

# USDA National Nutrient Database for Standard Reference, Release 16-1

## Carbohydrate, by difference (g) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	4.602
14003	Alcoholic beverage, beer, regular	355	12 fl oz	13.135
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	4.164
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.042
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	24.336
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	31.951
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	12.020
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	14.101
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	1.751
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.824
11001	Alfalfa seeds, sprouted, raw	33	1 cup	1.247
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	28.966
09011	Apples, dried, sulfured, uncooked	32	5 rings	21.085
09003	Apples, raw, with skin	138	1 apple	19.058
09004	Apples, raw, without skin	110	1 cup	14.036
09020	Applesauce, canned, sweetened, without salt	255	1 cup	50.771
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	27.548
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	36.119
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	55.393
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	30.110
09032	Apricots, dried, sulfured, uncooked	35	10 halves	21.924
09021	Apricots, raw	35	1 apricot	3.892
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	18.782
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	13.416
11015	Asparagus, canned, drained solids	72	4 spears	1.771
11012	Asparagus, cooked, boiled, drained	60	4 spears	2.466
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	3.456
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	1.152
09038	Avocados, raw, California	28.35	1 oz	2.449
09039	Avocados, raw, Florida	28.35	1 oz	2.217
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	39.192
18005	Bagels, cinnamon-raisin	89	4" bagel	49.128
18003	Bagels, egg	89	4" bagel	47.170
18003	Bagels, egg	71	3-1/2" bagel	37.630
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	37.914
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	47.526
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	9.611
19078	Baking chocolate, unsweetened, squares	28.35	1 square	8.460
11028	Bamboo shoots, canned, drained solids	131	1 cup	4.218
09040	Bananas, raw	118	1 banana	26.951

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09040	Bananas, raw	150	1 cup	34.260
20006	Barley, pearled, cooked	157	1 cup	44.305
20005	Barley, pearled, raw	200	1 cup	155.440
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	52.121
16008	Beans, baked, canned, with franks	259	1 cup	39.860
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	53.079
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	49.057
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	40.781
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	37.329
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	39.910
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	40.356
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	47.884
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	42.494
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	6.075
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	9.850
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	8.708
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	6.075
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	9.850
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	8.708
16051	Beans, white, mature seeds, canned	262	1 cup	57.483
22905	Beef stew, canned entree	232	1 cup	15.706
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.000
13350	Beef, cured, dried	28.35	1 oz	0.782
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.000
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.000
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.000
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	4.386
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	7.862

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11084	Beets, canned, drained solids	170	1 cup	12.257
11084	Beets, canned, drained solids	24	1 beet	1.730
11081	Beets, cooked, boiled, drained	50	1 beet	4.980
11081	Beets, cooked, boiled, drained	170	1 cup	16.932
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	26.760
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	45.046
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	12.825
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	11.634
09042	Blackberries, raw	144	1 cup	13.838
09055	Blueberries, frozen, sweetened	230	1 cup	50.485
09050	Blueberries, raw	145	1 cup	21.011
07008	Bologna, beef and pork	56.7	2 slices	3.113
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.758
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	20.406
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	84.480
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	21.700
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	32.760
18023	Bread, cornbread, dry mix, prepared	60	1 piece	28.860
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	28.275
18025	Bread, cracked-wheat	25	1 slice	12.375
18027	Bread, egg	40	1/2" slice	19.120
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	12.975
18031	Bread, indian (navajo) fry	160	10-1/2" bread	85.280
18031	Bread, indian (navajo) fry	90	5" bread	47.970
18033	Bread, italian	20	1 slice	10.000
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	12.064
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	12.096
18039	Bread, oatmeal	27	1 slice	13.095
18040	Bread, oatmeal, toasted	25	1 slice	13.175
18041	Bread, pita, white, enriched	28	4" pita	15.596
18041	Bread, pita, white, enriched	60	6-1/2" pita	33.420
18044	Bread, pumpernickel	32	1 slice	15.200
18045	Bread, pumpernickel, toasted	29	1 slice	15.138
18047	Bread, raisin, enriched	26	1 slice	13.598
18048	Bread, raisin, toasted, enriched	24	1 slice	13.656
18053	Bread, reduced-calorie, rye	23	1 slice	9.315
18055	Bread, reduced-calorie, wheat	23	1 slice	10.028
18057	Bread, reduced-calorie, white	23	1 slice	10.189
18060	Bread, rye	32	1 slice	15.456
18061	Bread, rye, toasted	24	1 slice	12.744
18064	Bread, wheat (includes wheat berry)	25	1 slice	11.800
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	11.799
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	22.775

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	12.653
18070	Bread, white, commercially prepared, toasted	22	1 slice	11.968
18075	Bread, whole-wheat, commercially prepared	28	1 slice	12.908
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	12.925
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	41.148
21023	Breakfast items, french toast with butter	135	2 slices	36.045
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	11.201
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	2.657
11740	Broccoli, flower clusters, raw	11	1 floweret	0.576
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	9.844
11090	Broccoli, raw	88	1 cup	5.843
11090	Broccoli, raw	31	1 spear	2.058
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	11.076
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	12.896
20011	Buckwheat flour, whole-groat	120	1 cup	84.708
20010	Buckwheat groats, roasted, cooked	168	1 cup	33.499
20013	Bulgur, cooked	182	1 cup	33.816
20012	Bulgur, dry	140	1 cup	106.218
01001	Butter, salted	14.2	1 tbsp	0.009
01145	Butter, without salt	14.2	1 tbsp	0.009
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	3.026
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	2.868
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	6.690
11109	Cabbage, raw	70	1 cup	3.906
11112	Cabbage, red, raw	70	1 cup	5.159
11114	Cabbage, savoy, raw	70	1 cup	4.270
18086	Cake, angelfood, commercially prepared	28	1 piece	16.184
18088	Cake, angelfood, dry mix, prepared	50	1 piece	29.350
18090	Cake, boston cream pie, commercially prepared	92	1 piece	39.468
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	34.944
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	50.730
18110	Cake, fruitcake, commercially prepared	43	1 piece	26.488
18116	Cake, gingerbread, prepared from recipe	74	1 piece	36.408
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	58.075
18120	Cake, pound, commercially prepared, butter	28	1 piece	13.664
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	17.080
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	31.525
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	30.150
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	27.158
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	28.896
18133	Cake, sponge, commercially prepared	30	1 shortcake	18.330
18134	Cake, sponge, prepared from recipe	63	1 piece	36.351
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	70.784

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	42.328
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	35.456
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	37.632
19074	Candies, caramels	10.1	1 piece	7.777
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	5.762
19071	Candies, carob	28.35	1 oz	15.958
19087	Candies, confectioner's coating, white	170	1 cup	100.725
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	13.002
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	12.912
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	11.211
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	13.165
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	4.154
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	73.186
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	21.758
19107	Candies, hard	6	1 piece	5.880
19107	Candies, hard	3	1 small piece	2.940
19108	Candies, jellybeans	28.35	10 large	26.521
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	26.951
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	4.985
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	12.092
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	43.737
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	12.906
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	33.750
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	4.225
19116	Candies, marshmallows	50	1 cup	40.650
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	26.136
19126	Candies, milk chocolate coated peanuts	40	10 pieces	19.760
19127	Candies, milk chocolate coated raisins	10	10 pieces	6.830
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	21.812
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	26.627
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	5.074
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	28.692
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	24.912
19080	Candies, semisweet chocolate	168	1 cup	106.008
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	4.990
09060	Carambola, (starfruit), raw	108	1 cup	8.456
09060	Carambola, (starfruit), raw	91	1 fruit	7.125
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	39.775
14136	Carbonated beverage, ginger ale	366	12 fl oz	32.098
14142	Carbonated beverage, grape soda	372	12 fl oz	41.664
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	38.272
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.355

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	45.756
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	38.272
14157	Carbonated beverage, root beer	370	12 fl oz	39.220
16055	Carob flour	8	1 tbsp	7.110
11655	Carrot juice, canned	236	1 cup	21.924
11960	Carrots, baby, raw	10	1 medium	0.824
11128	Carrots, canned, regular pack, drained solids	146	1 cup	8.088
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	12.823
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	11.286
11124	Carrots, raw	72	1 carrot	6.898
11124	Carrots, raw	110	1 cup	10.538
11935	Catsup	15	1 tbsp	3.582
11935	Catsup	6	1 packet	1.433
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	5.096
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	2.219
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	6.750
11135	Cauliflower, raw	100	1 cup	5.300
11135	Cauliflower, raw	13	1 floweret	0.689
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	1.504
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	6.015
11143	Celery, raw	40	1 stalk	1.188
11143	Celery, raw	120	1 cup	3.564
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	25.200
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	42.350
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	26.100
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	22.200
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	23.700
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	26.400
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	25.800
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	26.700
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	24.900
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	24.000
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	26.100
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	45.650
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	25.800
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	24.900
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	41.454
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	23.400
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	26.660
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	25.665
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	41.250

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	26.700
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	24.300
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	24.300
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	22.500
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	22.200
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	27.300
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	27.001
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	22.910
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	24.080
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	27.900
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	24.940
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	26.250
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	27.993
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	44.550
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	24.900
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	46.543
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	29.040
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	26.100
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	24.030
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	22.010
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	41.004
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	38.134
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	22.901
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	22.118
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	21.257
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	37.926
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	40.590
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	33.527
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	25.485
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	24.992
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	12.572
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	3.531
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	9.552
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	31.145
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	31.145
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	21.442
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	26.768

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	26.932
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	25.680
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	16.974
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	25.272
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	20.632
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	31.062
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	26.477
08143	Cereals, WHEATENA, cooked with water	243	1 cup	28.674
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2.220
01164	Cheese sauce, prepared from recipe	243	1 cup	13.316
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2.475
01004	Cheese, blue	28.35	1 oz	0.663
01007	Cheese, camembert	38	1 wedge	0.175
01009	Cheese, cheddar	28.35	1 oz	0.363
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	5.628
01013	Cheese, cottage, creamed, with fruit	226	1 cup	10.419
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	6.147
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	8.204
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	2.683
01017	Cheese, cream	14.5	1 tbsp	0.386
01186	Cheese, cream, fat free	15.6	1 tbsp	0.905
01019	Cheese, feta	28.35	1 oz	1.160
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.541
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	1.086
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.621
01030	Cheese, muenster	28.35	1 oz	0.318
01031	Cheese, neufchatel	28.35	1 oz	0.833
01032	Cheese, parmesan, grated	5	1 tbsp	0.203
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.454
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.595
01035	Cheese, provolone	28.35	1 oz	0.607
01037	Cheese, ricotta, part skim milk	246	1 cup	12.644
01036	Cheese, ricotta, whole milk	246	1 cup	7.478
01040	Cheese, swiss	28.35	1 oz	1.525
18147	Cheesecake commercially prepared	80	1 piece	20.400
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	21.814
09070	Cherries, sweet, raw	68	10 cherries	10.887
22906	Chicken pot pie, frozen entree	217	1 small pie	42.706
07017	Chicken roll, light meat	56.7	2 slices	1.383



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	12.586
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.607
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.000
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.176
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	5.962
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.799
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.000
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.624
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.353
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.000
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	7.809
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.000
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	5.361
05277	Chicken, canned, meat only, with broth	142	5 oz	0.000
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.171
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.000
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	54.288
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	44.969
22904	Chili con carne with beans, canned entree	222	1 cup	24.487
11156	Chives, raw	3	1 tbsp	0.131
14181	Chocolate syrup	18.75	1 tbsp	12.206
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	19.505
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	31.681
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	10.460
14192	Cocoa mix, powder	28.35	3 heaping tsp	23.961
14194	Cocoa mix, powder, prepared with water	206	1 serving	23.978
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	10.445
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	2.932
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.918
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.609
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	29.421
11159	Coleslaw, home-prepared	120	1 cup	14.892
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	9.329
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	12.087
18151	Cookies, brownies, commercially prepared	56	1 brownie	35.784
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	15.686
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	3.445
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	6.680
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	7.330

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	9.344
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	17.732
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	7.030
18170	Cookies, fig bars	16	1 cookie	11.344
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	64.512
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	10.752
18177	Cookies, molasses	15	1 cookie, medium	11.070
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	23.616
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	8.646
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	17.175
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	9.855
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	10.260
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	8.835
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	11.780
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	8.162
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	5.160
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	10.185
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	8.400
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	9.840
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	7.210
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	10.815
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2.944
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	19.335
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	46.413
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	40.824
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	19.335
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	31.652
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	14.068
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	107.198
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	103.210
20020	Cornmeal, whole-grain, yellow	122	1 cup	93.806
20027	Cornstarch	8.064	1 tbsp	7.360
20029	Couscous, cooked	157	1 cup	36.455
20028	Couscous, dry	173	1 cup	133.954
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	33.528
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	40.392
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	32.712
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	35.707
18214	Crackers, cheese, regular	10	10 crackers	5.820
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	3.972

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	23.729
18220	Crackers, melba toast, plain	20	4 pieces	15.320
18226	Crackers, rye, wafers, plain	11	1 wafer	8.844
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	8.580
18229	Crackers, standard snack-type, regular	12	4 crackers	7.320
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	4.319
18232	Crackers, wheat, regular	8	4 crackers	5.192
18235	Crackers, whole-wheat	16	4 crackers	10.976
14242	Cranberry juice cocktail, bottled	253	8 fl oz	36.432
09081	Cranberry sauce, canned, sweetened	57	1 slice	22.173
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.707
01069	Cream substitute, powdered	2	1 tsp	1.098
01049	Cream, fluid, half and half	15	1 tbsp	0.645
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.419
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.549
01052	Cream, fluid, light whipping	15	1 tbsp	0.444
01056	Cream, sour, cultured	12	1 tbsp	0.512
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.639
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.375
18239	Croissants, butter	57	1 croissant	26.106
18243	Croutons, seasoned	40	1 cup	25.400
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.000
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	8.687
15141	Crustaceans, crab, blue, canned	135	1 cup	0.000
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.000
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.288
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	1.088
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.876
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	9.750
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	5.162
11206	Cucumber, peeled, raw	280	1 large	6.048
11206	Cucumber, peeled, raw	119	1 cup	2.570
11205	Cucumber, with peel, raw	301	1 large	10.926
11205	Cucumber, with peel, raw	104	1 cup	3.775
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	6.720
18245	Danish pastry, cheese	71	1 danish	26.412
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	33.938
09087	Dates, deglet noor	41.5	5 dates	31.137
09087	Dates, deglet noor	178	1 cup	133.553
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.661
01072	Dessert topping, pressurized	4	1 tbsp	0.643
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.922

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02045	Dill weed, fresh	1	5 sprigs	0.070
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	23.359
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	6.958
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	5.759
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	26.580
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.000
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	24.200
01143	Egg substitute, liquid	62.75	1/4 cup	0.402
01124	Egg, white, raw, fresh	33.4	1 large	0.244
01128	Egg, whole, cooked, fried	46	1 large	0.405
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.560
01131	Egg, whole, cooked, poached	50	1 large	0.380
01132	Egg, whole, cooked, scrambled	61	1 large	1.342
01123	Egg, whole, raw, fresh	50	1 large	0.385
01123	Egg, whole, raw, fresh	58	1 extra large	0.447
01123	Egg, whole, raw, fresh	44	1 medium	0.339
01125	Egg, yolk, raw, fresh	16.6	1 large	0.596
01057	Eggnog	254	1 cup	34.392
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	8.643
11213	Endive, raw	50	1 cup	1.675
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	26.220
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	26.000
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	15.443
21049	Entrees, pizza with cheese	63	1 slice	20.500
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	21.291
21051	Entrees, pizza with pepperoni	71	1 slice	19.866
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	27.482
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	33.010
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	38.391
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	44.256
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	22.057
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	35.192
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	26.532
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	38.693
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	15.275
21042	Fast foods, chili con carne	253	1 cup	21.935
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	42.804
21043	Fast foods, clams, breaded and fried	115	3/4 cup	38.813
21127	Fast foods, coleslaw	99	3/4 cup	12.751
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	23.646
21015	Fast foods, danish pastry, cheese	91	1 pastry	28.692
21017	Fast foods, danish pastry, fruit	94	1 pastry	45.064

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21074	Fast foods, enchilada, with cheese	163	1 enchilada	28.541
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	26.742
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	47.635
21024	Fast foods, french toast sticks	141	5 sticks	57.852
21077	Fast foods, frijoles with cheese	167	1 cup	28.707
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	40.273
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	38.743
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	34.249
21118	Fast foods, hotdog, plain	98	1 sandwich	18.032
21119	Fast foods, hotdog, with chili	114	1 sandwich	31.293
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	55.790
21129	Fast foods, hush puppies	78	5 pieces	34.897
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	24.112
21078	Fast foods, nachos, with cheese	113	6-8 nachos	36.330
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	31.324
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	90.898
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	53.345
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	33.839
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	67.279
21139	Fast foods, potato, mashed	80	1/3 cup	12.896
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	16.150
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	33.443
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	4.752
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	3.728
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	40.000
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	51.049
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	44.302
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	55.373
21033	Fast foods, sundae, hot fudge	158	1 sundae	47.669
21082	Fast foods, taco	171	1 small	26.727
21082	Fast foods, taco	263	1 large	41.107
21083	Fast foods, taco salad	198	1-1/2 cups	23.582
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	29.655
09094	Figs, dried, uncooked	38	2 figs	24.271
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	6.834
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.000
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.000
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	13.538
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	6.650
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.000
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.000
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.000
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.000
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	8.199
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.000
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.000
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.000
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.000
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.000
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.000
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.000
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.000
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.000
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.000
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.000
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.000
15128	Fish, tuna salad	205	1 cup	19.291
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.000
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.000
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.000
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.000
07022	Frankfurter, beef	45	1 frank	1.827
07023	Frankfurter, beef and pork	45	1 frank	0.774
07024	Frankfurter, chicken	45	1 frank	3.056
18268	French toast, frozen, ready-to-heat	59	1 slice	18.939
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	16.250
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	24.016
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	25.654
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	15.554
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	17.928
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	17.424
19294	Fruit butters, apple	17	1 tbsp	7.271
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	46.897
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	28.108
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	29.686
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	60.575
11215	Garlic, raw	3	1 clove	0.992
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	19.157

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	4.937
14277	Grape drink, canned	250	8 fl oz	28.875
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	37.849
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	31.875
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	95.839
09404	Grapefruit juice, pink, raw	247	1 cup	22.724
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	27.825
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	22.131
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	24.033
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	71.539
09128	Grapefruit juice, white, raw	247	1 cup	22.724
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	13.112
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	9.924
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	39.218
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	9.050
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	28.960
06116	Gravy, beef, canned	58.25	1/4 cup	2.802
06119	Gravy, chicken, canned	59.5	1/4 cup	3.225
06121	Gravy, mushroom, canned	59.6	1/4 cup	3.260
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	3.894
06125	Gravy, turkey, canned	59.6	1/4 cup	3.040
07027	Ham, chopped, not canned	21	2 slices	0.000
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.550
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.172
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	33.456
11961	Hearts of palm, canned	33	1 piece	1.525
19296	Honey	21	1 tbsp	17.304
02055	Horseradish, prepared	5	1 tsp	0.565
16158	Hummus, commercial	14	1 tbsp	2.001
19270	Ice creams, chocolate	66	1/2 cup	18.612
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	19.092
19095	Ice creams, vanilla	66	1/2 cup	15.576
19088	Ice creams, vanilla, light	66	1/2 cup	17.642
19089	Ice creams, vanilla, rich	74	1/2 cup	16.495
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	15.660
19283	Ice novelties, pop	59	1 bar (2 fl oz)	11.151
19297	Jams and preserves	20	1 tbsp	13.772
19300	Jellies	19	1 tbsp	13.291
11226	Jerusalem-artichokes, raw	150	1 cup	26.160
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	7.319

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	6.799
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	15.453
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	11.142
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	11.039
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1.274
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	1.109
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	2.345
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	1.845
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	2.674
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1.528
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	3.077
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	7.925
09153	Lemon juice, canned or bottled	244	1 cup	15.811
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.985
09152	Lemon juice, raw	47	juice of 1 lemon	4.056
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	34.050
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	1.232
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	28.728
09150	Lemons, raw, without peel	58	1 lemon	5.406
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	39.857
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	3.635
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.167
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.329
11251	Lettuce, cos or romaine, raw	56	1 cup	1.842
11253	Lettuce, green leaf, raw	56	1 cup	1.562
11253	Lettuce, green leaf, raw	10	1 leaf	0.279
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	11.265
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	1.150



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.167
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	35.010
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	32.844
16073	Lima beans, large, mature seeds, canned	241	1 cup	35.933
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	39.254
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	16.457
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.030
09160	Lime juice, raw	38	juice of 1 lime	3.424
22247	Macaroni and Cheese, canned entree	252	1 cup	28.980
20100	Macaroni, cooked, enriched	140	1 cup	39.676
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	17.724
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	28.938
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	17.052
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	28.276
09176	Mangos, raw	165	1 cup	28.050
09176	Mangos, raw	207	1 mango	35.190
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.085
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.127
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.007
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.020
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.000
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.092
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.019
09181	Melons, cantaloupe, raw	160	1 cup	13.056
09181	Melons, cantaloupe, raw	69	1/8 melon	5.630
09184	Melons, honeydew, raw	160	1/8 melon	14.544
09184	Melons, honeydew, raw	170	1 cup	15.453
01110	Milk shakes, thick chocolate	300	10.6 fl oz	63.450
01111	Milk shakes, thick vanilla	313	11 fl oz	55.558
01094	Milk, buttermilk, dried	6.5	1 tbsp	3.185
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	11.736
01095	Milk, canned, condensed, sweetened	306	1 cup	166.464
01097	Milk, canned, evaporated, nonfat	256	1 cup	29.056
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	25.301
01102	Milk, chocolate, fluid, commercial,	250	1 cup	25.850
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	26.100
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	26.000
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	12.004
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	12.176
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	12.152
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	11.419

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01077	Milk, whole, 3.25% milkfat	244	1 cup	11.029
16112	Miso	68.75	1 cup	19.223
19305	Molasses, blackstrap	20	1 tbsp	12.160
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	4.361
15157	Mollusks, clam, mixed species, raw	85	3 oz	2.185
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	9.877
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	3.284
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	9.421
18274	Muffins, blueberry, commercially prepared	57	1 muffin	27.360
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	23.199
18279	Muffins, corn, commercially prepared	57	1 muffin	29.013
18280	Muffins, corn, dry mix, prepared	50	1 muffin	24.550
18283	Muffins, oat bran	57	1 muffin	27.531
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	18.870
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	5.196
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6.178
11264	Mushrooms, canned, drained solids	156	1 cup	7.940
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	8.252
11260	Mushrooms, raw	70	1 cup	2.268
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	20.706
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	2.713
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	2.940
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.389
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	11.880
09191	Nectarines, raw	136	1 nectarine	14.348
20113	Noodles, chinese, chow mein	45	1 cup	25.893
20110	Noodles, egg, cooked, enriched	160	1 cup	39.744
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	38.800
12061	Nuts, almonds	28.35	1 oz (24 nuts)	5.596
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	3.479
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	9.268
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	8.550
12167	Nuts, chestnuts, european, roasted	143	1 cup	75.733
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	44.333
12104	Nuts, coconut meat, raw	45	1 piece	6.854
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.734
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3.637
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	7.187
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	6.070
12142	Nuts, pecans	28.35	1 oz (20 halves)	3.929
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	3.708
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	1.125

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	7.592
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	3.887
20034	Oat bran, cooked	219	1 cup	25.054
20033	Oat bran, raw	94	1 cup	62.247
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	7.280
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	10.580
09193	Olives, ripe, canned (small-extra large)	22	5 large	1.377
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	22.896
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	21.315
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	9.541
11284	Onions, dehydrated flakes	5	1 tbsp	4.164
11282	Onions, raw	110	1 whole	11.121
11282	Onions, raw	14	1 slice	1.415
11282	Onions, raw	160	1 cup	16.176
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	7.340
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	1.101
09207	Orange juice, canned, unsweetened	249	1 cup	24.527
09209	Orange juice, chilled, includes from concentrate	249	1 cup	25.049
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	26.842
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	81.302
09206	Orange juice, raw	86	juice from 1 orange	8.944
09206	Orange juice, raw	248	1 cup	25.792
09200	Oranges, raw, all commercial varieties	131	1 orange	15.393
09200	Oranges, raw, all commercial varieties	180	1 cup	21.150
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	15.696
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	13.946
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	10.982
09226	Papayas, raw	304	1 papaya	29.822
09226	Papayas, raw	140	1 cup	13.734
11297	Parsley, raw	10	10 sprigs	0.633
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	26.536
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	30.971
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	19.541
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	52.243

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09238	Peaches, canned, juice pack, solids and liquids	98	1 half	11.339
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	28.694
09246	Peaches, dried, sulfured, uncooked	39	3 halves	23.919
09250	Peaches, frozen, sliced, sweetened	250	1 cup	59.950
09236	Peaches, raw	98	1 peach	9.349
09236	Peaches, raw	170	1 cup	16.218
16097	Peanut butter, chunk style, with salt	16	1 tbsp	3.374
16098	Peanut butter, smooth style, with salt	16	1 tbsp	2.947
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	6.098
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	6.098
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	4.326
09340	Pears, asian, raw	122	1 pear	12.993
09340	Pears, asian, raw	275	1 pear	29.288
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	14.569
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	50.992
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	32.091
09254	Pears, canned, juice pack, solids and liquids	76	1 half	9.834
09252	Pears, raw	166	1 pear	25.664
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	11.280
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	14.432
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	21.386
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	22.816
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	41.356
11670	Peppers, hot chili, green, raw	45	1 pepper	4.257
11819	Peppers, hot chili, red, raw	45	1 pepper	3.668
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	1.232
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	9.112
11333	Peppers, sweet, green, raw	149	1 cup	6.914
11333	Peppers, sweet, green, raw	10	1 ring	0.464
11333	Peppers, sweet, green, raw	119	1 pepper	5.522
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	9.112
11821	Peppers, sweet, red, raw	119	1 pepper	7.176
11821	Peppers, sweet, red, raw	149	1 cup	8.985
11945	Pickle relish, sweet	15	1 tbsp	5.258
11937	Pickles, cucumber, dill	65	1 pickle	2.678
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	155.828
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	62.496
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	85.500
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	19.388
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	20.720
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	39.780
18302	Pie, apple, prepared from recipe	155	1 piece	57.505
18305	Pie, blueberry, commercially prepared	117	1 piece	40.833

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18306	Pie, blueberry, prepared from recipe	147	1 piece	49.245
18308	Pie, cherry, commercially prepared	117	1 piece	46.566
18309	Pie, cherry, prepared from recipe	180	1 piece	69.300
18310	Pie, chocolate creme, commercially prepared	113	1 piece	37.968
18316	Pie, coconut custard, commercially prepared	104	1 piece	31.408
18444	Pie, fried pies, cherry	128	1 pie	54.528
18319	Pie, fried pies, fruit	128	1 pie	54.528
18320	Pie, lemon meringue, commercially prepared	113	1 piece	53.336
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	49.657
18324	Pie, pecan, commercially prepared	113	1 piece	64.636
18325	Pie, pecan, prepared from recipe	122	1 piece	63.684
18326	Pie, pumpkin, commercially prepared	109	1 piece	29.757
18327	Pie, pumpkin, prepared from recipe	155	1 piece	40.920
11943	Pimento, canned	12	1 tbsp	0.612
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	29.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	29.500
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	34.450
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	9.898
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	51.308
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	7.379
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	39.093
09266	Pineapple, raw, all varieties	155	1 cup	19.577
09278	Plantains, cooked	154	1 cup	47.971
09277	Plantains, raw	179	1 medium	57.083
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	59.959
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	10.690
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	6.969
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	38.178
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	69.638
09291	Plums, dried (prunes), uncooked	42	5 prunes	26.830
09279	Plums, raw	66	1 plum	7.537
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.702
07064	Pork sausage, fresh, cooked	26	2 links	0.000
07064	Pork sausage, fresh, cooked	27	1 patty	0.000
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.272
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.628
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.417
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.000
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.000
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.000
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.000
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.000
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.000
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.000
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.000
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.000
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.000
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.000
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.000
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.000
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.000
11672	Potato pancakes, home-prepared	76	1 pancake	21.766
11399	Potato puffs, frozen, prepared	79	10 puffs	24.071
11414	Potato salad, home-prepared	250	1 cup	27.925
11674	Potato, baked, flesh and skin, without salt	202	1 potato	42.723
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	31.458
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	27.612
11363	Potatoes, baked, flesh, without salt	156	1 potato	33.618
11364	Potatoes, baked, skin, without salt	58	1 skin	26.715
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	27.377
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	31.216
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	27.014
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	15.595
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	8.149
11370	Potatoes, hashed brown, home-prepared	156	1 cup	54.772
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	22.701
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	36.813
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	35.511
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	31.287
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	26.411
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.000
09294	Prune juice, canned	256	1 cup	44.672
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	27.768
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	27.761
19183	Puddings, chocolate, ready-to-eat	113	4 oz	25.990
19193	Puddings, rice, ready-to-eat	113.4	4 oz	24.948
19218	Puddings, tapioca, ready-to-eat	113	4 oz	21.922
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	25.942
19201	Puddings, vanilla, ready-to-eat	113	4 oz	24.747
11424	Pumpkin, canned, without salt	245	1 cup	19.821

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	12.005
11429	Radishes, raw	4.5	1 radish	0.153
09298	Raisins, seedless	145	1 cup	114.811
09298	Raisins, seedless	14	1 packet	11.085
09306	Raspberries, frozen, red, sweetened	250	1 cup	65.400
09302	Raspberries, raw	123	1 cup	14.686
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	39.136
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	74.880
14342	Rice beverage, RICE DREAM, canned	245	1 cup	24.843
20037	Rice, brown, long-grain, cooked	195	1 cup	44.772
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	43.278
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	151.182
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	35.096
20045	Rice, white, long-grain, regular, cooked	158	1 cup	44.509
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	147.908
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	14.112
18350	Rolls, hamburger or hotdog, plain	43	1 roll	21.264
18353	Rolls, hard (includes kaiser)	57	1 roll	30.039
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	14.858
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	1.132
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	2.430
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	4.773
04133	Salad dressing, french, home recipe	14	1 tbsp	0.476
04134	Salad dressing, home recipe, cooked	16	1 tbsp	2.384
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.390
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.533
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.686
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.538
04015	Salad dressing, russian dressing	15.3	1 tbsp	1.591
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	4.499
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	3.395
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.284
07069	Salami, cooked, beef and pork	56.7	2 slices	1.276
07072	Salami, dry or hard, pork, beef	20	2 slices	0.518
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	1.791
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	37.128
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	31.753
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	40.003
06150	Sauce, barbecue sauce	15.75	1 tbsp	2.016
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	4.303

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	7.053
06166	Sauce, homemade, white, medium	250	1 cup	22.925
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	2.520
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	20.550
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.082
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.998
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	2.871
11439	Sauerkraut, canned, solids and liquids	236	1 cup	10.101
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.326
11445	Seaweed, kelp, raw	10	2 tbsp	0.957
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.222
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	3.807
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	3.179
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	1.235
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	7.702
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	6.824
14346	Shake, fast food, chocolate	333	16 fl oz	68.265
14347	Shake, fast food, vanilla	333	16 fl oz	59.607
11677	Shallots, raw	10	1 tbsp	1.680
19097	Sherbet, orange	74	1/2 cup	22.496
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.178
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	18.456
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	15.933
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	16.131
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	15.252
19013	Snacks, fruit leather, pieces	28.35	1 oz	23.956
19014	Snacks, fruit leather, rolls	21	1 large	17.997
19015	Snacks, granola bars, hard, plain	28.35	1 bar	18.257
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	15.139
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	19.590
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	18.824
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	26.973
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	17.710
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	14.634
19034	Snacks, popcorn, air-popped	8	1 cup	6.232
19036	Snacks, popcorn, cakes	10	1 cake	8.010
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	33.894
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	27.843
19040	Snacks, popcorn, cheese-flavor	11	1 cup	5.676
19035	Snacks, popcorn, oil-popped	11	1 cup	6.292
19041	Snacks, pork skins, plain	28.35	1 oz	0.000



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	14.969
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	18.399
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	14.459
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	14.544
19411	Snacks, potato chips, plain, salted	28.35	1 oz	14.997
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	14.997
19422	Snacks, potato chips, reduced fat	28.35	1 oz	18.966
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	14.600
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	47.520
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	7.335
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	17.690
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	20.299
19056	Snacks, tortilla chips, plain	28.35	1 oz	17.832
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	65.554
19061	Snacks, trail mix, tropical	140	1 cup	91.840
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	27.119
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	22.795
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1.419
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	1.759
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	8.979
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	17.040
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	9.351
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	9.259
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	18.888
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	7.158
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	12.224
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	16.616
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	9.272
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	14.979
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	15.004
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	9.296
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	11.231
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	20.869
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	5.068
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	26.500
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	9.433

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	12.500
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	20.304
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	20.340
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	19.788
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	13.233
06174	Soup, stock, fish, home-prepared	233	1 cup	0.000
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	22.295
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	16.592
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	10.175
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	19.008
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	11.978
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.562
16120	Soy milk, fluid	245	1 cup	11.368
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	1.362
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	19.890
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	17.080
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	43.129
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	39.676
20125	Spaghetti, whole-wheat, cooked	140	1 cup	37.156
02007	Spices, celery seed	2	1 tsp	0.827
02009	Spices, chili powder	2.6	1 tsp	1.421
02010	Spices, cinnamon, ground	2.3	1 tsp	1.837
02015	Spices, curry powder	2	1 tsp	1.163
02020	Spices, garlic powder	2.8	1 tsp	2.036
02026	Spices, onion powder	2.1	1 tsp	1.694
02027	Spices, oregano, dried	1.5	1 tsp	0.966
02028	Spices, paprika	2.1	1 tsp	1.171
02029	Spices, parsley, dried	1.3	1 tbsp	0.672
02030	Spices, pepper, black	2.1	1 tsp	1.361
11658	Spinach souffle, home-prepared	136	1 cup	2.829
11461	Spinach, canned, drained solids	214	1 cup	7.276
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	6.750
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	9.804
11457	Spinach, raw	30	1 cup	1.089
11457	Spinach, raw	10	1 leaf	0.363
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	7.758
11641	Squash, summer, all varieties, raw	113	1 cup	3.786
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	18.143
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	24.120
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	66.096

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09316	Strawberries, raw	166	1 cup	12.749
09316	Strawberries, raw	12	1 strawberry	0.922
09316	Strawberries, raw	18	1 strawberry	1.382
19334	Sugars, brown	3.2	1 tsp	3.115
19335	Sugars, granulated	4.2	1 tsp	4.199
19336	Sugars, powdered	8	1 tbsp	7.968
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	30.540
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	16.830
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	49.706
11512	Sweetpotato, canned, vacuum pack	255	1 cup	53.856
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	30.237
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	27.643
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	29.253
19348	Syrups, chocolate, fudge-type	19	1 tbsp	11.951
19350	Syrups, corn, light	20	1 tbsp	15.926
19353	Syrups, maple	20	1 tbsp	13.418
19129	Syrups, table blends, pancake	20	1 tbsp	12.294
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	6.645
18360	Taco shells, baked	13.3	1 medium	8.299
09223	Tangerine juice, canned, sweetened	249	1 cup	29.880
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	40.799
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	9.400
20068	Tapioca, pearl, dry	152	1 cup	134.809
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.534
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.356
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.356
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	1.043
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	22.093
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.403
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	34.050
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	36.972
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	37.336
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	2.406
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.160
11954	Tomatillos, raw	34	1 medium	1.986
11540	Tomato juice, canned, with salt added	243	1 cup	10.303
11546	Tomato products, canned, paste, without salt added	262	1 cup	49.544
11547	Tomato products, canned, puree, without salt added	250	1 cup	22.450
11549	Tomato products, canned, sauce	245	1 cup	18.057
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	15.785
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	9.384

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11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	7.056
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.666
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.784
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	4.822
11955	Tomatoes, sun-dried	2	1 piece	1.115
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.700
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	12.116
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	17.792
21088	Tostada with guacamole	130.5	1 tostada	16.012
05286	Turkey and gravy, frozen	142	5-oz package	6.546
05292	Turkey patties, breaded, battered, fried	64	1 patty	10.048
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	2.611
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.000
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	1.160
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.000
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.000
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.000
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	6.278
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	8.167
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	7.894
02050	Vanilla extract	4.2	1 tsp	0.531
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.000
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.000
11578	Vegetable juice cocktail, canned	242	1 cup	11.011
04582	Vegetable oil, canola	14	1 tbs	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	15.094
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	23.824
02048	Vinegar, cider	15	1 tbs	0.885
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	13.431
18367	Waffles, plain, prepared from recipe	75	1 waffle	24.675
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	17.220
09326	Watermelon, raw	152	1 cup	11.476
09326	Watermelon, raw	286	1 wedge	21.593
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	95.388
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	92.775
20083	Wheat flour, white, bread, enriched	137	1 cup	99.366
20084	Wheat flour, white, cake, enriched	137	1 cup	106.901
20080	Wheat flour, whole-grain	120	1 cup	87.084
20089	Wild rice, cooked	164	1 cup	34.998
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	6.622
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	7.531

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## Carbohydrate, by difference (g) Content of Selected Foods per Common Measure, sorted alphabetically

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	43.244
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	15.981
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	17.434
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	10.578