

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

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.177
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.178
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	3.348
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	24.144
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	31.485
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	1.123
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	8.013
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.059
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	27.032
09011	Apples, dried, sulfured, uncooked	32	5 rings	18.301
09003	Apples, raw, with skin	138	1 apple	14.338
09004	Apples, raw, without skin	110	1 cup	11.110
09020	Applesauce, canned, sweetened, without salt	255	1 cup	42.075
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	24.620
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	51.265
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	26.206
09032	Apricots, dried, sulfured, uncooked	35	10 halves	18.704
09021	Apricots, raw	35	1 apricot	3.234
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	1.663
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	1.188
11015	Asparagus, canned, drained solids	72	4 spears	0.763
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.780
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.576
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.192
09038	Avocados, raw, California	28.35	1 oz	0.085
09039	Avocados, raw, Florida	28.35	1 oz	0.686
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	4.246
18005	Bagels, cinnamon-raisin	89	4" bagel	5.322
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.854
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.682
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.000
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.258
11028	Bamboo shoots, canned, drained solids	131	1 cup	2.476
09040	Bananas, raw	118	1 banana	14.431
09040	Bananas, raw	150	1 cup	18.345
20006	Barley, pearled, cooked	157	1 cup	0.440
20005	Barley, pearled, raw	200	1 cup	1.600
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	18.567
16008	Beans, baked, canned, with franks	259	1 cup	16.913

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16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	22.947
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	12.599
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.563
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.566
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.581
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	1.296
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	1.938
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	1.661
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.296
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	1.938
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	1.661
22905	Beef stew, canned entree	232	1 cup	2.227
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.000
13350	Beef, cured, dried	28.35	1 oz	0.695
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.000
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.000
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.000
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.000
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.864
11084	Beets, canned, drained solids	24	1 beet	1.322
11084	Beets, canned, drained solids	170	1 cup	9.367
11081	Beets, cooked, boiled, drained	170	1 cup	13.532
11081	Beets, cooked, boiled, drained	50	1 beet	3.980
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.046
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.036
09042	Blackberries, raw	144	1 cup	7.027
09055	Blueberries, frozen, sweetened	230	1 cup	45.356
09050	Blueberries, raw	145	1 cup	14.442
07008	Bologna, beef and pork	56.7	2 slices	2.506
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.000
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.758

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18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.110
18027	Bread, egg	40	1/2" slice	0.712
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.060
18033	Bread, italian	20	1 slice	0.166
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	2.613
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	2.412
18039	Bread, oatmeal	27	1 slice	2.198
18040	Bread, oatmeal, toasted	25	1 slice	2.210
18041	Bread, pita, white, enriched	28	4" pita	0.364
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.780
18044	Bread, pumpernickel	32	1 slice	0.170
18045	Bread, pumpernickel, toasted	29	1 slice	0.168
18047	Bread, raisin, enriched	26	1 slice	1.477
18048	Bread, raisin, toasted, enriched	24	1 slice	1.483
18053	Bread, reduced-calorie, rye	23	1 slice	0.527
18055	Bread, reduced-calorie, wheat	23	1 slice	0.706
18057	Bread, reduced-calorie, white	23	1 slice	1.095
18060	Bread, rye	32	1 slice	0.083
18061	Bread, rye, toasted	24	1 slice	0.067
18064	Bread, wheat (includes wheat berry)	25	1 slice	1.373
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	1.371
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	1.078
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.940
18070	Bread, white, commercially prepared, toasted	22	1 slice	1.043
18075	Bread, whole-wheat, commercially prepared	28	1 slice	5.561
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	5.580
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	1.260
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.514
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2.168
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2.650
11090	Broccoli, raw	31	1 spear	0.527
11090	Broccoli, raw	88	1 cup	1.496
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	2.714
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	3.224
20011	Buckwheat flour, whole-groat	120	1 cup	3.120
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.512
20013	Bulgur, cooked	182	1 cup	0.182
20012	Bulgur, dry	140	1 cup	0.574
01001	Butter, salted	14.2	1 tbsp	0.009
01145	Butter, without salt	14.2	1 tbsp	0.009
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	1.411
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	4.380
11109	Cabbage, raw	70	1 cup	2.506

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11112	Cabbage, red, raw	70	1 cup	2.737
11114	Cabbage, savoy, raw	70	1 cup	1.589
18088	Cake, angelfood, dry mix, prepared	50	1 piece	15.255
18090	Cake, boston cream pie, commercially prepared	92	1 piece	33.221
18110	Cake, fruitcake, commercially prepared	43	1 piece	11.791
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	9.615
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	17.170
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	17.030
18133	Cake, sponge, commercially prepared	30	1 shortcake	10.998
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	64.277
18139	Cake, white, prepared from recipe without frosting	74	1 piece	26.263
19074	Candies, caramels	10.1	1 piece	6.616
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	5.250
19071	Candies, carob	28.35	1 oz	14.742
19087	Candies, confectioner's coating, white	170	1 cup	100.436
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	12.539
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	12.145
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	11.009
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	13.165
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	2.477
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	12.973
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	43.638
19107	Candies, hard	6	1 piece	3.774
19107	Candies, hard	3	1 small piece	1.887
19108	Candies, jellybeans	28.35	10 large	19.845
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	22.012
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	4.456
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	10.152
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	10.919
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	37.003
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	28.090
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	3.334
19116	Candies, marshmallows	50	1 cup	28.780
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	22.660
19126	Candies, milk chocolate coated peanuts	40	10 pieces	15.036
19127	Candies, milk chocolate coated raisins	10	10 pieces	6.222
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	17.999
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	23.138
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	3.668
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	24.640
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	21.227
19080	Candies, semisweet chocolate	168	1 cup	91.560
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	3.995

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09060	Carambola, (starfruit), raw	91	1 fruit	4.668
09060	Carambola, (starfruit), raw	108	1 cup	5.540
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	39.775
14136	Carbonated beverage, ginger ale	366	12 fl oz	31.842
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	37.536
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	39.220
16055	Carob flour	8	1 tbsp	3.926
11655	Carrot juice, canned	236	1 cup	9.228
11960	Carrots, baby, raw	10	1 medium	0.476
11128	Carrots, canned, regular pack, drained solids	146	1 cup	3.621
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	5.382
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	5.957
11124	Carrots, raw	110	1 cup	4.994
11124	Carrots, raw	72	1 carrot	3.269
11935	Catsup	6	1 packet	1.229
11935	Catsup	15	1 tbsp	3.074
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.761
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	1.748
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	1.890
11135	Cauliflower, raw	13	1 floweret	0.312
11135	Cauliflower, raw	100	1 cup	2.400
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	3.555
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.889
11143	Celery, raw	120	1 cup	2.196
11143	Celery, raw	40	1 stalk	0.732
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	12.600
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	13.750
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	9.300
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.200
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	10.200
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	14.100
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	3.231
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	11.700
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	10.500
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	10.500
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	9.600
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	16.995
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	3.300

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08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	12.900
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	15.950
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	11.610
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	2.480
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	3.300
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	19.800
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	13.200
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	4.200
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	5.100
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	5.700
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	14.700
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	13.950
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	4.930
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	1.960
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	14.012
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	2.987
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	14.100
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	11.780
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	11.055
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	3.990
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	19.520
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	3.003
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	9.030
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	15.120
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	3.999
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	9.996
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	0.368
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	11.764
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	11.575
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	8.961
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	13.039
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	16.705
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	11.475
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	8.509
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	6.234
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbs	0.555
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.242

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08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.242
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.151
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.000
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	3.393
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.082
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	12.555
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	12.069
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2.106
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2.075
01004	Cheese, blue	28.35	1 oz	0.142
01007	Cheese, camembert	38	1 wedge	0.175
01009	Cheese, cheddar	28.35	1 oz	0.147
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.609
01013	Cheese, cottage, creamed, with fruit	226	1 cup	5.379
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	6.147
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.746
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	2.683
01017	Cheese, cream	14.5	1 tbsp	0.029
01186	Cheese, cream, fat free	15.6	1 tbsp	0.062
01019	Cheese, feta	28.35	1 oz	1.160
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.147
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.170
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.292
01030	Cheese, muenster	28.35	1 oz	0.318
01032	Cheese, parmesan, grated	5	1 tbsp	0.045
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.145
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.349
01035	Cheese, provolone	28.35	1 oz	0.159
01037	Cheese, ricotta, part skim milk	246	1 cup	0.763
01036	Cheese, ricotta, whole milk	246	1 cup	0.664
01040	Cheese, swiss	28.35	1 oz	0.374
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	18.544
09070	Cherries, sweet, raw	68	10 cherries	8.718
22906	Chicken pot pie, frozen entree	217	1 small pie	7.812
07017	Chicken roll, light meat	56.7	2 slices	0.000
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.000
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.000
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.000
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.000
05277	Chicken, canned, meat only, with broth	142	5 oz	0.000
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.000
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.000
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	7.872
22904	Chili con carne with beans, canned entree	222	1 cup	4.418
11156	Chives, raw	3	1 tbsp	0.056
14181	Chocolate syrup	18.75	1 tbsp	9.309
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	18.287
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	6.734
14192	Cocoa mix, powder	28.35	3 heaping tsp	21.070
14194	Cocoa mix, powder, prepared with water	206	1 serving	21.094
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	6.720
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.095
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.760
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.969
18151	Cookies, brownies, commercially prepared	56	1 brownie	20.502
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.020
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1.012
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	3.280
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	3.640
18170	Cookies, fig bars	16	1 cookie	7.418
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	26.124
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	4.354
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	5.632
18177	Cookies, molasses	15	1 cookie, medium	2.640
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	4.609
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	6.165
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	4.775
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.206
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	5.655
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.480
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	3.594
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	3.930
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	5.895
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	1.179
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	3.134
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	8.269
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	7.476



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	2.441
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	5.035
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	2.262
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.883
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.781
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.157
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	5.330
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	7.582
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	5.676
18214	Crackers, cheese, regular	10	10 crackers	0.028
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.489
18217	Crackers, matzo, plain	28.35	1 matzo	0.082
18220	Crackers, melba toast, plain	20	4 pieces	0.188
18226	Crackers, rye, wafers, plain	11	1 wafer	0.111
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.046
18229	Crackers, standard snack-type, regular	12	4 crackers	0.215
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.223
18232	Crackers, wheat, regular	8	4 crackers	1.043
18235	Crackers, whole-wheat	16	4 crackers	0.059
14242	Cranberry juice cocktail, bottled	253	8 fl oz	34.155
09081	Cranberry sauce, canned, sweetened	57	1 slice	21.603
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.707
01069	Cream substitute, powdered	2	1 tsp	1.098
01049	Cream, fluid, half and half	15	1 tbsp	0.024
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.017
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.021
01052	Cream, fluid, light whipping	15	1 tbsp	0.017
01056	Cream, sour, cultured	12	1 tbsp	0.019
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.024
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.010
18239	Croissants, butter	57	1 croissant	6.418
18243	Croutons, seasoned	40	1 cup	6.072
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.000
15141	Crustaceans, crab, blue, canned	135	1 cup	0.000
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.000
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.000
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.000
11206	Cucumber, peeled, raw	280	1 large	3.864
11206	Cucumber, peeled, raw	119	1 cup	1.642

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11205	Cucumber, with peel, raw	104	1 cup	1.737
11205	Cucumber, with peel, raw	301	1 large	5.027
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	2.867
18245	Danish pastry, cheese	71	1 danish	6.227
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	19.546
09087	Dates, deglet noor	178	1 cup	112.763
09087	Dates, deglet noor	41.5	5 dates	26.290
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.661
01072	Dessert topping, pressurized	4	1 tbsp	0.643
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.922
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	3.150
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	10.575
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	3.082
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	14.226
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.000
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.310
01143	Egg substitute, liquid	62.75	1/4 cup	0.402
01124	Egg, white, raw, fresh	33.4	1 large	0.237
01128	Egg, whole, cooked, fried	46	1 large	0.382
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.560
01131	Egg, whole, cooked, poached	50	1 large	0.385
01132	Egg, whole, cooked, scrambled	61	1 large	1.055
01123	Egg, whole, raw, fresh	50	1 large	0.385
01123	Egg, whole, raw, fresh	58	1 extra large	0.447
01123	Egg, whole, raw, fresh	44	1 medium	0.339
01125	Egg, yolk, raw, fresh	16.6	1 large	0.093
01057	Eggnog	254	1 cup	21.361
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	3.168
11213	Endive, raw	50	1 cup	0.125
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.682
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.669
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.000
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	2.754
21024	Fast foods, french toast sticks	141	5 sticks	26.395
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	6.699
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	17.953
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.000
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.000
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.000
09094	Figs, dried, uncooked	38	2 figs	18.210
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.000
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.675

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.374
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.000
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.000
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.000
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.000
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.000
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.000
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.000
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.000
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.000
07022	Frankfurter, beef	45	1 frank	1.526
07023	Frankfurter, beef and pork	45	1 frank	0.000
07024	Frankfurter, chicken	45	1 frank	0.000
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	21.926
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	23.978
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	13.460
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	17.280
19294	Fruit butters, apple	17	1 tbsp	6.001
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	44.417
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	25.738
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	27.999
11215	Garlic, raw	3	1 clove	0.030
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	19.157
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	28.750
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	37.596
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	31.625
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	95.191
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	27.575
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	21.884
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	23.786
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	70.711
09128	Grapefruit juice, white, raw	247	1 cup	22.477
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	8.475
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	8.626
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	38.202

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	24.768
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	7.740
06116	Gravy, beef, canned	58.25	1/4 cup	0.006
06119	Gravy, chicken, canned	59.5	1/4 cup	0.048
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.484
06125	Gravy, turkey, canned	59.6	1/4 cup	0.125
07027	Ham, chopped, not canned	21	2 slices	0.000
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.000
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.000
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	9.120
19296	Honey	21	1 tbsp	17.245
02055	Horseradish, prepared	5	1 tsp	0.400
19270	Ice creams, chocolate	66	1/2 cup	16.738
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	18.198
19095	Ice creams, vanilla	66	1/2 cup	14.005
19088	Ice creams, vanilla, light	66	1/2 cup	12.190
19089	Ice creams, vanilla, rich	74	1/2 cup	15.281
19283	Ice novelties, pop	59	1 bar (2 fl oz)	11.151
19297	Jams and preserves	20	1 tbsp	9.700
19300	Jellies	19	1 tbsp	7.689
11226	Jerusalem-artichokes, raw	150	1 cup	14.400
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.625
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.742
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	1.022
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	6.832
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	4.620
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.365
09153	Lemon juice, canned or bottled	244	1 cup	5.856
09152	Lemon juice, raw	47	juice of 1 lemon	1.128
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	32.562
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	1.450
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.564
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1.532
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.071
11251	Lettuce, cos or romaine, raw	56	1 cup	0.666
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.119
11253	Lettuce, green leaf, raw	10	1 leaf	0.078
11253	Lettuce, green leaf, raw	56	1 cup	0.437
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	2.466
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	2.278
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	5.452
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.211
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	3.370
09160	Lime juice, raw	38	juice of 1 lime	0.642
22247	Macaroni and Cheese, canned entree	252	1 cup	1.764
20100	Macaroni, cooked, enriched	140	1 cup	0.910
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	14.818
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	27.799
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	9.261
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	22.181
09176	Mangos, raw	165	1 cup	24.420
09176	Mangos, raw	207	1 mango	30.636
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.000
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.000
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.000
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.000
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.000
09181	Melons, cantaloupe, raw	69	1/8 melon	5.423
09181	Melons, cantaloupe, raw	160	1 cup	12.576
09184	Melons, honeydew, raw	160	1/8 melon	12.992
09184	Melons, honeydew, raw	170	1 cup	13.804
01110	Milk shakes, thick chocolate	300	10.6 fl oz	62.550
01111	Milk shakes, thick vanilla	313	11 fl oz	55.558
01094	Milk, buttermilk, dried	6.5	1 tbsp	3.185

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	11.736
01095	Milk, canned, condensed, sweetened	306	1 cup	166.464
01097	Milk, canned, evaporated, nonfat	256	1 cup	29.056
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	25.301
01102	Milk, chocolate, fluid, commercial,	250	1 cup	23.850
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	24.850
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	24.750
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	12.004
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	12.688
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	12.471
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	12.346
01077	Milk, whole, 3.25% milkfat	244	1 cup	12.834
16112	Miso	68.75	1 cup	3.224
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.000
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.000
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.000
18274	Muffins, blueberry, commercially prepared	57	1 muffin	11.229
18279	Muffins, corn, commercially prepared	57	1 muffin	10.135
18283	Muffins, oat bran	57	1 muffin	4.685
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	7.844
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	3.522
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	4.295
11264	Mushrooms, canned, drained solids	156	1 cup	3.432
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.432
11260	Mushrooms, raw	70	1 cup	1.302
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	5.916
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.805
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.140
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.142
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	6.941
09191	Nectarines, raw	136	1 nectarine	10.730
20113	Noodles, chinese, chow mein	45	1 cup	0.117
20110	Noodles, egg, cooked, enriched	160	1 cup	0.512
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.640
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.361
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.661
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	1.420
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	1.420
12167	Nuts, chestnuts, european, roasted	143	1 cup	15.158
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	40.148
12104	Nuts, coconut meat, raw	45	1 piece	2.804
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.230

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	1.174
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.315
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.196
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.125
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.018
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.309
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.214
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.740
20033	Oat bran, raw	94	1 cup	1.363
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	3.840
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	5.281
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.000
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	9.513
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	4.258
11284	Onions, dehydrated flakes	5	1 tbsp	1.795
11282	Onions, raw	160	1 cup	6.848
11282	Onions, raw	14	1 slice	0.599
11282	Onions, raw	110	1 whole	4.708
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	2.330
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.350
09207	Orange juice, canned, unsweetened	249	1 cup	20.916
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	20.916
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	79.598
09206	Orange juice, raw	86	juice from 1 orange	7.224
09206	Orange juice, raw	248	1 cup	20.832
09200	Oranges, raw, all commercial varieties	180	1 cup	16.830
09200	Oranges, raw, all commercial varieties	131	1 orange	12.249
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	4.615
09226	Papayas, raw	304	1 papaya	17.936
09226	Papayas, raw	140	1 cup	8.260
11297	Parsley, raw	10	10 sprigs	0.085
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	7.488
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	48.837
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	18.267

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09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	25.470
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	10.065
09246	Peaches, dried, sulfured, uncooked	39	3 halves	16.279
09250	Peaches, frozen, sliced, sweetened	250	1 cup	55.450
09236	Peaches, raw	170	1 cup	14.263
09236	Peaches, raw	98	1 peach	8.222
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.248
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.248
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	1.185
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.185
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	1.185
09340	Pears, asian, raw	275	1 pear	19.388
09340	Pears, asian, raw	122	1 pear	8.601
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	40.432
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	11.552
09254	Pears, canned, juice pack, solids and liquids	76	1 half	7.372
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	24.056
09252	Pears, raw	166	1 pear	16.268
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	6.384
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	7.712
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	7.072
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	7.440
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	5.684
11670	Peppers, hot chili, green, raw	45	1 pepper	2.295
11819	Peppers, hot chili, red, raw	45	1 pepper	2.385
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.556
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	4.597
11333	Peppers, sweet, green, raw	10	1 ring	0.240
11333	Peppers, sweet, green, raw	149	1 cup	3.576
11333	Peppers, sweet, green, raw	119	1 pepper	2.856
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	5.970
11821	Peppers, sweet, red, raw	149	1 cup	6.258
11821	Peppers, sweet, red, raw	119	1 pepper	4.998
11945	Pickle relish, sweet	15	1 tbsp	0.527
11937	Pickles, cucumber, dill	65	1 pickle	2.282
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	91.633
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	12.386
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.306
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	14.800
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	18.311
18305	Pie, blueberry, commercially prepared	117	1 piece	15.105
18308	Pie, cherry, commercially prepared	117	1 piece	21.399
18319	Pie, fried pies, fruit	128	1 pie	34.931



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18320	Pie, lemon meringue, commercially prepared	113	1 piece	37.313
18324	Pie, pecan, commercially prepared	113	1 piece	44.228
18326	Pie, pumpkin, commercially prepared	109	1 piece	15.107
11943	Pimento, canned	12	1 tbsp	0.344
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	28.800
14341	Pineapple and orange juice drink, canned	250	8 fl oz	28.975
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	33.950
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	42.926
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	8.281
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	6.792
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	35.981
09266	Pineapple, raw, all varieties	155	1 cup	14.353
09278	Plantains, cooked	154	1 cup	21.560
09277	Plantains, raw	179	1 medium	26.850
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	10.263
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	57.560
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	35.834
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	6.541
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	61.950
09291	Plums, dried (prunes), uncooked	42	5 prunes	16.015
09279	Plums, raw	66	1 plum	6.547
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.000
07064	Pork sausage, fresh, cooked	26	2 links	0.000
07064	Pork sausage, fresh, cooked	27	1 patty	0.000
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.000
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.000
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.000
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.000
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.000
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.000
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.000
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.000
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.000
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.000
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.000
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.000
11399	Potato puffs, frozen, prepared	79	10 puffs	1.398
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.384
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.652
11364	Potatoes, baked, skin, without salt	58	1 skin	0.812
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	1.183
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	1.326

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	1.148
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.805
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.455
11370	Potatoes, hashed brown, home-prepared	156	1 cup	2.324
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	2.541
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.171
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	3.024
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.000
09294	Prune juice, canned	256	1 cup	42.112
19183	Puddings, chocolate, ready-to-eat	113	4 oz	20.171
19218	Puddings, tapioca, ready-to-eat	113	4 oz	20.001
19201	Puddings, vanilla, ready-to-eat	113	4 oz	22.826
11424	Pumpkin, canned, without salt	245	1 cup	8.085
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.499
11429	Radishes, raw	4.5	1 radish	0.095
09298	Raisins, seedless	145	1 cup	85.826
09298	Raisins, seedless	14	1 packet	8.287
09306	Raspberries, frozen, red, sweetened	250	1 cup	54.400
09302	Raspberries, raw	123	1 cup	5.437
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.580
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	68.880
20037	Rice, brown, long-grain, cooked	195	1 cup	0.683
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.193
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.166
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.083
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.079
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.222
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	1.593
18350	Rolls, hamburger or hotdog, plain	43	1 roll	2.688
18353	Rolls, hard (includes kaiser)	57	1 roll	1.009
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	10.234
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.551
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	2.488
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	2.600
04134	Salad dressing, home recipe, cooked	16	1 tbsp	1.451
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.390
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.223
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.683
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.066
04015	Salad dressing, russian dressing	15.3	1 tbsp	1.591
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	3.565
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	2.648

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04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.368
07069	Salami, cooked, beef and pork	56.7	2 slices	0.000
07072	Salami, dry or hard, pork, beef	20	2 slices	0.000
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.000
06150	Sauce, barbecue sauce	15.75	1 tbsp	1.310
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.265
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	1.067
06166	Sauce, homemade, white, medium	250	1 cup	10.900
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.000
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	13.550
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.059
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.656
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	1.766
11439	Sauerkraut, canned, solids and liquids	236	1 cup	4.201
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.000
11445	Seaweed, kelp, raw	10	2 tbsp	0.060
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.029
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.652
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.074
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.038
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.874
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.774
14346	Shake, fast food, chocolate	333	16 fl oz	61.938
14347	Shake, fast food, vanilla	333	16 fl oz	59.274
19097	Sherbet, orange	74	1/2 cup	17.997
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	1.782
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.400
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.814
19013	Snacks, fruit leather, pieces	28.35	1 oz	16.324
19014	Snacks, fruit leather, rolls	21	1 large	10.124
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.851
19034	Snacks, popcorn, air-popped	8	1 cup	0.058
19036	Snacks, popcorn, cakes	10	1 cake	0.072
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	20.059
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	18.987
19035	Snacks, popcorn, oil-popped	11	1 cup	0.059
19041	Snacks, pork skins, plain	28.35	1 oz	0.000
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.420
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	1.420
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.062

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19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.062
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.062
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.174
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.079
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.150
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	2.758
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.023
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.342
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.528
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.265
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	1.287
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.241
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.074
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	3.869
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	7.589
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	1.000
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	5.113
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	1.870
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.500
06174	Soup, stock, fish, home-prepared	233	1 cup	0.000
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	12.202
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	5.685
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.976
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	4.392
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	3.495
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.562
16120	Soy milk, fluid	245	1 cup	1.225
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.272
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	5.160
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	7.358
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.910
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.120
02007	Spices, celery seed	2	1 tsp	0.013
02009	Spices, chili powder	2.6	1 tsp	0.187
02010	Spices, cinnamon, ground	2.3	1 tsp	0.050
02015	Spices, curry powder	2	1 tsp	0.055
02020	Spices, garlic powder	2.8	1 tsp	0.680
02026	Spices, onion powder	2.1	1 tsp	0.745

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02027	Spices, oregano, dried	1.5	1 tsp	0.061
02028	Spices, paprika	2.1	1 tsp	0.217
02029	Spices, parsley, dried	1.3	1 tbsp	0.095
02030	Spices, pepper, black	2.1	1 tsp	0.013
11461	Spinach, canned, drained solids	214	1 cup	0.856
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.774
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.969
11457	Spinach, raw	10	1 leaf	0.042
11457	Spinach, raw	30	1 cup	0.126
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	4.662
11641	Squash, summer, all varieties, raw	113	1 cup	2.486
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	6.765
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	61.226
09316	Strawberries, raw	18	1 strawberry	0.839
09316	Strawberries, raw	12	1 strawberry	0.559
09316	Strawberries, raw	166	1 cup	7.736
19334	Sugars, brown	3.2	1 tsp	3.079
19335	Sugars, granulated	4.2	1 tsp	4.196
19336	Sugars, powdered	8	1 tbsp	7.833
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	19.038
11512	Sweetpotato, canned, vacuum pack	255	1 cup	12.750
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	12.322
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	8.954
19348	Syrups, chocolate, fudge-type	19	1 tbsp	11.166
19350	Syrups, corn, light	20	1 tbsp	15.926
19353	Syrups, maple	20	1 tbsp	11.904
19129	Syrups, table blends, pancake	20	1 tbsp	12.142
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	4.920
18360	Taco shells, baked	13.3	1 medium	0.068
09223	Tangerine juice, canned, sweetened	249	1 cup	29.382
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	39.035
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	7.468
20068	Tapioca, pearl, dry	152	1 cup	5.092
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	21.497
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.024
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	11.357
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	19.760

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.486
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.840
11954	Tomatillos, raw	34	1 medium	1.336
11540	Tomato juice, canned, with salt added	243	1 cup	8.651
11546	Tomato products, canned, paste, without salt added	262	1 cup	27.274
11547	Tomato products, canned, puree, without salt added	250	1 cup	12.075
11549	Tomato products, canned, sauce	245	1 cup	10.413
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	11.246
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	6.144
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.526
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	3.235
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.447
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	4.734
11955	Tomatoes, sun-dried	2	1 piece	0.752
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.101
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.061
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.000
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.000
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.000
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.000
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.000
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.000
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.000
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.763
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	1.230
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	4.664
02050	Vanilla extract	4.2	1 tsp	0.531
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.000
11578	Vegetable juice cocktail, canned	242	1 cup	7.986
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	3.994
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	5.751
02048	Vinegar, cider	15	1 tbsp	0.885
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	1.264
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	3.444
09326	Watermelon, raw	152	1 cup	9.424
09326	Watermelon, raw	286	1 wedge	17.732
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.338
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.275
20083	Wheat flour, white, bread, enriched	137	1 cup	0.425
20084	Wheat flour, white, cake, enriched	137	1 cup	0.425

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
20080	Wheat flour, whole-grain	120	1 cup	0.492
20089	Wild rice, cooked	164	1 cup	1.197
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	1.232
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.485
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	43.244
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	15.981
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	17.434
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	10.578