular, single patty, with condiments                       | 106        | 1 sandwich                 | 1.09                |
| 21106  | Fast foods, fish sandwich, with tartar sauce and cheese                             | 183        | 1 sandwich                 | 1.08                |
| 01082  | Milk, lowfat, fluid, 1% milkfat, with added vitamin A                               | 244        | 1 cup                      | 1.07                |
| 01077  | Milk, whole, 3.25% milkfat  | 244        | 1 cup                      | 1.07                |
| 19087  | Candies, confectioner's coating, white  | 170        | 1 cup                      | 1.07                |
| 01121  | Yogurt, fruit, low fat, 10 grams protein per 8 ounce                                | 227        | 8-oz container             | 1.07                |
| 14177  | Chocolate-flavor beverage mix, powder, prepared with whole milk                     | 266        | 1 cup                      | 1.06                |
| 14310  | Malted drink mix, natural, with added nutrients, powder, prepared with whole milk   | 265        | 1 cup                      | 1.06                |
| 21082  | Fast foods, taco  | 171        | 1 small                    | 1.04                |
| 07008  | Bologna, beef and pork  | 56.7       | 2 slices                   | 1.03                |
| 15027  | Fish, fish portions and sticks, frozen, preheated                                   | 57         | 1 portion (4" x 2" x 1/2") | 1.03                |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat                            | 85         | 3 oz                       | 1.02                |
| 21047  | Entrees, fish fillet, battered or breaded, and fried                                | 91         | 1 fillet                   | 1.01                |
| 17095  | Veal, leg (top round), separable lean and fat, cooked, braised                      | 85         | 3 oz                       | 0.99                |
| 15126  | Fish, tuna, white, canned in water, drained solids                                  | 85         | 3 oz                       | 0.99                |
| 18268  | French toast, frozen, ready-to-heat   | 59         | 1 slice                    | 0.99                |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat                                       | 85         | 3 oz                       | 0.98                |
| 21089  | Sandwiches and burgers, cheeseburger, regular, single meat patty, plain             | 102        | 1 sandwich                 | 0.97                |
| 01110  | Milk shakes, thick chocolate  | 300        | 10.6 fl oz                 | 0.96                |
| 15152  | Crustaceans, shrimp, mixed species, canned  | 85.05      | 3 oz                       | 0.95                |
| 01040  | Cheese, swiss   | 28.35      | 1 oz                       | 0.95                |
| 21090  | Fast foods, cheeseburger, regular, single patty, with condiments                    | 113        | 1 sandwich                 | 0.94                |
| 10089  | Pork, fresh, spareribs, separable lean and fat, cooked, braised                     | 85         | 3 oz                       | 0.92                |
| 01092  | Milk, dry, nonfat, instant, with added vitamin A                                    | 23         | 1/3 cup                    | 0.92                |
| 08082  | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX                                     | 30         | 1 cup                      | 0.90                |
| 15017  | Fish, cod, Atlantic, canned, solids and liquid                                      | 85         | 3 oz                       | 0.89                |
| 05142  | Duck, domesticated, meat only, cooked, roasted                                      | 221        | 1/2 duck                   | 0.88                |
| 15192  | Fish, cod, Pacific, cooked, dry heat  | 85         | 3 oz                       | 0.88                |
| 21063  | Fast foods, burrito, with beans and meat  | 115.5      | 1 burrito                  | 0.87                |
| 21012  | Fast foods, croissant, with egg, cheese, and bacon                                  | 129        | 1 croissant                | 0.86                |
| 22905  | Beef stew, canned entree  | 232        | 1 cup                      | 0.86                |

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|--------|--|------------|----------------|---------------------|
| 01164  | Cheese sauce, prepared from recipe   | 243        | 1 cup          | 0.85                |
| 01103  | Milk, chocolate, fluid, commercial, reduced fat  | 250        | 1 cup          | 0.85                |
| 01104  | Milk, chocolate, fluid, commercial, lowfat   | 250        | 1 cup          | 0.85                |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried                              | 45         | 6 large        | 0.84                |
| 01116  | Yogurt, plain, whole milk, 8 grams protein per 8 ounce                                     | 227        | 8-oz container | 0.84                |
| 01036  | Cheese, ricotta, whole milk  | 246        | 1 cup          | 0.84                |
| 18403  | Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)                       | 33         | 1 waffle       | 0.83                |
| 01102  | Milk, chocolate, fluid, commercial,  | 250        | 1 cup          | 0.83                |
| 21078  | Fast foods, nachos, with cheese  | 113        | 6-8 nachos     | 0.82                |
| 07022  | Frankfurter, beef  | 45         | 1 frank        | 0.77                |
| 21074  | Fast foods, enchilada, with cheese   | 163        | 1 enchilada    | 0.75                |
| 01123  | Egg, whole, raw, fresh   | 58         | 1 extra large  | 0.75                |
| 01037  | Cheese, ricotta, part skim milk  | 246        | 1 cup          | 0.71                |
| 10185  | Pork, cured, ham, extra lean and regular, canned, roasted                                  | 85         | 3 oz           | 0.71                |
| 06166  | Sauce, homemade, white, medium   | 250        | 1 cup          | 0.70                |
| 21077  | Fast foods, frijoles with cheese   | 167        | 1 cup          | 0.68                |
| 21021  | Fast foods, english muffin, with egg, cheese, and canadian bacon                           | 137        | 1 muffin       | 0.67                |
| 13350  | Beef, cured, dried   | 28.35      | 1 oz           | 0.67                |
| 01029  | Cheese, mozzarella, part skim milk, low moisture   | 28.35      | 1 oz           | 0.65                |
| 21033  | Fast foods, sundae, hot fudge  | 158        | 1 sundae       | 0.65                |
| 01026  | Cheese, mozzarella, whole milk   | 28.35      | 1 oz           | 0.65                |
| 10176  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried    | 85         | 3 oz           | 0.65                |
| 01123  | Egg, whole, raw, fresh   | 50         | 1 large        | 0.64                |
| 01131  | Egg, whole, cooked, poached  | 50         | 1 large        | 0.64                |
| 01128  | Egg, whole, cooked, fried  | 46         | 1 large        | 0.64                |
| 21083  | Fast foods, taco salad   | 198        | 1-1/2 cups     | 0.63                |
| 10042  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled      | 85         | 3 oz           | 0.63                |
| 15141  | Crustaceans, crab, blue, canned  | 135        | 1 cup          | 0.62                |
| 10179  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 85         | 3 oz           | 0.62                |
| 10038  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled   | 85         | 3 oz           | 0.62                |
| 01097  | Milk, canned, evaporated, nonfat   | 256        | 1 cup          | 0.61                |
| 10011  | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted                        | 85         | 3 oz           | 0.61                |
| 10078  | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised                    | 85         | 3 oz           | 0.60                |
| 10153  | Pork, cured, ham, whole, separable lean only, roasted                                      | 85         | 3 oz           | 0.59                |
| 10205  | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised             | 85         | 3 oz           | 0.59                |
| 07023  | Frankfurter, beef and pork   | 45         | 1 frank        | 0.58                |
| 22907  | Pasta with meatballs in tomato sauce, canned entree  | 252        | 1 cup          | 0.58                |
| 10051  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted      | 85         | 3 oz           | 0.58                |
| 10009  | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted                     | 85         | 3 oz           | 0.58                |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat  | 50         | 1 fillet       | 0.57                |
| 01123  | Egg, whole, raw, fresh   | 44         | 1 medium       | 0.57                |
| 10047  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted   | 85         | 3 oz           | 0.56                |
| 01129  | Egg, whole, cooked, hard-boiled  | 50         | 1 large        | 0.56                |
| 10075  | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised                 | 85         | 3 oz           | 0.55                |
| 18505  | KELLOGG'S Eggo Lowfat Homestyle Waffles  | 35         | 1 waffle       | 0.55                |

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## Vitamin B-12 (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description  | Weight (g) | Common Measure           | Content per Measure |
|--------|--|------------|--------------------------|---------------------|
| 06216  | Soup, cream of chicken, prepared with equal volume milk, commercial          | 248        | 1 cup                    | 0.55                |
| 10193  | Pork, fresh, backribs, separable lean and fat, cooked, roasted               | 85         | 3 oz                     | 0.54                |
| 10151  | Pork, cured, ham, whole, separable lean and fat, roasted                     | 85         | 3 oz                     | 0.54                |
| 01088  | Milk, buttermilk, fluid, cultured, lowfat                                    | 245        | 1 cup                    | 0.54                |
| 05168  | Turkey, all classes, meat only, cooked, roasted                              | 140        | 1 cup                    | 0.52                |
| 15221  | Fish, tuna, yellowfin, fresh, cooked, dry heat                               | 85         | 3 oz                     | 0.51                |
| 21118  | Fast foods, hotdog, plain  | 98         | 1 sandwich               | 0.51                |
| 15027  | Fish, fish portions and sticks, frozen, preheated                            | 28         | 1 stick (4" x 1" x 1/2") | 0.50                |
| 06243  | Soup, cream of mushroom, canned, prepared with equal volume milk, commercial | 248        | 1 cup                    | 0.50                |
| 21088  | Tostada with guacamole   | 130.5      | 1 tostada                | 0.50                |
| 01007  | Cheese, camembert  | 38         | 1 wedge                  | 0.49                |
| 21224  | Pizza, cheese, regular crust, frozen   | 63         | 1 serving                | 0.49                |
| 21226  | Pizza, meat and vegetable, regular crust, frozen                             | 79         | 1 serving                | 0.49                |
| 01019  | Cheese, feta   | 28.35      | 1 oz                     | 0.48                |
| 01132  | Egg, whole, cooked, scrambled  | 61         | 1 large                  | 0.47                |
| 19123  | Puddings, chocolate, dry mix, instant, prepared with 2% milk                 | 147        | 1/2 cup                  | 0.46                |
| 06359  | Soup, tomato, canned, prepared with equal volume milk, commercial            | 248        | 1 cup                    | 0.45                |
| 21061  | Fast foods, burrito, with beans and cheese                                   | 93         | 1 burrito                | 0.45                |
| 21120  | Fast foods, hotdog, with corn flour coating (corn dog)                       | 175        | 1 corn dog               | 0.44                |
| 19090  | Ice creams, french vanilla, soft-serve                                       | 86         | 1/2 cup                  | 0.43                |
| 07028  | Ham, sliced, extra lean  | 56.7       | 2 slices                 | 0.43                |
| 05058  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter    | 140        | 1/2 breast               | 0.42                |
| 01030  | Cheese, muenster   | 28.35      | 1 oz                     | 0.42                |
| 01035  | Cheese, provolone  | 28.35      | 1 oz                     | 0.41                |
| 05277  | Chicken, canned, meat only, with broth                                       | 142        | 5 oz                     | 0.41                |
| 01096  | Milk, canned, evaporated, without added vitamin A                            | 252        | 1 cup                    | 0.40                |
| 21102  | Fast foods, chicken fillet sandwich, plain                                   | 182        | 1 sandwich               | 0.38                |
| 07072  | Salami, dry or hard, pork, beef  | 20         | 2 slices                 | 0.38                |
| 22247  | Macaroni and Cheese, canned entree   | 252        | 1 cup                    | 0.38                |
| 14192  | Cocoa mix, powder  | 28.35      | 3 heaping tsp            | 0.37                |
| 14194  | Cocoa mix, powder, prepared with water                                       | 206        | 1 serving                | 0.37                |
| 21023  | Breakfast items, french toast with butter                                    | 135        | 2 slices                 | 0.36                |
| 05126  | Chicken, stewing, meat only, cooked, stewed                                  | 140        | 1 cup                    | 0.36                |
| 10131  | Pork, cured, canadian-style bacon, grilled                                   | 46.5       | 2 slices                 | 0.36                |
| 01046  | Cheese food, pasteurized process, american, without di sodium phosphate      | 28.35      | 1 oz                     | 0.36                |
| 19190  | Puddings, chocolate, dry mix, regular, prepared with 2% milk                 | 142        | 1/2 cup                  | 0.36                |
| 19212  | Puddings, vanilla, dry mix, regular, prepared with 2% milk                   | 140        | 1/2 cup                  | 0.35                |
| 21229  | Fast foods, chicken, breaded and fried, boneless pieces, plain               | 106        | 6 pieces                 | 0.35                |
| 05180  | Turkey, all classes, neck, meat only, cooked, simmered                       | 152        | 1 neck                   | 0.35                |
| 01044  | Cheese, pasteurized process, swiss, with di sodium phosphate                 | 28.35      | 1 oz                     | 0.35                |
| 01004  | Cheese, blue   | 28.35      | 1 oz                     | 0.35                |
| 05286  | Turkey and gravy, frozen   | 142        | 5-oz package             | 0.34                |
| 18257  | Eclairs, custard-filled with chocolate glaze, prepared from recipe           | 100        | 1 éclair                 | 0.34                |
| 05059  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour     | 98         | 1/2 breast               | 0.33                |
| 18274  | Muffins, blueberry, commercially prepared                                    | 57         | 1 muffin                 | 0.33                |
| 01125  | Egg, yolk, raw, fresh  | 16.6       | 1 large                  | 0.32                |
| 14006  | Alcoholic beverage, beer, light  | 354        | 12 fl oz                 | 0.32                |
| 07064  | Pork sausage, fresh, cooked  | 27         | 1 patty                  | 0.32                |

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## Vitamin B-12 (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description  | Weight (g) | Common Measure         | Content per Measure |
|--------|--|------------|------------------------|---------------------|
| 06471  | Soup, vegetable beef, prepared with equal volume water, commercial                           | 244        | 1 cup                  | 0.32                |
| 06018  | Soup, chicken noodle, canned, chunky, ready-to-serve   | 240        | 1 cup                  | 0.31                |
| 05186  | Turkey, all classes, light meat, cooked, roasted   | 84         | 3 oz                   | 0.31                |
| 05188  | Turkey, all classes, dark meat, cooked, roasted  | 84         | 3 oz                   | 0.31                |
| 19088  | Ice creams, vanilla, light   | 66         | 1/2 cup                | 0.31                |
| 07064  | Pork sausage, fresh, cooked  | 26         | 2 links                | 0.31                |
| 21053  | Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg                  | 217        | 1-1/2 cups             | 0.30                |
| 05040  | Chicken, broilers or fryers, light meat, meat only, cooked, fried                            | 84         | 3 oz                   | 0.30                |
| 21119  | Fast foods, hotdog, with chili   | 114        | 1 sandwich             | 0.30                |
| 05064  | Chicken, broilers or fryers, breast, meat only, cooked, roasted                              | 86         | 1/2 breast             | 0.29                |
| 19089  | Ice creams, vanilla, rich  | 74         | 1/2 cup                | 0.29                |
| 19071  | Candies, carob   | 28.35      | 1 oz                   | 0.28                |
| 19043  | Snacks, potato chips, sour-cream-and-onion-flavor  | 28.35      | 1 oz                   | 0.28                |
| 18326  | Pie, pumpkin, commercially prepared  | 109        | 1 piece                | 0.28                |
| 05044  | Chicken, broilers or fryers, dark meat, meat only, cooked, fried                             | 84         | 3 oz                   | 0.28                |
| 19120  | Candies, milk chocolate  | 44         | 1 bar (1.55 oz)        | 0.27                |
| 05306  | Poultry food products, ground turkey, cooked   | 82         | 1 patty                | 0.27                |
| 19095  | Ice creams, vanilla  | 66         | 1/2 cup                | 0.26                |
| 19150  | Candies, REESE'S Peanut Butter Cups  | 45         | 1 package (contains 2) | 0.25                |
| 14390  | Cocoa mix, with aspartame, powder, prepared from item 14196                                  | 192        | 1 serving              | 0.25                |
| 01094  | Milk, buttermilk, dried  | 6.5        | 1 tbsp                 | 0.25                |
| 14196  | Cocoa mix, no sugar added, powder  | 15         | 1/2 oz envelope        | 0.24                |
| 05092  | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter                     | 86         | 1 thigh                | 0.24                |
| 06024  | Soup, chicken vegetable, canned, chunky, ready-to-serve                                      | 240        | 1 cup                  | 0.24                |
| 07029  | Ham, sliced, regular (approximately 11% fat)   | 56.7       | 2 slices               | 0.24                |
| 19193  | Puddings, rice, ready-to-eat   | 113.4      | 4 oz                   | 0.24                |
| 19218  | Puddings, tapioca, ready-to-eat  | 113        | 4 oz                   | 0.24                |
| 01009  | Cheese, cheddar  | 28.35      | 1 oz                   | 0.24                |
| 19109  | Candies, KIT KAT Wafer Bar   | 42         | 1 bar (1.5 oz)         | 0.24                |
| 21017  | Fast foods, danish pastry, fruit   | 94         | 1 pastry               | 0.24                |
| 10124  | Pork, cured, bacon, cooked, broiled, pan-fried or roasted                                    | 19         | 3 medium slices        | 0.23                |
| 18134  | Cake, sponge, prepared from recipe   | 63         | 1 piece                | 0.23                |
| 21025  | Fast foods, pancakes with butter and syrup   | 232        | 2 pancakes             | 0.23                |
| 11379  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 210        | 1 cup                  | 0.23                |
| 21015  | Fast foods, danish pastry, cheese  | 91         | 1 pastry               | 0.23                |
| 20112  | Noodles, egg, spinach, cooked, enriched  | 160        | 1 cup                  | 0.22                |
| 06200  | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve                      | 237        | 1 cup                  | 0.21                |
| 06800  | Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve                               | 62         | 1/4 cup                | 0.21                |
| 19393  | Frozen yogurts, chocolate, soft-serve  | 72         | 1/2 cup                | 0.21                |
| 19293  | Frozen yogurts, vanilla, soft-serve  | 72         | 1/2 cup                | 0.21                |
| 18325  | Pie, pecan, prepared from recipe   | 122        | 1 piece                | 0.21                |
| 21028  | Fast foods, ice milk, vanilla, soft-serve, with cone   | 103        | 1 cone                 | 0.21                |
| 05067  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter                 | 72         | 1 drumstick            | 0.20                |
| 18269  | French toast, prepared from recipe, made with low fat (2%) milk                              | 65         | 1 slice                | 0.20                |
| 01042  | Cheese, pasteurized process, american, with di sodium phosphate                              | 28.35      | 1 oz                   | 0.20                |
| 21054  | Fast foods, salad, vegetable, tossed, without dressing, with chicken                         | 218        | 1-1/2 cups             | 0.20                |

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## Vitamin B-12 (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure  | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 19002  | Snacks, beef jerky, chopped and formed  | 19.8       | 1 large piece   | 0.20                |
| 19135  | Candies, M&M MARS, MARS MILKY WAY Bar   | 61         | 1 bar (2.15 oz) | 0.20                |
| 06409  | Soup, beef noodle, canned, prepared with equal volume water, commercial       | 244        | 1 cup           | 0.20                |
| 07027  | Ham, chopped, not canned  | 21         | 2 slices        | 0.19                |
| 18320  | Pie, lemon meringue, commercially prepared                                    | 113        | 1 piece         | 0.19                |
| 19270  | Ice creams, chocolate   | 66         | 1/2 cup         | 0.19                |
| 01143  | Egg substitute, liquid  | 62.75      | 1/4 cup         | 0.19                |
| 18367  | Waffles, plain, prepared from recipe  | 75         | 1 waffle        | 0.19                |
| 21051  | Entrees, pizza with pepperoni   | 71         | 1 slice         | 0.18                |
| 19041  | Snacks, pork skins, plain   | 28.35      | 1 oz            | 0.18                |
| 21127  | Fast foods, coleslaw  | 99         | 3/4 cup         | 0.18                |
| 19126  | Candies, milk chocolate coated peanuts  | 40         | 10 pieces       | 0.18                |
| 21129  | Fast foods, hush puppies  | 78         | 5 pieces        | 0.17                |
| 22401  | Spaghetti with meat sauce, frozen entree                                      | 283        | 1 package       | 0.17                |
| 07073  | Sandwich spread, pork, beef   | 15         | 1 tbsp          | 0.17                |
| 07083  | Sausage, Vienna, canned, chicken, beef, pork                                  | 16         | 1 sausage       | 0.16                |
| 19143  | Candies, MR. GOODBAR Chocolate Bar  | 49         | 1 bar (1.75 oz) | 0.16                |
| 05098  | Chicken, broilers or fryers, thigh, meat only, cooked, roasted                | 52         | 1 thigh         | 0.16                |
| 05068  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour   | 49         | 1 drumstick     | 0.16                |
| 18321  | Pie, lemon meringue, prepared from recipe                                     | 127        | 1 piece         | 0.15                |
| 18101  | Cake, chocolate, prepared from recipe without frosting                        | 95         | 1 piece         | 0.15                |
| 22906  | Chicken pot pie, frozen entree  | 217        | 1 small pie     | 0.15                |
| 05073  | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted            | 44         | 1 drumstick     | 0.15                |
| 21059  | Fast foods, shrimp, breaded and fried   | 164        | 6-8 shrimp      | 0.15                |
| 18090  | Cake, boston cream pie, commercially prepared                                 | 92         | 1 piece         | 0.15                |
| 11371  | Potatoes, mashed, home-prepared, whole milk and margarine added               | 210        | 1 cup           | 0.15                |
| 11657  | Potatoes, mashed, home-prepared, whole milk added                             | 210        | 1 cup           | 0.15                |
| 06419  | Soup, chicken noodle, canned, prepared with equal volume water, commercial    | 241        | 1 cup           | 0.14                |
| 06423  | Soup, chicken with rice, canned, prepared with equal volume water, commercial | 241        | 1 cup           | 0.14                |
| 11672  | Potato pancakes, home-prepared  | 76         | 1 pancake       | 0.14                |
| 20110  | Noodles, egg, cooked, enriched  | 160        | 1 cup           | 0.14                |
| 18003  | Bagels, egg   | 89         | 4" bagel        | 0.14                |
| 05292  | Turkey patties, breaded, battered, fried                                      | 64         | 1 patty         | 0.14                |
| 18327  | Pie, pumpkin, prepared from recipe  | 155        | 1 piece         | 0.14                |
| 01168  | Cheese, low fat, cheddar or colby   | 28.35      | 1 oz            | 0.14                |
| 18147  | Cheesecake commercially prepared  | 80         | 1 piece         | 0.14                |
| 19132  | Candies, milk chocolate, with almonds   | 41         | 1 bar (1.45 oz) | 0.14                |
| 18292  | Pancakes, plain, dry mix, incomplete, prepared                                | 38         | 1 pancake       | 0.13                |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)               | 47         | 1 medium        | 0.13                |
| 21130  | Fast foods, onion rings, breaded and fried                                    | 83         | 8-9 rings       | 0.12                |
| 05101  | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter       | 49         | 1 wing          | 0.12                |
| 18245  | Danish pastry, cheese   | 71         | 1 danish        | 0.12                |
| 22402  | HEALTHY CHOICE Beef Macaroni, frozen entree                                   | 240        | 1 package       | 0.12                |
| 18003  | Bagels, egg   | 71         | 3-1/2" bagel    | 0.11                |
| 18104  | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched      | 63         | 1 piece         | 0.11                |
| 01048  | Cheese spread, pasteurized process, american, without di sodium phosphate     | 28.35      | 1 oz            | 0.11                |



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| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 18324  | Pie, pecan, commercially prepared   | 113        | 1 piece        | 0.11                |
| 19201  | Puddings, vanilla, ready-to-eat   | 113        | 4 oz           | 0.11                |
| 01032  | Cheese, parmesan, grated  | 5          | 1 tbsp         | 0.11                |
| 07065  | Pork and beef sausage, fresh, cooked  | 26         | 2 links        | 0.11                |
| 18361  | Toaster pastries, brown-sugar-cinnamon  | 50         | 1 pastry       | 0.11                |
| 18140  | Cake, yellow, commercially prepared, with chocolate frosting                                    | 64         | 1 piece        | 0.11                |
| 07024  | Frankfurter, chicken  | 45         | 1 frank        | 0.11                |
| 18319  | Pie, fried pies, fruit  | 128        | 1 pie          | 0.10                |
| 18444  | Pie, fried pies, cherry   | 128        | 1 pie          | 0.10                |
| 18079  | Bread crumbs, dry, grated, plain  | 28.35      | 1 oz           | 0.10                |
| 06416  | Soup, cream of chicken, canned, prepared with equal volume water, commercial                    | 244        | 1 cup          | 0.10                |
| 18024  | Bread, cornbread, prepared from recipe, made with low fat (2%) milk                             | 65         | 1 piece        | 0.10                |
| 18141  | Cake, yellow, commercially prepared, with vanilla frosting                                      | 64         | 1 piece        | 0.10                |
| 18023  | Bread, cornbread, dry mix, prepared   | 60         | 1 piece        | 0.10                |
| 06202  | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve           | 239        | 1 cup          | 0.10                |
| 06909  | Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve                                   | 63         | 1/4 cup        | 0.09                |
| 18316  | Pie, coconut custard, commercially prepared   | 104        | 1 piece        | 0.09                |
| 18119  | Cake, pineapple upside-down, prepared from recipe   | 115        | 1 piece        | 0.09                |
| 18239  | Croissants, butter  | 57         | 1 croissant    | 0.09                |
| 19155  | Candies, M&M MARS, SNICKERS Bar   | 57         | 1 bar (2 oz)   | 0.09                |
| 18096  | Cake, chocolate, commercially prepared with chocolate frosting                                  | 64         | 1 piece        | 0.09                |
| 19097  | Sherbet, orange   | 74         | 1/2 cup        | 0.09                |
| 06930  | Sauce, cheese, ready-to-serve   | 63         | 1/4 cup        | 0.09                |
| 18350  | Rolls, hamburger or hotdog, plain   | 43         | 1 roll         | 0.09                |
| 01186  | Cheese, cream, fat free   | 15.6       | 1 tbsp         | 0.09                |
| 07017  | Chicken roll, light meat  | 56.7       | 2 slices       | 0.09                |
| 18356  | Sweet rolls, cinnamon, commercially prepared with raisins                                       | 60         | 1 roll         | 0.08                |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe   | 101        | 4" biscuit     | 0.08                |
| 18280  | Muffins, corn, dry mix, prepared  | 50         | 1 muffin       | 0.08                |
| 18278  | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk                           | 57         | 1 muffin       | 0.08                |
| 14315  | Malted drink mix, chocolate, with added nutrients, powder                                       | 21         | 3 heaping tsp  | 0.08                |
| 18290  | Pancakes, plain, dry mix, complete, prepared  | 38         | 1 pancake      | 0.08                |
| 01031  | Cheese, neufchatel  | 28.35      | 1 oz           | 0.07                |
| 06007  | Soup, bean with ham, canned, chunky, ready-to-serve, commercial                                 | 243        | 1 cup          | 0.07                |
| 18133  | Cake, sponge, commercially prepared   | 30         | 1 shortcake    | 0.07                |
| 06207  | Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve                              | 238        | 1 cup          | 0.07                |
| 14003  | Alcoholic beverage, beer, regular   | 355        | 12 fl oz       | 0.07                |
| 21024  | Fast foods, french toast sticks   | 141        | 5 sticks       | 0.07                |
| 18120  | Cake, pound, commercially prepared, butter  | 28         | 1 piece        | 0.07                |
| 18102  | Cake, white, prepared from recipe with coconut frosting   | 112        | 1 piece        | 0.07                |
| 18288  | Pancakes plain, frozen, ready-to-heat (includes buttermilk)                                     | 36         | 1 pancake      | 0.06                |
| 18057  | Bread, reduced-calorie, white   | 23         | 1 slice        | 0.06                |
| 18246  | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71         | 1 danish       | 0.06                |
| 01017  | Cheese, cream   | 14.5       | 1 tbsp         | 0.06                |
| 18019  | Bread, banana, prepared from recipe, made with margarine  | 60         | 1 slice        | 0.06                |
| 06075  | Soup, beef broth or bouillon, powder, dry   | 6          | 1 packet       | 0.06                |

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| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 06125  | Gravy, turkey, canned   | 59.6       | 1/4 cup        | 0.06                |
| 06119  | Gravy, chicken, canned  | 59.5       | 1/4 cup        | 0.06                |
| 18139  | Cake, white, prepared from recipe without frosting                            | 74         | 1 piece        | 0.06                |
| 19040  | Snacks, popcorn, cheese-flavor  | 11         | 1 cup          | 0.06                |
| 06116  | Gravy, beef, canned   | 58.25      | 1/4 cup        | 0.06                |
| 19135  | Candies, M&M MARS, MARS MILKY WAY Bar   | 18         | 1 fun size bar | 0.06                |
| 18243  | Croutons, seasoned  | 40         | 1 cup          | 0.06                |
| 04134  | Salad dressing, home recipe, cooked   | 16         | 1 tbsp         | 0.06                |
| 16112  | Miso  | 68.75      | 1 cup          | 0.05                |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)             | 60         | 1 medium       | 0.05                |
| 19348  | Syrups, chocolate, fudge-type   | 19         | 1 tbsp         | 0.05                |
| 18279  | Muffins, corn, commercially prepared  | 57         | 1 muffin       | 0.05                |
| 19022  | Snacks, granola bars, soft, uncoated, raisin                                  | 28.35      | 1 bar          | 0.05                |
| 06404  | Soup, bean with pork, canned, prepared with equal volume water, commercial    | 253        | 1 cup          | 0.05                |
| 06528  | Soup, chicken noodle, dehydrated, prepared with water                         | 252.3      | 1 cup          | 0.05                |
| 08220  | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins       | 50         | 1/2 cup        | 0.05                |
| 01049  | Cream, fluid, half and half   | 15         | 1 tbsp         | 0.05                |
| 06443  | Soup, cream of mushroom, canned, prepared with equal volume water, commercial | 244        | 1 cup          | 0.05                |
| 19404  | Snacks, granola bars, soft, uncoated, chocolate chip                          | 28.35      | 1 bar          | 0.05                |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe                           | 60         | 2-1/2" biscuit | 0.05                |
| 18330  | Pie crust, cookie-type, prepared from recipe, graham cracker, baked           | 239        | 1 pie shell    | 0.05                |
| 18128  | Cake, snack cakes, creme-filled, sponge                                       | 42.5       | 1 cake         | 0.05                |
| 18214  | Crackers, cheese, regular   | 10         | 10 crackers    | 0.05                |
| 04015  | Salad dressing, russian dressing  | 15.3       | 1 tbsp         | 0.05                |
| 18126  | Cake, shortcake, biscuit-type, prepared from recipe                           | 65         | 1 shortcake    | 0.05                |
| 01055  | Cream, sour, reduced fat, cultured  | 15         | 1 tbsp         | 0.05                |
| 18116  | Cake, gingerbread, prepared from recipe                                       | 74         | 1 piece        | 0.04                |
| 04539  | Salad dressing, blue or roquefort cheese dressing, commercial, regular        | 15.3       | 1 tbsp         | 0.04                |
| 21139  | Fast foods, potato, mashed  | 80         | 1/3 cup        | 0.04                |
| 18027  | Bread, egg  | 40         | 1/2" slice     | 0.04                |
| 19008  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor                  | 28.35      | 1 oz           | 0.04                |
| 01058  | Sour dressing, non-butterfat, cultured, filled cream-type                     | 12         | 1 tbsp         | 0.04                |
| 18151  | Cookies, brownies, commercially prepared                                      | 56         | 1 brownie      | 0.04                |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)               | 14         | 1 hole         | 0.04                |
| 01056  | Cream, sour, cultured   | 12         | 1 tbsp         | 0.04                |
| 04025  | Salad dressing, mayonnaise, soybean oil, with salt                            | 13.8       | 1 tbsp         | 0.04                |
| 01050  | Cream, fluid, light (coffee cream or table cream)                             | 15         | 1 tbsp         | 0.03                |
| 19140  | Candies, M&M MARS, "M&M's" Peanut Chocolate Candies                           | 20         | 10 pieces      | 0.03                |
| 05090  | Chicken, broilers or fryers, neck, meat only, cooked, simmered                | 18         | 1 neck         | 0.03                |
| 01124  | Egg, white, raw, fresh  | 33.4       | 1 large        | 0.03                |
| 01052  | Cream, fluid, light whipping  | 15         | 1 tbsp         | 0.03                |
| 18127  | Cake, snack cakes, creme-filled, chocolate with frosting                      | 50         | 1 cupcake      | 0.03                |
| 18204  | Cookies, sugar, commercially prepared, regular (includes vanilla)             | 15         | 1 cookie       | 0.03                |
| 11260  | Mushrooms, raw  | 70         | 1 cup          | 0.03                |
| 01053  | Cream, fluid, heavy whipping  | 15         | 1 tbsp         | 0.03                |
| 18335  | Pie crust, standard-type, frozen, ready-to-bake, baked                        | 126        | 1 pie shell    | 0.03                |
| 01001  | Butter, salted  | 14.2       | 1 tbsp         | 0.02                |

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| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 01145  | Butter, without salt  | 14.2       | 1 tbsp         | 0.02                |
| 19141  | Candies, M&M MARS, "M&M's" Milk Chocolate Candies                                       | 7          | 10 pieces      | 0.02                |
| 18258  | English muffins, plain, enriched, with ca prop (includes sourdough)                     | 57         | 1 muffin       | 0.02                |
| 04120  | Salad dressing, french dressing, commercial, regular                                    | 15.6       | 1 tbsp         | 0.02                |
| 18259  | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 52         | 1 muffin       | 0.02                |
| 18215  | Crackers, cheese, sandwich-type with peanut butter filling                              | 7          | 1 sandwich     | 0.02                |
| 04022  | Salad dressing, russian dressing, low calorie   | 16.3       | 1 tbsp         | 0.02                |
| 18036  | Bread, mixed-grain, toasted (includes whole-grain, 7-grain)                             | 24         | 1 slice        | 0.02                |
| 18035  | Bread, mixed-grain (includes whole-grain, 7-grain)                                      | 26         | 1 slice        | 0.02                |
| 18164  | Cookies, chocolate chip, refrigerated dough, baked                                      | 26         | 1 cookie       | 0.02                |
| 18189  | Cookies, peanut butter, prepared from recipe  | 20         | 1 cookie       | 0.02                |
| 18155  | Cookies, butter, commercially prepared, enriched  | 5          | 1 cookie       | 0.02                |
| 19127  | Candies, milk chocolate coated raisins  | 10         | 10 pieces      | 0.02                |
| 18342  | Rolls, dinner, plain, commercially prepared (includes brown-and-serve)                  | 28         | 1 roll         | 0.02                |
| 18086  | Cake, angelfood, commercially prepared  | 28         | 1 piece        | 0.02                |
| 19100  | Candies, fudge, chocolate, prepared-from-recipe   | 17         | 1 piece        | 0.02                |
| 18358  | Sweet rolls, cinnamon, refrigerated dough with frosting, baked                          | 30         | 1 roll         | 0.02                |
| 18088  | Cake, angelfood, dry mix, prepared  | 50         | 1 piece        | 0.01                |
| 18170  | Cookies, fig bars   | 16         | 1 cookie       | 0.01                |
| 21026  | Fast foods, potatoes, hashed brown  | 72         | 1/2 cup        | 0.01                |
| 19057  | Snacks, tortilla chips, nacho-flavor  | 28.35      | 1 oz           | 0.01                |
| 04132  | Margarine, regular, unspecified oils, with salt added                                   | 14.1       | 1 tbsp         | 0.01                |
| 19101  | Candies, fudge, chocolate, with nuts, prepared-from-recipe                              | 19         | 1 piece        | 0.01                |
| 18165  | Cookies, chocolate chip, prepared from recipe, made with margarine                      | 16         | 1 cookie       | 0.01                |
| 19103  | Candies, fudge, vanilla, prepared-from-recipe   | 16         | 1 piece        | 0.01                |
| 18208  | Cookies, sugar, prepared from recipe, made with margarine                               | 14         | 1 cookie       | 0.01                |
| 18184  | Cookies, oatmeal, prepared from recipe, with raisins                                    | 15         | 1 cookie       | 0.01                |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                       | 13         | 1 hole         | 0.01                |
| 18308  | Pie, cherry, commercially prepared  | 117        | 1 piece        | 0.01                |
| 18305  | Pie, blueberry, commercially prepared   | 117        | 1 piece        | 0.01                |
| 18301  | Pie, apple, commercially prepared, enriched flour                                       | 117        | 1 piece        | 0.01                |
| 04611  | Margarine, regular, tub, composite, 80% fat, with salt                                  | 14.2       | 1 tbsp         | 0.01                |
| 18310  | Pie, chocolate creme, commercially prepared   | 113        | 1 piece        | 0.01                |
| 18651  | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes                         | 16         | 1 cookie       | 0.01                |
| 18206  | Cookies, sugar, refrigerated dough, baked   | 15         | 1 cookie       | 0.01                |
| 19104  | Candies, fudge, vanilla with nuts   | 15         | 1 piece        | 0.01                |
| 01071  | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk                         | 4          | 1 tbsp         | 0.01                |
| 14096  | Alcoholic beverage, wine, table, red  | 103        | 3.5 fl oz      | 0.01                |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick   | 14.3       | 1 tbsp         | 0.01                |
| 18082  | Bread stuffing, bread, dry mix, prepared  | 100        | 1/2 cup        | 0.01                |
| 18053  | Bread, reduced-calorie, rye   | 23         | 1 slice        | 0.01                |
| 01054  | Cream, whipped, cream topping, pressurized  | 3          | 1 tbsp         | 0.01                |
| 04585  | Margarine-butter blend, 60% corn oil margarine and 40% butter                           | 14.2       | 1 tbsp         | 0.01                |
| 18039  | Bread, oatmeal  | 27         | 1 slice        | 0.01                |
| 18192  | Cookies, shortbread, commercially prepared, plain                                       | 8          | 1 cookie       | 0.01                |
| 18230  | Crackers, standard snack-type, sandwich, with cheese filling                            | 7          | 1 sandwich     | 0.01                |
| 18388  | Muffins, wheat bran, toaster-type with raisins, toasted                                 | 34         | 1 muffin       | 0.01                |

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| NDB_No | Description   | Weight (g) | Common Measure  | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 18185  | Cookies, peanut butter, commercially prepared, regular  | 15         | 1 cookie        | 0.01                |
| 18283  | Muffins, oat bran   | 57         | 1 muffin        | 0.01                |
| 18362  | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)                       | 52         | 1 pastry        | 0.01                |
| 08011  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES                                 | 26         | 3/4 cup         | 0.01                |
| 18212  | Cookies, vanilla wafers, lower fat  | 4          | 1 cookie        | 0.01                |
| 18025  | Bread, cracked-wheat  | 25         | 1 slice         | 0.00                |
| 18040  | Bread, oatmeal, toasted   | 25         | 1 slice         | 0.00                |
| 18070  | Bread, white, commercially prepared, toasted  | 22         | 1 slice         | 0.00                |
| 18197  | Cookies, brownies, dry mix, special dietary, prepared   | 22         | 1 brownie       | 0.00                |
| 18110  | Cake, fruitcake, commercially prepared  | 43         | 1 piece         | 0.00                |
| 14309  | Malted drink mix, natural, with added nutrients, powder                                       | 21         | 4-5 heaping tsp | 0.00                |
| 19039  | Snacks, popcorn, caramel-coated, without peanuts  | 35.2       | 1 cup           | 0.00                |
| 04613  | Margarine, vegetable oil spread, 60% fat, tub/bottle  | 4.8        | 1 tsp           | 0.00                |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick   | 4.8        | 1 tsp           | 0.00                |
| 18166  | Cookies, chocolate sandwich, with creme filling, regular                                      | 10         | 1 cookie        | 0.00                |
| 04128  | Margarine-like spread, (approximately 40% fat), unspecified oils                              | 4.8        | 1 tsp           | 0.00                |
| 18075  | Bread, whole-wheat, commercially prepared   | 28         | 1 slice         | 0.00                |
| 18076  | Bread, whole-wheat, commercially prepared, toasted  | 25         | 1 slice         | 0.00                |
| 18374  | Leavening agents, yeast, baker's, compressed  | 17         | 1 cake          | 0.00                |
| 18179  | Cookies, oatmeal, commercially prepared, soft-type  | 15         | 1 cookie        | 0.00                |
| 18375  | Leavening agents, yeast, baker's, active dry  | 7          | 1 pkg           | 0.00                |
| 18193  | Cookies, shortbread, commercially prepared, pecan   | 14         | 1 cookie        | 0.00                |
| 19069  | Candies, NESTLE, BUTTERFINGER Bar   | 7          | 1 fun size bar  | 0.00                |
| 18159  | Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched                     | 10         | 1 cookie        | 0.00                |
| 18375  | Leavening agents, yeast, baker's, active dry  | 4          | 1 tsp           | 0.00                |
| 09226  | Papayas, raw  | 304        | 1 papaya        | 0.00                |
| 09236  | Peaches, raw  | 98         | 1 peach         | 0.00                |
| 09223  | Tangerine juice, canned, sweetened  | 249        | 1 cup           | 0.00                |
| 09226  | Papayas, raw  | 140        | 1 cup           | 0.00                |
| 09236  | Peaches, raw  | 170        | 1 cup           | 0.00                |
| 09238  | Peaches, canned, juice pack, solids and liquids   | 248        | 1 cup           | 0.00                |
| 09220  | Tangerines, (mandarin oranges), canned, light syrup pack                                      | 252        | 1 cup           | 0.00                |
| 09150  | Lemons, raw, without peel   | 58         | 1 lemon         | 0.00                |
| 02009  | Spices, chili powder  | 2.6        | 1 tsp           | 0.00                |
| 09148  | Kiwi fruit, (chinese gooseberries), fresh, raw  | 76         | 1 medium        | 0.00                |
| 09238  | Peaches, canned, juice pack, solids and liquids   | 98         | 1 half          | 0.00                |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids   | 262        | 1 cup           | 0.00                |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids   | 98         | 1 half          | 0.00                |
| 09218  | Tangerines, (mandarin oranges), raw   | 84         | 1 tangerine     | 0.00                |
| 09181  | Melons, cantaloupe, raw   | 160        | 1 cup           | 0.00                |
| 09136  | Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C                   | 216        | 6-fl-oz can     | 0.00                |
| 09246  | Peaches, dried, sulfured, uncooked  | 39         | 3 halves        | 0.00                |
| 09250  | Peaches, frozen, sliced, sweetened  | 250        | 1 cup           | 0.00                |
| 09137  | Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C | 250        | 1 cup           | 0.00                |
| 09193  | Olives, ripe, canned (small-extra large)  | 22         | 5 large         | 0.00                |
| 09161  | Lime juice, canned or bottled, unsweetened  | 246        | 1 cup           | 0.00                |
| 09161  | Lime juice, canned or bottled, unsweetened  | 15.4       | 1 tbsp          | 0.00                |

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| NDB_No | Description   | Weight (g) | Common Measure      | Content per Measure |
|--------|---|------------|---------------------|---------------------|
| 09176  | Mangos, raw   | 207        | 1 mango             | 0.00                |
| 09176  | Mangos, raw   | 165        | 1 cup               | 0.00                |
| 09160  | Lime juice, raw   | 38         | juice of 1 lime     | 0.00                |
| 09153  | Lemon juice, canned or bottled  | 15.2       | 1 tbsp              | 0.00                |
| 09181  | Melons, cantaloupe, raw   | 69         | 1/8 melon           | 0.00                |
| 09184  | Melons, honeydew, raw   | 160        | 1/8 melon           | 0.00                |
| 09189  | Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened | 250        | 1 cup               | 0.00                |
| 09184  | Melons, honeydew, raw   | 170        | 1 cup               | 0.00                |
| 09191  | Nectarines, raw   | 136        | 1 nectarine         | 0.00                |
| 09215  | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water                                  | 249        | 1 cup               | 0.00                |
| 02007  | Spices, celery seed   | 2          | 1 tsp               | 0.00                |
| 09200  | Oranges, raw, all commercial varieties  | 180        | 1 cup               | 0.00                |
| 09152  | Lemon juice, raw  | 47         | juice of 1 lemon    | 0.00                |
| 09200  | Oranges, raw, all commercial varieties  | 131        | 1 orange            | 0.00                |
| 09206  | Orange juice, raw   | 86         | juice from 1 orange | 0.00                |
| 09206  | Orange juice, raw   | 248        | 1 cup               | 0.00                |
| 09207  | Orange juice, canned, unsweetened   | 249        | 1 cup               | 0.00                |
| 09209  | Orange juice, chilled, includes from concentrate  | 249        | 1 cup               | 0.00                |
| 09214  | Orange juice, frozen concentrate, unsweetened, undiluted  | 213        | 6-fl-oz can         | 0.00                |
| 09153  | Lemon juice, canned or bottled  | 244        | 1 cup               | 0.00                |
| 01069  | Cream substitute, powdered  | 2          | 1 tsp               | 0.00                |
| 09403  | Apricot nectar, canned, with added ascorbic acid  | 251        | 1 cup               | 0.00                |
| 09316  | Strawberries, raw   | 12         | 1 strawberry        | 0.00                |
| 09320  | Strawberries, frozen, sweetened, sliced   | 255        | 1 cup               | 0.00                |
| 09326  | Watermelon, raw   | 286        | 1 wedge             | 0.00                |
| 09326  | Watermelon, raw   | 152        | 1 cup               | 0.00                |
| 09340  | Pears, asian, raw   | 122        | 1 pear              | 0.00                |
| 09340  | Pears, asian, raw   | 275        | 1 pear              | 0.00                |
| 09135  | Grape juice, canned or bottled, unsweetened, without added vitamin C  | 253        | 1 cup               | 0.00                |
| 09404  | Grapefruit juice, pink, raw   | 247        | 1 cup               | 0.00                |
| 02015  | Spices, curry powder  | 2          | 1 tsp               | 0.00                |
| 09316  | Strawberries, raw   | 166        | 1 cup               | 0.00                |
| 01072  | Dessert topping, pressurized  | 4          | 1 tbsp              | 0.00                |
| 09310  | Rhubarb, frozen, cooked, with sugar   | 240        | 1 cup               | 0.00                |
| 01067  | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein                                   | 15         | 1 tbsp              | 0.00                |
| 11001  | Alfalfa seeds, sprouted, raw  | 33         | 1 cup               | 0.00                |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt  | 120        | 1 medium            | 0.00                |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt  | 168        | 1 cup               | 0.00                |
| 11012  | Asparagus, cooked, boiled, drained  | 60         | 4 spears            | 0.00                |
| 11015  | Asparagus, canned, drained solids   | 72         | 4 spears            | 0.00                |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt  | 60         | 4 spears            | 0.00                |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt  | 180        | 1 cup               | 0.00                |
| 11028  | Bamboo shoots, canned, drained solids   | 131        | 1 cup               | 0.00                |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt                         | 170        | 1 cup               | 0.00                |
| 11040  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt                             | 180        | 1 cup               | 0.00                |
| 01073  | Dessert topping, semi solid, frozen   | 4          | 1 tbsp              | 0.00                |

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|--------|--|------------|----------------|---------------------|
| 09279  | Plums, raw   | 66         | 1 plum         | 0.00                |
| 09254  | Pears, canned, juice pack, solids and liquids  | 76         | 1 half         | 0.00                |
| 09254  | Pears, canned, juice pack, solids and liquids  | 248        | 1 cup          | 0.00                |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids                                      | 266        | 1 cup          | 0.00                |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids                                      | 76         | 1 half         | 0.00                |
| 09266  | Pineapple, raw, all varieties  | 155        | 1 cup          | 0.00                |
| 09268  | Pineapple, canned, juice pack, solids and liquids  | 249        | 1 cup          | 0.00                |
| 09268  | Pineapple, canned, juice pack, solids and liquids  | 47         | 1 slice        | 0.00                |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids                                  | 254        | 1 cup          | 0.00                |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids                                  | 49         | 1 slice        | 0.00                |
| 09273  | Pineapple juice, canned, unsweetened, without added ascorbic acid                        | 250        | 1 cup          | 0.00                |
| 09316  | Strawberries, raw  | 18         | 1 strawberry   | 0.00                |
| 09278  | Plantains, cooked  | 154        | 1 cup          | 0.00                |
| 09252  | Pears, raw   | 166        | 1 pear         | 0.00                |
| 09282  | Plums, canned, purple, juice pack, solids and liquids                                    | 252        | 1 cup          | 0.00                |
| 09282  | Plums, canned, purple, juice pack, solids and liquids                                    | 46         | 1 plum         | 0.00                |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids                              | 46         | 1 plum         | 0.00                |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids                              | 258        | 1 cup          | 0.00                |
| 09291  | Plums, dried (prunes), uncooked  | 42         | 5 prunes       | 0.00                |
| 09292  | Plums, dried (prunes), stewed, without added sugar                                       | 248        | 1 cup          | 0.00                |
| 09294  | Prune juice, canned  | 256        | 1 cup          | 0.00                |
| 09298  | Raisins, seedless  | 145        | 1 cup          | 0.00                |
| 09298  | Raisins, seedless  | 14         | 1 packet       | 0.00                |
| 09302  | Raspberries, raw   | 123        | 1 cup          | 0.00                |
| 09306  | Raspberries, frozen, red, sweetened  | 250        | 1 cup          | 0.00                |
| 09277  | Plantains, raw   | 179        | 1 medium       | 0.00                |
| 08084  | Cereals ready-to-eat, wheat germ, toasted, plain   | 7.119      | 1 tbsp         | 0.00                |
| 09003  | Apples, raw, with skin   | 138        | 1 apple        | 0.00                |
| 04114  | Salad dressing, italian dressing, commercial, regular                                    | 14.7       | 1 tbsp         | 0.00                |
| 04058  | Oil, sesame, salad or cooking  | 13.6       | 1 tbsp         | 0.00                |
| 04053  | Oil, olive, salad or cooking   | 13.5       | 1 tbsp         | 0.00                |
| 04042  | Oil, peanut, salad or cooking  | 13.5       | 1 tbsp         | 0.00                |
| 04034  | Oil, soybean, salad or cooking, (hydrogenated)   | 13.6       | 1 tbsp         | 0.00                |
| 04031  | Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)                  | 12.8       | 1 tbsp         | 0.00                |
| 04023  | Salad dressing, thousand island dressing, reduced fat                                    | 15.3       | 1 tbsp         | 0.00                |
| 04021  | Salad dressing, italian dressing, reduced fat  | 15         | 1 tbsp         | 0.00                |
| 04020  | Salad dressing, french dressing, reduced fat   | 16.3       | 1 tbsp         | 0.00                |
| 04017  | Salad dressing, thousand island, commercial, regular                                     | 15.6       | 1 tbsp         | 0.00                |
| 08049  | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain                                     | 32         | 3/4 cup        | 0.00                |
| 02055  | Horseradish, prepared  | 5          | 1 tsp          | 0.00                |
| 04135  | Salad dressing, home recipe, vinegar and oil   | 15.6       | 1 tbsp         | 0.00                |
| 02050  | Vanilla extract  | 4.2        | 1 tsp          | 0.00                |
| 08091  | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 242        | 1 cup          | 0.00                |
| 08093  | Cereals, QUAKER, corn grits, instant, plain, prepared with water                         | 137        | 1 packet       | 0.00                |
| 08103  | Cereals, CREAM OF WHEAT, regular, cooked with water, without salt                        | 251        | 1 cup          | 0.00                |
| 08105  | Cereals, CREAM OF WHEAT, quick, cooked with water, without salt                          | 239        | 1 cup          | 0.00                |
| 08109  | Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water                           | 142        | 1 packet       | 0.00                |

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|--------|---|------------|----------------|---------------------|
| 08117  | Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt                      | 240        | 1 cup          | 0.00                |
| 08121  | Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt       | 234        | 1 cup          | 0.00                |
| 08123  | Cereals, oats, instant, fortified, plain, prepared with water                                   | 177        | 1 packet       | 0.00                |
| 08125  | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water              | 149        | 1 packet       | 0.00                |
| 08131  | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water            | 155        | 1 packet       | 0.00                |
| 04002  | Lard  | 12.8       | 1 tbsp         | 0.00                |
| 11043  | Mung beans, mature seeds, sprouted, raw   | 104        | 1 cup          | 0.00                |
| 06449  | Soup, pea, green, canned, prepared with equal volume water, commercial                          | 250        | 1 cup          | 0.00                |
| 06440  | Soup, minestrone, canned, prepared with equal volume water, commercial                          | 241        | 1 cup          | 0.00                |
| 06432  | Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial              | 241        | 1 cup          | 0.00                |
| 06206  | Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve                             | 241        | 1 cup          | 0.00                |
| 06204  | Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve                                 | 242        | 1 cup          | 0.00                |
| 06175  | Sauce, hoisin, ready-to-serve   | 16         | 1 tbsp         | 0.00                |
| 06168  | Sauce, ready-to-serve, pepper or hot  | 4.7        | 1 tsp          | 0.00                |
| 06164  | Sauce, ready-to-serve, salsa  | 16         | 1 tbsp         | 0.00                |
| 06150  | Sauce, barbecue sauce   | 15.75      | 1 tbsp         | 0.00                |
| 06121  | Gravy, mushroom, canned   | 59.6       | 1/4 cup        | 0.00                |
| 06112  | Sauce, teriyaki, ready-to-serve   | 18         | 1 tbsp         | 0.00                |
| 04133  | Salad dressing, french, home recipe   | 14         | 1 tbsp         | 0.00                |
| 06067  | Soup, vegetable, canned, chunky, ready-to-serve, commercial                                     | 240        | 1 cup          | 0.00                |
| 08156  | Cereals ready-to-eat, rice, puffed, fortified   | 14         | 1 cup          | 0.00                |
| 11724  | Beans, snap, yellow, cooked, boiled, drained, without salt                                      | 125        | 1 cup          | 0.00                |
| 06494  | Soup, onion, dehydrated, prepared with water  | 246        | 1 cup          | 0.00                |
| 06559  | Soup, tomato, canned, prepared with equal volume water, commercial                              | 244        | 1 cup          | 0.00                |
| 06931  | Sauce, pasta, spaghetti/marinara, ready-to-serve  | 250        | 1 cup          | 0.00                |
| 08010  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH  | 27         | 3/4 cup        | 0.00                |
| 08012  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH                               | 27         | 3/4 cup        | 0.00                |
| 04582  | Vegetable oil, canola   | 14         | 1 tbsp         | 0.00                |
| 04543  | Oil, soybean, salad or cooking, (hydrogenated) and cottonseed                                   | 13.6       | 1 tbsp         | 0.00                |
| 04518  | Oil, vegetable, corn, industrial and retail, all purpose salad or cooking                       | 13.6       | 1 tbsp         | 0.00                |
| 04511  | Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) | 13.6       | 1 tbsp         | 0.00                |
| 04506  | Oil, vegetable, sunflower, linoleic, (approx. 65%)  | 13.6       | 1 tbsp         | 0.00                |
| 06094  | Soup, onion mix, dehydrated, dry form   | 39         | 1 packet       | 0.00                |
| 09094  | Figs, dried, uncooked   | 38         | 2 figs         | 0.00                |
| 09039  | Avocados, raw, Florida  | 28.35      | 1 oz           | 0.00                |
| 09040  | Bananas, raw  | 150        | 1 cup          | 0.00                |
| 09040  | Bananas, raw  | 118        | 1 banana       | 0.00                |
| 09042  | Blackberries, raw   | 144        | 1 cup          | 0.00                |
| 09050  | Blueberries, raw  | 145        | 1 cup          | 0.00                |
| 09055  | Blueberries, frozen, sweetened  | 230        | 1 cup          | 0.00                |
| 09060  | Carambola, (starfruit), raw   | 91         | 1 fruit        | 0.00                |
| 09060  | Carambola, (starfruit), raw   | 108        | 1 cup          | 0.00                |

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## Vitamin B-12 (µg) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description   | Weight (g) | Common Measure    | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 09064  | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244        | 1 cup             | 0.00                |
| 09070  | Cherries, sweet, raw  | 68         | 10 cherries       | 0.00                |
| 09081  | Cranberry sauce, canned, sweetened  | 57         | 1 slice           | 0.00                |
| 08143  | Cereals, WHEATENA, cooked with water  | 243        | 1 cup             | 0.00                |
| 09087  | Dates, deglet noor  | 178        | 1 cup             | 0.00                |
| 09027  | Apricots, canned, heavy syrup pack, with skin, solids and liquids   | 258        | 1 cup             | 0.00                |
| 09097  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids     | 237        | 1 cup             | 0.00                |
| 09100  | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids    | 248        | 1 cup             | 0.00                |
| 09112  | Grapefruit, raw, pink and red, all areas  | 123        | 1/2 grapefruit    | 0.00                |
| 09116  | Grapefruit, raw, white, all areas   | 118        | 1/2 grapefruit    | 0.00                |
| 09121  | Grapefruit, sections, canned, light syrup pack, solids and liquids  | 254        | 1 cup             | 0.00                |
| 09123  | Grapefruit juice, white, canned, unsweetened  | 247        | 1 cup             | 0.00                |
| 09124  | Grapefruit juice, white, canned, sweetened  | 250        | 1 cup             | 0.00                |
| 09125  | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted   | 207        | 6-fl-oz can       | 0.00                |
| 09126  | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water                           | 247        | 1 cup             | 0.00                |
| 09128  | Grapefruit juice, white, raw  | 247        | 1 cup             | 0.00                |
| 09132  | Grapes, red or green (european type varieties, such as, Thompson seedless), raw                                 | 50         | 10 grapes         | 0.00                |
| 09087  | Dates, deglet noor  | 41.5       | 5 dates           | 0.00                |
| 02027  | Spices, oregano, dried  | 1.5        | 1 tsp             | 0.00                |
| 09132  | Grapes, red or green (european type varieties, such as, Thompson seedless), raw                                 | 160        | 1 cup             | 0.00                |
| 08157  | Cereals ready-to-eat, wheat, puffed, fortified  | 12         | 1 cup             | 0.00                |
| 08164  | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt                       | 242        | 1 cup             | 0.00                |
| 02048  | Vinegar, cider  | 15         | 1 tbsp            | 0.00                |
| 08210  | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE  | 32         | 3/4 cup           | 0.00                |
| 08218  | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins                          | 51         | 1/2 cup           | 0.00                |
| 08219  | Cereals ready-to-eat, QUAKER, Honey Nut Heaven  | 49         | 1 cup             | 0.00                |
| 02047  | Salt, table   | 6          | 1 tsp             | 0.00                |
| 02046  | Mustard, prepared, yellow   | 5          | 1 tsp or 1 packet | 0.00                |
| 02045  | Dill weed, fresh  | 1          | 5 sprigs          | 0.00                |
| 02030  | Spices, pepper, black   | 2.1        | 1 tsp             | 0.00                |
| 09038  | Avocados, raw, California   | 28.35      | 1 oz              | 0.00                |
| 02028  | Spices, paprika   | 2.1        | 1 tsp             | 0.00                |
| 09032  | Apricots, dried, sulfured, uncooked   | 35         | 10 halves         | 0.00                |
| 02026  | Spices, onion powder  | 2.1        | 1 tsp             | 0.00                |
| 02020  | Spices, garlic powder   | 2.8        | 1 tsp             | 0.00                |
| 06468  | Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial                                | 241        | 1 cup             | 0.00                |
| 02010  | Spices, cinnamon, ground  | 2.3        | 1 tsp             | 0.00                |
| 09004  | Apples, raw, without skin   | 110        | 1 cup             | 0.00                |
| 09011  | Apples, dried, sulfured, uncooked   | 32         | 5 rings           | 0.00                |
| 09016  | Apple juice, canned or bottled, unsweetened, without added ascorbic acid  | 248        | 1 cup             | 0.00                |
| 09019  | Applesauce, canned, unsweetened, without added ascorbic acid  | 244        | 1 cup             | 0.00                |
| 09020  | Applesauce, canned, sweetened, without salt   | 255        | 1 cup             | 0.00                |
| 09021  | Apricots, raw   | 35         | 1 apricot         | 0.00                |
| 09024  | Apricots, canned, juice pack, with skin, solids and liquids   | 244        | 1 cup             | 0.00                |



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| NDB_No | Description  | Weight (g) | Common Measure   | Content per Measure |
|--------|--|------------|------------------|---------------------|
| 08147  | Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free                | 46         | 2 biscuits       | 0.00                |
| 02029  | Spices, parsley, dried   | 1.3        | 1 tbsp           | 0.00                |
| 18041  | Bread, pita, white, enriched   | 60         | 6-1/2" pita      | 0.00                |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)                 | 25         | 1 slice          | 0.00                |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)                 | 45         | 1 cup            | 0.00                |
| 18065  | Bread, wheat, toasted (includes wheat berry)                                     | 23         | 1 slice          | 0.00                |
| 18064  | Bread, wheat (includes wheat berry)  | 25         | 1 slice          | 0.00                |
| 18061  | Bread, rye, toasted  | 24         | 1 slice          | 0.00                |
| 18060  | Bread, rye   | 32         | 1 slice          | 0.00                |
| 18055  | Bread, reduced-calorie, wheat  | 23         | 1 slice          | 0.00                |
| 18048  | Bread, raisin, toasted, enriched   | 24         | 1 slice          | 0.00                |
| 18047  | Bread, raisin, enriched  | 26         | 1 slice          | 0.00                |
| 18045  | Bread, pumpernickel, toasted   | 29         | 1 slice          | 0.00                |
| 14209  | Coffee, brewed from grounds, prepared with tap water                             | 178        | 6 fl oz          | 0.00                |
| 18041  | Bread, pita, white, enriched   | 28         | 4" pita          | 0.00                |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                     | 84         | 1 cup            | 0.00                |
| 18033  | Bread, italian   | 20         | 1 slice          | 0.00                |
| 18029  | Bread, french or vienna (includes sourdough)                                     | 25         | 1/2" slice       | 0.00                |
| 18015  | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked             | 27         | 2-1/2" biscuit   | 0.00                |
| 18013  | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked              | 21         | 2-1/4" biscuit   | 0.00                |
| 18005  | Bagels, cinnamon-raisin  | 71         | 3-1/2" bagel     | 0.00                |
| 18005  | Bagels, cinnamon-raisin  | 89         | 4" bagel         | 0.00                |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 89         | 4" bagel         | 0.00                |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 71         | 3-1/2" bagel     | 0.00                |
| 16390  | Peanuts, all types, dry-roasted, without salt                                    | 28.35      | 1 oz (approx 28) | 0.00                |
| 16158  | Hummus, commercial   | 14         | 1 tbsp           | 0.00                |
| 18044  | Bread, pumpernickel  | 32         | 1 slice          | 0.00                |
| 18232  | Crackers, wheat, regular   | 8          | 4 crackers       | 0.00                |
| 18371  | Leavening agents, baking powder, low-sodium                                      | 5          | 1 tsp            | 0.00                |
| 18370  | Leavening agents, baking powder, double-acting, straight phosphate               | 4.6        | 1 tsp            | 0.00                |
| 18369  | Leavening agents, baking powder, double-acting, sodium aluminum sulfate          | 4.6        | 1 tsp            | 0.00                |
| 18364  | Tortillas, ready-to-bake or -fry, flour  | 32         | 1 tortilla       | 0.00                |
| 18363  | Tortillas, ready-to-bake or -fry, corn   | 26         | 1 tortilla       | 0.00                |
| 18360  | Taco shells, baked   | 13.3       | 1 medium         | 0.00                |
| 18353  | Rolls, hard (includes kaiser)  | 57         | 1 roll           | 0.00                |
| 18336  | Pie crust, standard-type, prepared from recipe, baked                            | 180        | 1 pie shell      | 0.00                |
| 18309  | Pie, cherry, prepared from recipe  | 180        | 1 piece          | 0.00                |
| 18306  | Pie, blueberry, prepared from recipe   | 147        | 1 piece          | 0.00                |
| 18158  | Cookies, chocolate chip, commercially prepared, regular, lower fat               | 10         | 1 cookie         | 0.00                |
| 18235  | Crackers, whole-wheat  | 16         | 4 crackers       | 0.00                |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                     | 14         | 2 squares        | 0.00                |
| 18229  | Crackers, standard snack-type, regular   | 12         | 4 crackers       | 0.00                |
| 18228  | Crackers, saltines (includes oyster, soda, soup)                                 | 12         | 4 crackers       | 0.00                |
| 18226  | Crackers, rye, wafers, plain   | 11         | 1 wafer          | 0.00                |
| 18220  | Crackers, melba toast, plain   | 20         | 4 pieces         | 0.00                |
| 18217  | Crackers, matzo, plain   | 28.35      | 1 matzo          | 0.00                |
| 18210  | Cookies, vanilla sandwich with creme filling                                     | 15         | 1 cookie         | 0.00                |

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| NDB_No | Description   | Weight (g) | Common Measure                | Content per Measure |
|--------|---|------------|-------------------------------|---------------------|
| 18210  | Cookies, vanilla sandwich with creme filling  | 10         | 1 cookie                      | 0.00                |
| 18178  | Cookies, oatmeal, commercially prepared, regular  | 25         | 1 cookie                      | 0.00                |
| 18177  | Cookies, molasses   | 32         | 1 cookie, large (3-1/2" to 4" | 0.00                |
| 18177  | Cookies, molasses   | 15         | 1 cookie, medium              | 0.00                |
| 16123  | Soy sauce made from soy and wheat (shoyu)   | 16         | 1 tbsp                        | 0.00                |
| 18302  | Pie, apple, prepared from recipe  | 155        | 1 piece                       | 0.00                |
| 14355  | Tea, brewed, prepared with tap water  | 178        | 6 fl oz                       | 0.00                |
| 16127  | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)                         | 120        | 1 piece                       | 0.00                |
| 14550  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof                            | 42         | 1.5 fl oz                     | 0.00                |
| 14545  | Tea, herb, chamomile, brewed  | 178        | 6 fl oz                       | 0.00                |
| 14536  | Alcoholic beverage, wine, dessert, dry  | 103        | 3.5 fl oz                     | 0.00                |
| 14429  | Water, municipal  | 237        | 8 fl oz                       | 0.00                |
| 14416  | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine          | 355        | 12 fl oz                      | 0.00                |
| 14414  | Alcoholic beverage, liqueur, coffee, 53 proof   | 52         | 1.5 fl oz                     | 0.00                |
| 14400  | Carbonated beverage, cola, contains caffeine  | 370        | 12 fl oz                      | 0.00                |
| 14381  | Tea, herb, other than chamomile, brewed   | 178        | 6 fl oz                       | 0.00                |
| 14376  | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared                           | 237        | 8 fl oz                       | 0.00                |
| 16006  | Beans, baked, canned, plain or vegetarian   | 254        | 1 cup                         | 0.00                |
| 14367  | Tea, instant, unsweetened, powder, prepared   | 237        | 8 fl oz                       | 0.00                |
| 16008  | Beans, baked, canned, with franks   | 259        | 1 cup                         | 0.00                |
| 14342  | Rice beverage, RICE DREAM, canned   | 245        | 1 cup                         | 0.00                |
| 14341  | Pineapple and orange juice drink, canned  | 250        | 8 fl oz                       | 0.00                |
| 14334  | Pineapple and grapefruit juice drink, canned  | 250        | 8 fl oz                       | 0.00                |
| 14297  | Lemonade-flavor drink, powder, prepared with water  | 266        | 8 fl oz                       | 0.00                |
| 14293  | Lemonade, frozen concentrate, white, prepared with water  | 248        | 8 fl oz                       | 0.00                |
| 14290  | Lemonade, low calorie, with aspartame, powder, prepared with water                                | 237        | 8 fl oz                       | 0.00                |
| 14277  | Grape drink, canned   | 250        | 8 fl oz                       | 0.00                |
| 14267  | Fruit punch drink, with added nutrients, canned   | 248        | 8 fl oz                       | 0.00                |
| 14242  | Cranberry juice cocktail, bottled   | 253        | 8 fl oz                       | 0.00                |
| 14215  | Coffee, instant, regular, prepared with water   | 179        | 6 fl oz                       | 0.00                |
| 11674  | Potato, baked, flesh and skin, without salt   | 202        | 1 potato                      | 0.00                |
| 14371  | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259        | 8 fl oz                       | 0.00                |
| 16063  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt        | 172        | 1 cup                         | 0.00                |
| 18451  | Cake, pound, commercially prepared, fat-free  | 28         | 1 slice                       | 0.00                |
| 16109  | Soybeans, mature cooked, boiled, without salt   | 172        | 1 cup                         | 0.00                |
| 16103  | Refried beans, canned (includes USDA commodity)   | 252        | 1 cup                         | 0.00                |
| 16098  | Peanut butter, smooth style, with salt  | 16         | 1 tbsp                        | 0.00                |
| 16097  | Peanut butter, chunk style, with salt   | 16         | 1 tbsp                        | 0.00                |
| 16090  | Peanuts, all types, dry-roasted, with salt  | 28.35      | 1 oz (approx 28)              | 0.00                |
| 16089  | Peanuts, all types, oil-roasted, with salt  | 28.35      | 1 oz                          | 0.00                |
| 16086  | Peas, split, mature seeds, cooked, boiled, without salt   | 196        | 1 cup                         | 0.00                |
| 16073  | Lima beans, large, mature seeds, canned   | 241        | 1 cup                         | 0.00                |
| 16072  | Lima beans, large, mature seeds, cooked, boiled, without salt                                     | 188        | 1 cup                         | 0.00                |
| 14551  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof                            | 42         | 1.5 fl oz                     | 0.00                |
| 16064  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain                       | 240        | 1 cup                         | 0.00                |

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| NDB_No | Description   | Weight (g) | Common Measure   | Content per Measure |
|--------|---|------------|------------------|---------------------|
| 16126  | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)           | 81         | 1/4 block        | 0.00                |
| 16058  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned                       | 240        | 1 cup            | 0.00                |
| 16057  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 164        | 1 cup            | 0.00                |
| 16055  | Carob flour   | 8          | 1 tbsp           | 0.00                |
| 16051  | Beans, white, mature seeds, canned  | 262        | 1 cup            | 0.00                |
| 16043  | Beans, pinto, mature seeds, cooked, boiled, without salt                            | 171        | 1 cup            | 0.00                |
| 16034  | Beans, kidney, red, mature seeds, canned  | 256        | 1 cup            | 0.00                |
| 16033  | Beans, kidney, red, mature seeds, cooked, boiled, without salt                      | 177        | 1 cup            | 0.00                |
| 16025  | Beans, great northern, mature seeds, cooked, boiled, without salt                   | 177        | 1 cup            | 0.00                |
| 16015  | Beans, black, mature seeds, cooked, boiled, without salt                            | 172        | 1 cup            | 0.00                |
| 16011  | Beans, baked, canned, with pork and tomato sauce                                    | 253        | 1 cup            | 0.00                |
| 16010  | Beans, baked, canned, with pork and sweet sauce                                     | 253        | 1 cup            | 0.00                |
| 16070  | Lentils, mature seeds, cooked, boiled, without salt                                 | 198        | 1 cup            | 0.00                |
| 19438  | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares                             | 22         | 1 bar            | 0.00                |
| 19305  | Molasses, blackstrap  | 20         | 1 tbsp           | 0.00                |
| 20025  | Cornmeal, self-rising, degermed, enriched, yellow                                   | 138        | 1 cup            | 0.00                |
| 20022  | Cornmeal, degermed, enriched, yellow  | 138        | 1 cup            | 0.00                |
| 20020  | Cornmeal, whole-grain, yellow   | 122        | 1 cup            | 0.00                |
| 20013  | Bulgur, cooked  | 182        | 1 cup            | 0.00                |
| 20012  | Bulgur, dry   | 140        | 1 cup            | 0.00                |
| 20011  | Buckwheat flour, whole-groat  | 120        | 1 cup            | 0.00                |
| 20010  | Buckwheat groats, roasted, cooked   | 168        | 1 cup            | 0.00                |
| 20006  | Barley, pearled, cooked   | 157        | 1 cup            | 0.00                |
| 20005  | Barley, pearled, raw  | 200        | 1 cup            | 0.00                |
| 20028  | Couscous, dry   | 173        | 1 cup            | 0.00                |
| 19441  | Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit                           | 37         | 1 bar            | 0.00                |
| 20029  | Couscous, cooked  | 157        | 1 cup            | 0.00                |
| 19424  | Snacks, tortilla chips, nacho-flavor, reduced fat                                   | 28.35      | 1 oz             | 0.00                |
| 19422  | Snacks, potato chips, reduced fat   | 28.35      | 1 oz             | 0.00                |
| 19411  | Snacks, potato chips, plain, salted   | 28.35      | 1 oz             | 0.00                |
| 19410  | Snacks, potato chips, made from dried potatoes, plain                               | 28.35      | 1 oz             | 0.00                |
| 19353  | Syrups, maple   | 20         | 1 tbsp           | 0.00                |
| 19350  | Syrups, corn, light   | 20         | 1 tbsp           | 0.00                |
| 19336  | Sugars, powdered  | 8          | 1 tbsp           | 0.00                |
| 19335  | Sugars, granulated  | 4.2        | 1 tsp            | 0.00                |
| 19334  | Sugars, brown   | 3.2        | 1 tsp            | 0.00                |
| 19314  | Pie fillings, canned, cherry  | 74         | 1/8 of 21-oz can | 0.00                |
| 18372  | Leavening agents, baking soda   | 4.6        | 1 tsp            | 0.00                |
| 19811  | Snacks, potato chips, plain, unsalted   | 28.35      | 1 oz             | 0.00                |
| 20082  | Wheat flour, white, all-purpose, self-rising, enriched                              | 125        | 1 cup            | 0.00                |
| 35142  | Bread, Indian, fry, made with lard (Navajo)   | 160        | 10-1/2" bread    | 0.00                |
| 22121  | WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen                       | 85         | 1 patty          | 0.00                |
| 21138  | Fast foods, potato, french fried in vegetable oil                                   | 169        | 1 large          | 0.00                |
| 21138  | Fast foods, potato, french fried in vegetable oil                                   | 134        | 1 medium         | 0.00                |
| 21138  | Fast foods, potato, french fried in vegetable oil                                   | 85         | 1 small          | 0.00                |
| 20125  | Spaghetti, whole-wheat, cooked  | 140        | 1 cup            | 0.00                |
| 20121  | Spaghetti, cooked, enriched, without added salt                                     | 140        | 1 cup            | 0.00                |

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| NDB_No | Description   | Weight (g) | Common Measure       | Content per Measure |
|--------|---|------------|----------------------|---------------------|
| 20113  | Noodles, chinese, chow mein   | 45         | 1 cup                | 0.00                |
| 20100  | Macaroni, cooked, enriched  | 140        | 1 cup                | 0.00                |
| 20089  | Wild rice, cooked   | 164        | 1 cup                | 0.00                |
| 20027  | Cornstarch  | 8.064      | 1 tbsp               | 0.00                |
| 20083  | Wheat flour, white, bread, enriched   | 137        | 1 cup                | 0.00                |
| 19300  | Jellies   | 19         | 1 tbsp               | 0.00                |
| 20081  | Wheat flour, white, all-purpose, enriched, bleached                         | 125        | 1 cup                | 0.00                |
| 20080  | Wheat flour, whole-grain  | 120        | 1 cup                | 0.00                |
| 20068  | Tapioca, pearl, dry   | 152        | 1 cup                | 0.00                |
| 20049  | Rice, white, long-grain, precooked or instant, enriched, prepared           | 165        | 1 cup                | 0.00                |
| 20047  | Rice, white, long-grain, parboiled, enriched, cooked                        | 175        | 1 cup                | 0.00                |
| 20046  | Rice, white, long-grain, parboiled, enriched, dry                           | 185        | 1 cup                | 0.00                |
| 20045  | Rice, white, long-grain, regular, cooked                                    | 158        | 1 cup                | 0.00                |
| 20044  | Rice, white, long-grain, regular, raw, enriched                             | 185        | 1 cup                | 0.00                |
| 20037  | Rice, brown, long-grain, cooked   | 195        | 1 cup                | 0.00                |
| 20034  | Oat bran, cooked  | 219        | 1 cup                | 0.00                |
| 20033  | Oat bran, raw   | 94         | 1 cup                | 0.00                |
| 20084  | Wheat flour, white, cake, enriched  | 137        | 1 cup                | 0.00                |
| 19034  | Snacks, popcorn, air-popped   | 8          | 1 cup                | 0.00                |
| 19312  | Pie fillings, apple, canned   | 74         | 1/8 of 21-oz can     | 0.00                |
| 19062  | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds     | 146        | 1 cup                | 0.00                |
| 19061  | Snacks, trail mix, tropical   | 140        | 1 cup                | 0.00                |
| 19056  | Snacks, tortilla chips, plain   | 28.35      | 1 oz                 | 0.00                |
| 19051  | Snacks, rice cakes, brown rice, plain                                       | 9          | 1 cake               | 0.00                |
| 19047  | Snacks, pretzels, hard, plain, salted                                       | 60         | 10 pretzels          | 0.00                |
| 19046  | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor | 28.35      | 1 oz                 | 0.00                |
| 19045  | Snacks, potato chips, made from dried potatoes, light                       | 28.35      | 1 oz                 | 0.00                |
| 19042  | Snacks, potato chips, barbecue-flavor                                       | 28.35      | 1 oz                 | 0.00                |
| 19038  | Snacks, popcorn, caramel-coated, with peanuts                               | 42         | 1 cup                | 0.00                |
| 19076  | Candies, caramels, chocolate-flavor roll                                    | 7          | 1 piece              | 0.00                |
| 19035  | Snacks, popcorn, oil-popped   | 11         | 1 cup                | 0.00                |
| 19077  | Baking chocolate, unsweetened, liquid                                       | 28.35      | 1 oz                 | 0.00                |
| 19031  | Snacks, oriental mix, rice-based  | 28.35      | 1 oz (about 1/4 cup) | 0.00                |
| 19026  | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter   | 28.35      | 1 bar                | 0.00                |
| 19015  | Snacks, granola bars, hard, plain   | 28.35      | 1 bar                | 0.00                |
| 19014  | Snacks, fruit leather, rolls  | 21         | 1 large              | 0.00                |
| 19013  | Snacks, fruit leather, pieces   | 28.35      | 1 oz                 | 0.00                |
| 19004  | Snacks, corn-based, extruded, chips, barbecue-flavor                        | 28.35      | 1 oz                 | 0.00                |
| 19003  | Snacks, corn-based, extruded, chips, plain                                  | 28.35      | 1 oz                 | 0.00                |
| 18482  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge     | 52         | 1 pastry             | 0.00                |
| 18456  | Cookies, oatmeal, commercially prepared, fat-free                           | 11         | 1 cookie             | 0.00                |
| 18452  | Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat              | 43         | 1 cupcake            | 0.00                |
| 14181  | Chocolate syrup   | 18.75      | 1 tbsp               | 0.00                |
| 19036  | Snacks, popcorn, cakes  | 10         | 1 cake               | 0.00                |
| 19156  | Candies, M&M MARS, STARBURST Fruit Chews                                    | 5          | 1 piece              | 0.00                |
| 19297  | Jams and preserves  | 20         | 1 tbsp               | 0.00                |
| 19296  | Honey   | 21         | 1 tbsp               | 0.00                |

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| NDB_No | Description   | Weight (g) | Common Measure    | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 19294  | Fruit butters, apple  | 17         | 1 tbsp            | 0.00                |
| 19283  | Ice novelties, pop  | 59         | 1 bar (2 fl oz)   | 0.00                |
| 19281  | Ice novelties, italian, restaurant-prepared                                     | 116        | 1/2 cup           | 0.00                |
| 19263  | Frozen juice novelties, fruit and juice bars                                    | 77         | 1 bar (2.5 fl oz) | 0.00                |
| 19230  | Frostings, vanilla, creamy, ready-to-eat  | 38         | 1/12 package      | 0.00                |
| 19226  | Frostings, chocolate, creamy, ready-to-eat                                      | 38         | 1/12 package      | 0.00                |
| 19183  | Puddings, chocolate, ready-to-eat   | 113        | 4 oz              | 0.00                |
| 19176  | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water | 117        | 1/2 cup           | 0.00                |
| 19074  | Candies, caramels   | 10.1       | 1 piece           | 0.00                |
| 19165  | Cocoa, dry powder, unsweetened  | 5.4        | 1 tbsp            | 0.00                |
| 18373  | Leavening agents, cream of tartar   | 3          | 1 tsp             | 0.00                |
| 19129  | Syrups, table blends, pancake   | 20         | 1 tbsp            | 0.00                |
| 19128  | Syrups, table blends, pancake, reduced-calorie                                  | 15         | 1 tbsp            | 0.00                |
| 19116  | Candies, marshmallows   | 50         | 1 cup             | 0.00                |
| 19108  | Candies, jellybeans   | 28.35      | 10 large          | 0.00                |
| 19107  | Candies, hard   | 6          | 1 piece           | 0.00                |
| 19107  | Candies, hard   | 3          | 1 small piece     | 0.00                |
| 19106  | Candies, gumdrops, starch jelly pieces  | 4.2        | 1 medium          | 0.00                |
| 19106  | Candies, gumdrops, starch jelly pieces  | 74         | 10 worms          | 0.00                |
| 19106  | Candies, gumdrops, starch jelly pieces  | 22         | 10 bears          | 0.00                |
| 19080  | Candies, semisweet chocolate  | 168        | 1 cup             | 0.00                |
| 19078  | Baking chocolate, unsweetened, squares  | 28.35      | 1 square          | 0.00                |
| 19173  | Gelatin desserts, dry mix, prepared with water                                  | 135        | 1/2 cup           | 0.00                |
| 11251  | Lettuce, cos or romaine, raw  | 10         | 1 leaf            | 0.00                |
| 11281  | Okra, frozen, cooked, boiled, drained, without salt                             | 184        | 1 cup             | 0.00                |
| 11279  | Okra, cooked, boiled, drained, without salt                                     | 160        | 1 cup             | 0.00                |
| 11271  | Mustard greens, cooked, boiled, drained, without salt                           | 140        | 1 cup             | 0.00                |
| 11269  | Mushrooms, shiitake, cooked, without salt                                       | 145        | 1 cup             | 0.00                |
| 11268  | Mushrooms, shiitake, dried  | 3.6        | 1 mushroom        | 0.00                |
| 11264  | Mushrooms, canned, drained solids   | 156        | 1 cup             | 0.00                |
| 11261  | Mushrooms, cooked, boiled, drained, without salt                                | 156        | 1 cup             | 0.00                |
| 11253  | Lettuce, green leaf, raw  | 56         | 1 cup             | 0.00                |
| 11253  | Lettuce, green leaf, raw  | 10         | 1 leaf            | 0.00                |
| 11252  | Lettuce, iceberg (includes crisphead types), raw                                | 539        | 1 head            | 0.00                |
| 14210  | Coffee, brewed, espresso, restaurant-prepared                                   | 60         | 2 fl oz           | 0.00                |
| 11252  | Lettuce, iceberg (includes crisphead types), raw                                | 55         | 1 cup             | 0.00                |
| 11282  | Onions, raw   | 110        | 1 whole           | 0.00                |
| 11251  | Lettuce, cos or romaine, raw  | 56         | 1 cup             | 0.00                |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw                       | 163        | 1 head            | 0.00                |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw                       | 7.5        | 1 medium leaf     | 0.00                |
| 11247  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt     | 104        | 1 cup             | 0.00                |
| 11242  | Kohlrabi, cooked, boiled, drained, without salt                                 | 165        | 1 cup             | 0.00                |
| 11236  | Kale, frozen, cooked, boiled, drained, without salt                             | 130        | 1 cup             | 0.00                |
| 11234  | Kale, cooked, boiled, drained, without salt                                     | 130        | 1 cup             | 0.00                |
| 11226  | Jerusalem-artichokes, raw   | 150        | 1 cup             | 0.00                |
| 11215  | Garlic, raw   | 3          | 1 clove           | 0.00                |
| 11213  | Endive, raw   | 50         | 1 cup             | 0.00                |
| 11252  | Lettuce, iceberg (includes crisphead types), raw                                | 8          | 1 medium          | 0.00                |

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| NDB_No | Description  | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|---------------------|
| 11308  | Peas, green, canned, regular pack, drained solids                  | 170        | 1 cup          | 0.00                |
| 11372  | Potatoes, scalloped, home-prepared with butter                     | 245        | 1 cup          | 0.00                |
| 11370  | Potatoes, hashed brown, home-prepared                              | 156        | 1 cup          | 0.00                |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt         | 135        | 1 potato       | 0.00                |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt         | 156        | 1 cup          | 0.00                |
| 11365  | Potatoes, boiled, cooked in skin, flesh, without salt              | 136        | 1 potato       | 0.00                |
| 11364  | Potatoes, baked, skin, without salt                                | 58         | 1 skin         | 0.00                |
| 11363  | Potatoes, baked, flesh, without salt                               | 156        | 1 potato       | 0.00                |
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt       | 136        | 1 cup          | 0.00                |
| 11333  | Peppers, sweet, green, raw   | 149        | 1 cup          | 0.00                |
| 11333  | Peppers, sweet, green, raw   | 119        | 1 pepper       | 0.00                |
| 11282  | Onions, raw  | 160        | 1 cup          | 0.00                |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt         | 160        | 1 cup          | 0.00                |
| 11282  | Onions, raw  | 14         | 1 slice        | 0.00                |
| 11303  | Peas, edible-podded, frozen, cooked, boiled, drained, without salt | 160        | 1 cup          | 0.00                |
| 11301  | Peas, edible-podded, cooked, boiled, drained, without salt         | 160        | 1 cup          | 0.00                |
| 11299  | Parsnips, cooked, boiled, drained, without salt                    | 156        | 1 cup          | 0.00                |
| 11297  | Parsley, raw   | 10         | 10 sprigs      | 0.00                |
| 11296  | Onion rings, breaded, par fried, frozen, prepared, heated in oven  | 60         | 10 rings       | 0.00                |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw          | 15         | 1 whole        | 0.00                |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw          | 100        | 1 cup          | 0.00                |
| 11284  | Onions, dehydrated flakes  | 5          | 1 tbsp         | 0.00                |
| 11283  | Onions, cooked, boiled, drained, without salt                      | 210        | 1 cup          | 0.00                |
| 11283  | Onions, cooked, boiled, drained, without salt                      | 94         | 1 medium       | 0.00                |
| 11206  | Cucumber, peeled, raw  | 119        | 1 cup          | 0.00                |
| 11333  | Peppers, sweet, green, raw   | 10         | 1 ring         | 0.00                |
| 11091  | Broccoli, cooked, boiled, drained, without salt                    | 156        | 1 cup          | 0.00                |
| 11210  | Eggplant, cooked, boiled, drained, without salt                    | 99         | 1 cup          | 0.00                |
| 11124  | Carrots, raw   | 110        | 1 cup          | 0.00                |
| 11124  | Carrots, raw   | 72         | 1 carrot       | 0.00                |
| 11120  | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt  | 119        | 1 cup          | 0.00                |
| 11117  | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170        | 1 cup          | 0.00                |
| 11114  | Cabbage, savoy, raw  | 70         | 1 cup          | 0.00                |
| 11112  | Cabbage, red, raw  | 70         | 1 cup          | 0.00                |
| 11110  | Cabbage, cooked, boiled, drained, without salt                     | 150        | 1 cup          | 0.00                |
| 11109  | Cabbage, raw   | 70         | 1 cup          | 0.00                |
| 11101  | Brussels sprouts, frozen, cooked, boiled, drained, without salt    | 155        | 1 cup          | 0.00                |
| 11128  | Carrots, canned, regular pack, drained solids                      | 146        | 1 cup          | 0.00                |
| 11093  | Broccoli, frozen, chopped, cooked, boiled, drained, without salt   | 184        | 1 cup          | 0.00                |
| 11131  | Carrots, frozen, cooked, boiled, drained, without salt             | 146        | 1 cup          | 0.00                |
| 11091  | Broccoli, cooked, boiled, drained, without salt                    | 37         | 1 spear        | 0.00                |
| 11090  | Broccoli, raw  | 31         | 1 spear        | 0.00                |
| 11090  | Broccoli, raw  | 88         | 1 cup          | 0.00                |
| 11087  | Beet greens, cooked, boiled, drained, without salt                 | 144        | 1 cup          | 0.00                |
| 11084  | Beets, canned, drained solids                                      | 170        | 1 cup          | 0.00                |
| 11084  | Beets, canned, drained solids                                      | 24         | 1 beet         | 0.00                |
| 11081  | Beets, cooked, boiled, drained                                     | 50         | 1 beet         | 0.00                |
| 11081  | Beets, cooked, boiled, drained                                     | 170        | 1 cup          | 0.00                |
| 11061  | Beans, snap, green, frozen, cooked, boiled, drained without salt   | 135        | 1 cup          | 0.00                |

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| NDB_No | Description  | Weight (g) | Common Measure   | Content per Measure |
|--------|--|------------|------------------|---------------------|
| 11056  | Beans, snap, green, canned, regular pack, drained solids                           | 135        | 1 cup            | 0.00                |
| 11053  | Beans, snap, green, cooked, boiled, drained, without salt                          | 125        | 1 cup            | 0.00                |
| 11099  | Brussels sprouts, cooked, boiled, drained, without salt                            | 156        | 1 cup            | 0.00                |
| 11162  | Collards, cooked, boiled, drained, without salt                                    | 190        | 1 cup            | 0.00                |
| 11387  | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter           | 245        | 1 cup            | 0.00                |
| 11206  | Cucumber, peeled, raw  | 280        | 1 large          | 0.00                |
| 11205  | Cucumber, with peel, raw   | 104        | 1 cup            | 0.00                |
| 11205  | Cucumber, with peel, raw   | 301        | 1 large          | 0.00                |
| 11196  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 170        | 1 cup            | 0.00                |
| 11192  | Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt         | 165        | 1 cup            | 0.00                |
| 11181  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 63         | 1 ear            | 0.00                |
| 11179  | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt    | 164        | 1 cup            | 0.00                |
| 11176  | Corn, sweet, yellow, canned, vacuum pack, regular pack                             | 210        | 1 cup            | 0.00                |
| 11174  | Corn, sweet, yellow, canned, cream style, regular pack                             | 256        | 1 cup            | 0.00                |
| 11125  | Carrots, cooked, boiled, drained, without salt                                     | 156        | 1 cup            | 0.00                |
| 11164  | Collards, frozen, chopped, cooked, boiled, drained, without salt                   | 170        | 1 cup            | 0.00                |
| 11208  | Dandelion greens, cooked, boiled, drained, without salt                            | 105        | 1 cup            | 0.00                |
| 11159  | Coleslaw, home-prepared  | 120        | 1 cup            | 0.00                |
| 11156  | Chives, raw  | 3          | 1 tbsp           | 0.00                |
| 11144  | Celery, cooked, boiled, drained, without salt                                      | 37.5       | 1 stalk          | 0.00                |
| 11144  | Celery, cooked, boiled, drained, without salt                                      | 150        | 1 cup            | 0.00                |
| 11143  | Celery, raw  | 40         | 1 stalk          | 0.00                |
| 11143  | Celery, raw  | 120        | 1 cup            | 0.00                |
| 11138  | Cauliflower, frozen, cooked, boiled, drained, without salt                         | 180        | 1 cup            | 0.00                |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                                 | 54         | 3 flowerets      | 0.00                |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                                 | 124        | 1 cup            | 0.00                |
| 11135  | Cauliflower, raw   | 13         | 1 floweret       | 0.00                |
| 11135  | Cauliflower, raw   | 100        | 1 cup            | 0.00                |
| 11168  | Corn, sweet, yellow, cooked, boiled, drained, without salt                         | 77         | 1 ear            | 0.00                |
| 11955  | Tomatoes, sun-dried  | 2          | 1 piece          | 0.00                |
| 11819  | Peppers, hot chili, red, raw   | 45         | 1 pepper         | 0.00                |
| 12155  | Nuts, walnuts, english   | 28.35      | 1 oz (14 halves) | 0.00                |
| 12147  | Nuts, pine nuts, dried   | 28.35      | 1 oz             | 0.00                |
| 12147  | Nuts, pine nuts, dried   | 8.6        | 1 tbsp           | 0.00                |
| 12142  | Nuts, pecans   | 28.35      | 1 oz (20 halves) | 0.00                |
| 12120  | Nuts, hazelnuts or filberts  | 28.35      | 1 oz             | 0.00                |
| 12104  | Nuts, coconut meat, raw  | 45         | 1 piece          | 0.00                |
| 12078  | Nuts, brazilnuts, dried, unblanched  | 28.35      | 1 oz (6-8 nuts)  | 0.00                |
| 12061  | Nuts, almonds  | 28.35      | 1 oz (24 nuts)   | 0.00                |
| 11961  | Hearts of palm, canned   | 33         | 1 piece          | 0.00                |
| 12167  | Nuts, chestnuts, european, roasted   | 143        | 1 cup            | 0.00                |
| 11956  | Tomatoes, sun-dried, packed in oil, drained  | 3          | 1 piece          | 0.00                |
| 12179  | Nuts, coconut meat, dried (desiccated), sweetened, shredded                        | 93         | 1 cup            | 0.00                |
| 11954  | Tomatillos, raw  | 34         | 1 medium         | 0.00                |
| 11945  | Pickle relish, sweet   | 15         | 1 tbsp           | 0.00                |
| 11943  | Pimento, canned  | 12         | 1 tbsp           | 0.00                |

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|--------|---|------------|-------------------|---------------------|
| 11937  | Pickles, cucumber, dill   | 65         | 1 pickle          | 0.00                |
| 11935  | Catsup  | 15         | 1 tbsp            | 0.00                |
| 11935  | Catsup  | 6          | 1 packet          | 0.00                |
| 11932  | Beans, snap, yellow, canned, regular pack, drained solids                         | 135        | 1 cup             | 0.00                |
| 11901  | Corn, sweet, white, cooked, boiled, drained, without salt                         | 77         | 1 ear             | 0.00                |
| 11823  | Peppers, sweet, red, cooked, boiled, drained, without salt                        | 136        | 1 cup             | 0.00                |
| 11821  | Peppers, sweet, red, raw  | 149        | 1 cup             | 0.00                |
| 11373  | Potatoes, au gratin, home-prepared from recipe using butter                       | 245        | 1 cup             | 0.00                |
| 11960  | Carrots, baby, raw  | 10         | 1 medium          | 0.00                |
| 14017  | Alcoholic beverage, pina colada, prepared-from-recipe                             | 141        | 4.5 fl oz         | 0.00                |
| 14175  | Chocolate-flavor beverage mix for milk, powder, without added nutrients           | 21.6       | 2-3 heaping tsp   | 0.00                |
| 14157  | Carbonated beverage, root beer  | 370        | 12 fl oz          | 0.00                |
| 14153  | Carbonated beverage, pepper-type, contains caffeine                               | 368        | 12 fl oz          | 0.00                |
| 14150  | Carbonated beverage, orange   | 372        | 12 fl oz          | 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                |
| 14142  | Carbonated beverage, grape soda   | 372        | 12 fl oz          | 0.00                |
| 14136  | Carbonated beverage, ginger ale   | 366        | 12 fl oz          | 0.00                |
| 14121  | Carbonated beverage, club soda  | 355        | 12 fl oz          | 0.00                |
| 14106  | Alcoholic beverage, wine, table, white  | 103        | 3.5 fl oz         | 0.00                |
| 12166  | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 15         | 1 tbsp            | 0.00                |
| 14037  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof            | 42         | 1.5 fl oz         | 0.00                |
| 11740  | Broccoli, flower clusters, raw  | 11         | 1 floweret        | 0.00                |
| 14010  | Alcoholic beverage, daiquiri, prepared-from-recipe                                | 60         | 2 fl oz           | 0.00                |
| 12652  | Nuts, pistachio nuts, dry roasted, with salt added                                | 28.35      | 1 oz (47 nuts)    | 0.00                |
| 12637  | Nuts, mixed nuts, oil roasted, with peanuts, with salt added                      | 28.35      | 1 oz              | 0.00                |
| 12635  | Nuts, mixed nuts, dry roasted, with peanuts, with salt added                      | 28.35      | 1 oz              | 0.00                |
| 12632  | Nuts, macadamia nuts, dry roasted, with salt added                                | 28.35      | 1 oz (10-12 nuts) | 0.00                |
| 12586  | Nuts, cashew nuts, oil roasted, with salt added                                   | 28.35      | 1 oz (18 nuts)    | 0.00                |
| 12585  | Nuts, cashew nuts, dry roasted, with salt added                                   | 28.35      | 1 oz              | 0.00                |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                       | 28.35      | 1 oz              | 0.00                |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                       | 32         | 1/4 cup           | 0.00                |
| 12516  | Seeds, pumpkin and squash seed kernels, roasted, with salt added                  | 28.35      | 1 oz (142 seeds)  | 0.00                |
| 12201  | Seeds, sesame seed kernels, dried (decorticated)                                  | 8          | 1 tbsp            | 0.00                |
| 14057  | Alcoholic beverage, wine, dessert, sweet  | 103        | 3.5 fl oz         | 0.00                |
| 11451  | Soybeans, green, cooked, boiled, drained, without salt                            | 180        | 1 cup             | 0.00                |
| 11821  | Peppers, sweet, red, raw  | 119        | 1 pepper          | 0.00                |
| 11529  | Tomatoes, red, ripe, raw, year round average                                      | 123        | 1 tomato          | 0.00                |
| 11529  | Tomatoes, red, ripe, raw, year round average                                      | 17         | 1 cherry tomato   | 0.00                |
| 11512  | Sweet potato, canned, vacuum pack   | 255        | 1 cup             | 0.00                |
| 11510  | Sweet potato, cooked, boiled, without skin  | 156        | 1 potato          | 0.00                |
| 11508  | Sweet potato, cooked, baked in skin, without salt                                 | 146        | 1 potato          | 0.00                |
| 11488  | Squash, winter, butternut, frozen, cooked, boiled, without salt                   | 240        | 1 cup             | 0.00                |
| 11464  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt           | 190        | 1 cup             | 0.00                |
| 11461  | Spinach, canned, drained solids   | 214        | 1 cup             | 0.00                |
| 11458  | Spinach, cooked, boiled, drained, without salt                                    | 180        | 1 cup             | 0.00                |
| 11529  | Tomatoes, red, ripe, raw, year round average                                      | 20         | 1 slice           | 0.00                |



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|--------|---|------------|----------------|---------------------|
| 11457  | Spinach, raw  | 30         | 1 cup          | 0.00                |
| 11531  | Tomatoes, red, ripe, canned, whole, regular pack                            | 240        | 1 cup          | 0.00                |
| 11445  | Seaweed, kelp, raw  | 10         | 2 tbsp         | 0.00                |
| 11439  | Sauerkraut, canned, solids and liquids                                      | 236        | 1 cup          | 0.00                |
| 11436  | Rutabagas, cooked, boiled, drained, without salt                            | 170        | 1 cup          | 0.00                |
| 11429  | Radishes, raw   | 4.5        | 1 radish       | 0.00                |
| 11424  | Pumpkin, canned, without salt   | 245        | 1 cup          | 0.00                |
| 11423  | Pumpkin, cooked, boiled, drained, without salt                              | 245        | 1 cup          | 0.00                |
| 11414  | Potato salad, home-prepared   | 250        | 1 cup          | 0.00                |
| 11403  | Potatoes, french fried, frozen, home-prepared, heated in oven, without salt | 50         | 10 strips      | 0.00                |
| 11399  | Potato puffs, frozen, prepared  | 79         | 10 puffs       | 0.00                |
| 11391  | Potatoes, hashed brown, frozen, plain, prepared                             | 29         | 1 patty        | 0.00                |
| 11044  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt   | 124        | 1 cup          | 0.00                |
| 11457  | Spinach, raw  | 10         | 1 leaf         | 0.00                |
| 11590  | Waterchestnuts, chinese, canned, solids and liquids                         | 140        | 1 cup          | 0.00                |
| 11732  | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt          | 135        | 1 cup          | 0.00                |
| 35142  | Bread, Indian, fry, made with lard (Navajo)                                 | 90         | 5" bread       | 0.00                |
| 11677  | Shallots, raw   | 10         | 1 tbsp         | 0.00                |
| 11670  | Peppers, hot chili, green, raw  | 45         | 1 pepper       | 0.00                |
| 11667  | Seaweed, spirulina, dried   | 0.93       | 1 tbsp         | 0.00                |
| 11659  | Sweet potato, cooked, candied, home-prepared                                | 105        | 1 piece        | 0.00                |
| 11655  | Carrot juice, canned  | 236        | 1 cup          | 0.00                |
| 11647  | Sweet potato, canned, syrup pack, drained solids                            | 196        | 1 cup          | 0.00                |
| 11644  | Squash, winter, all varieties, cooked, baked, without salt                  | 205        | 1 cup          | 0.00                |
| 11642  | Squash, summer, all varieties, cooked, boiled, drained, without salt        | 180        | 1 cup          | 0.00                |
| 11529  | Tomatoes, red, ripe, raw, year round average                                | 180        | 1 cup          | 0.00                |
| 11632  | Peppers, jalapeno, canned, solids and liquids                               | 26         | 1/4 cup        | 0.00                |
| 11385  | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter    | 245        | 1 cup          | 0.00                |
| 11584  | Vegetables, mixed, frozen, cooked, boiled, drained, without salt            | 182        | 1 cup          | 0.00                |
| 11581  | Vegetables, mixed, canned, drained solids                                   | 163        | 1 cup          | 0.00                |
| 11578  | Vegetable juice cocktail, canned  | 242        | 1 cup          | 0.00                |
| 11575  | Turnip greens, frozen, cooked, boiled, drained, without salt                | 164        | 1 cup          | 0.00                |
| 11569  | Turnip greens, cooked, boiled, drained, without salt                        | 144        | 1 cup          | 0.00                |
| 11565  | Turnips, cooked, boiled, drained, without salt                              | 156        | 1 cup          | 0.00                |
| 11549  | Tomato products, canned, sauce  | 245        | 1 cup          | 0.00                |
| 11547  | Tomato products, canned, puree, without salt added                          | 250        | 1 cup          | 0.00                |
| 11546  | Tomato products, canned, paste, without salt added                          | 262        | 1 cup          | 0.00                |
| 11540  | Tomato juice, canned, with salt added                                       | 243        | 1 cup          | 0.00                |
| 11533  | Tomatoes, red, ripe, canned, stewed   | 255        | 1 cup          | 0.00                |
| 11641  | Squash, summer, all varieties, raw  | 113        | 1 cup          | 0.00                |