

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

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	337.008
14003	Alcoholic beverage, beer, regular	355	12 fl oz	327.665
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	41.844
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	27.972
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	26.838
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	26.082
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	16.120
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	91.636
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	74.706
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	72.625
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	91.155
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	92.288
11001	Alfalfa seeds, sprouted, raw	33	1 cup	30.076
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	218.066
09011	Apples, dried, sulfured, uncooked	32	5 rings	10.163
09003	Apples, raw, with skin	138	1 apple	118.073
09004	Apples, raw, without skin	110	1 cup	95.337
09020	Applesauce, canned, sweetened, without salt	255	1 cup	202.929
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	215.574
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	213.024
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	200.105
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	211.353
09032	Apricots, dried, sulfured, uncooked	35	10 halves	10.812
09021	Apricots, raw	35	1 apricot	30.223
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	141.070
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	100.764
11015	Asparagus, canned, drained solids	72	4 spears	67.666
11012	Asparagus, cooked, boiled, drained	60	4 spears	55.578
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	169.380
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	56.460
09038	Avocados, raw, California	28.35	1 oz	20.506
09039	Avocados, raw, Florida	28.35	1 oz	22.343
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	22.720
18005	Bagels, cinnamon-raisin	89	4" bagel	28.480
18003	Bagels, egg	89	4" bagel	29.103
18003	Bagels, egg	71	3-1/2" bagel	23.217
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	23.146
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	29.014
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.255
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.380
11028	Bamboo shoots, canned, drained solids	131	1 cup	123.559
09040	Bananas, raw	118	1 banana	88.394

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09040	Bananas, raw	150	1 cup	112.365
20006	Barley, pearled, cooked	157	1 cup	108.016
20005	Barley, pearled, raw	200	1 cup	20.180
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	184.531
16008	Beans, baked, canned, with franks	259	1 cup	179.591
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	178.896
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	183.906
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	113.073
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	122.130
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	198.042
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	118.484
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	114.988
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	110.124
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	125.955
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	111.525
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	123.417
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	125.955
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	111.525
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	123.417
16051	Beans, white, mature seeds, canned	262	1 cup	183.662
22905	Beef stew, canned entree	232	1 cup	189.103
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	40.205
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	47.090
13348	Beef, cured, corned beef, canned	85.05	3 oz	49.091
13350	Beef, cured, dried	28.35	1 oz	15.252
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	47.167
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	47.668
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	49.326
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	40.367
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	50.193
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	44.319
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	48.960
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	50.516
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	55.250
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	48.051
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	52.870
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	52.709
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	128.347

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11084	Beets, canned, drained solids	170	1 cup	154.632
11084	Beets, canned, drained solids	24	1 beet	21.830
11081	Beets, cooked, boiled, drained	50	1 beet	43.530
11081	Beets, cooked, boiled, drained	170	1 cup	148.002
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	17.340
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	29.189
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	7.506
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	5.817
09042	Blackberries, raw	144	1 cup	126.936
09055	Blueberries, frozen, sweetened	230	1 cup	178.020
09050	Blueberries, raw	145	1 cup	122.105
07008	Bologna, beef and pork	56.7	2 slices	29.410
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	28.690
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.846
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	6.720
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	64.800
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	17.520
18023	Bread, cornbread, dry mix, prepared	60	1 piece	19.140
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	25.415
18025	Bread, cracked-wheat	25	1 slice	8.950
18027	Bread, egg	40	1/2" slice	13.880
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	8.575
18031	Bread, indian (navajo) fry	160	10-1/2" bread	42.400
18031	Bread, indian (navajo) fry	90	5" bread	23.850
18033	Bread, italian	20	1 slice	7.140
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	9.802
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	7.752
18039	Bread, oatmeal	27	1 slice	9.909
18040	Bread, oatmeal, toasted	25	1 slice	7.800
18041	Bread, pita, white, enriched	28	4" pita	8.988
18041	Bread, pita, white, enriched	60	6-1/2" pita	19.260
18044	Bread, pumpernickel	32	1 slice	12.128
18045	Bread, pumpernickel, toasted	29	1 slice	9.222
18047	Bread, raisin, enriched	26	1 slice	8.736
18048	Bread, raisin, toasted, enriched	24	1 slice	6.672
18053	Bread, reduced-calorie, rye	23	1 slice	10.580
18055	Bread, reduced-calorie, wheat	23	1 slice	9.936
18057	Bread, reduced-calorie, white	23	1 slice	9.867
18060	Bread, rye	32	1 slice	11.936
18061	Bread, rye, toasted	24	1 slice	7.440
18064	Bread, wheat (includes wheat berry)	25	1 slice	9.275
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	7.268
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	16.398

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	9.110
18070	Bread, white, commercially prepared, toasted	22	1 slice	6.688
18075	Bread, whole-wheat, commercially prepared	28	1 slice	10.556
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	7.500
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	77.220
21023	Breakfast items, french toast with butter	135	2 slices	68.472
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	139.230
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	33.023
11740	Broccoli, flower clusters, raw	11	1 floweret	9.976
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	166.925
11090	Broccoli, raw	88	1 cup	78.584
11090	Broccoli, raw	31	1 spear	27.683
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	138.684
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	134.447
20011	Buckwheat flour, whole-groat	120	1 cup	13.380
20010	Buckwheat groats, roasted, cooked	168	1 cup	127.058
20013	Bulgur, cooked	182	1 cup	141.523
20012	Bulgur, dry	140	1 cup	12.600
01001	Butter, salted	14.2	1 tbsp	2.254
01145	Butter, without salt	14.2	1 tbsp	2.547
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	162.435
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	113.336
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	140.400
11109	Cabbage, raw	70	1 cup	64.505
11112	Cabbage, red, raw	70	1 cup	63.273
11114	Cabbage, savoy, raw	70	1 cup	63.700
18086	Cake, angelfood, commercially prepared	28	1 piece	9.296
18088	Cake, angelfood, dry mix, prepared	50	1 piece	16.450
18090	Cake, boston cream pie, commercially prepared	92	1 piece	41.768
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	14.656
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	23.180
18110	Cake, fruitcake, commercially prepared	43	1 piece	10.879
18116	Cake, gingerbread, prepared from recipe	74	1 piece	20.720
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	37.145
18120	Cake, pound, commercially prepared, butter	28	1 piece	6.888
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	8.680
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	18.460
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	9.900
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	8.585
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	9.804
18133	Cake, sponge, commercially prepared	30	1 shortcake	8.910
18134	Cake, sponge, prepared from recipe	63	1 piece	18.522
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	23.184

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	17.242
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	14.016
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	14.144
19074	Candies, caramels	10.1	1 piece	0.859
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.511
19071	Candies, carob	28.35	1 oz	0.437
19087	Candies, confectioner's coating, white	170	1 cup	2.210
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.663
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.452
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	1.179
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	1.714
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.042
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.740
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.220
19107	Candies, hard	6	1 piece	0.078
19107	Candies, hard	3	1 small piece	0.039
19108	Candies, jellybeans	28.35	10 large	1.786
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.479
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.118
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.356
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	3.843
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.134
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	3.129
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.335
19116	Candies, marshmallows	50	1 cup	8.200
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.660
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.760
19127	Candies, milk chocolate coated raisins	10	10 pieces	1.120
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.615
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.221
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.084
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.502
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.648
19080	Candies, semisweet chocolate	168	1 cup	1.176
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.076
09060	Carambola, (starfruit), raw	108	1 cup	98.194
09060	Carambola, (starfruit), raw	91	1 fruit	82.737
14121	Carbonated beverage, club soda	355	12 fl oz	354.645
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	329.670
14136	Carbonated beverage, ginger ale	366	12 fl oz	333.902
14142	Carbonated beverage, grape soda	372	12 fl oz	330.336
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	329.360
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	354.290

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	354.290
14150	Carbonated beverage, orange	372	12 fl oz	325.872
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	328.992
14157	Carbonated beverage, root beer	370	12 fl oz	330.410
16055	Carob flour	8	1 tbsp	0.286
11655	Carrot juice, canned	236	1 cup	209.733
11960	Carrots, baby, raw	10	1 medium	9.035
11128	Carrots, canned, regular pack, drained solids	146	1 cup	135.707
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	140.665
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	131.867
11124	Carrots, raw	72	1 carrot	63.569
11124	Carrots, raw	110	1 cup	97.119
11935	Catsup	15	1 tbsp	10.506
11935	Catsup	6	1 packet	4.202
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	115.320
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	50.220
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	169.200
11135	Cauliflower, raw	100	1 cup	91.910
11135	Cauliflower, raw	13	1 floweret	11.948
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	35.291
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	141.165
11143	Celery, raw	40	1 stalk	38.172
11143	Celery, raw	120	1 cup	114.516
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.600
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.608
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.708
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.008
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.768
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.768
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.660
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.804
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.756
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.660
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.576
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.364
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.648
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.660
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2.475
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.897
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.877
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.768
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	4.549

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.564
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.696
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.948
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.852
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.900
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.900
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.930
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.870
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.840
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.930
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.870
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.900
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.930
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	3.300
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.900
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	5.063
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.990
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.900
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.675
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.930
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	3.060
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	1.840
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.675
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.650
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.675
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.299
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.750
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	2.173
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	1.280
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	1.280
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.420
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.399
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.360
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	206.547
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	206.547
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	116.582
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	206.974

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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	218.621
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	210.240
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	152.786
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	199.602
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	112.915
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	116.452
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	117.054
08143	Cereals, WHEATENA, cooked with water	243	1 cup	207.522
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	12.250
01164	Cheese sauce, prepared from recipe	243	1 cup	162.470
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	13.509
01004	Cheese, blue	28.35	1 oz	12.023
01007	Cheese, camembert	38	1 wedge	19.684
01009	Cheese, cheddar	28.35	1 oz	10.419
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	165.816
01013	Cheese, cottage, creamed, with fruit	226	1 cup	179.986
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	186.405
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	179.241
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	115.667
01017	Cheese, cream	14.5	1 tbsp	7.794
01186	Cheese, cream, fat free	15.6	1 tbsp	11.783
01019	Cheese, feta	28.35	1 oz	15.655
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	17.889
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	13.171
01026	Cheese, mozzarella, whole milk	28.35	1 oz	14.178
01030	Cheese, muenster	28.35	1 oz	11.842
01031	Cheese, neufchatel	28.35	1 oz	17.637
01032	Cheese, parmesan, grated	5	1 tbsp	1.042
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	11.102
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	11.995
01035	Cheese, provolone	28.35	1 oz	11.609
01037	Cheese, ricotta, part skim milk	246	1 cup	183.049
01036	Cheese, ricotta, whole milk	246	1 cup	176.382
01040	Cheese, swiss	28.35	1 oz	10.524
18147	Cheesecake commercially prepared	80	1 piece	36.480
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	219.429
09070	Cherries, sweet, raw	68	10 cherries	55.930
22906	Chicken pot pie, frozen entree	217	1 small pie	129.961
07017	Chicken roll, light meat	56.7	2 slices	38.896



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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	72.296
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	55.458
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	56.124
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	46.788
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	37.994
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	27.798
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	29.366
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	98.194
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	50.518
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	12.069
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	44.290
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	32.692
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	22.643
05277	Chicken, canned, meat only, with broth	142	5 oz	97.483
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	13.095
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	78.890
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	167.256
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	98.744
22904	Chili con carne with beans, canned entree	222	1 cup	164.835
11156	Chives, raw	3	1 tbsp	2.720
14181	Chocolate syrup	18.75	1 tbsp	5.813
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.194
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	214.901
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.510
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.425
14194	Cocoa mix, powder, prepared with water	206	1 serving	177.860
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	177.370
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.162
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	177.039
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	58.680
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	177.371
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	13.797
11159	Coleslaw, home-prepared	120	1 cup	97.800
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	174.534
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	150.399
18151	Cookies, brownies, commercially prepared	56	1 brownie	7.616
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	2.860
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.230
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.410
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.410

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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	0.912
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.780
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.230
18170	Cookies, fig bars	16	1 cookie	2.640
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.696
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.616
18177	Cookies, molasses	15	1 cookie, medium	0.870
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.856
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	1.375
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.425
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1.650
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.960
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.915
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	1.180
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.462
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.296
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.720
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.246
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.750
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.220
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.330
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.204
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	53.569
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	201.549
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	160.818
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	53.569
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	126.329
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	46.116
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	15.994
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	14.035
20020	Cornmeal, whole-grain, yellow	122	1 cup	12.517
20027	Cornstarch	8.064	1 tbsp	0.671
20029	Couscous, cooked	157	1 cup	113.935
20028	Couscous, dry	173	1 cup	14.809
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	124.542
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	112.370
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	191.112
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	120.469
18214	Crackers, cheese, regular	10	10 crackers	0.310
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.230

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	1.219
18220	Crackers, melba toast, plain	20	4 pieces	1.020
18226	Crackers, rye, wafers, plain	11	1 wafer	0.550
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.492
18229	Crackers, standard snack-type, regular	12	4 crackers	0.420
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.273
18232	Crackers, wheat, regular	8	4 crackers	0.248
18235	Crackers, whole-wheat	16	4 crackers	0.432
14242	Cranberry juice cocktail, bottled	253	8 fl oz	216.315
09081	Cranberry sauce, canned, sweetened	57	1 slice	34.571
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	11.591
01069	Cream substitute, powdered	2	1 tsp	0.044
01049	Cream, fluid, half and half	15	1 tbsp	12.086
01053	Cream, fluid, heavy whipping	15	1 tbsp	8.657
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	11.063
01052	Cream, fluid, light whipping	15	1 tbsp	9.525
01056	Cream, sour, cultured	12	1 tbsp	8.514
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	12.021
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	1.840
18239	Croissants, butter	57	1 croissant	13.224
18243	Croutons, seasoned	40	1 cup	1.440
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	65.918
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	62.645
15141	Crustaceans, crab, blue, canned	135	1 cup	102.816
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	65.816
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	42.600
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	64.626
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	61.712
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	44.931
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	23.787
11206	Cucumber, peeled, raw	280	1 large	270.844
11206	Cucumber, peeled, raw	119	1 cup	115.109
11205	Cucumber, with peel, raw	301	1 large	286.642
11205	Cucumber, with peel, raw	104	1 cup	99.039
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	94.290
18245	Danish pastry, cheese	71	1 danish	22.294
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	19.241
09087	Dates, deglet noor	41.5	5 dates	8.520
09087	Dates, deglet noor	178	1 cup	36.543
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	2.666
01072	Dessert topping, pressurized	4	1 tbsp	2.415
01073	Dessert topping, semi solid, frozen	4	1 tbsp	2.008

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02045	Dill weed, fresh	1	5 sprigs	0.860
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	9.776
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	2.912
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	3.302
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	15.240
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	141.926
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	52.400
01143	Egg substitute, liquid	62.75	1/4 cup	51.926
01124	Egg, white, raw, fresh	33.4	1 large	29.248
01128	Egg, whole, cooked, fried	46	1 large	31.800
01129	Egg, whole, cooked, hard-boiled	50	1 large	37.310
01131	Egg, whole, cooked, poached	50	1 large	37.770
01132	Egg, whole, cooked, scrambled	61	1 large	44.622
01123	Egg, whole, raw, fresh	50	1 large	37.920
01123	Egg, whole, raw, fresh	58	1 extra large	43.987
01123	Egg, whole, raw, fresh	44	1 medium	33.370
01125	Egg, yolk, raw, fresh	16.6	1 large	8.683
01057	Eggnog	254	1 cup	188.900
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	88.773
11213	Endive, raw	50	1 cup	46.895
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	23.997
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	19.292
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	48.749
21049	Entrees, pizza with cheese	63	1 slice	30.120
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	37.699
21051	Entrees, pizza with pepperoni	71	1 slice	33.043
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	50.136
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	59.933
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	114.975
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	69.440
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	65.674
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	84.992
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	53.856
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	86.104
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	50.085
21042	Fast foods, chili con carne	253	1 cup	194.051
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	88.183
21043	Fast foods, clams, breaded and fried	115	3/4 cup	33.580
21127	Fast foods, coleslaw	99	3/4 cup	73.280
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	56.657
21015	Fast foods, danish pastry, cheese	91	1 pastry	30.758
21017	Fast foods, danish pastry, fruit	94	1 pastry	27.260

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21074	Fast foods, enchilada, with cheese	163	1 enchilada	103.065
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	77.789
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	82.679
21024	Fast foods, french toast sticks	141	5 sticks	42.244
21077	Fast foods, frijoles with cheese	167	1 cup	115.414
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	121.452
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	108.597
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	47.605
21118	Fast foods, hotdog, plain	98	1 sandwich	52.881
21119	Fast foods, hotdog, with chili	114	1 sandwich	54.492
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	81.725
21129	Fast foods, hush puppies	78	5 pieces	25.186
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	67.434
21078	Fast foods, nachos, with cheese	113	6-8 nachos	45.709
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	30.785
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	115.350
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	47.369
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	30.048
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	59.742
21139	Fast foods, potato, mashed	80	1/3 cup	63.368
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	43.301
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	67.610
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	196.298
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	189.769
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	78.425
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	131.784
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	127.375
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	139.034
21033	Fast foods, sundae, hot fudge	158	1 sundae	94.326
21082	Fast foods, taco	171	1 small	99.864
21082	Fast foods, taco	263	1 large	153.592
21083	Fast foods, taco salad	198	1-1/2 cups	143.253
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	158.490
09094	Figs, dried, uncooked	38	2 figs	11.419
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	49.989
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	64.269
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	64.600
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	26.402
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	12.970
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	92.913
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	62.186
15034	Fish, haddock, cooked, dry heat	85	3 oz	63.113

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15034	Fish, haddock, cooked, dry heat	150	1 fillet	111.375
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	113.987
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	60.937
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	46.965
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	61.787
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	36.345
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	62.951
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	44.436
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	109.381
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	62.399
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	58.735
15077	Fish, salmon, chinook, smoked	85.05	3 oz	61.236
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	58.489
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	95.852
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	52.564
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	50.698
15111	Fish, swordfish, cooked, dry heat	85	3 oz	58.438
15111	Fish, swordfish, cooked, dry heat	106	1 piece	72.875
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	57.401
15128	Fish, tuna salad	205	1 cup	129.478
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	50.885
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	63.334
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	62.212
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	53.389
07022	Frankfurter, beef	45	1 frank	23.405
07023	Frankfurter, beef and pork	45	1 frank	25.182
07024	Frankfurter, chicken	45	1 frank	25.889
18268	French toast, frozen, ready-to-heat	59	1 slice	31.034
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	35.555
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	6.460
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	5.727
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	60.291
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	45.936
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	47.016
19294	Fruit butters, apple	17	1 tbsp	9.597
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	199.392
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	207.233
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	218.166
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	184.325
11215	Garlic, raw	3	1 clove	1.757
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	113.927

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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	110.846
14277	Grape drink, canned	250	8 fl oz	220.950
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	212.824
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	217.250
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	117.504
09404	Grapefruit juice, pink, raw	247	1 cup	222.300
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	218.450
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	222.547
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	220.571
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	128.340
09128	Grapefruit juice, white, raw	247	1 cup	222.300
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	108.314
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	106.766
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	212.319
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	40.270
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	128.864
06116	Gravy, beef, canned	58.25	1/4 cup	50.957
06119	Gravy, chicken, canned	59.5	1/4 cup	50.777
06121	Gravy, mushroom, canned	59.6	1/4 cup	53.044
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	46.705
06125	Gravy, turkey, canned	59.6	1/4 cup	52.806
07027	Ham, chopped, not canned	21	2 slices	13.364
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	39.985
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	38.142
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	187.680
11961	Hearts of palm, canned	33	1 piece	29.766
19296	Honey	21	1 tbsp	3.591
02055	Horseradish, prepared	5	1 tsp	4.254
16158	Hummus, commercial	14	1 tbsp	9.323
19270	Ice creams, chocolate	66	1/2 cup	36.762
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	51.428
19095	Ice creams, vanilla	66	1/2 cup	40.260
19088	Ice creams, vanilla, light	66	1/2 cup	41.712
19089	Ice creams, vanilla, rich	74	1/2 cup	42.328
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	100.224
19283	Ice novelties, pop	59	1 bar (2 fl oz)	47.200
19297	Jams and preserves	20	1 tbsp	6.094
19300	Jellies	19	1 tbsp	5.656
11226	Jerusalem-artichokes, raw	150	1 cup	117.015
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	118.560

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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	117.650
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	15.204
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	63.133
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	148.995
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	48.858
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	54.307
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	43.835
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	51.833
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	40.707
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	51.111
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	37.587
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	41.922
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.230
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.184
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.310
18372	Leavening agents, baking soda	4.6	1 tsp	0.009
18373	Leavening agents, cream of tartar	3	1 tsp	0.051
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.532
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.304
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	11.730
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	94.432
09153	Lemon juice, canned or bottled	244	1 cup	225.602
09153	Lemon juice, canned or bottled	15.2	1 tbsp	14.054
09152	Lemon juice, raw	47	juice of 1 lemon	42.643
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	213.330
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	235.317
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	237.006
09150	Lemons, raw, without peel	58	1 lemon	51.608
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	137.887
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	155.877
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.172
11251	Lettuce, cos or romaine, raw	10	1 leaf	9.461
11251	Lettuce, cos or romaine, raw	56	1 cup	52.982
11253	Lettuce, green leaf, raw	56	1 cup	53.239
11253	Lettuce, green leaf, raw	10	1 leaf	9.507
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	518.841
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	52.943



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	7.701
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	130.230
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	124.066
16073	Lima beans, large, mature seeds, canned	241	1 cup	185.763
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	131.205
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	227.599
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	14.248
09160	Lime juice, raw	38	juice of 1 lime	34.280
22247	Macaroni and Cheese, canned entree	252	1 cup	206.388
20100	Macaroni, cooked, enriched	140	1 cup	92.386
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.525
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	215.816
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.651
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	215.949
09176	Mangos, raw	165	1 cup	134.822
09176	Mangos, raw	207	1 mango	169.140
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	2.300
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	2.214
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1.883
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	5.610
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	1.830
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	2.239
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	2.789
09181	Melons, cantaloupe, raw	160	1 cup	144.240
09181	Melons, cantaloupe, raw	69	1/8 melon	62.204
09184	Melons, honeydew, raw	160	1/8 melon	143.712
09184	Melons, honeydew, raw	170	1 cup	152.694
01110	Milk shakes, thick chocolate	300	10.6 fl oz	216.600
01111	Milk shakes, thick vanilla	313	11 fl oz	233.029
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.193
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	220.819
01095	Milk, canned, condensed, sweetened	306	1 cup	83.110
01097	Milk, canned, evaporated, nonfat	256	1 cup	203.264
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	186.581
01102	Milk, chocolate, fluid, commercial,	250	1 cup	205.750
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	211.250
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	208.950
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.911
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	219.405
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	222.558
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	217.965

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01077	Milk, whole, 3.25% milkfat	244	1 cup	215.501
16112	Miso	68.75	1 cup	28.497
19305	Molasses, blackstrap	20	1 tbsp	5.740
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	54.094
15157	Mollusks, clam, mixed species, raw	85	3 oz	69.547
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	55.012
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	71.534
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	54.349
18274	Muffins, blueberry, commercially prepared	57	1 muffin	21.831
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	22.515
18279	Muffins, corn, commercially prepared	57	1 muffin	18.582
18280	Muffins, corn, dry mix, prepared	50	1 muffin	15.250
18283	Muffins, oat bran	57	1 muffin	19.950
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	9.180
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	115.804
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	94.016
11264	Mushrooms, canned, drained solids	156	1 cup	142.085
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	142.085
11260	Mushrooms, raw	70	1 cup	64.722
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	121.046
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.342
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	132.244
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	4.082
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	2.824
09191	Nectarines, raw	136	1 nectarine	119.122
20113	Noodles, chinese, chow mein	45	1 cup	0.329
20110	Noodles, egg, cooked, enriched	160	1 cup	109.920
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	109.632
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.488
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.987
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.482
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.663
12167	Nuts, chestnuts, european, roasted	143	1 cup	57.886
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	11.672
12104	Nuts, coconut meat, raw	45	1 piece	21.146
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.505
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.456
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.496
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.576
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.998
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	0.646
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.196

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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)	0.576
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.154
20034	Oat bran, cooked	219	1 cup	183.960
20033	Oat bran, raw	94	1 cup	6.157
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	148.112
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	167.661
09193	Olives, ripe, canned (small-extra large)	22	5 large	17.598
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	17.100
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	184.506
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	82.588
11284	Onions, dehydrated flakes	5	1 tbsp	0.197
11282	Onions, raw	110	1 whole	97.394
11282	Onions, raw	14	1 slice	12.396
11282	Onions, raw	160	1 cup	141.664
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	89.830
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	13.475
09207	Orange juice, canned, unsweetened	249	1 cup	221.635
09209	Orange juice, chilled, includes from concentrate	249	1 cup	220.116
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	219.369
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	123.221
09206	Orange juice, raw	86	juice from 1 orange	75.938
09206	Orange juice, raw	248	1 cup	218.984
09200	Oranges, raw, all commercial varieties	131	1 orange	113.643
09200	Oranges, raw, all commercial varieties	180	1 cup	156.150
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	16.272
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	20.140
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	20.102
09226	Papayas, raw	304	1 papaya	270.043
09226	Papayas, raw	140	1 cup	124.362
11297	Parsley, raw	10	10 sprigs	8.771
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	125.174
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	196.157
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	77.694
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	207.714

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09238	Peaches, canned, juice pack, solids and liquids	98	1 half	85.740
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	216.975
09246	Peaches, dried, sulfured, uncooked	39	3 halves	12.402
09250	Peaches, frozen, sliced, sweetened	250	1 cup	186.825
09236	Peaches, raw	98	1 peach	87.093
09236	Peaches, raw	170	1 cup	151.079
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.200
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.208
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.439
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.439
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.411
09340	Pears, asian, raw	122	1 pear	107.665
09340	Pears, asian, raw	275	1 pear	242.688
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	61.066
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	213.731
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	214.446
09254	Pears, canned, juice pack, solids and liquids	76	1 half	65.717
09252	Pears, raw	166	1 pear	138.959
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	142.256
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	138.560
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	138.890
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	127.232
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	136.200
11670	Peppers, hot chili, green, raw	45	1 pepper	39.483
11819	Peppers, hot chili, red, raw	45	1 pepper	39.609
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	23.111
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	124.943
11333	Peppers, sweet, green, raw	149	1 cup	139.896
11333	Peppers, sweet, green, raw	10	1 ring	9.389
11333	Peppers, sweet, green, raw	119	1 pepper	111.729
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	124.943
11821	Peppers, sweet, red, raw	119	1 pepper	109.730
11821	Peppers, sweet, red, raw	149	1 cup	137.393
11945	Pickle relish, sweet	15	1 tbsp	9.311
11937	Pickles, cucumber, dill	65	1 pickle	59.586
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	10.038
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	14.112
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	17.640
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	54.316
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	52.710
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	61.074
18302	Pie, apple, prepared from recipe	155	1 piece	73.315
18305	Pie, blueberry, commercially prepared	117	1 piece	61.425

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18306	Pie, blueberry, prepared from recipe	147	1 piece	75.264
18308	Pie, cherry, commercially prepared	117	1 piece	54.054
18309	Pie, cherry, prepared from recipe	180	1 piece	82.440
18310	Pie, chocolate creme, commercially prepared	113	1 piece	49.155
18316	Pie, coconut custard, commercially prepared	104	1 piece	51.168
18444	Pie, fried pies, cherry	128	1 pie	48.128
18319	Pie, fried pies, fruit	128	1 pie	48.128
18320	Pie, lemon meringue, commercially prepared	113	1 piece	47.121
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	54.991
18324	Pie, pecan, commercially prepared	113	1 piece	21.809
18325	Pie, pecan, prepared from recipe	122	1 piece	23.790
18326	Pie, pumpkin, commercially prepared	109	1 piece	63.329
18327	Pie, pumpkin, prepared from recipe	155	1 piece	90.675
11943	Pimento, canned	12	1 tbsp	11.172
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	219.750
14341	Pineapple and orange juice drink, canned	250	8 fl oz	217.250
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	213.825
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	38.705
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	200.635
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	39.250
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	207.940
09266	Pineapple, raw, all varieties	155	1 cup	134.013
09278	Plantains, cooked	154	1 cup	103.642
09277	Plantains, raw	179	1 medium	116.851
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	196.235
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	34.988
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	38.649
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	211.730
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	172.930
09291	Plums, dried (prunes), uncooked	42	5 prunes	12.986
09279	Plums, raw	66	1 plum	57.572
07065	Pork and beef sausage, fresh, cooked	26	2 links	11.583
07064	Pork sausage, fresh, cooked	26	2 links	12.943
07064	Pork sausage, fresh, cooked	27	1 patty	13.441
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.341
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	28.691
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	56.542
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	49.640
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	55.913
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	38.624
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	46.784
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	51.561
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	48.952

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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	45.033
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	51.978
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	48.289
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	47.592
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	49.955
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	45.688
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	40.503
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	46.121
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	34.357
11672	Potato pancakes, home-prepared	76	1 pancake	35.918
11399	Potato puffs, frozen, prepared	79	10 puffs	41.791
11414	Potato salad, home-prepared	250	1 cup	190.000
11674	Potato, baked, flesh and skin, without salt	202	1 potato	151.278
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	193.501
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	181.300
11363	Potatoes, baked, flesh, without salt	156	1 potato	117.655
11364	Potatoes, baked, skin, without salt	58	1 skin	27.440
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	104.693
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	120.838
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	104.571
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	28.575
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	16.269
11370	Potatoes, hashed brown, home-prepared	156	1 cup	73.710
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	170.604
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	164.871
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	158.004
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	193.967
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	198.303
05306	Poultry food products, ground turkey, cooked	82	1 patty	48.724
09294	Prune juice, canned	256	1 cup	207.974
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	109.647
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	105.293
19183	Puddings, chocolate, ready-to-eat	113	4 oz	78.309
19193	Puddings, rice, ready-to-eat	113.4	4 oz	76.999
19218	Puddings, tapioca, ready-to-eat	113	4 oz	83.846
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	106.204
19201	Puddings, vanilla, ready-to-eat	113	4 oz	80.456
11424	Pumpkin, canned, without salt	245	1 cup	220.427

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	229.541
11429	Radishes, raw	4.5	1 radish	4.287
09298	Raisins, seedless	145	1 cup	22.374
09298	Raisins, seedless	14	1 packet	2.160
09306	Raspberries, frozen, red, sweetened	250	1 cup	181.875
09302	Raspberries, raw	123	1 cup	105.473
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	191.444
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	162.696
14342	Rice beverage, RICE DREAM, canned	245	1 cup	217.487
20037	Rice, brown, long-grain, cooked	195	1 cup	142.526
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	126.858
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	18.796
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	126.126
20045	Rice, white, long-grain, regular, cooked	158	1 cup	108.135
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	21.497
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	8.932
18350	Rolls, hamburger or hotdog, plain	43	1 roll	14.921
18353	Rolls, hard (includes kaiser)	57	1 roll	17.670
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	151.096
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4.942
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	5.703
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	8.848
04133	Salad dressing, french, home recipe	14	1 tbsp	3.388
04134	Salad dressing, home recipe, cooked	16	1 tbsp	11.072
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	7.394
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	8.291
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	12.702
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	2.111
04015	Salad dressing, russian dressing	15.3	1 tbsp	5.279
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	10.595
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	9.292
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	7.256
07069	Salami, cooked, beef and pork	56.7	2 slices	34.247
07072	Salami, dry or hard, pork, beef	20	2 slices	6.940
02047	Salt, table	6	1 tsp	0.012
07073	Sandwich spread, pork, beef	15	1 tbsp	9.042
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	85.020
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	38.046
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	121.426
06150	Sauce, barbecue sauce	15.75	1 tbsp	12.742
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	44.415

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	7.077
06166	Sauce, homemade, white, medium	250	1 cup	187.225
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	44.371
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	217.225
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	4.229
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	14.474
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	12.184
11439	Sauerkraut, canned, solids and liquids	236	1 cup	218.347
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	9.589
11445	Seaweed, kelp, raw	10	2 tbsp	8.158
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.044
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	2.013
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.458
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.385
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.384
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.340
14346	Shake, fast food, chocolate	333	16 fl oz	238.095
14347	Shake, fast food, vanilla	333	16 fl oz	248.751
11677	Shallots, raw	10	1 tbsp	7.980
19097	Sherbet, orange	74	1/2 cup	48.914
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	4.625
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.992
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.340
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.284
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.425
19013	Snacks, fruit leather, pieces	28.35	1 oz	3.487
19014	Snacks, fruit leather, rolls	21	1 large	2.142
19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.106
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.907
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.531
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	1.814
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	5.365
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1.298
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.723
19034	Snacks, popcorn, air-popped	8	1 cup	0.328
19036	Snacks, popcorn, cakes	10	1 cake	0.500
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.386
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.986
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.275
19035	Snacks, popcorn, oil-popped	11	1 cup	0.308
19041	Snacks, pork skins, plain	28.35	1 oz	0.510



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19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.539
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.397
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.397
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.567
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.539
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.539
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.284
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.510
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.980
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.522
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.482
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.369
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.510
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	9.636
19061	Snacks, trail mix, tropical	140	1 cup	12.600
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	191.071
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	212.925
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.196
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	231.938
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	224.456
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	201.600
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	221.696
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	237.566
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	200.256
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	226.106
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	224.163
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	211.370
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	221.113
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	210.378
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	209.709
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	220.405
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	220.105
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.427
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	236.873
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	208.675
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	216.855

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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	217.490
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	213.008
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	208.875
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	217.526
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	216.580
06174	Soup, stock, fish, home-prepared	233	1 cup	225.917
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	209.758
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	220.478
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	223.528
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	210.192
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	222.515
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	8.975
16120	Soy milk, fluid	245	1 cup	218.687
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	11.374
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	123.480
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	107.586
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	220.231
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	92.386
20125	Spaghetti, whole-wheat, cooked	140	1 cup	94.010
02007	Spices, celery seed	2	1 tsp	0.121
02009	Spices, chili powder	2.6	1 tsp	0.203
02010	Spices, cinnamon, ground	2.3	1 tsp	0.219
02015	Spices, curry powder	2	1 tsp	0.190
02020	Spices, garlic powder	2.8	1 tsp	0.181
02026	Spices, onion powder	2.1	1 tsp	0.105
02027	Spices, oregano, dried	1.5	1 tsp	0.107
02028	Spices, paprika	2.1	1 tsp	0.200
02029	Spices, parsley, dried	1.3	1 tbsp	0.117
02030	Spices, pepper, black	2.1	1 tsp	0.221
11658	Spinach souffle, home-prepared	136	1 cup	100.558
11461	Spinach, canned, drained solids	214	1 cup	196.409
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	164.178
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	168.986
11457	Spinach, raw	30	1 cup	27.420
11457	Spinach, raw	10	1 leaf	9.140
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	168.660
11641	Squash, summer, all varieties, raw	113	1 cup	106.943
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	182.881
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	210.720
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	186.609

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09316	Strawberries, raw	166	1 cup	150.977
09316	Strawberries, raw	12	1 strawberry	10.914
09316	Strawberries, raw	18	1 strawberry	16.371
19334	Sugars, brown	3.2	1 tsp	0.057
19335	Sugars, granulated	4.2	1 tsp	0.001
19336	Sugars, powdered	8	1 tbsp	0.024
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	14.880
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	6.810
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	142.041
11512	Sweetpotato, canned, vacuum pack	255	1 cup	193.877
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	110.639
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	125.003
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	70.287
19348	Syrups, chocolate, fudge-type	19	1 tbsp	4.142
19350	Syrups, corn, light	20	1 tbsp	4.014
19353	Syrups, maple	20	1 tbsp	6.422
19129	Syrups, table blends, pancake	20	1 tbsp	7.596
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	8.235
18360	Taco shells, baked	13.3	1 medium	0.798
09223	Tangerine juice, canned, sweetened	249	1 cup	216.630
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	209.311
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	73.584
20068	Tapioca, pearl, dry	152	1 cup	16.705
14355	Tea, brewed, prepared with tap water	178	6 fl oz	177.466
14545	Tea, herb, chamomile, brewed	178	6 fl oz	177.466
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	177.466
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	235.602
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	236.182
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	236.099
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	5.400
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	6.396
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	6.500
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	67.789
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	104.712
11954	Tomatillos, raw	34	1 medium	31.154
11540	Tomato juice, canned, with salt added	243	1 cup	228.177
11546	Tomato products, canned, paste, without salt added	262	1 cup	192.570
11547	Tomato products, canned, puree, without salt added	250	1 cup	219.700
11549	Tomato products, canned, sauce	245	1 cup	218.222
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	233.427
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	226.416

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	170.100
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	16.065
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	18.900
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	116.235
11955	Tomatoes, sun-dried	2	1 piece	0.291
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	1.615
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	11.466
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	8.576
21088	Tostada with guacamole	130.5	1 tostada	94.626
05286	Turkey and gravy, frozen	142	5-oz package	120.799
05292	Turkey patties, breaded, battered, fried	64	1 patty	31.808
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	57.698
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	52.996
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	94.627
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	55.667
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	90.832
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	99.089
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	134.208
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	148.256
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	146.016
02050	Vanilla extract	4.2	1 tsp	2.208
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	47.167
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	50.924
11578	Vegetable juice cocktail, canned	242	1 cup	226.318
04582	Vegetable oil, canola	14	1 tbs	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	141.826
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	151.479
02048	Vinegar, cider	15	1 tbs	14.070
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	13.893
18367	Waffles, plain, prepared from recipe	75	1 waffle	31.500
14429	Water, municipal	237	8 fl oz	236.763
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	120.988
09326	Watermelon, raw	152	1 cup	139.004
09326	Watermelon, raw	286	1 wedge	261.547
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	14.900
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	13.238
20083	Wheat flour, white, bread, enriched	137	1 cup	18.303
20084	Wheat flour, white, cake, enriched	137	1 cup	17.139
20080	Wheat flour, whole-grain	120	1 cup	12.324
20089	Wild rice, cooked	164	1 cup	121.245
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	66.264
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	60.614

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## Water (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	169.070
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	193.109
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	193.472
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	199.533