

USDA National Nutrient Database for Standard Reference, Release 16-1
Fiber, total dietary (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	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.355
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.060
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	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.423
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.825
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.248
09011	Apples, dried, sulfured, uncooked	32	5 rings	2.784
09003	Apples, raw, with skin	138	1 apple	3.312
09004	Apples, raw, without skin	110	1 cup	1.430
09020	Applesauce, canned, sweetened, without salt	255	1 cup	3.060
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2.928
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	1.506
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	4.128
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	3.904
09032	Apricots, dried, sulfured, uncooked	35	10 halves	2.555
09021	Apricots, raw	35	1 apricot	0.700
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	6.480
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	9.072
11015	Asparagus, canned, drained solids	72	4 spears	1.152
11012	Asparagus, cooked, boiled, drained	60	4 spears	1.200
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	2.880
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.960
09038	Avocados, raw, California	28.35	1 oz	1.928
09039	Avocados, raw, Florida	28.35	1 oz	1.588
18005	Bagels, cinnamon-raisin	89	4" bagel	2.047
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	1.633
18003	Bagels, egg	71	3-1/2" bagel	1.633
18003	Bagels, egg	89	4" bagel	2.047
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	2.047
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	1.633
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	5.131
19078	Baking chocolate, unsweetened, squares	28.35	1 square	4.706
11028	Bamboo shoots, canned, drained solids	131	1 cup	1.834
09040	Bananas, raw	118	1 banana	3.068

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09040	Bananas, raw	150	1 cup	3.900
20006	Barley, pearled, cooked	157	1 cup	5.966
20005	Barley, pearled, raw	200	1 cup	31.200
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	12.700
16008	Beans, baked, canned, with franks	259	1 cup	17.871
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	13.156
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	12.144
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	14.964
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	12.390
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	16.384
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	13.098
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	11.648
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	14.022
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	2.565
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	4.000
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	4.050
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.755
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	4.125
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	4.050
16051	Beans, white, mature seeds, canned	262	1 cup	12.576
22905	Beef stew, canned entree	232	1 cup	3.480
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	0.000
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.000
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.000
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.000
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.000
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	4.176

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11084	Beets, canned, drained solids	170	1 cup	2.890
11084	Beets, canned, drained solids	24	1 beet	0.408
11081	Beets, cooked, boiled, drained	50	1 beet	1.000
11081	Beets, cooked, boiled, drained	170	1 cup	3.400
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.900
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	1.515
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.432
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.399
09042	Blackberries, raw	144	1 cup	7.632
09055	Blueberries, frozen, sweetened	230	1 cup	5.060
09050	Blueberries, raw	145	1 cup	3.480
07008	Bologna, beef and pork	56.7	2 slices	0.000
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.000
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.276
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	5.040
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	2.900
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.660
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.440
18025	Bread, cracked-wheat	25	1 slice	1.375
18027	Bread, egg	40	1/2" slice	0.920
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.750
18031	Bread, indian (navajo) fry	160	10-1/2" bread	2.880
18031	Bread, indian (navajo) fry	90	5" bread	1.620
18033	Bread, italian	20	1 slice	0.540
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	1.664
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	1.584
18039	Bread, oatmeal	27	1 slice	1.080
18040	Bread, oatmeal, toasted	25	1 slice	1.075
18041	Bread, pita, white, enriched	60	6-1/2" pita	1.320
18041	Bread, pita, white, enriched	28	4" pita	0.616
18044	Bread, pumpernickel	32	1 slice	2.080
18045	Bread, pumpernickel, toasted	29	1 slice	2.059
18047	Bread, raisin, enriched	26	1 slice	1.118
18048	Bread, raisin, toasted, enriched	24	1 slice	1.128
18053	Bread, reduced-calorie, rye	23	1 slice	2.760
18055	Bread, reduced-calorie, wheat	23	1 slice	2.760
18057	Bread, reduced-calorie, white	23	1 slice	2.231
18060	Bread, rye	32	1 slice	1.856
18061	Bread, rye, toasted	24	1 slice	1.536
18064	Bread, wheat (includes wheat berry)	25	1 slice	1.075
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	1.219
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.600
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.080

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18070	Bread, white, commercially prepared, toasted	22	1 slice	0.550
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1.932
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1.850
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	0.900
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	5.148
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	1.221
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	5.520
11090	Broccoli, raw	31	1 spear	0.806
11090	Broccoli, raw	88	1 cup	2.288
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	4.056
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	6.355
20011	Buckwheat flour, whole-groat	120	1 cup	12.000
20010	Buckwheat groats, roasted, cooked	168	1 cup	4.536
20013	Bulgur, cooked	182	1 cup	8.190
20012	Bulgur, dry	140	1 cup	25.620
01001	Butter, salted	14.2	1 tbsp	0.000
01145	Butter, without salt	14.2	1 tbsp	0.000
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	1.700
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	2.023
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	2.850
11109	Cabbage, raw	70	1 cup	1.610
11112	Cabbage, red, raw	70	1 cup	1.470
11114	Cabbage, savoy, raw	70	1 cup	2.170
18086	Cake, angelfood, commercially prepared	28	1 piece	0.420
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.100
18090	Cake, boston cream pie, commercially prepared	92	1 piece	1.288
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	1.792
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.520
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.591
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.920
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.140
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.308
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.400
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.170
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	1.849
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.150
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.120
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.592
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.152
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.192
19074	Candies, caramels	10.1	1 piece	0.121
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.112
19071	Candies, carob	28.35	1 oz	1.077

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19087	Candies, confectioner's coating, white	170	1 cup	0.000
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.289
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.475
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.135
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.074
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.022
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.004
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.057
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.798
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.175
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.680
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.306
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	1.037
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	1.425
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.050
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	1.496
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.880
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.420
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.542
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.862
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.119
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	1.144
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	1.620
19080	Candies, semisweet chocolate	168	1 cup	9.912
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.546
09060	Carambola, (starfruit), raw	108	1 cup	2.916
09060	Carambola, (starfruit), raw	91	1 fruit	2.457
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
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
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	3.184

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11655	Carrot juice, canned	236	1 cup	1.888
11960	Carrots, baby, raw	10	1 medium	0.180
11128	Carrots, canned, regular pack, drained solids	146	1 cup	2.190
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	4.680
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	4.818
11124	Carrots, raw	72	1 carrot	2.160
11124	Carrots, raw	110	1 cup	3.300
11935	Catsup	15	1 tbsp	0.195
11935	Catsup	6	1 packet	0.078
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	1.458
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	3.348
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	4.860
11135	Cauliflower, raw	100	1 cup	2.500
11135	Cauliflower, raw	13	1 floweret	0.325
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	2.400
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.600
11143	Celery, raw	120	1 cup	1.920
11143	Celery, raw	40	1 stalk	0.640
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.290
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.190
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.750
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	2.700
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.200
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.690
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.600
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.600
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.900
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	1.800
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.300
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	2.750
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.900
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	1.500
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.060
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.000
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.310
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.750
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	4.950
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.900
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.300
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	3.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.400
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	9.600

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08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.960
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.992
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	5.075
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.980
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.248
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.145
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.930
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.992
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	5.500
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.990
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	7.259
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.132
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.060
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.999
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.744
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	5.100
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	5.290
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	0.783
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	3.479
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	2.850
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	4.233
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	1.984
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	2.112
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.238
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.075
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.528
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.726
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.726
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.426
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	1.195
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	1.004
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.960
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	2.832
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	3.978

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08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1.233
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	2.790
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	2.682
08143	Cereals, WHEATENA, cooked with water	243	1 cup	6.561
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.000
01164	Cheese sauce, prepared from recipe	243	1 cup	0.243
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.000
01004	Cheese, blue	28.35	1 oz	0.000
01007	Cheese, camembert	38	1 wedge	0.000
01009	Cheese, cheddar	28.35	1 oz	0.000
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.000
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.452
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.000
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.000
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.000
01017	Cheese, cream	14.5	1 tbsp	0.000
01186	Cheese, cream, fat free	15.6	1 tbsp	0.000
01019	Cheese, feta	28.35	1 oz	0.000
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.000
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.000
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.000
01030	Cheese, muenster	28.35	1 oz	0.000
01031	Cheese, neufchatel	28.35	1 oz	0.000
01032	Cheese, parmesan, grated	5	1 tbsp	0.000
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.000
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.000
01035	Cheese, provolone	28.35	1 oz	0.000
01037	Cheese, ricotta, part skim milk	246	1 cup	0.000
01036	Cheese, ricotta, whole milk	246	1 cup	0.000
01040	Cheese, swiss	28.35	1 oz	0.000
18147	Cheesecake commercially prepared	80	1 piece	0.320
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	2.684
09070	Cherries, sweet, raw	68	10 cherries	1.428
22906	Chicken pot pie, frozen entree	217	1 small pie	1.736
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	0.420
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.098
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.000
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.000
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.216

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05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.049
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
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.000
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.000
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.258
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.000
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.147
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
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	10.560
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	12.464
22904	Chili con carne with beans, canned entree	222	1 cup	8.214
11156	Chives, raw	3	1 tbsp	0.075
14181	Chocolate syrup	18.75	1 tbsp	0.488
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.950
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	1.064
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.960
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.992
14194	Cocoa mix, powder, prepared with water	206	1 serving	1.030
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.960
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1.793
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
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.260
11159	Coleslaw, home-prepared	120	1 cup	1.800
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	5.320
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	4.760
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.176
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.814
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.040
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.250
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.360
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.448
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.442
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.320
18170	Cookies, fig bars	16	1 cookie	0.736
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	2.352
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.392

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18177	Cookies, molasses	15	1 cookie, medium	0.150
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.320
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.803
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.700
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.405
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.270
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.252
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.144
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.120
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.168
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.120
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.225
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.150
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.076
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	2.079
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	3.072
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	4.200
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	2.156
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	3.936
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	1.764
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	10.212
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	9.798
20020	Cornmeal, whole-grain, yellow	122	1 cup	8.906
20027	Cornstarch	8.064	1 tbsp	0.073
20029	Couscous, cooked	157	1 cup	2.198
20028	Couscous, dry	173	1 cup	8.650
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	8.250
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	10.880
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	7.920
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	11.180
18214	Crackers, cheese, regular	10	10 crackers	0.240
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.238
18217	Crackers, matzo, plain	28.35	1 matzo	0.851
18220	Crackers, melba toast, plain	20	4 pieces	1.260
18226	Crackers, rye, wafers, plain	11	1 wafer	2.519
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.360
18229	Crackers, standard snack-type, regular	12	4 crackers	0.192
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.133
18232	Crackers, wheat, regular	8	4 crackers	0.360
18235	Crackers, whole-wheat	16	4 crackers	1.680

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14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.253
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.570
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.000
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.000
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.000
01052	Cream, fluid, light whipping	15	1 tbsp	0.000
01056	Cream, sour, cultured	12	1 tbsp	0.000
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.000
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.000
18239	Croissants, butter	57	1 croissant	1.482
18243	Croutons, seasoned	40	1 cup	2.000
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.000
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.000
15141	Crustaceans, crab, blue, canned	135	1 cup	0.000
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.000
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.000
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.000
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.000
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.180
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.340
11206	Cucumber, peeled, raw	119	1 cup	0.833
11206	Cucumber, peeled, raw	280	1 large	1.960
11205	Cucumber, with peel, raw	301	1 large	1.505
11205	Cucumber, with peel, raw	104	1 cup	0.520
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	3.045
18245	Danish pastry, cheese	71	1 danish	0.710
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.349
09087	Dates, deglet noor	178	1 cup	14.240
09087	Dates, deglet noor	41.5	5 dates	3.320
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.000
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
02045	Dill weed, fresh	1	5 sprigs	0.021
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.705
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.210
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.720
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.156
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	0.600
01143	Egg substitute, liquid	62.75	1/4 cup	0.000

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01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	0.000
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.000
01131	Egg, whole, cooked, poached	50	1 large	0.000
01132	Egg, whole, cooked, scrambled	61	1 large	0.000
01123	Egg, whole, raw, fresh	50	1 large	0.000
01123	Egg, whole, raw, fresh	44	1 medium	0.000
01123	Egg, whole, raw, fresh	58	1 extra large	0.000
01125	Egg, yolk, raw, fresh	16.6	1 large	0.000
01057	Eggnog	254	1 cup	0.000
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.475
11213	Endive, raw	50	1 cup	1.550
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.539
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.508
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.455
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	1.507
21024	Fast foods, french toast sticks	141	5 sticks	2.679
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	2.332
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.103
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	2.975
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	5.915
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	4.690
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.000
09094	Figs, dried, uncooked	38	2 figs	3.724
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.595
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.000
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.000
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.392
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.798
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.000
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.000
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.000
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.000
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.000
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.000
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.000
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	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	85	3 oz	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.000

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15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.000
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.000
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.000
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.000
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.000
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.000
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.000
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.000
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.000
15128	Fish, tuna salad	205	1 cup	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
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.000
07022	Frankfurter, beef	45	1 frank	0.000
07023	Frankfurter, beef and pork	45	1 frank	1.080
07024	Frankfurter, chicken	45	1 frank	0.000
18268	French toast, frozen, ready-to-heat	59	1 slice	0.649
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.342
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.038
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.770
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	1.584
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.000
19294	Fruit butters, apple	17	1 tbsp	0.255
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	2.480
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	2.370
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.496
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	4.750
11215	Garlic, raw	3	1 clove	0.063
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
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	0.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.253
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.250
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.648
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.250
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.247
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.247
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.828
09128	Grapefruit juice, white, raw	247	1 cup	0.247

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09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	1.968
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	1.298
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	1.016
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	1.440
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.450
06116	Gravy, beef, canned	58.25	1/4 cup	0.233
06119	Gravy, chicken, canned	59.5	1/4 cup	0.238
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.238
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.434
06125	Gravy, turkey, canned	59.6	1/4 cup	0.238
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	0.737
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	4.560
11961	Hearts of palm, canned	33	1 piece	0.792
19296	Honey	21	1 tbsp	0.042
02055	Horseradish, prepared	5	1 tsp	0.165
16158	Hummus, commercial	14	1 tbsp	0.840
19270	Ice creams, chocolate	66	1/2 cup	0.792
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.602
19095	Ice creams, vanilla	66	1/2 cup	0.462
19088	Ice creams, vanilla, light	66	1/2 cup	0.198
19089	Ice creams, vanilla, rich	74	1/2 cup	0.000
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.220
19300	Jellies	19	1 tbsp	0.190
11226	Jerusalem-artichokes, raw	150	1 cup	2.400
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	2.600
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	2.600
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.350
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	2.280
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	1.815
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.009
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.009
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.110
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.006
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	1.470
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.840
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.377
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	1.040
09153	Lemon juice, canned or bottled	244	1 cup	0.976
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.061
09152	Lemon juice, raw	47	juice of 1 lemon	0.188
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.248
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	1.624
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	15.642
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.083
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1.793
11251	Lettuce, cos or romaine, raw	56	1 cup	1.176
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.210
11253	Lettuce, green leaf, raw	10	1 leaf	0.130
11253	Lettuce, green leaf, raw	56	1 cup	0.728
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.550
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	5.390
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.080
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	10.800
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	9.860
16073	Lima beans, large, mature seeds, canned	241	1 cup	11.568
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	13.160
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.984
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.062
09160	Lime juice, raw	38	juice of 1 lime	0.152
22247	Macaroni and Cheese, canned entree	252	1 cup	3.024
20100	Macaroni, cooked, enriched	140	1 cup	1.820
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.987
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.060

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.126
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	0.000
09176	Mangos, raw	165	1 cup	2.970
09176	Mangos, raw	207	1 mango	3.726
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	4.8	1 tsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	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	0.621
09181	Melons, cantaloupe, raw	160	1 cup	1.440
09184	Melons, honeydew, raw	160	1/8 melon	1.280
09184	Melons, honeydew, raw	170	1 cup	1.360
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.900
01111	Milk shakes, thick vanilla	313	11 fl oz	0.000
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.000
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.000
01095	Milk, canned, condensed, sweetened	306	1 cup	0.000
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.000
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.000
01102	Milk, chocolate, fluid, commercial,	250	1 cup	2.000
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	1.250
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	1.250
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.000
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.000
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.000
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.000
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.000
16112	Miso	68.75	1 cup	3.713
19305	Molasses, blackstrap	20	1 tbsp	0.000
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	1.482
18279	Muffins, corn, commercially prepared	57	1 muffin	1.938
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.200
18283	Muffins, oat bran	57	1 muffin	2.622
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	2.788
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.992
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	1.872

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11264	Mushrooms, canned, drained solids	156	1 cup	3.744
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.432
11260	Mushrooms, raw	70	1 cup	0.840
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	3.045
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.414
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	2.800
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.160
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.256
09191	Nectarines, raw	136	1 nectarine	2.312
20113	Noodles, chinese, chow mein	45	1 cup	1.755
20110	Noodles, egg, cooked, enriched	160	1 cup	1.760
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	3.680
12061	Nuts, almonds	28.35	1 oz (24 nuts)	3.345
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	2.126
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.851
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.936
12167	Nuts, chestnuts, european, roasted	143	1 cup	7.293
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	4.185
12104	Nuts, coconut meat, raw	45	1 piece	4.050
12120	Nuts, hazelnuts or filberts	28.35	1 oz	2.750
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	2.268
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	2.552
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.552
12142	Nuts, pecans	28.35	1 oz (20 halves)	2.722
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.318
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.049
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.920
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.899
20034	Oat bran, cooked	219	1 cup	5.694
20033	Oat bran, raw	94	1 cup	14.476
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	4.000
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	5.152
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.704
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.780

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	1.316
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	2.940
11284	Onions, dehydrated flakes	5	1 tbsp	0.460
11282	Onions, raw	14	1 slice	0.196
11282	Onions, raw	110	1 whole	1.540
11282	Onions, raw	160	1 cup	2.240
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	2.600
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.390
09207	Orange juice, canned, unsweetened	249	1 cup	0.498
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.498
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.498
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.704
09206	Orange juice, raw	86	juice from 1 orange	0.172
09206	Orange juice, raw	248	1 cup	0.496
09200	Oranges, raw, all commercial varieties	131	1 orange	3.144
09200	Oranges, raw, all commercial varieties	180	1 cup	4.320
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.648
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.494
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.722
09226	Papayas, raw	304	1 papaya	5.472
09226	Papayas, raw	140	1 cup	2.520
11297	Parsley, raw	10	10 sprigs	0.330
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	5.616
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	6.804
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	3.406
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	1.274
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	3.224
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.274
09246	Peaches, dried, sulfured, uncooked	39	3 halves	3.198
09250	Peaches, frozen, sliced, sweetened	250	1 cup	4.500
09236	Peaches, raw	98	1 peach	1.470
09236	Peaches, raw	170	1 cup	2.550
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.056
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.944
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.268
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2.268
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	2.665
09340	Pears, asian, raw	275	1 pear	9.900
09340	Pears, asian, raw	122	1 pear	4.392
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	1.216
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	4.256
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	3.968
09254	Pears, canned, juice pack, solids and liquids	76	1 half	1.216

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09252	Pears, raw	166	1 pear	5.146
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	4.480
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	4.960
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	6.970
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	8.800
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	16.268
11670	Peppers, hot chili, green, raw	45	1 pepper	0.675
11819	Peppers, hot chili, red, raw	45	1 pepper	0.675
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.676
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	1.632
11333	Peppers, sweet, green, raw	149	1 cup	2.533
11333	Peppers, sweet, green, raw	119	1 pepper	2.023
11333	Peppers, sweet, green, raw	10	1 ring	0.170
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	1.632
11821	Peppers, sweet, red, raw	119	1 pepper	2.380
11821	Peppers, sweet, red, raw	149	1 cup	2.980
11945	Pickle relish, sweet	15	1 tbsp	0.165
11937	Pickles, cucumber, dill	65	1 pickle	0.780
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	3.585
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	1.260
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	3.060
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.740
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.444
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.872
18305	Pie, blueberry, commercially prepared	117	1 piece	1.170
18308	Pie, cherry, commercially prepared	117	1 piece	0.936
18310	Pie, chocolate creme, commercially prepared	113	1 piece	2.260
18316	Pie, coconut custard, commercially prepared	104	1 piece	1.872
18444	Pie, fried pies, cherry	128	1 pie	3.328
18319	Pie, fried pies, fruit	128	1 pie	3.328
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.356
18324	Pie, pecan, commercially prepared	113	1 piece	3.955
18326	Pie, pumpkin, commercially prepared	109	1 piece	2.943
11943	Pimento, canned	12	1 tbsp	0.228
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.250
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.250
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.500
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	2.032
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.392
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	1.992
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.376
09266	Pineapple, raw, all varieties	155	1 cup	2.170
09278	Plantains, cooked	154	1 cup	3.542

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09277	Plantains, raw	179	1 medium	4.117
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	2.322
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.414
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	2.268
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.414
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	7.688
09291	Plums, dried (prunes), uncooked	42	5 prunes	2.982
09279	Plums, raw	66	1 plum	0.924
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
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.000
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.000
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.000
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.000
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.000
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.000
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.000
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.000
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.000
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.000
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.000
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.000
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.000
11672	Potato pancakes, home-prepared	76	1 pancake	1.520
11399	Potato puffs, frozen, prepared	79	10 puffs	2.528
11414	Potato salad, home-prepared	250	1 cup	3.250
11674	Potato, baked, flesh and skin, without salt	202	1 potato	4.444
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.205
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	4.410
11363	Potatoes, baked, flesh, without salt	156	1 potato	2.340
11364	Potatoes, baked, skin, without salt	58	1 skin	4.582
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.448
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.808

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11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.430
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	1.600
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.580
11370	Potatoes, hashed brown, home-prepared	156	1 cup	4.992
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	1.680
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.150
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	3.150
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.695
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	4.655
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.000
09294	Prune juice, canned	256	1 cup	2.560
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.588
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.426
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.130
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.113
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.113
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.000
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.000
11424	Pumpkin, canned, without salt	245	1 cup	7.105
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.695
11429	Radishes, raw	4.5	1 radish	0.072
09298	Raisins, seedless	14	1 packet	0.518
09298	Raisins, seedless	145	1 cup	5.365
09306	Raspberries, frozen, red, sweetened	250	1 cup	11.000
09302	Raspberries, raw	123	1 cup	7.995
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	13.356
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	4.800
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.000
20037	Rice, brown, long-grain, cooked	195	1 cup	3.510
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.700
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	3.145
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.990
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.632
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.405
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.840
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.903
18353	Rolls, hard (includes kaiser)	57	1 roll	1.311
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	3.060
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.000
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.179

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04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.000
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.000
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.000
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.049
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.199
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.125
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	0.030
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.189
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.315
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.448
06166	Sauce, homemade, white, medium	250	1 cup	0.500
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.504
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	4.000
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.014
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.256
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.018
11439	Sauerkraut, canned, solids and liquids	236	1 cup	5.900
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.000
11445	Seaweed, kelp, raw	10	2 tbsp	0.130
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.033
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.106
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	1.395
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	1.016
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.880
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	2.552
14346	Shake, fast food, chocolate	333	16 fl oz	6.327
14347	Shake, fast food, vanilla	333	16 fl oz	0.333
19097	Sherbet, orange	74	1/2 cup	2.442
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	0.356
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	1.588
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.474
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.389
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.312
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.000

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19014	Snacks, fruit leather, rolls	21	1 large	0.693
19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.503
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.794
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.361
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	1.191
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.777
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.132
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	3.742
19034	Snacks, popcorn, air-popped	8	1 cup	1.208
19036	Snacks, popcorn, cakes	10	1 cake	0.290
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.596
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.830
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.089
19035	Snacks, popcorn, oil-popped	11	1 cup	1.100
19041	Snacks, pork skins, plain	28.35	1 oz	0.000
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.247
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.021
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	1.021
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.340
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.276
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.361
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.673
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.474
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.920
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.378
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	1.503
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	1.361
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.843
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	11.178
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	8.602
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.000
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.732
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	3.840
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.723
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.252
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.723
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.464
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.488

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06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.244
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.248
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.496
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.488
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.964
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	4.056
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.984
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	2.750
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	1.185
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.717
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	5.566
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	1.205
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	1.220
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.428
06174	Soup, stock, fish, home-prepared	233	1 cup	0.000
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.728
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.488
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.488
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.200
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.482
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.000
16120	Soy milk, fluid	245	1 cup	3.185
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.128
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	7.560
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	10.320
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	5.094
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	2.380
20125	Spaghetti, whole-wheat, cooked	140	1 cup	6.300
02007	Spices, celery seed	2	1 tsp	0.236
02009	Spices, chili powder	2.6	1 tsp	0.889
02010	Spices, cinnamon, ground	2.3	1 tsp	1.249
02015	Spices, curry powder	2	1 tsp	0.664
02020	Spices, garlic powder	2.8	1 tsp	0.277
02026	Spices, onion powder	2.1	1 tsp	0.120
02027	Spices, oregano, dried	1.5	1 tsp	0.642
02028	Spices, paprika	2.1	1 tsp	0.785
02029	Spices, parsley, dried	1.3	1 tbsp	0.395

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02030	Spices, pepper, black	2.1	1 tsp	0.557
11461	Spinach, canned, drained solids	214	1 cup	5.136
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	4.320
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	7.030
11457	Spinach, raw	10	1 leaf	0.220
11457	Spinach, raw	30	1 cup	0.660
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	2.520
11641	Squash, summer, all varieties, raw	113	1 cup	1.243
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	5.740
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.845
09316	Strawberries, raw	12	1 strawberry	0.240
09316	Strawberries, raw	18	1 strawberry	0.360
09316	Strawberries, raw	166	1 cup	3.320
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsps	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.440
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	5.880
11512	Sweetpotato, canned, vacuum pack	255	1 cup	4.590
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	4.818
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	3.900
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	2.520
19348	Syrups, chocolate, fudge-type	19	1 tbsps	0.532
19350	Syrups, corn, light	20	1 tbsps	0.000
19353	Syrups, maple	20	1 tbsps	0.000
19129	Syrups, table blends, pancake	20	1 tbsps	0.140
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsps	0.000
18360	Taco shells, baked	13.3	1 medium	0.998
09223	Tangerine juice, canned, sweetened	249	1 cup	0.498
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.764
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	1.932
20068	Tapioca, pearl, dry	152	1 cup	1.368
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	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.500
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	1.092
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.572

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16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.324
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.240
11954	Tomatillos, raw	34	1 medium	0.646
11540	Tomato juice, canned, with salt added	243	1 cup	0.972
11546	Tomato products, canned, paste, without salt added	262	1 cup	11.790
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.750
11549	Tomato products, canned, sauce	245	1 cup	3.675
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.550
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	2.160
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.240
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.204
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	1.476
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	2.160
11955	Tomatoes, sun-dried	2	1 piece	0.246
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.174
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1.352
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.056
05286	Turkey and gravy, frozen	142	5-oz package	0.000
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.320
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	5.040
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	5.576
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	3.120
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.000
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.000
11578	Vegetable juice cocktail, canned	242	1 cup	1.936
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	4.890
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	8.008
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.759
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	3.500
09326	Watermelon, raw	152	1 cup	0.608
09326	Watermelon, raw	286	1 wedge	1.144
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	3.375

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20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	3.375
20083	Wheat flour, white, bread, enriched	137	1 cup	3.288
20084	Wheat flour, white, cake, enriched	137	1 cup	2.329
20080	Wheat flour, whole-grain	120	1 cup	14.640
20089	Wild rice, cooked	164	1 cup	2.952
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	5.060
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	4.250
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.000
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.000
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.000
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.000