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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1084	Beets, canned, drained solids	170	1 cup	154.632
1084	Beets, canned, drained solids	24	1 beet	21.830
1081	Beets, cooked, boiled, drained	50	1 beet	43.530
1081	Beets, cooked, boiled, drained	170	1 cup	148.002
8016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	17.340
8016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	29.189
8015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	7.506
8013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	5.817
9042	Blackberries, raw	144	1 cup	126.936
9055	Blueberries, frozen, sweetened	230	1 cup	178.020
9050	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
8079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.846
8376	Bread crumbs, dry, grated, seasoned	120	1 cup	6.720
8082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	64.800
8019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	17.520
8023	Bread, cornbread, dry mix, prepared	60	1 piece	19.140
8024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	25.415
8025	Bread, cracked-wheat	25	1 slice	8.950
8027	Bread, egg	40	1/2" slice	13.880
8029	Bread, french or vienna (includes sourdough)	25	1/2" slice	8.575
8031	Bread, indian (navajo) fry	160	10-1/2" bread	42.400
8031	Bread, indian (navajo) fry	90	5" bread	23.850
8033	Bread, italian	20	1 slice	7.140
8035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	9.802
8036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	7.752
8039	Bread, oatmeal	27	1 slice	9.909
8040	Bread, oatmeal, toasted	25	1 slice	7.800
8041	Bread, pita, white, enriched	28	4" pita	8.988
8041	Bread, pita, white, enriched	60	6-1/2" pita	19.260
8044	Bread, pumpernickel	32	1 slice	12.128
8045	Bread, pumpernickel, toasted	29	1 slice	9.222
8047	Bread, raisin, enriched	26	1 slice	8.736
8048	Bread, raisin, toasted, enriched	24	1 slice	6.672
8053	Bread, reduced-calorie, rye	23	1 slice	10.580
8055	Bread, reduced-calorie, wheat	23	1 slice	9.936
8057	Bread, reduced-calorie, white	23	1 slice	9.867
8060	Bread, rye	32	1 slice	11.936
8061	Bread, rye	24	1 slice	7.440
.8064	Bread, wheat (includes wheat berry)	25	1 slice	9.275
8065	Bread, wheat (includes wheat berry) Bread, wheat, toasted (includes wheat berry)	23	1 slice	7.268
.8069	brown, whom, touston (morandos whom bolly)	25	1 51100	7.200

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
8069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	9.110
8070	Bread, white, commercially prepared, toasted	22	1 slice	6.688
8075	Bread, whole-wheat, commercially prepared	28	1 slice	10.556
8076	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
1091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	139.230
1091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	33.023
1740	Broccoli, flower clusters, raw	11	1 floweret	9.976
1093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	166.925
1090	Broccoli, raw	88	1 cup	78.584
1090	Broccoli, raw	31	1 spear	27.683
1099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	138.684
1101	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
0012	Bulgur, dry	140	1 cup	12.600
1001	Butter, salted	14.2	1 tbsp	2.254
01145	Butter, without salt	14.2	1 tbsp	2.547
1117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	162.435
1120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	113.336
1110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	140.400
1109	Cabbage, raw	70	1 cup	64.505
1112	Cabbage, red, raw	70	1 cup	63.273
1114	Cabbage, savoy, raw	70	1 cup	63.700
8086	Cake, angelfood, commercially prepared	28	1 piece	9.296
8088	Cake, angelfood, dry mix, prepared	50	1 piece	16.450
8090	Cake, boston cream pie, commercially prepared	92	1 piece	41.768
8096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	14.656
8101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	23.180
8110	Cake, fruitcake, commercially prepared	43	1 piece	10.879
8116	Cake, gingerbread, prepared from recipe	74	1 piece	20.720
8119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	37.145
8120	Cake, pound, commercially prepared, butter	28	1 piece	6.888
8451	Cake, pound, commercially prepared, fat-free	28	1 slice	8.680
8126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	18.460
8127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	9.900
8128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	8.585
8452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	9.804
8133	Cake, sponge, commercially prepared	30	1 shortcake	8.910
8134	Cake, sponge, prepared from recipe	63	1 piece	18.522
8102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	23.184

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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
4153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	328.992
4157	Carbonated beverage, root beer	370	12 fl oz	330.410
6055	Carob flour	8	1 tbsp	0.286
1655	Carrot juice, canned	236	1 cup	209.733
1960	Carrots, baby, raw	10	1 medium	9.035
1128	Carrots, canned, regular pack, drained solids	146	1 cup	135.707
1125	Carrots, cooked, boiled, drained, without salt	156	1 cup	140.665
1131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	131.867
1124	Carrots, raw	72	1 carrot	63.569
1124	Carrots, raw	110	1 cup	97.119
1935	Catsup	15	1 tbsp	10.506
1935	Catsup	6	1 packet	4.202
1136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	115.320
1136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	50.220
1138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	169.200
1135	Cauliflower, raw	100	1 cup	91.910
1135	Cauliflower, raw	13	1 floweret	11.948
1144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	35.291
1144	Celery, cooked, boiled, drained, without salt	150	1 cup	141.165
1143	Celery, raw	40	1 stalk	38.172
1143	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
8057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.576
8243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.364
8048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.648
8050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.660
8261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2.475
8194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.897
8064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.877
8246	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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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

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

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
1164	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

18165Cookies, chocolate chip, prepared from recipe, made with margurine161 cookie18164Cookies, chocolate sundwich, with creme filling, regular101 cookie18170Cookies, graham crackers, plain or honey (includes cimamon)841 cup18173Cookies, graham crackers, plain or honey (includes cimamon)142 squares18173Cookies, molasces151 cookie18174Cookies, molasces321 cookie18175Cookies, molasces321 cookie18176Cookies, notaned, commercially prepared, flat-free111 cookie18178Cookies, contaned, commercially prepared, flat-free1 cookie1 cookie18178Cookies, contaned, commercially prepared, regular251 cookie18189Cookies, contaned, commercially prepared, regular151 cookie18184Cookies, contaned, commercially prepared, pegalar151 cookie18189Cookies, apamed, commercially prepared, pegalar141 cookie18189Cookies, apamet, prepared, foran recipe, with raisins151 cookie18189Cookies, apamet, prepared, pegand141 cookie18190Cookies, apamet, prepared, pegand141 cookie18191Cookies, apamet, prepared, forance, markim151 cookie18192Cookies, apamet, prepared, forance, pegalar (includes vanila)151 cookie18204Cookies, apamet, period from recipe, markim151 cookie18205Cookies, apamet, enco	Content pe Measure	Common Measure	Weight (g)	Description	NDB_No
18166Cookies, chocolate sandwich, with ereme filling, regular10I cookie18170Cookies, graham crackers, plain or honey (includes cinnamon)841 cup18173Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18174Cookies, graham crackers, plain or honey (includes cinnamon)142 squares18175Cookies, molasses151 cookie, indium18176Cookies, oatmeal, commercially prepared, fai-free11 cookie18178Cookies, oatmeal, commercially prepared, regular251 cookie18184Cookies, oatmeal, commercially prepared, regular151 cookie18185Cookies, paant butter, prepared from recipe, with raisins151 cookie18186Cookies, pannt butter, prepared from recipe201 cookie18185Cookies, spannt butter, prepared from recipe201 cookie18186Cookies, spannt butter, prepared, freqular (includes vanilla)141 cookie18192Cookies, sugar, refigerated dough, baked151 cookie18193Cookies, sugar, refigerated dough, baked151 cookie18204Cookies, sugar, refigerated dough, baked161 cookie18205Cookies, sugar, refigerated dough, baked161 cookie18206Cookies, sugar, refigerated dough, baked161 cookie18207Cookies, sugar, refigerated dough, baked161 cookie18208Cookies, sugar, refigerated dough, baked161 cookie1	0.91	1 cookie	16	Cookies, chocolate chip, prepared from recipe, made with margarine	18165
18170Cookies, fig bars16I cookie18173Cookies, graham cackers, plain or honey (includes cinnamon)841 cup18173Cookies, graham cackers, plain or honey (includes cinnamon)142 squarees18173Cookies, molases151 cookie, molases18174Cookies, molases521 cookie, molases18175Cookies, andnases321 cookie, molases18176Cookies, catmeal, commercially prepared, regular251 cookie18178Cookies, catmeal, commercially prepared, regular151 cookie18184Cookies, andnael, perpared from recipe, with raisins151 cookie18185Cookies, speanut butter, prepared from recipe, with raisins151 cookie18189Cookies, shortbread, commercially prepared, regular151 cookie18180Cookies, sugar, commercially prepared, pecan141 cookie18192Cookies, sugar, prepared from recipe, made with margarine141 cookie18204Cookies, sugar, prepared from recipe, made with margarine141 cookie18205Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refigerated dough, baked151 cookie18206Cookies, sugar, prepared from recipe, made with margarine141 cookie	0.78	1 cookie	26	Cookies, chocolate chip, refrigerated dough, baked	18164
18173Cookies, graham erackers, plain or honey (includes einnamon)84I cup18174Cookies, graham erackers, plain or honey (includes einnamon)142 squares18175Cookies, molasses15I cookie, medium18176Cookies, notasses22I cookie, inglasses18456Cookies, outmeal, commercially prepared, fat-free11I cookie18178Cookies, outmeal, commercially prepared, regular25I cookie18179Cookies, outmeal, enumercially prepared, soft-type15I cookie18184Cookies, outmeal, prepared from recipe20I cookie18185Cookies, shortbead, commercially prepared, regular15I cookie18189Cookies, shortbead, commercially prepared, regular14I cookie18193Cookies, shortbead, commercially prepared, pean14I cookie18194Cookies, shortbead, commercially prepared, pean14I cookie18205Cookies, sugar, refrigerated dough, baled15I cookie18206Cookies, vanila sandwich with crems filling15I cookie18206Cookies, vanila sandwich with crems filling16I cookie18212Cookies, vanila sandwich with crems filling164I coup18214Cookies, vanila sandwich with crems filling164I cup18215Cookies, vanila sandwich with crems filling164I cup18216Cookies, vanila sandwich with crems filling164I cup18217Cookies, vanila sandwich with crem	0.23	1 cookie	10	Cookies, chocolate sandwich, with creme filling, regular	18166
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18177Cookies, molasses151 cookie, medium18177Cookies, molasses321 cookie, large (3-1/2" to 4")18456Cookies, oatmeal, commercially prepared, fat-free111 cookie18178Cookies, oatmeal, commercially prepared, soft-type151 cookie18184Cookies, oatmeal, commercially prepared, regular151 cookie18185Cookies, peanut butter, commercially prepared, regular151 cookie18184Cookies, shortbread, commercially prepared, pean141 cookie18185Cookies, shortbread, commercially prepared, pean141 cookie18192Cookies, shortbread, commercially prepared, pean141 cookie18204Cookies, sugar, commercially prepared, pean141 cookie18205Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, prepared from recipe, made with margarine141 cookie18210Cookies, vanilla sandwich with creme filing101 cookie18210Cookies, vanilla sandwich with creme filing151 cookie18212Cookies, vanilla sandwich with creme filing151 cookie18214Cook, consed, yellow, canned, caram style, regular pack2101 cup11174Corn, sweet, yellow, canned, caram style, regular pack2101 cup11174Corn, sweet, yellow, canned, caram style, regular pack2101 cup11175Corn, sweet, yellow, canned, erciched, boiled, drained, drained, mintout salt <t< td=""><td>3.69</td><td>1 cup</td><td>84</td><td>Cookies, graham crackers, plain or honey (includes cinnamon)</td><td>18173</td></t<>	3.69	1 cup	84	Cookies, graham crackers, plain or honey (includes cinnamon)	18173
18172Cookies, molasses22I cookie, large (3-1/2" to 4"18456Cookies, outmeal, commercially prepared, find-free11I cookie18179Cookies, outmeal, commercially prepared, soft-type5I cookie18184Cookies, outmaal, prepared firm recipe, with rains15I cookie18185Cookies, peanut butter, commercially prepared, regular15I cookie18184Cookies, peanut butter, prepared from recipe, with rains16I cookie18189Cookies, shortbread, commercially prepared, regular14I cookie18192Cookies, shortbread, commercially prepared, regular (includes vanilla)15I cookie18192Cookies, sugar, commercially prepared, regular (includes vanilla)15I cookie18206Cookies, sugar, commercially prepared, regular (includes vanilla)15I cookie18207Cookies, sugar, refrigerated dough, baked15I cookie18208Cookies, vanilla andwich with creme filling16I cookie18210Cookies, vanilla andwich with creme filling16I cookie18210Cookies, vanilla andwich with creme filling16I cookie182111114Corn, sweet, yellow, canned, regular pack210I cap18212Cookies, vanilla vanide, induct vanilla77I cap18214Cookies, vanilla vanide, induct vanilla164I cup18215Cons, sweet, yellow, canned, eremi filling18I cup18216Comises, vanilla vanide, induct vanilla17I cu	0.61	2 squares	14	Cookies, graham crackers, plain or honey (includes cinnamon)	18173
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18178Cookies, outmeal, commercially prepared, regular251 cookie18179Cookies, outmeal, commercially prepared, soft-type151 cookie18184Cookies, outmeal, prepared from recipe, with traisins151 cookie18185Cookies, peanut butter, commercially prepared, regular151 cookie18199Cookies, shortbread, commercially prepared, regular141 cookie18192Cookies, shortbread, commercially prepared, pean141 cookie18204Cookies, shortbread, commercially prepared, pean151 cookie18205Cookies, sugar, refrigerated dugh, baked151 cookie18206Cookies, yauilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla sandwich with creme filling161 cookie18213Cookies, vanilla sandwich with creme filling101 cookie18214Cookies, vanilla sandwich with creme filling101 cup11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11174Corn, sweet, yellow, canned, cream style, regular pack2101 cup11184Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt771 ear11175Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt1201 cup20022Cornmeal, degermed, enriched, yellow1381 cup20023Comstarch80641	1.85	1 cookie, large (3-1/2" to 4"	32	Cookies, molasses	18177
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111212131511151151151151151	1.42	1 cookie	25	Cookies, oatmeal, commercially prepared, regular	18178
Number 18185Cookies, peanut butter, commercially prepared, regular151 cookie18189Cookies, shortbread, commercially prepared, pean141 cookie18193Cookies, shortbread, commercially prepared, plain81 cookie18204Cookies, shortbread, commercially prepared, plain81 cookie18204Cookies, sugar, commercially prepared, plain151 cookie18205Cookies, sugar, refrigerated dough, baked151 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling151 cookie18214Cookies, vanilla sandwich, bield, drained, without salt771 ear11174Corn, sweet, viel, cooked, boiled, drained, without salt771 ear11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11176Corn, sweet, yellow, conked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt631 eup20021Cornmeal, elef-rising, degermed, enriched, yellow1381 cup20022Cornmeal, elef-rising, degermed, enriched, yellow1221 eup20024Cowseas, cooked1571 cup20025Cornstarch8.06441 thsp20026Cornstarch1651 cup20027Cowseas, Blackeyes), inmature seed	1.65	1 cookie	15	Cookies, oatmeal, commercially prepared, soft-type	18179
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18193Cookies, shortbread, commercially prepared, pecan141 cookie18192Cookies, shortbread, commercially prepared, plain81 cookie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18208Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla sandwich with creme filling41 cookie18212Cookies, vanilla sandwich with creme filling41 cookie18212Cookies, vanilla wafers, lower fat41 cookie1174Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup1118Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt1381 cup20020Commeal, adegermed, enriched, yellow1381 cup20021Commeal, whole-grain, yellow1221 cup20022Commeal, whole-grain, yellow1731 cup20024Couscous, cooked1571 cup20025Couscous, cooked1571 cup20026Couscous, cooked165 <t< td=""><td>0.91</td><td>1 cookie</td><td>15</td><td>Cookies, peanut butter, commercially prepared, regular</td><td>18185</td></t<>	0.91	1 cookie	15	Cookies, peanut butter, commercially prepared, regular	18185
B192Cookies, shortbread, commercially prepared, regular (includes vanilla)151 cookie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18208Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla wafers, lower fat41 cookie1901Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, regular pack2561 cup11176Corn, sweet, yellow, conked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup20022Commeal, degermed, enriched, yellow1381 cup20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup20020Cornmeal, whole-grain, yellow1221 cup20021Couscous, coked1571 cup20022Couscous, dry1731 cup20024Couscous, dry1731 cup20025Couscous, dry1731 cup20026Couscous, dry1731 cup20027Couscous, dry1731 cup20028Couscous, dry1731 cup201	1.18	1 cookie	20	Cookies, peanut butter, prepared from recipe	18189
18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18208Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla wafers, lower fat41 cookie1901Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, cream style, regular pack2101 cup11176Corn, sweet, yellow, chozek, kouiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup20022Commael, degermed, enriched, yellow1381 cup20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup20020Commael, whole-grain, yellow1571 cup20021Couseous, coked1571 cup20022Couseous, dry1731 cup20024Couseous, dry1571 cup20025Couseous, dry1 cup1 cup20026Couseous, dry1 cup1 cup20027Couseous, dry1 cup1 cup20028Couseous, dry1 cup1 cup20029 </td <td>0.46</td> <td>1 cookie</td> <td>14</td> <td>Cookies, shortbread, commercially prepared, pecan</td> <td>18193</td>	0.46	1 cookie	14	Cookies, shortbread, commercially prepared, pecan	18193
R208Cookies, sugar, prepared from recipe, made with margarine14I cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with ereme filling101 cookie18210Cookies, vanilla sandwich with ereme filling151 cookie18212Cookies, vanilla wafers, lower fat41 cookie1901Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup11176Corn, sweet, yellow, conned, vacuum pack, regular pack2101 cup11188Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels out off cob, boiled, drained, without salt631 ear20022Commeal, degermed, enriched, yellow1381 cup20025Commeal, gegermed, enriched, yellow1221 cup20020Commstarch8.0641 tbsp20021Constarch1571 cup20022Couscous, cooked1571 cup20023Couscous, cooked1571 cup20024Couscous, dry1731 cup11192Cowpeas (Blackeyes), immature seeds, fozen, cooked, boiled, drained, without salt1651 cup11194Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, without salt1701 cup11196Cowpeas, common (blackeyes, crowd	0.29	1 cookie	8	Cookies, shortbread, commercially prepared, plain	18192
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drained, without salt 16064 Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain 16063 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt 172 1 cup	124.542	1 cup	165	without salt	
canned, plain16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt172	112.37	1 cup	170	drained, without salt	
cooked, boiled, without salt	191.112			canned, plain	
	120.469			cooked, boiled, without salt	
18214Crackers, cheese, regular1010 crackers	0.31			-	
18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich	0.23	1 sandwich	7	Crackers, cheese, sandwich-type with peanut butter filling	18215

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

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 eclair	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

Content per Measure NDB No Description Weight (g) **Common Measure** 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 Fast foods, fish sandwich, with tartar sauce and cheese 1 sandwich 82.679 21106 183 5 sticks 42.244 21024 Fast foods, french toast sticks 141 Fast foods, frijoles with cheese 115.414 21077 167 1 cup 21114 Fast foods, hamburger, large, double patty, with condiments and 226 1 sandwich 121.452 vegetables 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 98 52.881 21118 Fast foods, hotdog, plain 1 sandwich 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 Fast foods, hush puppies 78 5 pieces 25.186 21129 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 83 8-9 rings 30.785 21130 Fast foods, onion rings, breaded and fried 21025 Fast foods, pancakes with butter and syrup 232 115.350 2 pancakes Fast foods, potato, french fried in vegetable oil 134 1 medium 47.369 21138 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 30.048 Fast foods, potato, french fried in vegetable oil 59.742 21138 169 1 large 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 217 1-1/2 cups 196.298 egg 189.769 21054 Fast foods, salad, vegetable, tossed, without dressing, with chicken 218 1-1/2 cups 78.425 21059 Fast foods, shrimp, breaded and fried 164 6-8 shrimp 21124 Fast foods, submarine sandwich, with cold cuts 228 1 sandwich, 6" roll 131.784 Fast foods, submarine sandwich, with roast beef 1 sandwich, 6" roll 127.375 21125 216 Fast foods, submarine sandwich, with tuna salad 1 sandwich, 6" roll 139.034 21126 256 21033 Fast foods, sundae, hot fudge 158 1 sundae 94.326 21082 Fast foods, taco 171 1 small 99.864 263 153.592 21082 Fast foods, taco 1 large 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 3 oz 64.269 15017 Fish, cod, Atlantic, canned, solids and liquid 85 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 1 stick (4" x 1" x 1/2") 12.970 15027 Fish, fish portions and sticks, frozen, preheated 28 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

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

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
9404	Grapefruit juice, pink, raw	247	1 cup	222.300
9124	Grapefruit juice, white, canned, sweetened	250	1 cup	218.450
9123	Grapefruit juice, white, canned, unsweetened	247	1 cup	222.547
9126	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
9128	Grapefruit juice, white, raw	247	1 cup	222.300
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	108.314
9116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	106.766
9121	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
6116	Gravy, beef, canned	58.25	1/4 cup	50.957
6119	Gravy, chicken, canned	59.5	1/4 cup	50.777
6121	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
1961	Hearts of palm, canned	33	1 piece	29.766
9296	Honey	21	1 tbsp	3.591
2055	Horseradish, prepared	5	1 tsp	4.254
6158	Hummus, commercial	14	1 tbsp	9.323
9270	Ice creams, chocolate	66	1/2 cup	36.762
9090	Ice creams, french vanilla, soft-serve	86	1/2 cup	51.428
9095	Ice creams, vanilla	66	1/2 cup	40.260
9088	Ice creams, vanilla, light	66	1/2 cup	41.712
9089	Ice creams, vanilla, rich	74	1/2 cup	42.328
9281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	100.224
9283	Ice novelties, pop	59	1 bar (2 fl oz)	47.200
9297	Jams and preserves	20	1 tbsp	6.094
9300	Jellies	19	1 tbsp	5.656
1226	Jerusalem-artichokes, raw	150	1 cup	117.015
1234	Kale, cooked, boiled, drained, without salt	130	1 cup	118.560

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
8371	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
1250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.172
1251	Lettuce, cos or romaine, raw	10	1 leaf	9.461
1251	Lettuce, cos or romaine, raw	56	1 cup	52.982
11253	Lettuce, green leaf, raw	56	1 cup	53.239
1253	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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	7.701
1040	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
9176	Mangos, raw	207	1 mango	169.140
4611	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
)4585	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

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

1215 Nuk, wulnuk, english 28.35 1 or (14 halver) 1.1 2004 Oat bran, cooked 219 1 cap 1853 20033 Oat bran, cooked 219 1 cap 1853 20034 Oit, olive, slad or cooking 13.5 1 ftsp 00 04042 Oit, peanut, slad or cooking 13.6 1 ftsp 00 04043 Oit, soyben, sald or cooking, (hydrogenated) 13.6 1 ftsp 00 04044 Oit, soyben, sald or cooking, (hydrogenated) 13.6 1 ftsp 00 04151 Oit, vegetable crow, slad or cooking, ole:, over 70% (prinary) 13.6 1 ftsp 00 04511 Oit, vegetable: fundie: (6% and over) 13.6 1 ftsp 00 04512 Oit, vegetable: condict, without salt 160 1 ftsp 00 11279 Okar, forzen, cooked, boiled, drained, without salt 184 1 cap 184 11281 Oitor, ftsp, Kraedag price, firster, prepared, Leated in oven 60 10 it rings 107 11283 Onitors, towadd, boiled, drained, without salt 210 1 cap 184 11284 </th <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
2014 Out bran, cooked 219 1 cap 183.5 20033 Out bran, naw 94 1 cap 6.6 04063 Oil, olive, salad or cooking 13.5 1 thsp 0.0 04042 Oil, pennu, salad or cooking 13.6 1 thsp 0.0 04053 Oil, sesame, salad or cooking, (hydrogenated) 13.6 1 thsp 0.0 04054 Oil, syshean, salad or cooking, chydrogenated) and cotionneed 13.6 1 thsp 0.0 04513 Oil, syshean, salad or cooking, chydrogenated) and cotionneed 13.6 1 thsp 0.0 04514 Oil, vegetable, santflower, linobic; (60% and over) 13.6 1 thsp 0.0 04517 Oik, recorked, holied, drined, without salt 160 1 cap 14.8 11279 Okra, cooked, holied, drined, without salt 210 1 cap 14.7 11283 Onions, cooked, holied, drined, without salt 210 1 cap 21.4 11283 Onions, cooked, holied, drined, without salt 210 1 cap 21.4 11283 Onions,	12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.576
20033 Od bran, raw 94 1 cup 6.1 04032 Od, olive, stald or cooking 13.5 1 thsp 0.0 04042 Od, seame, stald or cooking, (hydrogenated) 13.6 1 thsp 0.0 04043 Od, soybean, stald or cooking, (hydrogenated) 13.6 1 thsp 0.0 04143 Od, soybean, stald or cooking, (hydrogenated) 13.6 1 thsp 0.0 04151 Od, vegetable sand and or cooking, (hydrogenated) 13.6 1 thsp 0.0 04151 Od, vegetable, sandbad or cooking, cover 70% (primary) 13.6 1 thsp 0.0 04150 Od, vegetable, sandbad, vrihourt satt 160 1 cup 14.8 11270 Okra, cocked, boiled, drained, without satt 184 1 cup 167.4 01182 Onions, cocked, boiled, drained, without satt 210 1 cup 184.3 11281 Onions, cocked, boiled, drained, without satt 210 1 cup 184.3 11282 Onions, row 100 1 cup 21.3 11282 Onions, row	12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.154
Ditle Oil, olive, salad or cooking 13.5 1 thsp 0.0 04042 Oil, pearnt, salad or cooking 13.5 1 thsp 0.0 04043 Oil, searne, salad or cooking, (hydrogenated) 13.6 1 thsp 0.0 04145 Oil, soybean, salad or cooking, (hydrogenated) 13.6 1 thsp 0.0 04145 Oil, soybean, salad or cooking, cooking, oleic, over 70% (primary 13.6 1 thsp 0.0 0415 Oil, vegetable siftwore, ralad or cooking, oleic, over 70% (primary 13.6 1 thsp 0.0 0415 Oil, vegetable siftwore, ralad or cooking, oleic, over 70% (primary 13.6 1 thsp 0.0 04150 Oil, vegetable siftwore, ralad or cooking, oleic, over 70% (primary 13.6 1 thsp 0.0 04151 Oil, vegetable siftwore, ralad or cooking, oleic, over 70% (primary 13.6 1 thsp 0.0 04151 Oil, vegetable siftwore, sined, drained, without salt 184 1 cup 147.1 11280 Onions, cooked, boiled, drained, without salt 94 1 medium 82.2 11281 Onions, raw	20034	Oat bran, cooked	219	1 cup	183.960
D01042OI, peanut, salad or cooking13.51 thsp0.0D04058OI, sesame, salad or cooking13.61 thsp0.0D4034OI, soybean, salad or cooking, (hydrogenated) and cottomeed13.61 thsp0.0D4518OI, vegetable corn, salad or cooking, olici, over 70% (primmy13.61 thsp0.0D4518OI, vegetable, safflower, salad or cooking, olici, over 70% (primmy13.61 thsp0.0D4510OI, vegetable, safflower, include, (d0% and over)13.61 thsp0.0D4506OI, vegetable, safflower, include, (d0% and over)13.61 thsp0.0D45112Okro, foxon, cooked, bolied, drained, without salt1601 cup167.7D11280Okro, foxon, cooked, bolied, drained, without salt225 large17.2D11280Onion rings, breaded, par fied, foxon, prepared, heatel in oven6010 rings17.2D11282Onions, cooked, bolied, drained, without salt2101 cup1844D11282Onions, cooked, bolied, drained, without salt941 medium82.2D11282Onions, raw141 slece12.2D11282Onions, raw1601 cup144.6D1291Onions, raw1601 cup22.0D1292Orions, raw1661 cup22.0D1293Orange juice, forcen concentrate, unsweetened, diluted with 3 volume24.91 cup22.0D1294Orange juice, forcen concentrate, unsweetened, diluted with 3 volume2	20033	Oat bran, raw	94	1 cup	6.157
Divesting 13.6 1 thep 0.0 D4034 Oil, seybean, salad or cooking, (hydrogenated) 13.6 1 thep 0.0 04434 Oil, seybean, salad or cooking, (hydrogenated) 13.6 1 thep 0.0 04434 Oil, vegetable consider 13.6 1 thep 0.0 04514 Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary satflower oil of commerce) 13.6 1 thep 0.0 04546 Oil, vegetable, safflower, salad or cooking, oleic, over 70% (primary satflower oil of commerce) 13.6 1 thep 0.0 04546 Oil, vegetable, safflower, salad or cooking, oleic, over 70% (primary satflower, one, cooked, boiled, drained, without salt 18.4 1 cup 14.8 11279 Okra, cooked, boiled, drained, without salt 18.4 1 cup 14.4 11280 Onion rings, breaded, par fried, frazen, prepared, heated in oven 60 10 rings 10.4 11281 Onions, cooked, boiled, drained, without salt 94 1 medium 82.2 11282 Onions, naw 110 1 whole 12.2 11282 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 13.4	04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04.04 01, soybern, salad or cooking, (hydrogenated) 13.6 1 thsp 0.0 04543 01, soybern, salad or cooking, (hydrogenated) and cottornseed 13.6 1 thsp 0.0 04518 01, vegetable stiftwore, salad or cooking, obie, over 70% (primary 13.6 1 thsp 0.0 04511 01, vegetable stiftwore, salad or cooking, obie, over 70% (primary 13.6 1 thsp 0.0 04506 01, vegetable stiftwore, salad or cooking, obie, over 70% (primary 13.6 1 thsp 0.0 04506 01, vegetable stiftwore, salad or cooking, obie, over 70% (primary 13.6 1 thsp 0.0 04506 01, vegetable stiftwore, inclués, (60% and over) 13.6 1 thsp 0.0 01729 Okra, cooked, boiled, drained, without salt 184 1 cup 167.6 11281 Okra, frozen, cooked, boiled, drained, without salt 210 1 cup 184.2 11283 Onions, cooked, boiled, drained, without salt 10 1 whole 97.2 11282 Onions, raw 100 1 whole 97.2 11282 Onions, raw 160 1 cup 221.6 11282 Onions, ra	04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
Dills ophean, salad or cooking, (hydrogenated) and cottonseed13.61 thsp0.004518Oil, vegetable corn, salad or cooking, (hydrogenated) and cottonseed13.61 thsp0.004511Sill, vegetable corn, salad or cooking, obiet, over 70% (primary13.61 thsp0.004506Oil, vegetable, sunflower, Inoidei, (69% and over)13.61 thsp0.011281Okra, forzen, cooked, boiled, drinied, without salt1601 cup148.111281Okra, forzen, cooked, boiled, drinied, without salt1841 cup167.711283Onions, cooked, boiled, drinied, without salt2101 cup184.311283Onions, cooked, boiled, drinied, without salt2101 medium82.211284Onions, cooked, boiled, drinied, without salt2101 cup184.311282Onions, cooked, boiled, drinied, without salt2101 cup144.111282Onions, cooked, boiled, drinied, without salt1101 whole97.311282Onions, cooked, boiled, drinied, without salt1601 cup144.111282Onions, raw1601 cup22.011282Onions, raw1601 cup22.011282Onions, spring or scallions (includes tops and bulb), raw151 whole13.611291Onions, spring or scallions (includes tops and bulb), raw151 whole13.611292Orange juice, frozen concentrate2491 cup22.0129205Orange juice, frozen c	04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
Difference Difference <thdifferenc< th=""> Differenc Differenc<</thdifferenc<>	04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
D4311 Oil, vegetable, salflower, salad or cooking, oleic, over 70% (primary salflower) 13.6 1 tbsp 0.0 M4506 Oil, vegetable, samflower, linoleic, (60% and over) 13.6 1 tbsp 0.0 11279 Okra, cooked, boiled, drained, without salt 160 1 cup 148.3 11281 Okrs, riczen, cooked, boiled, drained, without salt 184 1 cup 167.4 11283 Onions, cooked, boiled, drained, without salt 210 1 cup 184.4 11283 Onions, cooked, boiled, drained, without salt 210 1 cup 184.4 11284 Onions, cooked, boiled, drained, without salt 210 1 cup 0.0 11284 Onions, cooked, boiled, drained, without salt 210 1 whole 97.2 11282 Onions, raw 100 1 whole 97.2 11282 Onions, raw 100 1 whole 13.4 11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 13.4 11292 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 13.4 11291 Onions, pring or scallions (includes tops and bu	04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
safflower of of commerce) is a first weight of the second se	04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
Drag oblight, drained, without salt 160 1 cup 144.8 11281 Okra, cooked, boiled, drained, without salt 184 1 cup 167.6 09193 Olives, ripe, canned (small-extra large) 22 5 large 17.1 11286 Onion rings, breaded, par fried, frozen, prepared, heated in oven 60 10 rings 17.1 11283 Onions, cooked, boiled, drained, without salt 210 1 cup 184.5 11283 Onions, cooked, boiled, drained, without salt 94 1 medium 82.2 11284 Onions, cooked, boiled, drained, without salt 94 1 medium 82.2 11282 Onions, raw 110 1 whole 97.3 11282 Onions, raw 160 1 cup 14.1 11291 Onions, spring or scallions (includes tops and bulb), raw 160 1 cup 220.1 11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 13.4 11291 Onions, spring or scallions (includes tops and bulb), raw 160 1 cup 220.1 11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 whol	04511		13.6	1 tbsp	0.000
11281 Okra, frozer, ooked, boiled, drained, without salt 184 1 cup 167.0 091933 Olives, ripe, canned (small-extra large) 22 5 large 17.1 11296 Onion rings, breaded, par fried, frozen, prepared, heated in oven 60 10 rings 17.1 11283 Onions, cooked, boiled, drained, without salt 210 1 cup 184.4 11283 Onions, cooked, boiled, drained, without salt 94 1 medium 82.2 11284 Onions, debydrated flakes 5 1 tbsp 0.0 11282 Onions, raw 110 1 whole 97.3 11282 Onions, spring or scallions (includes tops and bulb), raw 160 1 cup 21.6 11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 13.4 11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 cup 22.0 09207 Orange juice, choren concentrate, unsweetened 249 1 cup 22.1 09214 Orange juice, frozen concentrate, unsweetened, undiluted 213 6-fl-oz can 22.3 09206 Orange, juice, raw 2	04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
Olives, ripe, canned (small-extra large) 22 5 large 17.1 11296 Onion rings, breaded, par fried, frozen, prepared, heated in oven 60 10 rings 17.1 11283 Onions, cooked, boiled, drained, without salt 210 1 cup 184.3 11283 Onions, cooked, boiled, drained, without salt 94 1 medium 82.2 11284 Onions, raw 110 1 whole 97.3 11282 Onions, raw 144 1 slice 12.3 11282 Onions, raw 160 1 cup 144.6 11282 Onions, raw 160 1 cup 89.8 11281 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 13.4 09207 Orange juice, canned, unsweetened 249 1 cup 22.16 09214 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume 249 1 cup 21.3 09206 Orange juice, frozen concentrate, unsweetened, undiluted 21.3 6-fl-oz can 22.3 09206 Orange juice, raw 26 juice from 1 orange 15.3 09206 Oran	11279	Okra, cooked, boiled, drained, without salt	160	1 cup	148.112
Dnion rings, breaded, par fried, frozen, prepared, heated in oven 60 10 rings 11.1 11283 Onions, cooked, boiled, drained, without salt 210 1 cup 184.4 11283 Onions, cooked, boiled, drained, without salt 94 1 medium 82.3 11284 Onions, cooked, boiled, drained, without salt 94 1 medium 82.3 11282 Onions, raw 110 1 whole 97.3 11282 Onions, raw 160 1 cup 161.6 11282 Onions, raw 160 1 cup 89.8 11282 Onions, spring or scallions (includes tops and bulb), raw 100 1 cup 89.4 11281 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 13.4 09207 Orange juice, canned, unsweetened 249 1 cup 220.0 09215 Orange juice, fozen concentrate, unsweetened, undiluted 213 6-fl-oz can 123.5 09206 Orange juice, raw 86 juice fron 1 orange 136.9 09206 Orange, juice, raw, all commercial varieties 180 1 cup 136.9 <t< td=""><td>11281</td><td>Okra, frozen, cooked, boiled, drained, without salt</td><td>184</td><td>1 cup</td><td>167.661</td></t<>	11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	167.661
Dnions, cooked, boiled, drained, without salt 210 I cup 184.5 11283 Onions, cooked, boiled, drained, without salt 94 I medium 82.5 11284 Onions, cooked, boiled, drained, without salt 94 I medium 82.5 11282 Onions, cooked, boiled, drained, without salt 94 I medium 82.5 11282 Onions, raw 110 I whole 97.3 11282 Onions, raw 14 I slice 12.2 11282 Onions, gring or scallions (includes tops and bulb), raw 100 I cup 89.5 11291 Onions, spring or scallions (includes tops and bulb), raw 100 I cup 221.6 09207 Orange juice, canned, unsweetened 249 I cup 221.6 09206 Orange juice, fozen concentrate, unsweetened, undiluted 213 6-fl-co can 123.2 09206 Orange juice, raw 86 juice from I orange 113.6 09200 Orange juice, raw 248 I cup 123.6 09200 Orange, juice, raw 36 </td <td>09193</td> <td>Olives, ripe, canned (small-extra large)</td> <td>22</td> <td>5 large</td> <td>17.598</td>	09193	Olives, ripe, canned (small-extra large)	22	5 large	17.598
11283Onions, cooked, boiled, drained, without salt94I medium82.211284Onions, cooked, boiled, drained, without salt5I thep0.111282Onions, raw110I whole97.311282Onions, raw14I slice12.311282Onions, raw14I slice12.311282Onions, raw160I cup48.611291Onions, spring or scallions (includes tops and bulb), raw100I cup89.811291Onions, spring or scallions (includes tops and bulb), raw15I whole13.4090207Orange juice, canned, unsweetened249I cup220.109214Orange juice, frozen concentrate249I cup221.609215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume249I cup223.609206Orange juice, raw86juice from 1 orange75.509206Orange juice, raw248I cup218.609200Orange, raw, all commercial varieties130I cup166.118288Pancakes plain, frozen, ready-to-heat (includes buttermilk)36I pancake20.118282Pancakes, plain, dry mix, noomplete, prepared38I pancake20.118284Pancakes, plain, dry mix, incomplete, prepared38I pancake20.118285Pancakes, plain, dry mix, incomplete, prepared38I pancake20.119226Papayas, raw1010 sprigs8.5	11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	17.100
International and the set of the	11283	Onions, cooked, boiled, drained, without salt	210	1 cup	184.506
11282 Onions, raw 110 1 whole 97.5 11282 Onions, raw 14 1 slice 12.3 11282 Onions, raw 160 1 cup 141.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100 1 cup 89.8 11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 13.4 09207 Orange juice, canned, unsweetened 249 1 cup 220.1 09209 Orange juice, frozen concentrate, unsweetened, undiluted 213 6-fl-oz can 123.2 09214 Orange juice, frozen concentrate, unsweetened, undiluted 213 6-fl-oz can 123.2 09206 Orange juice, raw 86 juice from 1 orange 75.5 09200 Orange juice, raw 248 1 cup 218.8 09200 Orange, raw, all commercial varieties 180 1 cup 156.1 1828 Pancakes plain, frozen, ready-to-heat (includes buttermilk) 36 1 pancake 20.1 19226 Panyas, raw 140 1 cup 124.3 19226 Papayas, raw <t< td=""><td>11283</td><td>Onions, cooked, boiled, drained, without salt</td><td>94</td><td>1 medium</td><td>82.588</td></t<>	11283	Onions, cooked, boiled, drained, without salt	94	1 medium	82.588
11282 Onions, raw 14 1 slice 12.3 11282 Onions, raw 160 1 cup 141.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100 1 cup 88.8 11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 13.4 09207 Orange juice, canned, unsweetened 249 1 cup 221.6 09208 Orange juice, chilled, includes from concentrate 249 1 cup 223.0 09214 Orange juice, frozen concentrate, unsweetened, undiluted with 3 volume water 249 1 cup 223.0 09206 Orange juice, raw 86 juice from 1 orange 75.8 09206 Orange juice, raw, all commercial varieties 131 1 orange 113.1 09206 Orange, raw, all commercial varieties 180 1 cup 165.1 11828 Pancakes plain, frozen, ready-to-heat (includes buttermilk) 36 1 pancake 20.0 09206 Pancakes, plain, dry mix, incomplete, prepared 38 1 pancake 20.0 11829 Pancakes, plain, dry mix, incomplete, prepared 38 <	11284	Onions, dehydrated flakes	5	1 tbsp	0.197
11282 Onion, raw 160 1 cup 141.6 11291 Onions, spring or scallions (includes tops and bulb), raw 100 1 cup 88.9 11291 Onions, spring or scallions (includes tops and bulb), raw 15 1 whole 13.9 10207 Orange juice, canned, unsweetened 249 1 cup 22.0 10209 Orange juice, chilled, includes from concentrate 249 1 cup 22.0 10215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume 249 1 cup 22.3 10216 Orange juice, frozen concentrate, unsweetened, undiluted 213 6-fl-oz can 22.3 10206 Orange juice, raw 86 juice from 1 orange 75.5 10200 Orange, raw, all commercial varieties 131 1 orange 113.6 10200 Orange, raw, all commercial varieties 180 1 cup 15.6 11282 Pancakes plain, frozen, ready-to-beat (includes buttermilk) 36 1 pancake 20.0 10226 Papayas, raw 304 1 pancake 20.0 20.0 10226 Papayas, raw 10 1 oup	11282	Onions, raw	110	1 whole	97.394
11291Onions, spring or scallions (includes tops and bulb), raw100I cup88.811291Onions, spring or scallions (includes tops and bulb), raw15I whole13.419207Orange juice, canned, unswetened249I cup221.619209Orange juice, chilled, includes from concentrate249I cup220.119215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume249I cup213.319214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume249I cup213.319216Orange juice, frozen concentrate, unsweetened, diluted with 3 volume248I cup218.519206Orange juice, raw86juice from 1 orange75.519206Orange juice, raw248I cup218.519200Oranges, raw, all commercial varieties131I orange113.618288Pancakes plain, frozen, ready-to-heat (includes buttermilk)36I pancake20.118290Pancakes, plain, dry mix, incomplete, prepared38I pancake20.119226Papayas, raw140I cup124.511299Parsips, cooked, boiled, drained, without salt156I cup124.511299Parsips, cooked, boiled, drained, without salt156I cup125.512970Pasta with meatballs in tomato sauce, canned entree252I cup196.519921Paeches, canned, heavy syrup pack, solids and liquids98I half77.6 <td>11282</td> <td>Onions, raw</td> <td>14</td> <td>1 slice</td> <td>12.396</td>	11282	Onions, raw	14	1 slice	12.396
11291Onions, spring or scallions (includes tops and bulb), raw151 whole13.419207Orange juice, canned, unsweetened2491 cup221.619209Orange juice, chilled, includes from concentrate2491 cup220.119215Orange juice, chilled, includes from concentrate2491 cup213.319214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can123.219206Orange juice, raw86juice from 1 orange75.919200Orange juice, raw2481 cup218.919200Orange, juice, raw2481 cup218.919200Orange, juice, raw2481 cup218.919200Orange, juice, raw2481 cup218.919200Oranges, raw, all commercial varieties1311 orange113.619200Oranges, raw, all commercial varieties1801 cup156.118288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake20.118292Pancakes, plain, dry mix, complete, prepared381 pancake20.119226Papayas, raw3041 papaya270.019226Papayas, raw1010 sprigs8.511299Parshey, raw1010 sprigs8.511299Parships, cooked, boiled, drained, without salt1561 cup125.1129207Pasta with meatballs in tomato sauce, canned entree2521 cup196.1<	11282	Onions, raw	160	1 cup	141.664
Drange juice, canned, unsweetened2491 cup221.609209Orange juice, chilled, includes from concentrate2491 cup220.109215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cup213.209214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can123.209206Orange juice, raw86juice from 1 orange75.909206Orange juice, raw2481 cup218.809200Oranges, raw, all commercial varieties1311 orange113.609200Oranges, raw, all commercial varieties1801 cup156.118288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake20.118292Pancakes, plain, dry mix, icomplete, prepared381 pancake20.119226Papayas, raw3041 papaya270.009226Papayas, raw1010 sprigs8.311297Parshey, raw1010 sprigs8.311299Parsnips, cooked, boiled, drained, without salt1561 cup125.122907Pasta with meatballs in tomato sauce, canned entree2521 cup196.119221Peaches, canned, heavy syrup pack, solids and liquids981 half77.6	11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	89.830
DystantOrange juice, chilled, includes from concentrate2491 cup220.1Dys215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cup213.2Dys214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can123.2Dys206Orange juice, raw86juice from 1 orange75.9Dys206Orange juice, raw2481 cup218.5Dys206Orange juice, raw2481 cup218.5Dys206Oranges, raw, all commercial varieties1311 orange113.6Dys200Oranges, raw, all commercial varieties1801 cup166.1Dys200Oranges, raw, all commercial varieties1801 cup16.21828Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake20.118292Pancakes, plain, dry mix, complete, prepared381 pancake20.119226Papayas, raw3041 papaya270.019226Papayas, raw1401 cup124.311297Parsnips, cooked, boiled, drained, without salt1561 cup124.31299Parsnips, cooked, boiled, drained, without salt1561 cup125.122007Pasta with meatballs in tomato sauce, canned entree2521 cup196.119924Peaches, canned, heavy syrup pack, solids and liquids981 half77.6	11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	13.475
OP215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2491 cup219.309214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can123.209206Orange juice, raw86juice from 1 orange75.909206Orange juice, raw2481 cup218.909200Oranges, raw, all commercial varieties1311 orange113.609200Oranges, raw, all commercial varieties1801 cup156.118288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake20.118292Pancakes, plain, dry mix, complete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.109226Papayas, raw3041 papaya270.009226Papayas, raw1010 sprigs8.711297Parsley, raw1010 sprigs8.711299Parsnips, cooked, boiled, drained, without salt1561 cup125.122007Pasta with meatballs in tomato sauce, canned entree2521 cup196.109241Peaches, canned, heavy syrup pack, solids and liquids981 half77.6	09207	Orange juice, canned, unsweetened	249	1 cup	221.635
waterwater109214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can123.209206Orange juice, raw86juice from 1 orange75.909206Orange juice, raw2481 cup218.509200Oranges, raw, all commercial varieties1311 orange113.609200Oranges, raw, all commercial varieties1801 cup166.118288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake20.118290Pancakes, plain, dry mix, complete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.119226Papayas, raw3041 papaya270.009226Papayas, raw1010 sprigs8.711297Parsley, raw1010 sprigs8.711299Parsnips, cooked, boiled, drained, without salt1561 cup125.122007Pasta with meatballs in tomato sauce, canned entree2521 cup196.109241Peaches, canned, heavy syrup pack, solids and liquids981 half7.6	09209	Orange juice, chilled, includes from concentrate	249	1 cup	220.116
09206Orange juice, raw86juice from 1 orange75.509206Orange juice, raw2481 cup218.509200Oranges, raw, all commercial varieties1311 orange113.609200Oranges, raw, all commercial varieties1801 cup156.118288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake20.118290Pancakes, plain, dry mix, complete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.119226Papayas, raw3041 papaya270.009226Papayas, raw1010 sprigs8.711297Parsley, raw1010 sprigs8.711299Parsnips, cooked, boiled, drained, without salt1561 cup125.122907Pasta with meatballs in tomato sauce, canned entree2521 cup196.109221Peaches, canned, heavy syrup pack, solids and liquids981 half7.6	09215		249	1 cup	219.369
Op206Orange juice, raw2481 cup218.509200Oranges, raw, all commercial varieties1311 orange113.609200Oranges, raw, all commercial varieties1801 cup156.118288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake16.218290Pancakes, plain, dry mix, complete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.119226Papayas, raw1401 cup124.211297Parsley, raw1010 sprigs8.712999Parsnips, cooked, boiled, drained, without salt1561 cup12	09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	123.221
D9200Oranges, raw, all commercial varieties1311 orange113.0D9200Oranges, raw, all commercial varieties1801 cup156.118288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake16.218290Pancakes, plain, dry mix, complete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.119226Papayas, raw3041 papaya270.011297Parsley, raw1010 sprigs8.311299Parsnips, cooked, boiled, drained, without salt1561 cup125.122907Pasta with meatballs in tomato sauce, canned entree2521 cup196.109241Peaches, canned, heavy syrup pack, solids and liquids981 half7.6	09206	Orange juice, raw	86	juice from 1 orange	75.938
D9200Oranges, raw, all commercial varieties1801 cup156.118288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake16.218290Pancakes, plain, dry mix, complete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.118292Panyas, raw3041 papaya270.019226Papayas, raw1401 cup124.311297Parsley, raw1010 sprigs8.711299Parsnips, cooked, boiled, drained, without salt1561 cup125.122907Pasta with meatballs in tomato sauce, canned entree2521 cup196.119241Peaches, canned, heavy syrup pack, solids and liquids981 half77.0	09206	Orange juice, raw	248	1 cup	218.984
18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake16.218290Pancakes, plain, dry mix, complete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.118292Panyas, raw3041 papaya270.019226Papayas, raw1401 cup124.311297Parsley, raw1010 sprigs8.711299Parsnips, cooked, boiled, drained, without salt1561 cup125.1122907Pasta with meatballs in tomato sauce, canned entree2521 cup196.119241Peaches, canned, heavy syrup pack, solids and liquids981 half77.6	09200	Oranges, raw, all commercial varieties	131	1 orange	113.643
18290Pancakes, plain, dry mix, complete, prepared381 pancake20.118292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.119226Papayas, raw3041 papaya270.019226Papayas, raw1401 cup124.311297Parsley, raw1010 sprigs8.711299Parsnips, cooked, boiled, drained, without salt1561 cup125.122907Pasta with meatballs in tomato sauce, canned entree2521 cup196.1109241Peaches, canned, heavy syrup pack, solids and liquids981 half77.6	09200	Oranges, raw, all commercial varieties	180	1 cup	156.150
18292Pancakes, plain, dry mix, incomplete, prepared381 pancake20.109226Papayas, raw3041 papaya270.009226Papayas, raw1401 cup124.311297Parsley, raw1010 sprigs8.711299Parsnips, cooked, boiled, drained, without salt1561 cup125.122907Pasta with meatballs in tomato sauce, canned entree2521 cup196.109241Peaches, canned, heavy syrup pack, solids and liquids981 half77.6	18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	16.272
D9226Papayas, raw3041 papaya270.0D9226Papayas, raw1401 cup124.311297Parsley, raw1010 sprigs8.711299Parsnips, cooked, boiled, drained, without salt1561 cup125.122907Pasta with meatballs in tomato sauce, canned entree2521 cup196.109241Peaches, canned, heavy syrup pack, solids and liquids981 half77.6	18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	20.140
D9226Papayas, raw1401 cup124.311297Parsley, raw1010 sprigs8.711299Parsnips, cooked, boiled, drained, without salt1561 cup125.122907Pasta with meatballs in tomato sauce, canned entree2521 cup196.109241Peaches, canned, heavy syrup pack, solids and liquids981 half77.6	18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	20.102
11297Parsley, raw1010 sprigs8.711299Parsnips, cooked, boiled, drained, without salt1561 cup125.122907Pasta with meatballs in tomato sauce, canned entree2521 cup196.109241Peaches, canned, heavy syrup pack, solids and liquids981 half77.6)9226	Papayas, raw	304	1 papaya	270.043
11299Parsnips, cooked, boiled, drained, without salt1561 cup125.122907Pasta with meatballs in tomato sauce, canned entree2521 cup196.109241Peaches, canned, heavy syrup pack, solids and liquids981 half77.6)9226	Papayas, raw	140	1 cup	124.362
22907Pasta with meatballs in tomato sauce, canned entree2521 cup196.109241Peaches, canned, heavy syrup pack, solids and liquids981 half77.6	11297	Parsley, raw	10	10 sprigs	8.771
109241Peaches, canned, heavy syrup pack, solids and liquids981 half77.6	1299	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
99241Peaches, canned, heavy syrup pack, solids and liquids2621 cup207.7	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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
)9238	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
)9246	Peaches, dried, sulfured, uncooked	39	3 halves	12.402
09250	Peaches, frozen, sliced, sweetened	250	1 cup	186.825
)9236	Peaches, raw	98	1 peach	87.093
)9236	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
9257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	61.066
9257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	213.731
)9254	Pears, canned, juice pack, solids and liquids	248	1 cup	214.446
)9254	Pears, canned, juice pack, solids and liquids	76	1 half	65.717
)9252	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
1819	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
1945	Pickle relish, sweet	15	1 tbsp	9.311
1937	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

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
8309	Pie, cherry, prepared from recipe	180	1 piece	82.440
8310	Pie, chocolate creme, commercially prepared	113	1 piece	49.155
8316	Pie, coconut custard, commercially prepared	104	1 piece	51.168
8444	Pie, fried pies, cherry	128	1 pie	48.128
8319	Pie, fried pies, fruit	128	1 pie	48.128
8320	Pie, lemon meringue, commercially prepared	113	1 piece	47.121
8321	Pie, lemon meringue, prepared from recipe	127	1 piece	54.991
8324	Pie, pecan, commercially prepared	113	1 piece	21.809
8325	Pie, pecan, prepared from recipe	122	1 piece	23.790
8326	Pie, pumpkin, commercially prepared	109	1 piece	63.329
8327	Pie, pumpkin, prepared from recipe	155	1 piece	90.675
1943	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
9273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	213.825
9270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	38.705
9270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	200.635
9268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	39.250
9268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	207.940
9266	Pineapple, raw, all varieties	155	1 cup	134.013
9278	Plantains, cooked	154	1 cup	103.642
9277	Plantains, raw	179	1 medium	116.851
9284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	196.235
9284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	34.988
9282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	38.649
9282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	211.730
9292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	172.930
9291	Plums, dried (prunes), uncooked	42	5 prunes	12.986
9279	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
0124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.341
0131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	28.691
0185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	56.542
0151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	49.640
0153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	55.913
0193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	38.624
0009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	46.784
0011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	51.561
0038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	48.952

10179 Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pun-fried 85 3 oz 10142 Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled 85 3 oz 10176 Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, pan-fried 85 3 oz 10047 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, pan-fried 85 3 oz 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted 85 3 oz 10051 Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, braised 85 3 oz 10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, 85 3 oz 3 oz 10078 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85 3 oz 10078 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85 3 oz 10772 Potat, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85 3 oz 1078 Potrk, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85 3 oz 11767	45.033 51.978 48.289 47.592 49.955
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11363Potatoes, baked, flesh, without salt1561 potato11364Potatoes, baked, skin, without salt581 skin11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup11367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato11367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato11403Potatoes, french fried, frozen, home-prepared, heated in oven, without salt5010 strips11391Potatoes, hashed brown, frozen, plain, prepared291 patty11370Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup11379Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup11371Potatoes, mashed, home-prepared with water, whole milk and butter2451 cup	193.501
1364Potatoes, baked, skin, without salt581 skin1365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato1367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup1367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato1367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato1367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato1403Potatoes, french fried, frozen, home-prepared, heated in oven, without salt5010 strips1391Potatoes, hashed brown, frozen, plain, prepared291 patty1370Potatoes, hashed brown, home-prepared from flakes without milk, whole milk and butter added2101 cup1379Potatoes, mashed, home-prepared, whole milk added2101 cup1371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup	181.300
1365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato1367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup1367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato1403Potatoes, french fried, frozen, home-prepared, heated in oven, without salt5010 strips1391Potatoes, hashed brown, frozen, plain, prepared291 patty1370Potatoes, mashed, brown, home-prepared from flakes without milk, whole milk and butter added2101 cup1371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup	117.655
1367Potatoes, boiled, cooked without skin, flesh, without salt1561 cup1367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato1403Potatoes, french fried, frozen, home-prepared, heated in oven, without salt5010 strips1391Potatoes, hashed brown, frozen, plain, prepared291 patty1370Potatoes, hashed brown, home-prepared from flakes without milk, whole milk and butter added2101 cup1371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup	27.440
1367Potatoes, boiled, cooked without skin, flesh, without salt1351 potato1403Potatoes, french fried, frozen, home-prepared, heated in oven, without salt5010 strips1391Potatoes, hashed brown, frozen, plain, prepared291 patty1370Potatoes, hashed brown, home-prepared1561 cup1379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup1371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup	104.693
1403Potatoes, french fried, frozen, home-prepared, heated in oven, without salt5010 strips1391Potatoes, hashed brown, frozen, plain, prepared291 patty1370Potatoes, hashed brown, home-prepared1561 cup1379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup1657Potatoes, mashed, home-prepared, whole milk added2101 cup1371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup	120.838
salt1391Potatoes, hashed brown, frozen, plain, prepared291 patty1370Potatoes, hashed brown, home-prepared1561 cup1379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup1657Potatoes, mashed, home-prepared, whole milk added2101 cup1371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1387Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup	104.571
1370Potatoes, hashed brown, home-prepared1561 cup1379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup1657Potatoes, mashed, home-prepared, whole milk added2101 cup1371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup1387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup	28.575
11379Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added2101 cup11657Potatoes, mashed, home-prepared, whole milk added2101 cup11371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup11387Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup	16.269
whole milk and butter added111657Potatoes, mashed, home-prepared, whole milk added2101 cup11371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup11387Potatoes, scalloped, dry mix, prepared with water, whole milk and2451 cup	73.710
11371Potatoes, mashed, home-prepared, whole milk and margarine added2101 cup11387Potatoes, scalloped, dry mix, prepared with water, whole milk and butter2451 cup	170.604
Potatoes, scalloped, dry mix, prepared with water, whole milk and 245 l cup butter	164.871
butter	158.004
	193.967
1372Potatoes, scalloped, home-prepared with butter2451 cup	198.303
5306Poultry food products, ground turkey, cooked821 patty	48.724
9294Prune juice, canned2561 cup	207.974
9123Puddings, chocolate, dry mix, instant, prepared with 2% milk1471/2 cup	109.647
9190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 142 1/2 cup	105.293
9183 Puddings, chocolate, ready-to-eat 113 4 oz	78.309
9193 Puddings, rice, ready-to-eat 113.4 4 oz	76.999
9218 Puddings, tapioca, ready-to-eat 113 4 oz	83.846
9212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup	106.204
9201 Puddings, vanilla, ready-to-eat 113 4 oz	
1424Pumpkin, canned, without salt2451 cup	80.456

11429 Radisher, raw 4.5 1 radish 4.4 09298 Raisin, secilies 14.5 1 cap 22.2 09208 Raisin, secilies 14.1 1 packer 22.1 09208 Rajstin, secilies 14.1 1 packer 22.1 092010 Raspherrise, row, red, sectened 250 1 cap 1063 091010 Rhinbth, forzer, cooled, with sugar 240 1 cap 1062 20107 Rice, brown, long grain, archolied, cricked, or sected 175 1 cap 102.5 20107 Rice, white, long grain, parbolied, cricked, or sected 175 1 cap 108.5 20040 Rice, white, long grain, recodex of rismant, enriched, prepared 165 1 cap 126.6 200418 Rice, white, long grain, recodex of rismant, enriched, prepared 185 1 cap 126.6 200418 Rice, white, long grain, requint, row, criched 185 1 cap 126.6 200418 Rice, white, long grain, requint, row, criched 185 1 cap 126.6 200418 Rice, white, long grain, requint, row, criched 185 1 cap 126.6	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
90938Raisin, seedless1451 cap22.390938Rainin, seedless141 nacker2.7.390936Raspherins, froon, rod, sweetend2501 cap181816103Refrict beans, canned (includes USDA commonity)2521 cap191490916Rabberfins, raw1231 cap102416103Refrict beans, canned (includes USDA commonity)2521 cap191417442Rice beverage, RICE DREAM, canned2451 cap142.320047Rice, brown, long grain, parboliel, enriched, cooked1751 cap183.520048Rice, white, long grain, parboliel, enriched, dry1851 cap184.520048Rice, white, long grain, regular, neoched1851 cap184.520048Rice, white, long grain, regular, neoched1851 cap184.520049Rice, white, long grain, regular, neoched1851 cap184.520044Rice, white, long grain, regular, neoched1851 cap184.520045Rice, white, long grain, regular, neoched1851 cap124.520045Rice, white, long grain, regular, neoched1851 cap184.520046Rice, white, long grain, regular, neoched ni staba1 cap124.520047Rolls, hard (includes kaser)571 cap184.520048Rice, white, long grain, regular, neoched ni staba1 cap15.620049Salad dressing, fronch, dressing, reduced fat15.31	11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	229.541
90298Raisin, seedless141 packet2.190306Raspberries, row250I cup181.890302Raspberries, row123I cup105.410103Refride bans, cunned (includes USDA commodily)252I cup104.290310Rhubach, frozen, cooked, wift sugar240I cup162.211412Rice beverage, RICE DREAM, canned245I cup162.220047Rice, white, long-grain, cooked175I cup162.220047Rice, white, long-grain, cooked175I cup126.320048Rice, white, long-grain, parboiled, enriched, dry185I cup108.320049Rice, white, long-grain, regular, cooked158I cup108.320044Rice, white, long-grain, regular, cooked185I cup108.320045Rice, white, long-grain, regular, cooked185I cup21.418342Rolls, handregroup kasiser)57I roll17.518350Rolls, handregroup kasiser)57I roll17.518351Rolls, handregroup constructure, regular15.3I tup3.319353Salad dressing, refresch frassing, constructure, regular15.6I tup3.319353Salad dressing, french dressing, constructure, regular15.61 tup3.319333Salad dressing, french dressing, constructure, regular15.61 tup3.319333Salad dressing, relaxed frait15.61 tup3.2 <td>11429</td> <td>Radishes, raw</td> <td>4.5</td> <td>1 radish</td> <td>4.287</td>	11429	Radishes, raw	4.5	1 radish	4.287
D9906 Rapberries, frozen, red, sweetened 250 1 cup 181.8 09902 Rapberries, row 123 1 cup 1063 16103 Refried beans, camed (includes USDA commodity) 252 1 cup 1064 16103 Refried beans, camed (includes USDA commodity) 252 1 cup 1624 16103 Refried beans, camed (includes USDA commodity) 252 1 cup 1624 16103 Refried beans, camed (includes USDA commodity) 252 1 cup 1624 16104 Refried beans, camed (includes USDA conmodity) 252 1 cup 1624 16104 Refried beans, condex, dwith, long-grain, parkoled, enriched, dy 185 1 cup 163 10046 Rice, white, long-grain, regular, row, enriched 185 1 cup 264 18135 Rolls, lambregrar on holdog, plain 43 1 roll 145 18135 Rolls, hambregrar on rougefort cheese dressing, commercial, regular 15.6 1 tbsp 55 18135 Rolls, dard dressing, refresch dressing, romarcial, regular 15.6 1 tbsp 15	09298	Raisins, seedless	145	1 cup	22.374
99902Raspherrie, rav1231 cup105.416103Refried beam, canned (includes USDA commodity)2521 cup104.499310Rhubath, frozen, cooked, with sugar2401 cup12.220037Rice, brown, long-grain, cooked1951 cup12.220037Rice, brown, long-grain, parbolled, enriched, cooked1751 cup12.620046Rice, white, long-grain, parbolled, enriched, dry1851 cup12.620047Rice, white, long-grain, probled, enriched, dry1851 cup12.620048Rice, white, long-grain, regular, cooked1581 cup12.420049Rice, white, long-grain, regular, requler, encoked1851 cup12.420044Rice, white, long-grain, regular, requler, encoked1851 cup12.420045Rice, white, long-grain, regular, rav, enriched1851 cup12.420046Rice, white, long-grain, regular, rav, enriched1851 cup12.420047Rice, white, long-grain, regular, rav, enriched1851 cup12.420048Rice, white, long-grain, regular, rav, enriched1851 cup12.420049Rice, white, long-grain, regular, rav, enriched1851 cup12.620044Rice, white, long-grain, regular, rav, enriched1851 cup12.620045Salad dressing, robube, plain431 roll14.620045Salad dressing, robube, plain15.61 thsp3.5 <t< td=""><td>09298</td><td>Raisins, seedless</td><td>14</td><td>1 packet</td><td>2.160</td></t<>	09298	Raisins, seedless	14	1 packet	2.160
16103Refried beans, canned (includes USDA commodity)2521 cup191499110Rhuberh, frozen, cooked, with sigar2401 cup162214442Rice beverage, RICE DREAM, canned2451 cup21741424Rice, horwn, long-grain, norboild, enriched, cooked1751 cup142220047Rice, white, long-grain, parboiled, enriched, cooked1751 cup126320048Rice, white, long-grain, regular, cooked1581 cup108320049Rice, white, long-grain, regular, cooked1581 cup21481842Rolls, dimer, regular, cooked1851 cup21481850Rolls, hand (includes kaiser)571 roll17681850Rolls, hand (includes kaiser)571 roll17681830Salad dressing, flow conge fain1531 thsp4591130Salad dressing, flow conge for these a dressing, commercial, regular15.61 thsp3591130Salad dressing, flow dressing, commercial, regular15.61 thsp3291131Salad dressing, flow dressing, commercial, regular15.61 thsp3291131Salad dressing, none recipe, conked161 thsp3291131Salad dressing, none recipe, conked15.31 thsp3591141Salad dressing, notand ressing, conduced fat15.81 thsp3291133Salad dressing, notand ressing, conduced fat15.31 thsp3591141Sala	09306	Raspberries, frozen, red, sweetened	250	1 cup	181.875
p9110 Rhubarb, fozen, cooked, with sugar 240 1 cup 162.64 1/4422 Rice bwerage, RICE DREAM, canned 245 1 cup 1217. 20037 Rice, white, long-grain, probiled, enriched, cooked 195 1 cup 126.8 20046 Rice, white, long-grain, probiled, enriched, dry 185 1 cup 183. 20049 Rice, white, long-grain, regular, cooked 185 1 cup 126.4 20044 Rice, white, long-grain, regular, cooked 185 1 cup 126.4 20044 Rice, white, long-grain, regular, cooked 185 1 cup 126.4 20044 Rice, white, long-grain, regular, cooked 185 1 cup 126.4 20044 Rice, white, long-grain, regular, cooked 185 1 cup 126.4 20044 Rice, white, long-grain, regular, cooked 185 1 cup 126.4 20044 Rice, white, long-grain, regular, cooked 185 1 cup 126.4 20044 Rice, white, long-grain, regular, cooked 16.3 1 hosp 26.4 2014	09302	Raspberries, raw	123	1 cup	105.473
H442Rice beverage, RICE DREAM, canned2451 cup217.420037Rice, brown, long-grain, cooked1951 cup142.220047Rice, white, long-grain, parboiled, enriched, cooked1751 cup126.320046Rice, white, long-grain, parboiled, enriched, dy1851 cup188.320047Rice, white, long-grain, recooked or instant, enriched, prepared1651 cup108.120046Rice, white, long-grain, recooked or instant, enriched, prepared1651 cup108.120047Rice, white, long-grain, recooked or instant, enriched1851 cup108.120048Rice, white, long-grain, regular, cooked1851 cup28.120044Rice, white, long-grain, regular, raw, enriched1851 cup14.920045Rice, white, long-grain, regular, raw, enriched1851 cup15.120046Rice, white, long-grain, regular, raw, enriched1701 cup151.020047Ratabagas, cooked, boiled, drained, without salt1701 cup151.020040Salad dressing, french dressing, commercial, regular15.31 thsp4.320140Salad dressing, french dressing, commercial, regular15.61 thsp1.120141Salad dressing, french dressing, conduced fat15.31 thsp2.220141Salad dressing, french dressing, coduced fat15.31 thsp2.220142Salad dressing, french dressing, coduced fat15.31 thsp2.2 <t< td=""><td>16103</td><td>Refried beans, canned (includes USDA commodity)</td><td>252</td><td>1 cup</td><td>191.444</td></t<>	16103	Refried beans, canned (includes USDA commodity)	252	1 cup	191.444
Body 20037Rice, brown, long-grain, cooled1951 cup142.220047Rice, white, long-grain, parboiled, enriched, evoked1751 cup126.820046Rice, white, long-grain, recolled, evoked1751 cup126.120045Rice, white, long-grain, regular, raw, enriched, prepared1651 cup121.420044Rice, white, long-grain, regular, raw, enriched1851 cup21.420044Rice, white, long-grain, regular, raw, enriched1851 cup21.420044Rice, white, long-grain, cobed1851 cup21.420045Rice, white, long-grain, regular, raw, enriched1851 cup21.420044Rice, white, long-grain, cobed1851 cup21.420045Rice, divita, cobe1851 cup21.420046Rice, white, long-grain, regular, raw, enriched1851 cup21.420047Rice, divita, cobe12.61 cup15.61 cup20048Rice, white, long-grain, regular, cobe16.31 tbsp3.320049Salad dressing, french dressing, commercial, regular15.61 tbsp3.220140Salad dressing, infench dressing, reduced fat15.31 tbsp2.720141Salad dressing, infini dressing, contercipe, vinegar and oil15.31 tbsp2.720141Salad dressing, infini dressing, reduced fat15.31 tbsp3.220151Salad dressing, infini dressing, reduced fat15.31 tbsp	09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	162.696
20047 Rice, white, long-grain, parboiled, enriched, droy 175 1 cup 126.8 20046 Rice, white, long-grain, parboiled, enriched, dry 185 1 cup 126.1 20047 Rice, white, long-grain, pregular, cooked 158 1 cup 126.1 20044 Rice, white, long-grain, regular, raw, enriched 185 1 cup 126.1 18342 Rolls, hand urger or hotdog, plain 43 1 roll 14.4 18350 Rolls, hand urger or hotdog, plain 43 1 roll 17.6 18353 Rolls, hand (includes kaiser) 57 1 roll 17.6 18353 Rolls, hand (includes kaiser) 57 1 roll 17.6 18353 Rolls, hand (includes kaiser) 5.6 1 tbsp 45.3 1840 Ratid dressing, french dressing, commercial, regular 15.6 1 tbsp 3.3 1813 Salad dressing, french dressing, conduct fat 16.3 1 tbsp 3.3 1814 Salad dressing, italian dressing, conduct fat 15.6 1 tbsp 3.2 1813 S	14342	Rice beverage, RICE DREAM, canned	245	1 cup	217.487
ProvideRice, white, long-grain, parboiled, enriched, dry1851 cup18520049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup126.120044Rice, white, long-grain, regular, cooked1581 cup108.120044Rice, white, long-grain, regular, raw, enriched1851 cup21.420044Rice, white, long-grain, regular, raw, enriched1851 cup21.420045Rice, white, long-grain, regular, raw, enriched1851 cup21.420046Rice, white, long-grain, regular, raw, enriched1851 cup21.420047Rolls, handburger or holdog, plain431 roll14.320048Rice, hard (includes kaiser)571 roll17.720040Salad dressing, french dressing, commercial, regular15.31 tbsp44.520102Salad dressing, french dressing, commercial, regular15.61 tbsp3.520113Salad dressing, french, home recipe141 tbsp3.220121Salad dressing, inlain dressing, contarcial, regular14.71 tbsp3.220121Salad dressing, inlain dressing, contarcial, regular15.61 tbsp12.720122Salad dressing, inlain dressing, roduced fat15.31 tbsp2.120133Salad dressing, inlain dressing, roduced fat15.31 tbsp2.120142Salad dressing, nousani isand, commercial, regular15.61 tbsp2.120142Salad dressin	20037	Rice, brown, long-grain, cooked	195	1 cup	142.526
20049Rice, white, long-grain, precooked or instant, enriched, prepared1651 cup126.120045Rice, white, long-grain, regular, raw, enriched1851 cup018.120044Rice, white, long-grain, regular, raw, enriched1851 cup21.420044Rice, white, long-grain, regular, raw, enriched1851 cup21.420044Rolls, dinner, plain, commercially prepared (includes brown-and- 28281 roll14.428320Rolls, hamburger or hotdog, plain431 roll17.611436Rutbaggas, cooked, boiled, drained, without salt1701 cup15.111436Rutbaggas, cooked, boiled, drained, without salt1701 cup5.511420Salad dressing, libe or roquefort cheese dressing, commercial, regular15.61 thsp5.511420Salad dressing, libe or roquefort cheese dressing, commercial, regular15.61 thsp3.211420Salad dressing, french dressing, reduced fat16.31 thsp3.211435Salad dressing, home recipe, cooked161 thsp3.211414Salad dressing, indian dressing, commercial, regular14.71 thsp3.211414Salad dressing, indian dressing, reduced fat15.31 thsp12.511414Salad dressing, nusain dressing15.31 thsp3.211415Salad dressing, nusain dressing, reduced fat15.31 thsp3.211415Salad dressing, nusain dressing, reduced fat15.61 thsp <td>20047</td> <td>Rice, white, long-grain, parboiled, enriched, cooked</td> <td>175</td> <td>1 cup</td> <td>126.858</td>	20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	126.858
DeterminingRice, white, long-grain, regular, cooked158I cup108.120044Rice, white, long-grain, regular, raw, enriched185I cup21.481842Rolls, dimer, plain, commercially prepared (includes brown-and- serve)28I roll8518350Rolls, hamburger or hotdog, plain43I roll14.518353Rolls, hamburger or hotdog, plain43I roll17.711436Rutabagas, cooked, boiled, drained, without salt170I cup151.014459Salad dressing, french dressing, commercial, regular15.6I thsp45.514120Salad dressing, french dressing, commercial, regular16.3I thsp8.814133Salad dressing, french dressing, commercial, regular16.6I thsp11.01414Salad dressing, french dressing, commercial, regular14.7I thsp3.314133Salad dressing, italian dressing, commercial, regular14.7I thsp3.31414Salad dressing, italian dressing, commercial, regular14.7I thsp12.71414Salad dressing, italian dressing, commercial, regular14.7I thsp2.31414Salad dressing, italian dressing, councercial, regular15.3I thsp10.91414Salad dressing, italian dressing, councercial, regular15.6I thsp10.91414Salad dressing, italian dressing, councercial, regular16.3I thsp2.31415Salad dressing, italian dressing, councercial, regular <td< td=""><td>20046</td><td>Rice, white, long-grain, parboiled, enriched, dry</td><td>185</td><td>1 cup</td><td>18.796</td></td<>	20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	18.796
20044Rice, white, long-grain, regular, raw, enriched1851 cup21.418342Rolls, dinner, plain, commercially prepared (includes brown-and-serve)281 roll85.918350Rolls, hamburger or hotdog, plain431 roll14.518353Rolls, hard (includes kaiser)571 roll17.611436Rutabagas, cooked, boiled, drained, without salt1701 cup151.011436Rutabagas, cooked, boiled, drained, without salt15.61 thsp45.911430Salad dressing, french dressing, commercial, regular15.61 thsp55.911430Salad dressing, french, hore recipe141 thsp33.911430Salad dressing, french, hore recipe161 thsp11.01143Salad dressing, inform cercipe141 thsp35.911414Salad dressing, indian dressing, commercial, regular15.61 thsp7.311414Salad dressing, indian dressing, commercial, regular14.71 thsp8.211414Salad dressing, indian dressing, commercial, regular15.61 thsp12.711415Salad dressing, russian dressing15.31 thsp9.211414Salad dressing, russian dressing, ovalari15.31 thsp9.211415Salad dressing, russian dressing, low calorie16.31 thsp9.211416Salad dressing, russian dressing, low calorie16.31 thsp9.211417Salad dressing, russian dressing, low calorie<	20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	126.126
18342Rolls, dinner, plain, commercially prepared (includes brown-and-serve)281 roll8.8.918350Rolls, hamburger or hotdog, plain431 roll14.918353Rolls, hand (includes kaiser)571 roll17.014366Rutabagas, cooked, boiled, drained, without salt17.01 cup15.1014359Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp4.914100Salad dressing, french dressing, commercial, regular15.61 tbsp3.314133Salad dressing, french dressing, reduced fat16.31 tbsp3.314134Salad dressing, home recipe, vinegar and oil15.61 tbsp11.01413Salad dressing, italian dressing, reduced fat151 tbsp3.21414Salad dressing, italian dressing, reduced fat15.31 tbsp3.21414Salad dressing, italian dressing, reduced fat15.31 tbsp3.21414Salad dressing, italian dressing, reduced fat15.31 tbsp3.214025Salad dressing, russian dressing, reduced fat15.31 tbsp3.214025Salad dressing, thousand island dressing, reduced fat15.61 tbsp3.214026Salad dressing, thousand island dressing, reduced fat15.61 tbsp3.214027Salad dressing, thousand island dressing, reduced fat15.61 tbsp3.214028Salad dressing, thousand island dressing, reduced fat15.61 tbsp3.2 <td>20045</td> <td>Rice, white, long-grain, regular, cooked</td> <td>158</td> <td>1 cup</td> <td>108.135</td>	20045	Rice, white, long-grain, regular, cooked	158	1 cup	108.135
serve) 1 43 1 roll 14.4 18350 Rolls, hard (includes kaiser) 57 1 roll 17.6 11436 Rutiabagas, cooked, boiled, drained, without salt 170 1 cup 151.0 14363 Salad dressing, solked, boiled, drained, without salt 170 1 cup 151.0 04120 Salad dressing, french dressing, commercial, regular 15.6 1 thsp 3.3 04120 Salad dressing, french dressing, reduced fat 16.3 1 thsp 3.3 04133 Salad dressing, home recipe, cooked 16 1 thsp 3.3 04144 Salad dressing, interain dressing, reduced fat 15.6 1 thsp 3.2 04114 Salad dressing, interain dressing, reduced fat 15 1 thsp 3.2 04021 Salad dressing, invasian dressing, reduced fat 15.3 1 thsp 3.2 04022 Salad dressing, invasian dressing, low calorie 16.3 1 thsp 3.2 <	20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	21.497
Rolls, hard (includes kaiser) 57 1 roll 17.6 11436 Rutabagas, cooked, boiled, drained, without salt 170 1 cup 151.0 04539 Salad dressing, blue or roquefort cheese dressing, commercial, regular 15.3 1 tbsp 4.9 04120 Salad dressing, french dressing, reduced fat 16.3 1 tbsp 8.8 04133 Salad dressing, french dressing, reduced fat 16.3 1 tbsp 8.8 04134 Salad dressing, nome recipe, cooked 16 1 tbsp 3.3 04144 Salad dressing, nome recipe, cooked 16 1 tbsp 7.3 04114 Salad dressing, italian dressing, commercial, regular 14.7 1 tbsp 8.2 04021 Salad dressing, italian dressing, reduced fat 15.6 1 tbsp 12.7 04022 Salad dressing, russian dressing, reduced fat 15.3 1 tbsp 2.1 04023 Salad dressing, russian dressing, row calorie 16.3 1 tbsp 2.1 04024 Salad dressing, thousand island, commercial, regular 15.6 1 tbsp 7.2 04025 Salad dressing, russian dressing, row calorie 16.3	18342		28	1 roll	8.932
H1436Rutabagas, cooked, boiled, drained, without salt1701 cup151.004539Salad dressing, blue or roquefort cheese dressing, commercial, regular15.31 tbsp4.904120Salad dressing, french dressing, commercial, regular15.61 tbsp5.504020Salad dressing, french dressing, reduced fat16.31 tbsp8.804133Salad dressing, french, home recipe141 tbsp3.304134Salad dressing, home recipe, cooked161 tbsp7.304135Salad dressing, home recipe, vinegar and oil15.61 tbsp7.204021Salad dressing, italian dressing, commercial, regular14.71 tbsp8.204021Salad dressing, russian dressing, reduced fat15.81 tbsp12.704025Salad dressing, russian dressing, reduced fat15.31 tbsp2.104023Salad dressing, russian dressing, reduced fat15.31 tbsp9.204023Salad dressing, towandi sland, commercial, regular15.61 tbsp7.204024Salad dressing, towandi sland, commercial, regular15.61 tbsp7.204025Salad dressing, towandi sland, ecommercial, regular15.61 tbsp7.204026Salad dressing, towandi sland, commercial, regular15.61 tbsp7.204027Salad dressing, towandi sland, commercial, regular15.61 tbsp7.204028Salad dressing, towandi sland, commercial, regular15.61 tbsp0.0	18350	Rolls, hamburger or hotdog, plain	43	1 roll	14.921
Add StartSalad dressing, blue or roquefort cheese dressing, commercial, regular15.31 thsp4.4544120Salad dressing, french dressing, commercial, regular15.61 thsp5.544020Salad dressing, french dressing, reduced fat16.31 thsp8.84133Salad dressing, french, home recipe141 thsp3.34144Salad dressing, home recipe, cooked161 thsp11.04135Salad dressing, inalian dressing, commercial, regular14.71 thsp8.244021Salad dressing, italian dressing, commercial, regular14.71 thsp8.244025Salad dressing, italian dressing, reduced fat15.31 thsp2.144025Salad dressing, russian dressing15.31 thsp2.244022Salad dressing, russian dressing, low calorie16.31 thsp9.244023Salad dressing, thousand island, commercial, regular15.61 thsp9.244047Salad dressing, thousand island, commercial, regular15.61 thsp9.24407Salad dressing, thousand island, commercial, regular15.61 thsp9.2 </td <td>18353</td> <td>Rolls, hard (includes kaiser)</td> <td>57</td> <td>1 roll</td> <td>17.670</td>	18353	Rolls, hard (includes kaiser)	57	1 roll	17.670
M120Salad dressing, french dressing, commercial, regular15.61 thsp5.7M200Salad dressing, french dressing, reduced fat16.31 thsp8.8M133Salad dressing, french, home recipe141 thsp3.3M134Salad dressing, home recipe, cooked161 thsp11.0M135Salad dressing, indian dressing, commercial, regular14.71 thsp8.2M141Salad dressing, italian dressing, reduced fat151 thsp12.7M202Salad dressing, italian dressing, reduced fat15.31 thsp2.1M202Salad dressing, russian dressing15.31 thsp2.1M202Salad dressing, russian dressing, low calorie16.31 thsp2.2M202Salad dressing, tousand island dressing, reduced fat15.31 thsp9.2M202Salad dressing, tousand island, commercial, regular15.61 thsp7.3M203Salad dressing, thousand island, commercial, regular15.61 thsp7.3M204Salad dressing, thousand island, commercial, regular15.61 thsp7.3M204Salad dressing, thousand island, commercial, regular15.61 thsp0.0M203Salad dressing, thousand island, commercial, regular15.61 thsp7.3M204Salad dressing, thousand island, commercial, regular15.61 thsp0.0M204Salad dressing, thousand island, commercial, regular15.61 thsp0.0M204Salad dressing	1436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	151.096
ValueSalad dressing, french dressing, reduced fat16.31 bsp8.84133Salad dressing, french, home recipe141 bsp3.34134Salad dressing, home recipe, cooked161 bsp11.04135Salad dressing, home recipe, vinegar and oil15.61 bsp7.34114Salad dressing, italian dressing, commercial, regular14.71 bsp8.24021Salad dressing, italian dressing, reduced fat151 bsp2.14025Salad dressing, mayonnaise, soybean oil, with salt13.81 bsp2.140415Salad dressing, russian dressing, ow calorie16.31 bsp2.240422Salad dressing, russian dressing, low calorie16.31 bsp9.240423Salad dressing, thousand island, commercial, regular15.61 bsp7.24047Salad dressing, thousand island, commercial, regular15.61 bsp9.24047Salad dressing, thousand island, commercial, regular15.61 bsp7.24047Salad dressing, thousand island, commercial, regular15.61 bsp9.24047Salad dressing, thousand island, commercial, regular15.61 bsp9.24047Salad dressing, thousand island, commercial, regular15.61 bsp0.07076Salad, dressing, thousand island, commercial, regular15.61 bsp0.07077Salt, table61 tsp0.07073Sandwich spread, pork, beef151 bsp <td< td=""><td>04539</td><td>Salad dressing, blue or roquefort cheese dressing, commercial, regular</td><td>15.3</td><td>1 tbsp</td><td>4.942</td></td<>	04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4.942
MarkaSalad dressing, french, home recipe141 bsp3.34133Salad dressing, home recipe, cooked161 bsp11.04135Salad dressing, home recipe, vinegar and oil15.61 bsp7.34114Salad dressing, italian dressing, commercial, regular14.71 bsp8.24021Salad dressing, italian dressing, reduced fat151 bsp2.14025Salad dressing, mayonnaise, soybean oil, with salt13.81 bsp2.14015Salad dressing, russian dressing, ow calorie16.31 bsp5.24022Salad dressing, tousand island, conduct fat15.31 bsp9.24017Salad dressing, thousand island, commercial, regular15.61 bsp7.27069Salami, cooked, beef and pork56.72 slices3.47072Salatni, cooked, beef202 slices6.52047Salt, table61 tsp0.07073Sandwich spread, pork, beef151 bsp9.021097Sandwich spread, pork, beef151 bsp9.021097Sandwich spread, pork, beef151 bsp9.021098Sandwiches and burgers, cheeseburger, large, single meat patty, with1951 sandwich38.02113Sandwiches and burgers, hamburger, large, single meat patty, with2181 sandwich121.42016Sandwiches and burgers, hamburger, large, single meat patty, with2181 sandwich121.4 <tr <tr="">2113<</tr>	04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	5.703
All 34Salad dressing, home recipe, cooked161 thsp11.0All 35Salad dressing, home recipe, vinegar and oil15.61 thsp7.3All 4Salad dressing, italian dressing, commercial, regular14.71 thsp8.2All 2Salad dressing, italian dressing, reduced fat151 thsp12.7Ald 2Salad dressing, mayonnaise, soybean oil, with salt13.81 thsp2.1Ald 2Salad dressing, russian dressing15.31 thsp5.2Ald 2Salad dressing, russian dressing, low calorie16.31 thsp9.2Ald 2Salad dressing, thousand island dressing, reduced fat15.31 thsp9.2Ald 3Salad dressing, thousand island dressing, reduced fat15.31 thsp9.2Ald 17Salad dressing, thousand island, commercial, regular15.61 thsp7.2Ald 17Salad dressing, thousand island, commercial, regular15.61 thsp7.2Ald 17Salad dressing, thousand island, commercial, regular15.61 thsp9.2Ald 17Salad dressing, thousand island commercial, regular, single meat patty, with<	04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	8.848
Add and the series of the se	04133	Salad dressing, french, home recipe	14	1 tbsp	3.388
ValueSalad dressing, italian dressing, commercial, regular14.71 tbsp8.2V4021Salad dressing, italian dressing, reduced fat151 tbsp12.7V4025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp2.1V4015Salad dressing, russian dressing15.31 tbsp5.2V4022Salad dressing, russian dressing, low calorie16.31 tbsp5.2V4023Salad dressing, thousand island dressing, reduced fat15.31 tbsp9.2V4017Salad dressing, thousand island, commercial, regular15.61 tbsp7.2V4017Salad dressing, thousand island, commercial, regular15.61 tbsp7.2V4017Salad dressing, thousand island, commercial, regular15.61 tbsp7.2V4017Salad dressing, thousand island, commercial, regular15.61 tbsp7.2V7059Salami, crooked, beef and pork56.72 slices34.2V7072Salami, dry or hard, pork, beef202 slices6.5V2047Salt, table61 tsp0.0V7073Sandwich spread, pork, beef151 tbsp9.0V21097Sandwiches and burgers, cheeseburger, large, single meat patty, with plain1951 sandwich38.0V1131Sandwiches and burgers, cheeseburger, regular, single meat patty, with condiments and vegetables12.71 sandwich121.4V6150Sauce, barbecue sauce15.751 tbsp12.7	04134	Salad dressing, home recipe, cooked	16	1 tbsp	11.072
V4021Salad dressing, italian dressing, reduced fat151 tbsp12.7V4025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp2.1V4025Salad dressing, russian dressing15.31 tbsp5.2V4022Salad dressing, russian dressing, low calorie16.31 tbsp10.5V4023Salad dressing, housand island dressing, reduced fat15.31 tbsp9.2V4024Salad dressing, thousand island, commercial, regular15.61 tbsp7.2V4025Salad dressing, thousand island, commercial, regular15.61 tbsp7.2V4017Salad dressing, thousand island, commercial, regular15.61 tbsp7.2V4017Salad dressing, thousand island, commercial, regular15.61 tbsp7.2V7059Salami, cooked, beef and pork56.72 slices6.5V2047Salt, table61 tsp0.0V7073Sandwich spread, pork, beef151 tbsp9.0V1074Sandwiches and burgers, cheeseburger, large, single meat patty, with1951 sandwich85.0V2047Sandwiches and burgers, cheeseburger, regular, single meat patty, with1021 sandwich38.0V1073Sandwiches and burgers, cheeseburger, regular, single meat patty, with2181 sandwich121.4V2049Sandwiches and burgers, hamburger, large, single meat patty, with2181 sandwich121.4V2049Sauce, barbecue sauce15.751 tbsp12.7 <td>04135</td> <td>Salad dressing, home recipe, vinegar and oil</td> <td>15.6</td> <td>1 tbsp</td> <td>7.394</td>	04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	7.394
04025Salad dressing, mayonnaise, soybean oil, with salt13.81 tbsp2.104015Salad dressing, russian dressing15.31 tbsp5.204022Salad dressing, russian dressing, low calorie16.31 tbsp10.504023Salad dressing, thousand island dressing, reduced fat15.31 tbsp9.204017Salad dressing, thousand island, commercial, regular15.61 tbsp7.204017Salad dressing, thousand island, commercial, regular15.61 tbsp7.204017Salad dressing, thousand island, commercial, regular56.72 slices6.507069Salami, cooked, beef and pork56.72 slices6.507072Salami, dry or hard, pork, beef202 slices6.502047Salt, table61 tsp0.007073Sandwich spread, pork, beef151 tbsp9.0021097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich38.02113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich121.40405Sauce, barbecue sauce15.751 tbsp1.22.1	04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	8.291
D4015Salad dressing, russian dressing15.31 tbsp5.2D4022Salad dressing, russian dressing, low calorie16.31 tbsp10.5D4023Salad dressing, thousand island dressing, reduced fat15.31 tbsp9.2D4017Salad dressing, thousand island, commercial, regular15.61 tbsp7.2D4017Salad dressing, thousand island, commercial, regular15.61 tbsp7.2D4017Salad dressing, thousand island, commercial, regular15.61 tbsp7.2D4017Salad dressing, thousand island, commercial, regular15.61 tbsp7.2D7069Salami, cooked, beef and pork56.72 slices34.2D7072Salami, dry or hard, pork, beef202 slices6.9D2047Salt, table61 tsp0.0D7073Sandwich spread, pork, beef151 tbsp9.0D1097Sandwiches and burgers, cheeseburger, large, single meat patty, with1951 sandwich38.0D1097Sandwiches and burgers, cheeseburger, regular, single meat patty, with1021 sandwich38.0D113Sandwiches and burgers, hamburger, large, single meat patty, with2181 sandwich121.4D6150Sauce, barbecue sauce15.751 tbsp12.7	04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	12.702
D4022Salad dressing, russian dressing, low calorie16.31 tbsp10.5D4023Salad dressing, thousand island dressing, reduced fat15.31 tbsp9.2D4017Salad dressing, thousand island, commercial, regular15.61 tbsp7.2D7069Salami, cooked, beef and pork56.72 slices34.2D7072Salami, dry or hard, pork, beef202 slices6.5D2047Salt, table61 tsp0.0D7073Sandwich spread, pork, beef151 tbsp9.0D7074Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich85.0D1089Sandwiches and burgers, cheeseburger, regular, single meat patty, with plain1021 sandwich38.021113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich121.4D6150Sauce, barbecue sauce15.751 tbsp12.7	04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	2.111
04023Salad dressing, thousand island dressing, reduced fat15.31 tbsp9.204017Salad dressing, thousand island, commercial, regular15.61 tbsp7.207069Salami, cooked, beef and pork56.72 slices34.207072Salami, dry or hard, pork, beef202 slices6.902047Salt, table61 tsp0.007073Sandwich spread, pork, beef151 tbsp9.0021097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich85.021113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich121.406150Sauce, barbecue sauce15.751 tbsp12.7	04015	Salad dressing, russian dressing	15.3	1 tbsp	5.279
04017Salad dressing, thousand island, commercial, regular15.61 tbsp7.207069Salami, cooked, beef and pork56.72 slices34.207072Salami, dry or hard, pork, beef202 slices6.502047Salt, table61 tsp0.007073Sandwich spread, pork, beef151 tbsp9.007074Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich85.021089Sandwiches and burgers, cheeseburger, regular, single meat patty, with plain1021 sandwich38.021113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich121.406150Sauce, barbecue sauce15.751 tbsp12.7	04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	10.595
D7069Salami, cooked, beef and pork56.72 slices34.2D7072Salami, dry or hard, pork, beef202 slices6.5D2047Salt, table61 tsp0.0D7073Sandwich spread, pork, beef151 tbsp9.0D7074Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich85.0D1089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich38.0D113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich121.4D6150Sauce, barbecue sauce15.751 tbsp12.7	04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	9.292
D7072Salami, dry or hard, pork, beef202 slices6.5D2047Salt, table61 tsp0.0D7073Sandwich spread, pork, beef151 tbsp9.0D7073Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich85.0D1089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich38.0D1113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich121.4D6150Sauce, barbecue sauce15.751 tbsp12.7	04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	7.256
D2047Salt, table61 tsp0.0D7073Sandwich spread, pork, beef151 tbsp9.0D2097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich85.0D2089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich38.0D21113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich121.4D6150Sauce, barbecue sauce15.751 tbsp12.7	07069	Salami, cooked, beef and pork	56.7	2 slices	34.247
07073Sandwich spread, pork, beef151 tbsp9.021097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich85.021089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich38.021113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich121.406150Sauce, barbecue sauce15.751 tbsp12.7	07072	Salami, dry or hard, pork, beef	20	2 slices	6.940
21097Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments1951 sandwich85.021089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich38.021113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich121.426150Sauce, barbecue sauce15.751 tbsp12.7	02047	Salt, table	6	1 tsp	0.012
bacon and condiments21089Sandwiches and burgers, cheeseburger, regular, single meat patty, plain1021 sandwich38.021113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich121.406150Sauce, barbecue sauce15.751 tbsp12.7	07073	Sandwich spread, pork, beef	15	1 tbsp	9.042
plain21113Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables2181 sandwich121.406150Sauce, barbecue sauce15.751 tbsp12.7	21097		195	1 sandwich	85.020
condiments and vegetables06150Sauce, barbecue sauce15.751 tbsp12.7	21089	plain	102		38.046
		condiments and vegetables			121.426
06930Sauce, cheese, ready-to-serve631/4 cup44.4	06150	Sauce, barbecue sauce	15.75	1 tbsp	12.742
	06930	Sauce, cheese, ready-to-serve	63	1/4 cup	44.415

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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

VEGET ABLE.SS. anned. ready-to-serve 242 1 cup 23.008 06206 Seny PROGRESSO HEALTHY CLASSICS INTESTRONF, enned, ready-to-serve 241 1 cup 208.873 06206 Sony, PROGRESSO HEALTHY CLASSICS NEW FNGI AND 244 1 cup 21.7526 06207 Sony, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, 233 1 cup 22.591 06207 Sony, ready-to-serve 233 1 cup 22.591 06207 Sony, roma, canned, prepared with equal volume milk, connerecial 244 1 cup 22.0478 06559 Sony, romano, canned, prepared with equal volume water, connerecial 244 1 cup 22.0478 06670 Sony, vegetable, canned, prepared with equal volume water, connerecial 244 1 cup 22.0478 06671 Sony, vegetable, canned, prepared with equal volume 241 1 cup 22.0478 06675 Sony, vegetable, canned, ready-to-serve, connerecial 244 1 cup 22.0478 06716 Sony, vegetable, canned, ready-to-serve, connerecial 241 1 cup 22.0418 0716 Sony vegetable, canned, ready-to-serve, connerecial<	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
to-serve Descrive Carbon Solution 06:00 Song, PROGUESSO HEALTHY CLASSICS NEW INGLAND 244 1 cup 217.526 06:03 Song, PROGUESSO HEALTHY CLASSICS VEGETABLE, canned, 238 1 cup 216.580 06:04 Song, stock, fish, home-prepared 233 1 cup 220.478 06:05 Song, torano, canned, prepared with equal volume water, commercial 244 1 cup 220.478 06:07 Song, vegetable, canned, home, prepared with equal volume water, commercial 244 1 cup 220.178 06:07 Song, vegetable, canned, home, prepared with equal volume water, commercial 244 1 cup 220.178 06:07 Song, vegetable, canned, home, prepared with equal volume 241 1 cup 220.178 06:07 Song, vegetable, canned, nepared with equal volume 241 1 cup 220.178 01:08 Song messing, non-buttefit, cultured, filled cream-lype 12 1 lup 20.173 01:01 Sogistate: mode, from song and what (dony) 16 1 dusp 20.2231 01:02 Sogistate: moded, from song and what (dony)<	06202		239	1 cup	217.490
canied, ready-to-serve canied, ready-to-serve <thcanied, ready-to-serve<="" th=""> canied, ready-to-serve<!--</td--><td>06204</td><td>Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-</td><td>242</td><td>1 cup</td><td>213.008</td></thcanied,>	06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-	242	1 cup	213.008
CLAW CHOWDER, camed, ready-to-serve 216.800 06207 Sendy-to-serve 213 1 cup 216.800 06174 Song, stock, fish, home-prepared 223 1 cup 225.917 06559 Soign, tomato, canned, prepared with equal volume water, commercial 244 1 cup 225.528 06670 Song, vegetable best, prepared with equal volume water, commercial 244 1 cup 225.528 06670 Song, vegetable, canned, prepared with equal volume water, commercial 244 1 cup 225.528 06676 Song, vegetable, canned, prepared with equal volume 241 1 cup 225.528 06676 Song, vegetable, canned, prepared with equal volume 241 1 cup 225.528 06676 Song, vegetable, canned, prepared with equal volume 241 1 cup 225.528 06676 Song vegetable, canned, prepared with equal volume 241 1 cup 226.537 16120 Song mith, fluid Song mith, fluid 1 cup 017.566 11451 Soybeans, mature cooked, holied, without salt 140 1 cup 0.020 <	06206		241	1 cup	208.875
ready-to-serve 1 cup 225 907 06174 Soup, stock, fish, home-prepared 23 1 cup 225 907 06569 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 223 518 06670 Soup, vegetable beef, prepared with equal volume water, commercial 244 1 cup 223 518 06671 Soup, vegetable, canned, prepared with equal volume 241 1 cup 223 515 06667 Soup, vegetable, canned, prepared with equal volume 241 1 cup 223 515 01058 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 tsp 8975 16120 Soy milk, fluid 120 1 cup 123 4867 16143 Soybeans, mature cooked, boiled, drined, without salt 180 1 cup 234 512 21011 Soybeans, mature cooked, boiled, drined, without salt 140 1 cup 92 400 210215 Spigestri, whole-wheat, cooked 140 1 cup 92 400	06205	1	244	1 cup	217.526
BoySuperinsta, canned, prepared with equal volume milk, commercial2481 cap220.778806559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup220.47880667Soup, vegetable beef, prepared with equal volume water, commercial2441 cup222.51580667Soup, vegetable, canned, prepared with equal volume2411 cup222.51580667Soup, vegetable, canned, prepared with equal volume2411 cup228.5158067Sour, vegetable, canned, prepared with equal volume2411 cup218.68716120Soy milk, fluidCats121 thsp89.7516121Soy sauce made from say and wheat (shoyu)161 thsp11.37416132Soy sauce made from say and wheat (shoyu)161 cup123.48616143Soybeans, marce cooked, boiled, drained, without salt1721 cup107.58622011Spaghetti, whole-wheat, cooked2831 package220.23120121Spaghetti, whole-wheat, cooked1401 cup94.0020075Spices, cleriy seed21 tsp0.10120125Spices, cleriy seed2.31 tsp0.10120206Spices, cleriy powder2.81 tsp0.10120207Spices, naprika2.11 tsp0.10120208Spices, naprika2.11 tsp0.10120209Spices, naprika2.11 tsp0.10220205Spices, naprika2.1	06207	-	238	1 cup	216.580
Body, formato, canned, prepared with equal volume water, commercial 244 1 cup 220,478 06471 Soup, vegetable, canned, bruky, ready-to-serve, commercial 240 1 cup 221,512 06667 Soup, vegetable, canned, bruky, ready-to-serve, commercial 240 1 cup 222,513 06668 Sour, commercial, connectial 240 1 cup 222,515 06668 Sour, commercial, connectial, connectial 241 1 cup 222,515 06616 Sour, commercial, connectial, connectial, connectial 241 1 cup 222,515 061610 Sour, commercial 245 1 cup 218,687 06120 Soy suce made from soy and wheat (shoyu) 16 1 thsp 1.374 11451 Soybeans, mature cooked, boiled, without salt 172 1 cup 107,586 22401 Spaghetii, Weat Sauce, flozen entree 283 1 package 220,233 20121 Spaghetii, Weat Sauce, flozen entree 2.6 1 tsp 0.010 20205 Spices, celery seed 2 1 tsp 0.020 20206<	06174	Soup, stock, fish, home-prepared	233	1 cup	225.917
bdv/ bdv/ <th< td=""><td>06359</td><td>Soup, tomato, canned, prepared with equal volume milk, commercial</td><td>248</td><td>1 cup</td><td>209.758</td></th<>	06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	209.758
bit bi	06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	220.478
bit bi	06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	223.528
water, commercial batter is a second se	06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	210.192
16120 Soy milk, fuid 245 1 cup 218.687 16123 Soy sauce made from soy and wheat (shoyu) 16 1 tbsp 11.374 16123 Soy sauce made from soy and wheat (shoyu) 16 1 tbsp 123.480 16109 Soybeans, green, cooked, boiled, drained, without salt 172 1 cup 107.586 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 07.586 22011 Spaghetti, whele-wheat, cooked 283 1 package 220.231 20121 Spaghetti, whole-wheat, cooked 140 1 cup 94.010 02020 Spices, chiry seed 2 1 tsp 0.121 02009 Spices, chiri powder 2.6 1 tsp 0.203 02010 Spices, chiri powder 2.8 1 tsp 0.107 02020 Spices, garic powder 2.1 1 tsp 0.107 02020 Spices, oring powder 2.1 1 tsp 0.200 02021 Spices, parika 2.1 1 tsp 0.200 02022 Spices, parika 2.1 1 tsp 0.200	06468		241	1 cup	222.515
No. No. <td>01058</td> <td>Sour dressing, non-butterfat, cultured, filled cream-type</td> <td>12</td> <td>1 tbsp</td> <td>8.975</td>	01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	8.975
Number Numer Numer Numer <td>16120</td> <td>Soy milk, fluid</td> <td>245</td> <td>1 cup</td> <td>218.687</td>	16120	Soy milk, fluid	245	1 cup	218.687
Hor Number of the state of the	16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	11.374
Załoj Spaghetti wiele slace, frozen entree 283 I package 220231 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, celery seed 2.6 1 tsp 0.203 02010 Spices, cinnamon, ground 2.3 1 tsp 0.190 02020 Spices, curry powder 2.8 1 tsp 0.190 02020 Spices, onion powder 2.1 1 tsp 0.105 02027 Spices, organo, dried 1.5 1 tsp 0.107 02028 Spices, parskay, dried 1.3 1 tbsp 0.201 02029 Spices, parskay, dried 1.3 1 tbsp 0.202 02029 Spinach, conced, boiled, drained, without salt 180 1 cup 164.878 11461 Spinach, conced, boiled, drained, without salt 100 1 cup 166.896	11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	123.480
Paghetti, cooked, enriched, without added salt 140 1 cup 92.386 20121 Spaghetti, whole-wheat, cooked 140 1 cup 94.010 02007 Spices, celery seed 2 1 tsp 0.121 02009 Spices, celery seed 2 1 tsp 0.203 02010 Spices, cininamon, ground 2.3 1 tsp 0.219 02015 Spices, curry powder 2 1 tsp 0.190 02020 Spices, onion powder 2.1 1 tsp 0.190 02020 Spices, onion powder 2.1 1 tsp 0.105 02027 Spices, oregano, dried 1.5 1 tsp 0.107 02028 Spices, parsika 2.1 1 tsp 0.201 02029 Spices, parsika 2.1 1 tsp 0.201 02030 Spices, perper, black 2.1 1 tsp 0.202 02030 Spinach, souffle, home-prepared 136 1 cup 100.558 11451 Spinach, canned, drained solids 214 1	16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	107.586
Number Numer Numer Numer <td>22401</td> <td>Spaghetti w/Meat Sauce, frozen entree</td> <td>283</td> <td>1 package</td> <td>220.231</td>	22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	220.231
Decomposition Decompos	20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	92.386
DecempositionDecemp	20125	Spaghetti, whole-wheat, cooked	140	1 cup	94.010
DefinitionDefinitionDefinitionDefinitionDefinitionDefinition02010Spices, curry powder21 tsp0.19002020Spices, garlic powder2.81 tsp0.18102026Spices, onio powder2.11 tsp0.10302027Spices, oregano, dried1.51 tsp0.10702028Spices, parika2.11 tsp0.20002029Spices, parika, dried1.31 tbsp0.11702030Spices, parike, dried1.31 tsp0.22111658Spinach souffle, home-prepared1361 cup100.55811461Spinach, canned, drained, without salt1801 cup164.17811454Spinach, choopped or leaf, cooked, boiled, drained, without salt1901 cup168.86611457Spinach, raw301 cup164.89811454Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.86611454Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011454Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011454Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011454Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011454Squash, summer, all varieties, cooked, boiled, drained, without salt2051 cup	02007	Spices, celery seed	2	1 tsp	0.121
DescriptionDescriptionDescriptionDescription02015Spices, curry powder2.81 tsp0.19002020Spices, garlic powder2.81 tsp0.18102026Spices, onion powder2.11 tsp0.10502027Spices, oregano, dried1.51 tsp0.10702028Spices, paprika2.11 tsp0.20002029Spices, parsley, dried1.31 tbsp0.11702030Spices, pepper, black2.11 tsp0.22111658Spinach, souffle, home-prepared1361 cup100.55811461Spinach, canned, drained solids2141 cup196.40911458Spinach, cooked, boiled, drained, without salt1801 cup164.17811454Spinach, raw301 cup168.98611457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011644Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011644Squash, winter, all varieties, cooked, boiled, without salt2051 cup182.88111644Squash, winter, all varieties, cooked, boiled, without salt2051 cup210.2721188Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	02009	Spices, chili powder	2.6	1 tsp	0.203
Spices, garlic powder2.81 tsp0.18102020Spices, onion powder2.11 tsp0.10502027Spices, oregano, dried1.51 tsp0.10702028Spices, paprika2.11 tsp0.20002029Spices, parsley, dried1.31 tsp0.20102020Spices, parsley, dried1.31 tsp0.21111658Spinach souffle, home-prepared1361 cup100.55811461Spinach, canned, drained solids2141 cup196.40911458Spinach, cooked, boiled, drained, without salt1801 cup164.17811464Spinach, raw301 cup168.86611457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, cooked, boiled, drained, without salt2051 cup122.81211648Squash, winter, all varieties, cooked, boiled, without salt2401 cup210.720	02010	Spices, cinnamon, ground	2.3	1 tsp	0.219
D2026Spices, onion powder2.11 tsp0.105D2027Spices, oregano, dried1.51 tsp0.107D2028Spices, paprika2.11 tsp0.200D2029Spices, parsley, dried1.31 tbsp0.117D2030Spices, pepper, black2.11 tsp0.221D1658Spinach souffle, home-prepared1361 cup100.55811461Spinach, canned, drained solids2141 cup196.40911458Spinach, cooked, boiled, drained, without salt1801 cup164.17811464Spinach, raw301 cup27.42011457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, cooked, baked, without salt2051 cup182.81211488Squash, winter, butternut, frozen, cooked, boiled, without salt2051 cup20.42111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	02015	Spices, curry powder	2	1 tsp	0.190
D2027Spices, oregano, dried1.51 tsp0.107D2028Spices, paprika2.11 tsp0.200D2029Spices, parsley, dried1.31 tbsp0.117D2030Spices, pepper, black2.11 tsp0.22111658Spinach, souffle, home-prepared1361 cup100.55811461Spinach, canned, drained solids2141 cup196.40911458Spinach, cooked, boiled, drained, without salt1801 cup164.17811464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup168.98611457Spinach, raw301 cup27.42011457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, cooked, baked, without salt2051 cup182.88111644Squash, winter, all varieties, cooked, boiled, drained, without salt2051 cup182.88111644Squash, winter, all varieties, cooked, boiled, without salt2051 cup182.88111644Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	02020	Spices, garlic powder	2.8	1 tsp	0.181
D2027 Spices, oregano, dried 1.5 1 tsp 0.107 D2028 Spices, paprika 2.1 1 tsp 0.200 D2029 Spices, parsley, dried 1.3 1 tbsp 0.117 D2030 Spices, pepper, black 2.1 1 tsp 0.221 D1658 Spinach souffle, home-prepared 136 1 cup 100.558 D1461 Spinach, canned, drained solids 214 1 cup 196.409 D1458 Spinach, cooked, boiled, drained, without salt 180 1 cup 164.178 D1454 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 190 1 cup 168.986 D1457 Spinach, raw 30 1 cup 27.420 D1457 Spinach, raw 10 1 leaf 9.140 D1457 Spinach, raw 10 1 leaf 9.140 D1457 Spinach, raw 13 1 cup 168.660 D1641 Squash, summer, all varieties, cooked, baked, without salt 205 1 cup 168.660	02026	Spices, onion powder	2.1	1 tsp	0.105
D2028 Spices, paprika 2.1 1 tsp 0.200 D2029 Spices, parsley, dried 1.3 1 tbsp 0.117 D2030 Spices, pepper, black 2.1 1 tsp 0.221 D11658 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 21.40 1142 11457 Spinach, raw 10 1 leaf 9.140 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, winter, all varieties, raw 113 1 cup 168.660 11641 Squash, winter, all varieties, cooked, baked, without salt	02027	Spices, oregano, dried	1.5		0.107
D2029Spices, parsley, dried1.31 tbsp0.117D2030Spices, pepper, black2.11 tsp0.22111658Spinach souffle, home-prepared1361 cup100.55811461Spinach, canned, drained solids2141 cup196.40911458Spinach, cooked, boiled, drained, without salt1801 cup164.17811464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup168.98611457Spinach, raw301 cup27.42011457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, raw1131 cup168.86611644Squash, winter, all varieties, cooked, baked, without salt2051 cup182.88111644Squash, winter, all varieties, cooked, baked, without salt2051 cup182.88111644Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	02028	Spices, paprika	2.1	-	0.200
11658Spinach souffle, home-prepared1361 cup100.55811461Spinach, canned, drained solids2141 cup196.40911458Spinach, cooked, boiled, drained, without salt1801 cup164.17811464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup168.98611457Spinach, raw301 cup27.42011457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, cooked, baked, without salt2051 cup182.88111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	02029	Spices, parsley, dried	1.3	1 tbsp	0.117
11658Spinach souffle, home-prepared1361 cup100.55811461Spinach, canned, drained solids2141 cup196.40911458Spinach, cooked, boiled, drained, without salt1801 cup164.17811464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup168.98611457Spinach, raw301 cup27.42011457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, cooked, baked, without salt2051 cup182.88111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	02030	Spices, pepper, black	2.1	1 tsp	0.221
11458Spinach, cooked, boiled, drained, without salt1801 cup164.17811464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup168.98611457Spinach, raw301 cup27.42011457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, raw1131 cup106.94311644Squash, winter, all varieties, cooked, baked, without salt2051 cup182.88111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	11658	Spinach souffle, home-prepared	136	1 cup	100.558
11464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup168.98611457Spinach, raw301 cup27.42011457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, raw1131 cup106.94311644Squash, winter, all varieties, cooked, boiled, without salt2051 cup182.88111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	11461	Spinach, canned, drained solids	214	1 cup	196.409
11457Spinach, raw301 cup27.42011457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, raw1131 cup106.94311644Squash, winter, all varieties, cooked, baked, without salt2051 cup182.88111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	164.178
11457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, raw1131 cup106.94311644Squash, winter, all varieties, cooked, baked, without salt2051 cup182.88111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	168.986
11457Spinach, raw101 leaf9.14011642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, raw1131 cup106.94311644Squash, winter, all varieties, cooked, baked, without salt2051 cup182.88111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	11457	Spinach, raw	30	1 cup	27.420
11642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup168.66011641Squash, summer, all varieties, raw1131 cup106.94311644Squash, winter, all varieties, cooked, baked, without salt2051 cup182.88111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	11457		10		9.140
11641Squash, summer, all varieties, raw1131 cup106.94311644Squash, winter, all varieties, cooked, baked, without salt2051 cup182.88111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	11642	•			168.660
11644Squash, winter, all varieties, cooked, baked, without salt2051 cup182.88111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720	11641	1 / / / / / /			106.943
11488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup210.720		1 / / /			182.881
		• • • • • • • •			210.720
	09320	1			186.609

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
1647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	142.041
1512	Sweetpotato, canned, vacuum pack	255	1 cup	193.877
1508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	110.639
1510	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
9128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	8.235
8360	Taco shells, baked	13.3	1 medium	0.798
9223	Tangerine juice, canned, sweetened	249	1 cup	216.630
9220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	209.311
9218	Tangerines, (mandarin oranges), raw	84	1 tangerine	73.584
20068	Tapioca, pearl, dry	152	1 cup	16.705
4355	Tea, brewed, prepared with tap water	178	6 fl oz	177.466
4545	Tea, herb, chamomile, brewed	178	6 fl oz	177.466
4381	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
8361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	5.400
8362	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
6126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	67.789
6127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	104.712
1954	Tomatillos, raw	34	1 medium	31.154
1540	Tomato juice, canned, with salt added	243	1 cup	228.177
1546	Tomato products, canned, paste, without salt added	262	1 cup	192.570
1547	Tomato products, canned, puree, without salt added	250	1 cup	219.700
1549	Tomato products, canned, sauce	245	1 cup	218.222
1533	Tomatoes, red, ripe, canned, stewed	255	1 cup	233.427
1531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	226.416

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 tbsp	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 tbsp	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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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