

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

## Calcium, Ca (mg) 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       | 17.700              |
| 14003  | Alcoholic beverage, beer, regular  | 355        | 12 fl oz       | 17.750              |
| 14010  | Alcoholic beverage, daiquiri, prepared-from-recipe                               | 60         | 2 fl oz        | 1.800               |
| 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      | 0.520               |
| 14017  | Alcoholic beverage, pina colada, prepared-from-recipe                            | 141        | 4.5 fl oz      | 11.280              |
| 14536  | Alcoholic beverage, wine, dessert, dry   | 103        | 3.5 fl oz      | 8.240               |
| 14057  | Alcoholic beverage, wine, dessert, sweet   | 103        | 3.5 fl oz      | 8.240               |
| 14096  | Alcoholic beverage, wine, table, red   | 103        | 3.5 fl oz      | 8.240               |
| 14106  | Alcoholic beverage, wine, table, white   | 103        | 3.5 fl oz      | 9.270               |
| 11001  | Alfalfa seeds, sprouted, raw   | 33         | 1 cup          | 10.560              |
| 09016  | Apple juice, canned or bottled, unsweetened, without added ascorbic acid         | 248        | 1 cup          | 17.360              |
| 09011  | Apples, dried, sulfured, uncooked  | 32         | 5 rings        | 4.480               |
| 09003  | Apples, raw, with skin   | 138        | 1 apple        | 8.280               |
| 09004  | Apples, raw, without skin  | 110        | 1 cup          | 5.500               |
| 09020  | Applesauce, canned, sweetened, without salt                                      | 255        | 1 cup          | 10.200              |
| 09019  | Applesauce, canned, unsweetened, without added ascorbic acid                     | 244        | 1 cup          | 7.320               |
| 09403  | Apricot nectar, canned, with added ascorbic acid                                 | 251        | 1 cup          | 17.570              |
| 09027  | Apricots, canned, heavy syrup pack, with skin, solids and liquids                | 258        | 1 cup          | 23.220              |
| 09024  | Apricots, canned, juice pack, with skin, solids and liquids                      | 244        | 1 cup          | 29.280              |
| 09032  | Apricots, dried, sulfured, uncooked  | 35         | 10 halves      | 19.250              |
| 09021  | Apricots, raw  | 35         | 1 apricot      | 4.550               |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt             | 168        | 1 cup          | 75.600              |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt             | 120        | 1 medium       | 54.000              |
| 11015  | Asparagus, canned, drained solids  | 72         | 4 spears       | 11.520              |
| 11012  | Asparagus, cooked, boiled, drained   | 60         | 4 spears       | 13.800              |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                         | 180        | 1 cup          | 32.400              |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                         | 60         | 4 spears       | 10.800              |
| 09038  | Avocados, raw, California  | 28.35      | 1 oz           | 3.686               |
| 09039  | Avocados, raw, Florida   | 28.35      | 1 oz           | 2.835               |
| 18005  | Bagels, cinnamon-raisin  | 71         | 3-1/2" bagel   | 13.490              |
| 18005  | Bagels, cinnamon-raisin  | 89         | 4" bagel       | 16.910              |
| 18003  | Bagels, egg  | 89         | 4" bagel       | 11.570              |
| 18003  | Bagels, egg  | 71         | 3-1/2" bagel   | 9.230               |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 71         | 3-1/2" bagel   | 52.540              |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 89         | 4" bagel       | 65.860              |
| 19077  | Baking chocolate, unsweetened, liquid  | 28.35      | 1 oz           | 15.309              |
| 19078  | Baking chocolate, unsweetened, squares   | 28.35      | 1 square       | 28.634              |
| 11028  | Bamboo shoots, canned, drained solids  | 131        | 1 cup          | 10.480              |
| 09040  | Bananas, raw   | 118        | 1 banana       | 5.900               |

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|--------|--|------------|----------------|---------------------|
| 09040  | Bananas, raw   | 150        | 1 cup          | 7.500               |
| 20006  | Barley, pearled, cooked  | 157        | 1 cup          | 17.270              |
| 20005  | Barley, pearled, raw   | 200        | 1 cup          | 58.000              |
| 16006  | Beans, baked, canned, plain or vegetarian  | 254        | 1 cup          | 127.000             |
| 16008  | Beans, baked, canned, with franks  | 259        | 1 cup          | 124.320             |
| 16010  | Beans, baked, canned, with pork and sweet sauce  | 253        | 1 cup          | 154.330             |
| 16011  | Beans, baked, canned, with pork and tomato sauce   | 253        | 1 cup          | 141.680             |
| 16015  | Beans, black, mature seeds, cooked, boiled, without salt   | 172        | 1 cup          | 46.440              |
| 16025  | Beans, great northern, mature seeds, cooked, boiled, without salt                                      | 177        | 1 cup          | 120.360             |
| 16034  | Beans, kidney, red, mature seeds, canned   | 256        | 1 cup          | 61.440              |
| 16033  | Beans, kidney, red, mature seeds, cooked, boiled, without salt   | 177        | 1 cup          | 49.560              |
| 16038  | Beans, navy, mature seeds, cooked, boiled, without salt  | 182        | 1 cup          | 127.400             |
| 16043  | Beans, pinto, mature seeds, cooked, boiled, without salt   | 171        | 1 cup          | 71.820              |
| 11056  | Beans, snap, green, canned, regular pack, drained solids   | 135        | 1 cup          | 35.100              |
| 11053  | Beans, snap, green, cooked, boiled, drained, without salt  | 125        | 1 cup          | 55.000              |
| 11061  | Beans, snap, green, frozen, cooked, boiled, drained without salt                                       | 135        | 1 cup          | 66.150              |
| 11932  | Beans, snap, yellow, canned, regular pack, drained solids  | 135        | 1 cup          | 35.100              |
| 11724  | Beans, snap, yellow, cooked, boiled, drained, without salt   | 125        | 1 cup          | 57.500              |
| 11732  | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt                                     | 135        | 1 cup          | 66.150              |
| 16051  | Beans, white, mature seeds, canned   | 262        | 1 cup          | 191.260             |
| 22905  | Beef stew, canned entree   | 232        | 1 cup          | 27.840              |
| 13050  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised     | 85         | 3 oz           | 11.050              |
| 13058  | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised        | 85         | 3 oz           | 11.050              |
| 13348  | Beef, cured, corned beef, canned   | 85.05      | 3 oz           | 10.206              |
| 13350  | Beef, cured, dried   | 28.35      | 1 oz           | 1.418               |
| 23578  | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled  | 85         | 3 oz           | 25.500              |
| 23573  | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled  | 85         | 3 oz           | 20.400              |
| 23568  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled  | 85         | 3 oz           | 15.300              |
| 13073  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85         | 3 oz           | 9.350               |
| 13085  | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted    | 85         | 3 oz           | 8.500               |
| 13160  | Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised    | 85         | 3 oz           | 5.100               |
| 13168  | Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised       | 85         | 3 oz           | 4.250               |
| 13176  | Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted    | 85         | 3 oz           | 5.100               |
| 13184  | Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted       | 85         | 3 oz           | 4.250               |
| 13278  | Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled            | 85         | 3 oz           | 9.350               |
| 13287  | Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled               | 85         | 3 oz           | 9.350               |
| 13327  | Beef, variety meats and by-products, liver, cooked, pan-fried  | 85         | 3 oz           | 5.100               |
| 11087  | Beet greens, cooked, boiled, drained, without salt   | 144        | 1 cup          | 164.160             |

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| 11084  | Beets, canned, drained solids  | 170        | 1 cup          | 25.500              |
| 11084  | Beets, canned, drained solids  | 24         | 1 beet         | 3.600               |
| 11081  | Beets, cooked, boiled, drained                                       | 50         | 1 beet         | 8.000               |
| 11081  | Beets, cooked, boiled, drained                                       | 170        | 1 cup          | 27.200              |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe                  | 60         | 2-1/2" biscuit | 141.000             |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe                  | 101        | 4" biscuit     | 237.350             |
| 18015  | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked | 27         | 2-1/2" biscuit | 5.400               |
| 18013  | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked  | 21         | 2-1/4" biscuit | 3.990               |
| 09042  | Blackberries, raw  | 144        | 1 cup          | 41.760              |
| 09055  | Blueberries, frozen, sweetened                                       | 230        | 1 cup          | 13.800              |
| 09050  | Blueberries, raw   | 145        | 1 cup          | 8.700               |
| 07008  | Bologna, beef and pork   | 56.7       | 2 slices       | 48.195              |
| 07014  | Braunschweiger (a liver sausage), pork                               | 56.7       | 2 slices       | 5.103               |
| 18079  | Bread crumbs, dry, grated, plain                                     | 28.35      | 1 oz           | 51.881              |
| 18376  | Bread crumbs, dry, grated, seasoned                                  | 120        | 1 cup          | 118.800             |
| 18082  | Bread stuffing, bread, dry mix, prepared                             | 100        | 1/2 cup        | 32.000              |
| 18019  | Bread, banana, prepared from recipe, made with margarine             | 60         | 1 slice        | 12.600              |
| 18023  | Bread, cornbread, dry mix, prepared                                  | 60         | 1 piece        | 43.800              |
| 18024  | Bread, cornbread, prepared from recipe, made with low fat (2%) milk  | 65         | 1 piece        | 161.850             |
| 18025  | Bread, cracked-wheat   | 25         | 1 slice        | 10.750              |
| 18027  | Bread, egg   | 40         | 1/2" slice     | 37.200              |
| 18029  | Bread, french or vienna (includes sourdough)                         | 25         | 1/2" slice     | 18.750              |
| 18031  | Bread, indian (navajo) fry   | 160        | 10-1/2" bread  | 372.800             |
| 18031  | Bread, indian (navajo) fry   | 90         | 5" bread       | 209.700             |
| 18033  | Bread, italian   | 20         | 1 slice        | 15.600              |
| 18035  | Bread, mixed-grain (includes whole-grain, 7-grain)                   | 26         | 1 slice        | 23.660              |
| 18036  | Bread, mixed-grain, toasted (includes whole-grain, 7-grain)          | 24         | 1 slice        | 23.760              |
| 18039  | Bread, oatmeal   | 27         | 1 slice        | 17.820              |
| 18040  | Bread, oatmeal, toasted  | 25         | 1 slice        | 18.000              |
| 18041  | Bread, pita, white, enriched   | 28         | 4" pita        | 24.080              |
| 18041  | Bread, pita, white, enriched   | 60         | 6-1/2" pita    | 51.600              |
| 18044  | Bread, pumpernickel  | 32         | 1 slice        | 21.760              |
| 18045  | Bread, pumpernickel, toasted   | 29         | 1 slice        | 21.460              |
| 18047  | Bread, raisin, enriched  | 26         | 1 slice        | 17.160              |
| 18048  | Bread, raisin, toasted, enriched                                     | 24         | 1 slice        | 17.280              |
| 18053  | Bread, reduced-calorie, rye  | 23         | 1 slice        | 17.480              |
| 18055  | Bread, reduced-calorie, wheat  | 23         | 1 slice        | 18.400              |
| 18057  | Bread, reduced-calorie, white  | 23         | 1 slice        | 21.620              |
| 18060  | Bread, rye   | 32         | 1 slice        | 23.360              |
| 18061  | Bread, rye, toasted  | 24         | 1 slice        | 19.200              |
| 18064  | Bread, wheat (includes wheat berry)                                  | 25         | 1 slice        | 26.250              |
| 18065  | Bread, wheat, toasted (includes wheat berry)                         | 23         | 1 slice        | 26.220              |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)     | 45         | 1 cup          | 67.950              |

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| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)   | 25         | 1 slice        | 37.750              |
| 18070  | Bread, white, commercially prepared, toasted                       | 22         | 1 slice        | 26.180              |
| 18075  | Bread, whole-wheat, commercially prepared                          | 28         | 1 slice        | 20.160              |
| 18076  | Bread, whole-wheat, commercially prepared, toasted                 | 25         | 1 slice        | 20.250              |
| 21005  | Breakfast items, biscuit with egg and sausage                      | 180        | 1 biscuit      | 154.800             |
| 21023  | Breakfast items, french toast with butter                          | 135        | 2 slices       | 72.900              |
| 11091  | Broccoli, cooked, boiled, drained, without salt                    | 156        | 1 cup          | 62.400              |
| 11091  | Broccoli, cooked, boiled, drained, without salt                    | 37         | 1 spear        | 14.800              |
| 11740  | Broccoli, flower clusters, raw                                     | 11         | 1 floweret     | 5.280               |
| 11093  | Broccoli, frozen, chopped, cooked, boiled, drained, without salt   | 184        | 1 cup          | 60.720              |
| 11090  | Broccoli, raw  | 88         | 1 cup          | 41.360              |
| 11090  | Broccoli, raw  | 31         | 1 spear        | 14.570              |
| 11099  | Brussels sprouts, cooked, boiled, drained, without salt            | 156        | 1 cup          | 56.160              |
| 11101  | Brussels sprouts, frozen, cooked, boiled, drained, without salt    | 155        | 1 cup          | 40.300              |
| 20011  | Buckwheat flour, whole-groat                                       | 120        | 1 cup          | 49.200              |
| 20010  | Buckwheat groats, roasted, cooked                                  | 168        | 1 cup          | 11.760              |
| 20013  | Bulgur, cooked   | 182        | 1 cup          | 18.200              |
| 20012  | Bulgur, dry  | 140        | 1 cup          | 49.000              |
| 01001  | Butter, salted   | 14.2       | 1 tbsp         | 3.408               |
| 01145  | Butter, without salt   | 14.2       | 1 tbsp         | 3.408               |
| 11117  | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170        | 1 cup          | 158.100             |
| 11120  | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt  | 119        | 1 cup          | 38.080              |
| 11110  | Cabbage, cooked, boiled, drained, without salt                     | 150        | 1 cup          | 46.500              |
| 11109  | Cabbage, raw   | 70         | 1 cup          | 32.900              |
| 11112  | Cabbage, red, raw  | 70         | 1 cup          | 31.500              |
| 11114  | Cabbage, savoy, raw  | 70         | 1 cup          | 24.500              |
| 18086  | Cake, angelfood, commercially prepared                             | 28         | 1 piece        | 39.200              |
| 18088  | Cake, angelfood, dry mix, prepared                                 | 50         | 1 piece        | 42.000              |
| 18090  | Cake, boston cream pie, commercially prepared                      | 92         | 1 piece        | 21.160              |
| 18096  | Cake, chocolate, commercially prepared with chocolate frosting     | 64         | 1 piece        | 27.520              |
| 18101  | Cake, chocolate, prepared from recipe without frosting             | 95         | 1 piece        | 57.000              |
| 18110  | Cake, fruitcake, commercially prepared                             | 43         | 1 piece        | 14.190              |
| 18116  | Cake, gingerbread, prepared from recipe                            | 74         | 1 piece        | 52.540              |
| 18119  | Cake, pineapple upside-down, prepared from recipe                  | 115        | 1 piece        | 138.000             |
| 18120  | Cake, pound, commercially prepared, butter                         | 28         | 1 piece        | 9.800               |
| 18451  | Cake, pound, commercially prepared, fat-free                       | 28         | 1 slice        | 12.040              |
| 18126  | Cake, shortcake, biscuit-type, prepared from recipe                | 65         | 1 shortcake    | 133.250             |
| 18127  | Cake, snack cakes, creme-filled, chocolate with frosting           | 50         | 1 cupcake      | 36.500              |
| 18128  | Cake, snack cakes, creme-filled, sponge                            | 42.5       | 1 cake         | 19.125              |
| 18452  | Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat     | 43         | 1 cupcake      | 15.480              |
| 18133  | Cake, sponge, commercially prepared                                | 30         | 1 shortcake    | 21.000              |
| 18134  | Cake, sponge, prepared from recipe                                 | 63         | 1 piece        | 26.460              |
| 18102  | Cake, white, prepared from recipe with coconut frosting            | 112        | 1 piece        | 100.800             |

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| 18139  | Cake, white, prepared from recipe without frosting                                       | 74         | 1 piece                | 96.200              |
| 18140  | Cake, yellow, commercially prepared, with chocolate frosting                             | 64         | 1 piece                | 23.680              |
| 18141  | Cake, yellow, commercially prepared, with vanilla frosting                               | 64         | 1 piece                | 39.680              |
| 19074  | Candies, caramels  | 10.1       | 1 piece                | 13.938              |
| 19076  | Candies, caramels, chocolate-flavor roll   | 7          | 1 piece                | 5.740               |
| 19071  | Candies, carob   | 28.35      | 1 oz                   | 85.901              |
| 19087  | Candies, confectioner's coating, white   | 170        | 1 cup                  | 338.300             |
| 19100  | Candies, fudge, chocolate, prepared-from-recipe  | 17         | 1 piece                | 7.650               |
| 19101  | Candies, fudge, chocolate, with nuts, prepared-from-recipe                               | 19         | 1 piece                | 10.260              |
| 19104  | Candies, fudge, vanilla with nuts for 19104  | 15         | 1 piece                | 6.450               |
| 19103  | Candies, fudge, vanilla, prepared-from-recipe  | 16         | 1 piece                | 5.440               |
| 19106  | Candies, gumdrops, starch jelly pieces   | 4.2        | 1 medium               | 0.126               |
| 19106  | Candies, gumdrops, starch jelly pieces   | 74         | 10 worms               | 2.220               |
| 19106  | Candies, gumdrops, starch jelly pieces   | 22         | 10 bears               | 0.660               |
| 19107  | Candies, hard  | 6          | 1 piece                | 0.180               |
| 19107  | Candies, hard  | 3          | 1 small piece          | 0.090               |
| 19108  | Candies, jellybeans  | 28.35      | 10 large               | 0.851               |
| 19109  | Candies, KIT KAT Wafer Bar   | 42         | 1 bar (1.5 oz)         | 56.700              |
| 19141  | Candies, M&M MARS, "M&M's" Milk Chocolate Candies  | 7          | 10 pieces              | 7.350               |
| 19140  | Candies, M&M MARS, "M&M's" Peanut Chocolate Candies                                      | 20         | 10 pieces              | 20.200              |
| 19135  | Candies, M&M MARS, MARS MILKY WAY Bar  | 61         | 1 bar (2.15 oz)        | 79.300              |
| 19135  | Candies, M&M MARS, MARS MILKY WAY Bar  | 18         | 1 fun size bar         | 23.400              |
| 19155  | Candies, M&M MARS, SNICKERS Bar  | 57         | 1 bar (2 oz)           | 53.580              |
| 19156  | Candies, M&M MARS, STARBURST Fruit Chews   | 5          | 1 piece                | 0.200               |
| 19116  | Candies, marshmallows  | 50         | 1 cup                  | 1.500               |
| 19120  | Candies, milk chocolate  | 44         | 1 bar (1.55 oz)        | 83.160              |
| 19126  | Candies, milk chocolate coated peanuts   | 40         | 10 pieces              | 41.600              |
| 19127  | Candies, milk chocolate coated raisins   | 10         | 10 pieces              | 8.600               |
| 19132  | Candies, milk chocolate, with almonds  | 41         | 1 bar (1.45 oz)        | 91.840              |
| 19143  | Candies, MR. GOODBAR Chocolate Bar   | 49         | 1 bar (1.75 oz)        | 53.900              |
| 19069  | Candies, NESTLE, BUTTERFINGER Bar  | 7          | 1 fun size bar         | 2.450               |
| 19145  | Candies, NESTLE, CRUNCH Bar and Dessert Topping  | 44         | 1 bar (1.55 oz)        | 74.360              |
| 19150  | Candies, REESE'S Peanut Butter Cups  | 45         | 1 package (contains 2) | 35.100              |
| 19080  | Candies, semisweet chocolate   | 168        | 1 cup                  | 53.760              |
| 19164  | Candies, SPECIAL DARK Chocolate Bar  | 8.4        | 1 miniature            | 2.520               |
| 09060  | Carambola, (starfruit), raw  | 108        | 1 cup                  | 4.320               |
| 09060  | Carambola, (starfruit), raw  | 91         | 1 fruit                | 3.640               |
| 14121  | Carbonated beverage, club soda   | 355        | 12 fl oz               | 17.750              |
| 14400  | Carbonated beverage, cola, contains caffeine   | 370        | 12 fl oz               | 11.100              |
| 14136  | Carbonated beverage, ginger ale  | 366        | 12 fl oz               | 10.980              |
| 14142  | Carbonated beverage, grape soda  | 372        | 12 fl oz               | 11.160              |
| 14145  | Carbonated beverage, lemon-lime soda   | 368        | 12 fl oz               | 7.360               |
| 14416  | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine | 355        | 12 fl oz               | 10.650              |

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| 14143  | Carbonated beverage, low calorie, other than cola or pepper, without caffeine | 355        | 12 fl oz       | 14.200              |
| 14150  | Carbonated beverage, orange   | 372        | 12 fl oz       | 18.600              |
| 14153  | Carbonated beverage, pepper-type, contains caffeine                           | 368        | 12 fl oz       | 11.040              |
| 14157  | Carbonated beverage, root beer  | 370        | 12 fl oz       | 18.500              |
| 16055  | Carob flour   | 8          | 1 tbsp         | 27.840              |
| 11655  | Carrot juice, canned  | 236        | 1 cup          | 56.640              |
| 11960  | Carrots, baby, raw  | 10         | 1 medium       | 3.200               |
| 11128  | Carrots, canned, regular pack, drained solids                                 | 146        | 1 cup          | 36.500              |
| 11125  | Carrots, cooked, boiled, drained, without salt                                | 156        | 1 cup          | 46.800              |
| 11131  | Carrots, frozen, cooked, boiled, drained, without salt                        | 146        | 1 cup          | 51.100              |
| 11124  | Carrots, raw  | 72         | 1 carrot       | 23.760              |
| 11124  | Carrots, raw  | 110        | 1 cup          | 36.300              |
| 11935  | Catsup  | 15         | 1 tbsp         | 2.700               |
| 11935  | Catsup  | 6          | 1 packet       | 1.080               |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                            | 124        | 1 cup          | 19.840              |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                            | 54         | 3 flowerets    | 8.640               |
| 11138  | Cauliflower, frozen, cooked, boiled, drained, without salt                    | 180        | 1 cup          | 30.600              |
| 11135  | Cauliflower, raw  | 100        | 1 cup          | 22.000              |
| 11135  | Cauliflower, raw  | 13         | 1 floweret     | 2.860               |
| 11144  | Celery, cooked, boiled, drained, without salt                                 | 37.5       | 1 stalk        | 15.750              |
| 11144  | Celery, cooked, boiled, drained, without salt                                 | 150        | 1 cup          | 63.000              |
| 11143  | Celery, raw   | 40         | 1 stalk        | 16.000              |
| 11143  | Celery, raw   | 120        | 1 cup          | 48.000              |
| 08263  | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS                  | 30         | 3/4 cup        | 99.900              |
| 08262  | Cereals ready-to-eat, GENERAL MILLS, BASIC 4                                  | 55         | 1 cup          | 196.350             |
| 08274  | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX                          | 30         | 3/4 cup        | 50.100              |
| 08013  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS                                 | 30         | 1 cup          | 99.900              |
| 08272  | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH                    | 30         | 3/4 cup        | 99.900              |
| 08271  | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS                              | 30         | 1 cup          | 99.900              |
| 08019  | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX                                | 30         | 1 cup          | 99.900              |
| 08266  | Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES                         | 30         | 3/4 cup        | 99.900              |
| 08035  | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS                           | 30         | 3/4 cup        | 350.100             |
| 08045  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS                       | 30         | 1 cup          | 99.900              |
| 08057  | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX                           | 30         | 3/4 cup        | 99.900              |
| 08243  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS                       | 55         | 1 cup          | 19.800              |
| 08048  | Cereals ready-to-eat, GENERAL MILLS, KIX                                      | 30         | 1-1/3 cup      | 150.000             |
| 08050  | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS                             | 30         | 1 cup          | 99.900              |
| 08261  | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN                          | 55         | 1 cup          | 19.800              |
| 08194  | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS                            | 30         | 3/4 cup        | 99.900              |
| 08064  | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX                                | 31         | 1-1/4 cup      | 103.230             |
| 08246  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes                        | 30         | 1-1/3 cup      | 999.900             |
| 08247  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran                        | 55         | 1 cup          | 999.900             |

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|--------|---|------------|----------------|---------------------|
| 08078  | Cereals ready-to-eat, GENERAL MILLS, TRIX   | 30         | 1 cup          | 99.900              |
| 08082  | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX   | 30         | 1 cup          | 60.000              |
| 08089  | Cereals ready-to-eat, GENERAL MILLS, WHEATIES   | 30         | 1 cup          | 0.000               |
| 08077  | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL                                    | 30         | 3/4 cup        | 999.900             |
| 08001  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original                                | 30         | 1/2 cup        | 99.000              |
| 08003  | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS                                      | 30         | 1 cup          | 7.500               |
| 08014  | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES                                   | 31         | 3/4 cup        | 39.990              |
| 08028  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes                       | 29         | 3/4 cup        | 15.370              |
| 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          | 5.270               |
| 08259  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX  | 29         | 1 cup          | 6.090               |
| 08030  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS                                      | 30         | 1 cup          | 23.400              |
| 08069  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES                                   | 31         | 3/4 cup        | 1.550               |
| 08319  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size                   | 55         | 1 cup          | 17.600              |
| 08058  | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19                                       | 30         | 1 cup          | 4.800               |
| 08060  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN                                      | 61         | 1 cup          | 29.280              |
| 08065  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES                                    | 33         | 1-1/4 cup      | 5.280               |
| 08288  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal                      | 30         | 3/4 cup        | 3.000               |
| 08071  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS   | 27         | 3/4 cup        | 6.480               |
| 08067  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K  | 31         | 1 cup          | 9.300               |
| 08031  | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original                             | 51         | 1 cup          | 16.320              |
| 08340  | Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal                      | 46         | 2 biscuits     | 20.240              |
| 08010  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH  | 27         | 3/4 cup        | 4.050               |
| 08011  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES                             | 26         | 3/4 cup        | 5.460               |
| 08012  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH                         | 27         | 3/4 cup        | 2.700               |
| 08219  | Cereals ready-to-eat, QUAKER, Honey Nut Heaven  | 49         | 1 cup          | 133.280             |
| 08220  | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins                   | 50         | 1/2 cup        | 30.000              |
| 08218  | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins    | 51         | 1/2 cup        | 56.100              |
| 08210  | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE                                    | 32         | 3/4 cup        | 105.280             |
| 08049  | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain                                      | 32         | 3/4 cup        | 112.000             |
| 08156  | Cereals ready-to-eat, rice, puffed, fortified   | 14         | 1 cup          | 0.840               |
| 08084  | Cereals ready-to-eat, wheat germ, toasted, plain  | 7.119      | 1 tbsp         | 3.204               |
| 08157  | Cereals ready-to-eat, wheat, puffed, fortified  | 12         | 1 cup          | 3.360               |
| 08091  | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt  | 242        | 1 cup          | 7.260               |
| 08164  | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 242        | 1 cup          | 7.260               |
| 08109  | Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water                            | 142        | 1 packet       | 19.880              |
| 08105  | Cereals, CREAM OF WHEAT, quick, cooked with water, without salt                           | 239        | 1 cup          | 50.190              |

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| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 08103  | Cereals, CREAM OF WHEAT, regular, cooked with water, without salt   | 251        | 1 cup          | 112.950             |
| 08117  | Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt                                      | 240        | 1 cup          | 4.800               |
| 08123  | Cereals, oats, instant, fortified, plain, prepared with water   | 177        | 1 packet       | 99.120              |
| 08121  | Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt                       | 234        | 1 cup          | 18.720              |
| 08093  | Cereals, QUAKER, corn grits, instant, plain, prepared with water  | 137        | 1 packet       | 8.220               |
| 08131  | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water                            | 155        | 1 packet       | 108.500             |
| 08125  | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water                              | 149        | 1 packet       | 110.260             |
| 08143  | Cereals, WHEATENA, cooked with water  | 243        | 1 cup          | 9.720               |
| 01046  | Cheese food, pasteurized process, american, without di sodium phosphate   | 28.35      | 1 oz           | 161.595             |
| 01164  | Cheese sauce, prepared from recipe  | 243        | 1 cup          | 755.730             |
| 01048  | Cheese spread, pasteurized process, american, without di sodium phosphate                                       | 28.35      | 1 oz           | 159.327             |
| 01004  | Cheese, blue  | 28.35      | 1 oz           | 149.688             |
| 01007  | Cheese, camembert   | 38         | 1 wedge        | 147.440             |
| 01009  | Cheese, cheddar   | 28.35      | 1 oz           | 204.404             |
| 01012  | Cheese, cottage, creamed, large or small curd   | 210        | 1 cup          | 126.000             |
| 01013  | Cheese, cottage, creamed, with fruit  | 226        | 1 cup          | 119.780             |
| 01016  | Cheese, cottage, lowfat, 1% milkfat   | 226        | 1 cup          | 137.860             |
| 01015  | Cheese, cottage, lowfat, 2% milkfat   | 226        | 1 cup          | 155.940             |
| 01014  | Cheese, cottage, nonfat, uncreamed, dry, large or small curd  | 145        | 1 cup          | 46.400              |
| 01017  | Cheese, cream   | 14.5       | 1 tbsp         | 11.600              |
| 01186  | Cheese, cream, fat free   | 15.6       | 1 tbsp         | 28.860              |
| 01019  | Cheese, feta  | 28.35      | 1 oz           | 139.766             |
| 01168  | Cheese, low fat, cheddar or colby   | 28.35      | 1 oz           | 117.653             |
| 01029  | Cheese, mozzarella, part skim milk, low moisture  | 28.35      | 1 oz           | 207.239             |
| 01026  | Cheese, mozzarella, whole milk  | 28.35      | 1 oz           | 143.168             |
| 01030  | Cheese, muenster  | 28.35      | 1 oz           | 203.270             |
| 01031  | Cheese, neufchatel  | 28.35      | 1 oz           | 21.263              |
| 01032  | Cheese, parmesan, grated  | 5          | 1 tbsp         | 55.450              |
| 01042  | Cheese, pasteurized process, american, with di sodium phosphate   | 28.35      | 1 oz           | 156.492             |
| 01044  | Cheese, pasteurized process, swiss, with di sodium phosphate  | 28.35      | 1 oz           | 218.862             |
| 01035  | Cheese, provolone   | 28.35      | 1 oz           | 214.326             |
| 01037  | Cheese, ricotta, part skim milk   | 246        | 1 cup          | 669.120             |
| 01036  | Cheese, ricotta, whole milk   | 246        | 1 cup          | 509.220             |
| 01040  | Cheese, swiss   | 28.35      | 1 oz           | 224.249             |
| 18147  | Cheesecake commercially prepared  | 80         | 1 piece        | 40.800              |
| 09064  | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244        | 1 cup          | 26.840              |
| 09070  | Cherries, sweet, raw  | 68         | 10 cherries    | 8.840               |
| 22906  | Chicken pot pie, frozen entree  | 217        | 1 small pie    | 32.550              |
| 07017  | Chicken roll, light meat  | 56.7       | 2 slices       | 24.381              |



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|--------|---|------------|-----------------|---------------------|
| 05058  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter           | 140        | 1/2 breast      | 28.000              |
| 05059  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour            | 98         | 1/2 breast      | 15.680              |
| 05064  | Chicken, broilers or fryers, breast, meat only, cooked, roasted                     | 86         | 1/2 breast      | 12.900              |
| 05044  | Chicken, broilers or fryers, dark meat, meat only, cooked, fried                    | 84         | 3 oz            | 15.120              |
| 05067  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter        | 72         | 1 drumstick     | 12.240              |
| 05068  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour         | 49         | 1 drumstick     | 5.880               |
| 05073  | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted                  | 44         | 1 drumstick     | 5.280               |
| 05022  | Chicken, broilers or fryers, giblets, cooked, simmered                              | 145        | 1 cup           | 20.300              |
| 05040  | Chicken, broilers or fryers, light meat, meat only, cooked, fried                   | 84         | 3 oz            | 13.440              |
| 05090  | Chicken, broilers or fryers, neck, meat only, cooked, simmered                      | 18         | 1 neck          | 7.920               |
| 05092  | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter            | 86         | 1 thigh         | 15.480              |
| 05098  | Chicken, broilers or fryers, thigh, meat only, cooked, roasted                      | 52         | 1 thigh         | 6.240               |
| 05101  | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter             | 49         | 1 wing          | 9.800               |
| 05277  | Chicken, canned, meat only, with broth  | 142        | 5 oz            | 19.880              |
| 05028  | Chicken, liver, all classes, cooked, simmered                                       | 19.6       | 1 liver         | 2.156               |
| 05126  | Chicken, stewing, meat only, cooked, stewed   | 140        | 1 cup           | 18.200              |
| 16058  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned                       | 240        | 1 cup           | 76.800              |
| 16057  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 164        | 1 cup           | 80.360              |
| 22904  | Chili con carne with beans, canned entree   | 222        | 1 cup           | 66.600              |
| 11156  | Chives, raw   | 3          | 1 tbsp          | 2.760               |
| 14181  | Chocolate syrup   | 18.75      | 1 tbsp          | 2.625               |
| 14175  | Chocolate-flavor beverage mix for milk, powder, without added nutrients             | 21.6       | 2-3 heaping tsp | 7.992               |
| 14177  | Chocolate-flavor beverage mix, powder, prepared with whole milk                     | 266        | 1 cup           | 252.700             |
| 14196  | Cocoa mix, no sugar added, powder   | 15         | 1/2 oz envelope | 86.400              |
| 14192  | Cocoa mix, powder   | 28.35      | 3 heaping tsp   | 39.974              |
| 14194  | Cocoa mix, powder, prepared with water  | 206        | 1 serving       | 45.320              |
| 14390  | Cocoa mix, with aspartame, powder, prepared from item 14196                         | 192        | 1 serving       | 90.240              |
| 19165  | Cocoa, dry powder, unsweetened  | 5.4        | 1 tbsp          | 6.912               |
| 14209  | Coffee, brewed from grounds, prepared with tap water                                | 178        | 6 fl oz         | 1.780               |
| 14210  | Coffee, brewed, espresso, restaurant-prepared                                       | 60         | 2 fl oz         | 1.200               |
| 14215  | Coffee, instant, regular, prepared with water                                       | 179        | 6 fl oz         | 7.160               |
| 18104  | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched            | 63         | 1 piece         | 34.020              |
| 11159  | Coleslaw, home-prepared   | 120        | 1 cup           | 54.000              |
| 11162  | Collards, cooked, boiled, drained, without salt                                     | 190        | 1 cup           | 266.000             |
| 11164  | Collards, frozen, chopped, cooked, boiled, drained, without salt                    | 170        | 1 cup           | 357.000             |
| 18151  | Cookies, brownies, commercially prepared  | 56         | 1 brownie       | 16.240              |
| 18197  | Cookies, brownies, dry mix, special dietary, prepared                               | 22         | 1 brownie       | 2.640               |
| 18155  | Cookies, butter, commercially prepared, enriched                                    | 5          | 1 cookie        | 1.450               |
| 18159  | Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched           | 10         | 1 cookie        | 2.500               |
| 18158  | Cookies, chocolate chip, commercially prepared, regular, lower fat                  | 10         | 1 cookie        | 1.900               |

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|--------|--|------------|-------------------------------|---------------------|
| 18165  | Cookies, chocolate chip, prepared from recipe, made with margarine                         | 16         | 1 cookie                      | 6.240               |
| 18164  | Cookies, chocolate chip, refrigerated dough, baked   | 26         | 1 cookie                      | 7.280               |
| 18166  | Cookies, chocolate sandwich, with creme filling, regular                                   | 10         | 1 cookie                      | 2.600               |
| 18170  | Cookies, fig bars  | 16         | 1 cookie                      | 10.240              |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                               | 84         | 1 cup                         | 20.160              |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                               | 14         | 2 squares                     | 3.360               |
| 18177  | Cookies, molasses  | 15         | 1 cookie, medium              | 11.100              |
| 18177  | Cookies, molasses  | 32         | 1 cookie, large (3-1/2" to 4" | 23.680              |
| 18456  | Cookies, oatmeal, commercially prepared, fat-free  | 11         | 1 cookie                      | 4.400               |
| 18178  | Cookies, oatmeal, commercially prepared, regular   | 25         | 1 cookie                      | 9.250               |
| 18179  | Cookies, oatmeal, commercially prepared, soft-type   | 15         | 1 cookie                      | 13.500              |
| 18184  | Cookies, oatmeal, prepared from recipe, with raisins                                       | 15         | 1 cookie                      | 15.000              |
| 18185  | Cookies, peanut butter, commercially prepared, regular                                     | 15         | 1 cookie                      | 5.250               |
| 18189  | Cookies, peanut butter, prepared from recipe   | 20         | 1 cookie                      | 7.800               |
| 18193  | Cookies, shortbread, commercially prepared, pecan  | 14         | 1 cookie                      | 4.200               |
| 18192  | Cookies, shortbread, commercially prepared, plain  | 8          | 1 cookie                      | 2.800               |
| 18204  | Cookies, sugar, commercially prepared, regular (includes vanilla)                          | 15         | 1 cookie                      | 3.150               |
| 18208  | Cookies, sugar, prepared from recipe, made with margarine                                  | 14         | 1 cookie                      | 10.220              |
| 18206  | Cookies, sugar, refrigerated dough, baked  | 15         | 1 cookie                      | 13.500              |
| 18210  | Cookies, vanilla sandwich with creme filling   | 10         | 1 cookie                      | 2.700               |
| 18210  | Cookies, vanilla sandwich with creme filling   | 15         | 1 cookie                      | 4.050               |
| 18212  | Cookies, vanilla wafers, lower fat   | 4          | 1 cookie                      | 1.920               |
| 11901  | Corn, sweet, white, cooked, boiled, drained, without salt                                  | 77         | 1 ear                         | 1.540               |
| 11174  | Corn, sweet, yellow, canned, cream style, regular pack                                     | 256        | 1 cup                         | 7.680               |
| 11176  | Corn, sweet, yellow, canned, vacuum pack, regular pack                                     | 210        | 1 cup                         | 10.500              |
| 11168  | Corn, sweet, yellow, cooked, boiled, drained, without salt                                 | 77         | 1 ear                         | 1.540               |
| 11179  | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt            | 164        | 1 cup                         | 4.920               |
| 11181  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt         | 63         | 1 ear                         | 1.890               |
| 20022  | Cornmeal, degermed, enriched, yellow   | 138        | 1 cup                         | 6.900               |
| 20025  | Cornmeal, self-rising, degermed, enriched, yellow  | 138        | 1 cup                         | 483.000             |
| 20020  | Cornmeal, whole-grain, yellow  | 122        | 1 cup                         | 7.320               |
| 20027  | Cornstarch   | 8.064      | 1 tbsp                        | 0.161               |
| 20029  | Couscous, cooked   | 157        | 1 cup                         | 12.560              |
| 20028  | Couscous, dry  | 173        | 1 cup                         | 41.520              |
| 11192  | Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt                 | 165        | 1 cup                         | 211.200             |
| 11196  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt         | 170        | 1 cup                         | 39.100              |
| 16064  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain                | 240        | 1 cup                         | 48.000              |
| 16063  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 172        | 1 cup                         | 41.280              |
| 18214  | Crackers, cheese, regular  | 10         | 10 crackers                   | 15.100              |
| 18215  | Crackers, cheese, sandwich-type with peanut butter filling                                 | 7          | 1 sandwich                    | 3.500               |

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| 18217  | Crackers, matzo, plain  | 28.35      | 1 matzo        | 3.686               |
| 18220  | Crackers, melba toast, plain  | 20         | 4 pieces       | 18.600              |
| 18226  | Crackers, rye, wafers, plain  | 11         | 1 wafer        | 4.400               |
| 18228  | Crackers, saltines (includes oyster, soda, soup)  | 12         | 4 crackers     | 14.280              |
| 18229  | Crackers, standard snack-type, regular  | 12         | 4 crackers     | 14.400              |
| 18230  | Crackers, standard snack-type, sandwich, with cheese filling                                    | 7          | 1 sandwich     | 17.990              |
| 18232  | Crackers, wheat, regular  | 8          | 4 crackers     | 3.920               |
| 18235  | Crackers, whole-wheat   | 16         | 4 crackers     | 8.000               |
| 14242  | Cranberry juice cocktail, bottled   | 253        | 8 fl oz        | 7.590               |
| 09081  | Cranberry sauce, canned, sweetened  | 57         | 1 slice        | 2.280               |
| 01067  | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein                       | 15         | 1 tbsp         | 1.350               |
| 01069  | Cream substitute, powdered  | 2          | 1 tsp          | 0.440               |
| 01049  | Cream, fluid, half and half   | 15         | 1 tbsp         | 15.750              |
| 01053  | Cream, fluid, heavy whipping  | 15         | 1 tbsp         | 9.750               |
| 01050  | Cream, fluid, light (coffee cream or table cream)   | 15         | 1 tbsp         | 14.400              |
| 01052  | Cream, fluid, light whipping  | 15         | 1 tbsp         | 10.350              |
| 01056  | Cream, sour, cultured   | 12         | 1 tbsp         | 13.920              |
| 01055  | Cream, sour, reduced fat, cultured  | 15         | 1 tbsp         | 15.600              |
| 01054  | Cream, whipped, cream topping, pressurized  | 3          | 1 tbsp         | 3.030               |
| 18239  | Croissants, butter  | 57         | 1 croissant    | 21.090              |
| 18243  | Croutons, seasoned  | 40         | 1 cup          | 38.400              |
| 15137  | Crustaceans, crab, alaska king, cooked, moist heat  | 85         | 3 oz           | 50.150              |
| 15138  | Crustaceans, crab, alaska king, imitation, made from surimi                                     | 85         | 3 oz           | 11.050              |
| 15141  | Crustaceans, crab, blue, canned   | 135        | 1 cup          | 136.350             |
| 15140  | Crustaceans, crab, blue, cooked, moist heat   | 85         | 3 oz           | 88.400              |
| 15142  | Crustaceans, crab, blue, crab cakes   | 60         | 1 cake         | 63.000              |
| 15148  | Crustaceans, lobster, northern, cooked, moist heat  | 85         | 3 oz           | 51.850              |
| 15152  | Crustaceans, shrimp, mixed species, canned  | 85.05      | 3 oz           | 50.180              |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried                                   | 85         | 3 oz           | 56.950              |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried                                   | 45         | 6 large        | 30.150              |
| 11206  | Cucumber, peeled, raw   | 280        | 1 large        | 39.200              |
| 11206  | Cucumber, peeled, raw   | 119        | 1 cup          | 16.660              |
| 11205  | Cucumber, with peel, raw  | 301        | 1 large        | 48.160              |
| 11205  | Cucumber, with peel, raw  | 104        | 1 cup          | 16.640              |
| 11208  | Dandelion greens, cooked, boiled, drained, without salt   | 105        | 1 cup          | 147.000             |
| 18245  | Danish pastry, cheese   | 71         | 1 danish       | 24.850              |
| 18246  | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71         | 1 danish       | 32.660              |
| 09087  | Dates, deglet noor  | 41.5       | 5 dates        | 16.185              |
| 09087  | Dates, deglet noor  | 178        | 1 cup          | 69.420              |
| 01071  | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk                                 | 4          | 1 tbsp         | 3.600               |
| 01072  | Dessert topping, pressurized  | 4          | 1 tbsp         | 0.200               |
| 01073  | Dessert topping, semi solid, frozen   | 4          | 1 tbsp         | 0.240               |

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## Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 02045  | Dill weed, fresh  | 1          | 5 sprigs       | 2.080               |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                         | 47         | 1 medium       | 20.680              |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                         | 14         | 1 hole         | 6.160               |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                       | 13         | 1 hole         | 5.590               |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                       | 60         | 1 medium       | 25.800              |
| 05142  | Duck, domesticated, meat only, cooked, roasted  | 221        | 1/2 duck       | 26.520              |
| 18257  | Eclairs, custard-filled with chocolate glaze, prepared from recipe                      | 100        | 1 éclair       | 63.000              |
| 01143  | Egg substitute, liquid  | 62.75      | 1/4 cup        | 33.258              |
| 01124  | Egg, white, raw, fresh  | 33.4       | 1 large        | 2.338               |
| 01128  | Egg, whole, cooked, fried   | 46         | 1 large        | 27.140              |
| 01129  | Egg, whole, cooked, hard-boiled   | 50         | 1 large        | 25.000              |
| 01131  | Egg, whole, cooked, poached   | 50         | 1 large        | 26.500              |
| 01132  | Egg, whole, cooked, scrambled   | 61         | 1 large        | 43.310              |
| 01123  | Egg, whole, raw, fresh  | 50         | 1 large        | 26.500              |
| 01123  | Egg, whole, raw, fresh  | 58         | 1 extra large  | 30.740              |
| 01123  | Egg, whole, raw, fresh  | 44         | 1 medium       | 23.320              |
| 01125  | Egg, yolk, raw, fresh   | 16.6       | 1 large        | 21.414              |
| 01057  | Eggnog  | 254        | 1 cup          | 330.200             |
| 11210  | Eggplant, cooked, boiled, drained, without salt   | 99         | 1 cup          | 5.940               |
| 11213  | Endive, raw   | 50         | 1 cup          | 26.000              |
| 18258  | English muffins, plain, enriched, with ca prop (includes sourdough)                     | 57         | 1 muffin       | 99.180              |
| 18259  | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 52         | 1 muffin       | 98.280              |
| 21047  | Entrees, fish fillet, battered or breaded, and fried                                    | 91         | 1 fillet       | 16.380              |
| 21049  | Entrees, pizza with cheese  | 63         | 1 slice        | 116.550             |
| 21050  | Entrees, pizza with cheese, meat, and vegetables  | 79         | 1 slice        | 101.120             |
| 21051  | Entrees, pizza with pepperoni   | 71         | 1 slice        | 64.610              |
| 21061  | Fast foods, burrito, with beans and cheese  | 93         | 1 burrito      | 106.950             |
| 21063  | Fast foods, burrito, with beans and meat  | 115.5      | 1 burrito      | 53.130              |
| 21098  | Fast foods, cheeseburger, large, single patty, with condiments and vegetables           | 219        | 1 sandwich     | 205.860             |
| 21094  | Fast foods, cheeseburger, regular, double patty and bun, plain                          | 160        | 1 sandwich     | 224.000             |
| 21092  | Fast foods, cheeseburger, regular, double patty, plain                                  | 155        | 1 sandwich     | 232.500             |
| 21093  | Fast foods, cheeseburger, regular, double patty, with condiments and vegetables         | 166        | 1 sandwich     | 170.980             |
| 21090  | Fast foods, cheeseburger, regular, single patty, with condiments                        | 113        | 1 sandwich     | 110.740             |
| 21102  | Fast foods, chicken fillet sandwich, plain  | 182        | 1 sandwich     | 60.060              |
| 21037  | Fast foods, chicken, breaded and fried, boneless pieces, plain                          | 106        | 6 pieces       | 13.780              |
| 21042  | Fast foods, chili con carne   | 253        | 1 cup          | 68.310              |
| 21070  | Fast foods, chimichanga, with beef  | 174        | 1 chimichanga  | 62.640              |
| 21043  | Fast foods, clams, breaded and fried  | 115        | 3/4 cup        | 20.700              |
| 21127  | Fast foods, coleslaw  | 99         | 3/4 cup        | 33.660              |
| 21012  | Fast foods, croissant, with egg, cheese, and bacon                                      | 129        | 1 croissant    | 150.930             |
| 21015  | Fast foods, danish pastry, cheese   | 91         | 1 pastry       | 70.070              |
| 21017  | Fast foods, danish pastry, fruit  | 94         | 1 pastry       | 21.620              |

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| NDB_No | Description   | Weight (g) | Common Measure             | Content per Measure |
|--------|---|------------|----------------------------|---------------------|
| 21074  | Fast foods, enchilada, with cheese  | 163        | 1 enchilada                | 324.370             |
| 21021  | Fast foods, english muffin, with egg, cheese, and canadian bacon            | 137        | 1 muffin                   | 150.700             |
| 21106  | Fast foods, fish sandwich, with tartar sauce and cheese                     | 183        | 1 sandwich                 | 184.830             |
| 21024  | Fast foods, french toast sticks   | 141        | 5 sticks                   | 77.550              |
| 21077  | Fast foods, frijoles with cheese  | 167        | 1 cup                      | 188.710             |
| 21114  | Fast foods, hamburger, large, double patty, with condiments and vegetables  | 226        | 1 sandwich                 | 101.700             |
| 21111  | Fast foods, hamburger, regular, double patty, with condiments               | 215        | 1 sandwich                 | 92.450              |
| 21108  | Fast foods, hamburger, regular, single patty, with condiments               | 106        | 1 sandwich                 | 126.140             |
| 21118  | Fast foods, hotdog, plain   | 98         | 1 sandwich                 | 23.520              |
| 21119  | Fast foods, hotdog, with chili  | 114        | 1 sandwich                 | 19.380              |
| 21120  | Fast foods, hotdog, with corn flour coating (corndog)                       | 175        | 1 corn dog                 | 101.500             |
| 21129  | Fast foods, hush puppies  | 78         | 5 pieces                   | 68.640              |
| 21028  | Fast foods, ice milk, vanilla, soft-serve, with cone                        | 103        | 1 cone                     | 153.470             |
| 21078  | Fast foods, nachos, with cheese   | 113        | 6-8 nachos                 | 272.330             |
| 21130  | Fast foods, onion rings, breaded and fried                                  | 83         | 8-9 rings                  | 73.040              |
| 21025  | Fast foods, pancakes with butter and syrup                                  | 232        | 2 pancakes                 | 127.600             |
| 21138  | Fast foods, potato, french fried in vegetable oil                           | 134        | 1 medium                   | 18.760              |
| 21138  | Fast foods, potato, french fried in vegetable oil                           | 85         | 1 small                    | 11.900              |
| 21138  | Fast foods, potato, french fried in vegetable oil                           | 169        | 1 large                    | 23.660              |
| 21139  | Fast foods, potato, mashed  | 80         | 1/3 cup                    | 16.800              |
| 21026  | Fast foods, potatoes, hashed brown  | 72         | 1/2 cup                    | 7.200               |
| 21121  | Fast foods, roast beef sandwich, plain                                      | 139        | 1 sandwich                 | 54.210              |
| 21053  | Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg | 217        | 1-1/2 cups                 | 99.820              |
| 21054  | Fast foods, salad, vegetable, tossed, without dressing, with chicken        | 218        | 1-1/2 cups                 | 37.060              |
| 21059  | Fast foods, shrimp, breaded and fried                                       | 164        | 6-8 shrimp                 | 83.640              |
| 21124  | Fast foods, submarine sandwich, with cold cuts                              | 228        | 1 sandwich, 6" roll        | 189.240             |
| 21125  | Fast foods, submarine sandwich, with roast beef                             | 216        | 1 sandwich, 6" roll        | 41.040              |
| 21126  | Fast foods, submarine sandwich, with tuna salad                             | 256        | 1 sandwich, 6" roll        | 74.240              |
| 21033  | Fast foods, sundae, hot fudge   | 158        | 1 sundae                   | 206.980             |
| 21082  | Fast foods, taco  | 171        | 1 small                    | 220.590             |
| 21082  | Fast foods, taco  | 263        | 1 large                    | 339.270             |
| 21083  | Fast foods, taco salad  | 198        | 1-1/2 cups                 | 192.060             |
| 21086  | Fast foods, tostada, with beans, beef, and cheese                           | 225        | 1 tostada                  | 189.000             |
| 09094  | Figs, dried, uncooked   | 38         | 2 figs                     | 61.560              |
| 15011  | Fish, catfish, channel, cooked, breaded and fried                           | 85         | 3 oz                       | 37.400              |
| 15017  | Fish, cod, Atlantic, canned, solids and liquid                              | 85         | 3 oz                       | 17.850              |
| 15192  | Fish, cod, Pacific, cooked, dry heat  | 85         | 3 oz                       | 7.650               |
| 15027  | Fish, fish portions and sticks, frozen, preheated                           | 57         | 1 portion (4" x 2" x 1/2") | 11.400              |
| 15027  | Fish, fish portions and sticks, frozen, preheated                           | 28         | 1 stick (4" x 1" x 1/2")   | 5.600               |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat                | 127        | 1 fillet                   | 22.860              |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat                | 85         | 3 oz                       | 15.300              |
| 15034  | Fish, haddock, cooked, dry heat   | 85         | 3 oz                       | 35.700              |

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| NDB_No | Description   | Weight (g) | Common Measure    | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 15034  | Fish, haddock, cooked, dry heat   | 150        | 1 fillet          | 63.000              |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat   | 159        | 1/2 fillet        | 95.400              |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat   | 85         | 3 oz              | 51.000              |
| 15041  | Fish, herring, Atlantic, pickled  | 85.05      | 3 oz              | 65.489              |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat   | 85         | 3 oz              | 116.450             |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat   | 50         | 1 fillet          | 68.500              |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 85         | 3 oz              | 5.100               |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 60         | 1 fillet          | 3.600               |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat  | 149        | 1 fillet          | 17.880              |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat  | 85         | 3 oz              | 10.200              |
| 15232  | Fish, roughy, orange, cooked, dry heat  | 85         | 3 oz              | 32.300              |
| 15077  | Fish, salmon, chinook, smoked   | 85.05      | 3 oz              | 9.356               |
| 15084  | Fish, salmon, pink, canned, solids with bone and liquid   | 85         | 3 oz              | 181.050             |
| 15086  | Fish, salmon, sockeye, cooked, dry heat   | 155        | 1/2 fillet        | 10.850              |
| 15086  | Fish, salmon, sockeye, cooked, dry heat   | 85         | 3 oz              | 5.950               |
| 15088  | Fish, sardine, Atlantic, canned in oil, drained solids with bone  | 85.05      | 3 oz              | 324.891             |
| 15111  | Fish, swordfish, cooked, dry heat   | 85         | 3 oz              | 5.100               |
| 15111  | Fish, swordfish, cooked, dry heat   | 106        | 1 piece           | 6.360               |
| 15241  | Fish, trout, rainbow, farmed, cooked, dry heat  | 85         | 3 oz              | 73.100              |
| 15128  | Fish, tuna salad  | 205        | 1 cup             | 34.850              |
| 15119  | Fish, tuna, light, canned in oil, drained solids  | 85.05      | 3 oz              | 11.057              |
| 15121  | Fish, tuna, light, canned in water, drained solids  | 85         | 3 oz              | 9.350               |
| 15126  | Fish, tuna, white, canned in water, drained solids  | 85         | 3 oz              | 11.900              |
| 15221  | Fish, tuna, yellowfin, fresh, cooked, dry heat  | 85         | 3 oz              | 17.850              |
| 07022  | Frankfurter, beef   | 45         | 1 frank           | 6.300               |
| 07023  | Frankfurter, beef and pork  | 45         | 1 frank           | 4.950               |
| 07024  | Frankfurter, chicken  | 45         | 1 frank           | 42.750              |
| 18268  | French toast, frozen, ready-to-heat   | 59         | 1 slice           | 63.130              |
| 18269  | French toast, prepared from recipe, made with low fat (2%) milk   | 65         | 1 slice           | 65.000              |
| 19226  | Frostings, chocolate, creamy, ready-to-eat  | 38         | 1/12 package      | 3.040               |
| 19230  | Frostings, vanilla, creamy, ready-to-eat  | 38         | 1/12 package      | 1.140               |
| 19263  | Frozen juice novelties, fruit and juice bars  | 77         | 1 bar (2.5 fl oz) | 3.850               |
| 19393  | Frozen yogurts, chocolate, soft-serve   | 72         | 1/2 cup           | 105.840             |
| 19293  | Frozen yogurts, vanilla, soft-serve   | 72         | 1/2 cup           | 102.960             |
| 19294  | Fruit butters, apple  | 17         | 1 tbsp            | 2.380               |
| 09100  | Fruit cocktail, (peach and pineapple and pear and grape and cherry),<br>canned, heavy syrup, solids and liquids | 248        | 1 cup             | 14.880              |
| 09097  | Fruit cocktail, (peach and pineapple and pear and grape and cherry),<br>canned, juice pack, solids and liquids  | 237        | 1 cup             | 18.960              |
| 14267  | Fruit punch drink, with added nutrients, canned   | 248        | 8 fl oz           | 19.840              |
| 09189  | Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and<br>grape and boysenberry), frozen, sweetened  | 250        | 1 cup             | 17.500              |
| 11215  | Garlic, raw   | 3          | 1 clove           | 5.430               |
| 19173  | Gelatin desserts, dry mix, prepared with water  | 135        | 1/2 cup           | 4.050               |

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| NDB_No | Description   | Weight (g) | Common Measure  | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 19176  | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water               | 117        | 1/2 cup         | 3.510               |
| 14277  | Grape drink, canned   | 250        | 8 fl oz         | 5.000               |
| 09135  | Grape juice, canned or bottled, unsweetened, without added vitamin C                          | 253        | 1 cup           | 22.770              |
| 09137  | Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C | 250        | 1 cup           | 10.000              |
| 09136  | Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C                   | 216        | 6-fl-oz can     | 28.080              |
| 09404  | Grapefruit juice, pink, raw   | 247        | 1 cup           | 22.230              |
| 09124  | Grapefruit juice, white, canned, sweetened  | 250        | 1 cup           | 20.000              |
| 09123  | Grapefruit juice, white, canned, unsweetened  | 247        | 1 cup           | 17.290              |
| 09126  | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water         | 247        | 1 cup           | 19.760              |
| 09125  | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted                           | 207        | 6-fl-oz can     | 55.890              |
| 09128  | Grapefruit juice, white, raw  | 247        | 1 cup           | 22.230              |
| 09112  | Grapefruit, raw, pink and red, all areas  | 123        | 1/2 grapefruit  | 27.060              |
| 09116  | Grapefruit, raw, white, all areas   | 118        | 1/2 grapefruit  | 14.160              |
| 09121  | Grapefruit, sections, canned, light syrup pack, solids and liquids                            | 254        | 1 cup           | 35.560              |
| 09132  | Grapes, red or green (european type varieties, such as, Thompson seedless), raw               | 50         | 10 grapes       | 5.000               |
| 09132  | Grapes, red or green (european type varieties, such as, Thompson seedless), raw               | 160        | 1 cup           | 16.000              |
| 06116  | Gravy, beef, canned   | 58.25      | 1/4 cup         | 3.495               |
| 06119  | Gravy, chicken, canned  | 59.5       | 1/4 cup         | 11.900              |
| 06121  | Gravy, mushroom, canned   | 59.6       | 1/4 cup         | 4.172               |
| 06800  | Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve                                | 62         | 1/4 cup         | 3.720               |
| 06125  | Gravy, turkey, canned   | 59.6       | 1/4 cup         | 2.384               |
| 07027  | Ham, chopped, not canned  | 21         | 2 slices        | 1.470               |
| 07028  | Ham, sliced, extra lean, (approximately 5% fat)   | 56.7       | 2 slices        | 3.969               |
| 07029  | Ham, sliced, regular (approximately 11% fat)  | 56.7       | 2 slices        | 13.608              |
| 22402  | HEALTHY CHOICE Beef Macaroni, frozen entree   | 240        | 1 package       | 45.600              |
| 11961  | Hearts of palm, canned  | 33         | 1 piece         | 19.140              |
| 19296  | Honey   | 21         | 1 tbsp          | 1.260               |
| 02055  | Horseradish, prepared   | 5          | 1 tsp           | 2.800               |
| 16158  | Hummus, commercial  | 14         | 1 tbsp          | 5.320               |
| 19270  | Ice creams, chocolate   | 66         | 1/2 cup         | 71.940              |
| 19090  | Ice creams, french vanilla, soft-serve  | 86         | 1/2 cup         | 112.660             |
| 19095  | Ice creams, vanilla   | 66         | 1/2 cup         | 84.480              |
| 19088  | Ice creams, vanilla, light  | 66         | 1/2 cup         | 76.560              |
| 19089  | Ice creams, vanilla, rich   | 74         | 1/2 cup         | 86.580              |
| 19281  | Ice novelties, italian, restaurant-prepared   | 116        | 1/2 cup         | 1.160               |
| 19283  | Ice novelties, pop  | 59         | 1 bar (2 fl oz) | 0.000               |
| 19297  | Jams and preserves  | 20         | 1 tbsp          | 4.000               |
| 19300  | Jellies   | 19         | 1 tbsp          | 1.330               |
| 11226  | Jerusalem-artichokes, raw   | 150        | 1 cup           | 21.000              |
| 11234  | Kale, cooked, boiled, drained, without salt   | 130        | 1 cup           | 93.600              |

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|--------|--|------------|------------------|---------------------|
| 11236  | Kale, frozen, cooked, boiled, drained, without salt  | 130        | 1 cup            | 179.400             |
| 18505  | KELLOGG'S Eggo Lowfat Homestyle Waffles  | 35         | 1 waffle         | 20.300              |
| 09148  | Kiwi fruit, (chinese gooseberries), fresh, raw   | 76         | 1 medium         | 25.840              |
| 11242  | Kohlrabi, cooked, boiled, drained, without salt  | 165        | 1 cup            | 41.250              |
| 17012  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz             | 9.350               |
| 17014  | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted    | 85         | 3 oz             | 6.800               |
| 17024  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                           | 85         | 3 oz             | 17.000              |
| 17027  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                              | 85         | 3 oz             | 16.150              |
| 17031  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted                            | 85         | 3 oz             | 18.700              |
| 17034  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted                               | 85         | 3 oz             | 17.850              |
| 17044  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised                  | 85         | 3 oz             | 21.250              |
| 17048  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised                     | 85         | 3 oz             | 22.100              |
| 04002  | Lard   | 12.8       | 1 tbsp           | 0.000               |
| 18369  | Leavening agents, baking powder, double-acting, sodium aluminum sulfate  | 4.6        | 1 tsp            | 270.296             |
| 18370  | Leavening agents, baking powder, double-acting, straight phosphate   | 4.6        | 1 tsp            | 338.744             |
| 18371  | Leavening agents, baking powder, low-sodium  | 5          | 1 tsp            | 216.600             |
| 18372  | Leavening agents, baking soda  | 4.6        | 1 tsp            | 0.000               |
| 18373  | Leavening agents, cream of tartar  | 3          | 1 tsp            | 0.240               |
| 18375  | Leavening agents, yeast, baker's, active dry   | 7          | 1 pkg            | 4.480               |
| 18375  | Leavening agents, yeast, baker's, active dry   | 4          | 1 tsp            | 2.560               |
| 18374  | Leavening agents, yeast, baker's, compressed   | 17         | 1 cake           | 3.230               |
| 11247  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt  | 104        | 1 cup            | 31.200              |
| 09153  | Lemon juice, canned or bottled   | 244        | 1 cup            | 26.840              |
| 09153  | Lemon juice, canned or bottled   | 15.2       | 1 tbsp           | 1.672               |
| 09152  | Lemon juice, raw   | 47         | juice of 1 lemon | 3.290               |
| 14293  | Lemonade, frozen concentrate, white, prepared with water   | 248        | 8 fl oz          | 9.920               |
| 14290  | Lemonade, low calorie, with aspartame, powder, prepared with water   | 237        | 8 fl oz          | 52.140              |
| 14297  | Lemonade-flavor drink, powder, prepared with water   | 266        | 8 fl oz          | 29.260              |
| 09150  | Lemons, raw, without peel  | 58         | 1 lemon          | 15.080              |
| 16070  | Lentils, mature seeds, cooked, boiled, without salt  | 198        | 1 cup            | 37.620              |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw  | 163        | 1 head           | 57.050              |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw  | 7.5        | 1 medium leaf    | 2.625               |
| 11251  | Lettuce, cos or romaine, raw   | 10         | 1 leaf           | 3.300               |
| 11251  | Lettuce, cos or romaine, raw   | 56         | 1 cup            | 18.480              |
| 11253  | Lettuce, green leaf, raw   | 56         | 1 cup            | 20.160              |
| 11253  | Lettuce, green leaf, raw   | 10         | 1 leaf           | 3.600               |
| 11252  | Lettuce, iceberg (includes crisphead types), raw   | 539        | 1 head           | 107.800             |
| 11252  | Lettuce, iceberg (includes crisphead types), raw   | 55         | 1 cup            | 11.000              |



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|--------|---|------------|-----------------|---------------------|
| 11252  | Lettuce, iceberg (includes crisphead types), raw                                    | 8          | 1 medium        | 1.600               |
| 11040  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt     | 180        | 1 cup           | 50.400              |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 170        | 1 cup           | 51.000              |
| 16073  | Lima beans, large, mature seeds, canned   | 241        | 1 cup           | 50.610              |
| 16072  | Lima beans, large, mature seeds, cooked, boiled, without salt                       | 188        | 1 cup           | 31.960              |
| 09161  | Lime juice, canned or bottled, unsweetened  | 246        | 1 cup           | 29.520              |
| 09161  | Lime juice, canned or bottled, unsweetened  | 15.4       | 1 tbsp          | 1.848               |
| 09160  | Lime juice, raw   | 38         | juice of 1 lime | 3.420               |
| 22247  | Macaroni and Cheese, canned entree  | 252        | 1 cup           | 113.400             |
| 20100  | Macaroni, cooked, enriched  | 140        | 1 cup           | 9.800               |
| 14315  | Malted drink mix, chocolate, with added nutrients, powder                           | 21         | 3 heaping tsp   | 93.030              |
| 14316  | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 265        | 1 cup           | 339.200             |
| 14309  | Malted drink mix, natural, with added nutrients, powder                             | 21         | 4-5 heaping tsp | 78.960              |
| 14310  | Malted drink mix, natural, with added nutrients, powder, prepared with whole milk   | 265        | 1 cup           | 325.950             |
| 09176  | Mangos, raw   | 165        | 1 cup           | 16.500              |
| 09176  | Mangos, raw   | 207        | 1 mango         | 20.700              |
| 04611  | Margarine, regular, tub, composite, 80% fat, with salt                              | 14.2       | 1 tbsp          | 3.692               |
| 04132  | Margarine, regular, unspecified oils, with salt added                               | 14.1       | 1 tbsp          | 4.230               |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick                                     | 4.8        | 1 tsp           | 1.008               |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick                                     | 14.3       | 1 tbsp          | 3.003               |
| 04613  | Margarine, vegetable oil spread, 60% fat, tub/bottle                                | 4.8        | 1 tsp           | 1.008               |
| 04585  | Margarine-butter blend, 60% corn oil margarine and 40% butter                       | 14.2       | 1 tbsp          | 3.976               |
| 04128  | Margarine-like spread, (approximately 40% fat), unspecified oils                    | 4.8        | 1 tsp           | 0.864               |
| 09181  | Melons, cantaloupe, raw   | 160        | 1 cup           | 14.400              |
| 09181  | Melons, cantaloupe, raw   | 69         | 1/8 melon       | 6.210               |
| 09184  | Melons, honeydew, raw   | 160        | 1/8 melon       | 9.600               |
| 09184  | Melons, honeydew, raw   | 170        | 1 cup           | 10.200              |
| 01110  | Milk shakes, thick chocolate  | 300        | 10.6 fl oz      | 396.000             |
| 01111  | Milk shakes, thick vanilla  | 313        | 11 fl oz        | 456.980             |
| 01094  | Milk, buttermilk, dried   | 6.5        | 1 tbsp          | 76.960              |
| 01088  | Milk, buttermilk, fluid, cultured, lowfat   | 245        | 1 cup           | 284.200             |
| 01095  | Milk, canned, condensed, sweetened  | 306        | 1 cup           | 869.040             |
| 01097  | Milk, canned, evaporated, nonfat  | 256        | 1 cup           | 742.400             |
| 01096  | Milk, canned, evaporated, without added vitamin A                                   | 252        | 1 cup           | 657.720             |
| 01102  | Milk, chocolate, fluid, commercial,   | 250        | 1 cup           | 280.000             |
| 01104  | Milk, chocolate, fluid, commercial, lowfat  | 250        | 1 cup           | 287.500             |
| 01103  | Milk, chocolate, fluid, commercial, reduced fat                                     | 250        | 1 cup           | 285.000             |
| 01092  | Milk, dry, nonfat, instant, with added vitamin A                                    | 23         | 1/3 cup         | 283.130             |
| 01082  | Milk, lowfat, fluid, 1% milkfat, with added vitamin A                               | 244        | 1 cup           | 290.360             |
| 01085  | Milk, nonfat, fluid, with added vitamin A (fat free or skim)                        | 245        | 1 cup           | 306.250             |
| 01079  | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A                          | 244        | 1 cup           | 285.480             |

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| NDB_No | Description   | Weight (g) | Common Measure    | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 01077  | Milk, whole, 3.25% milkfat  | 244        | 1 cup             | 275.720             |
| 16112  | Miso  | 68.75      | 1 cup             | 45.375              |
| 19305  | Molasses, blackstrap  | 20         | 1 tbsp            | 172.000             |
| 15160  | Mollusks, clam, mixed species, canned, drained solids                     | 85         | 3 oz              | 78.200              |
| 15157  | Mollusks, clam, mixed species, raw  | 85         | 3 oz              | 39.100              |
| 15168  | Mollusks, oyster, eastern, cooked, breaded and fried                      | 85         | 3 oz              | 52.700              |
| 15167  | Mollusks, oyster, eastern, wild, raw                                      | 84         | 6 medium          | 37.800              |
| 15173  | Mollusks, scallop, mixed species, cooked, breaded and fried               | 93         | 6 large           | 39.060              |
| 18274  | Muffins, blueberry, commercially prepared                                 | 57         | 1 muffin          | 32.490              |
| 18278  | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk     | 57         | 1 muffin          | 107.730             |
| 18279  | Muffins, corn, commercially prepared                                      | 57         | 1 muffin          | 42.180              |
| 18280  | Muffins, corn, dry mix, prepared  | 50         | 1 muffin          | 37.500              |
| 18283  | Muffins, oat bran   | 57         | 1 muffin          | 35.910              |
| 18388  | Muffins, wheat bran, toaster-type with raisins, toasted                   | 34         | 1 muffin          | 13.260              |
| 11044  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 124        | 1 cup             | 14.880              |
| 11043  | Mung beans, mature seeds, sprouted, raw                                   | 104        | 1 cup             | 13.520              |
| 11264  | Mushrooms, canned, drained solids   | 156        | 1 cup             | 17.160              |
| 11261  | Mushrooms, cooked, boiled, drained, without salt                          | 156        | 1 cup             | 9.360               |
| 11260  | Mushrooms, raw  | 70         | 1 cup             | 2.100               |
| 11269  | Mushrooms, shiitake, cooked, without salt                                 | 145        | 1 cup             | 4.350               |
| 11268  | Mushrooms, shiitake, dried  | 3.6        | 1 mushroom        | 0.396               |
| 11271  | Mustard greens, cooked, boiled, drained, without salt                     | 140        | 1 cup             | 103.600             |
| 02046  | Mustard, prepared, yellow   | 5          | 1 tsp or 1 packet | 4.000               |
| 18651  | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes           | 16         | 1 cookie          | 4.800               |
| 09191  | Nectarines, raw   | 136        | 1 nectarine       | 8.160               |
| 20113  | Noodles, chinese, chow mein   | 45         | 1 cup             | 9.000               |
| 20110  | Noodles, egg, cooked, enriched  | 160        | 1 cup             | 19.200              |
| 20112  | Noodles, egg, spinach, cooked, enriched                                   | 160        | 1 cup             | 30.400              |
| 12061  | Nuts, almonds   | 28.35      | 1 oz (24 nuts)    | 70.308              |
| 12078  | Nuts, brazilnuts, dried, unblanched                                       | 28.35      | 1 oz (6-8 nuts)   | 45.360              |
| 12585  | Nuts, cashew nuts, dry roasted, with salt added                           | 28.35      | 1 oz              | 12.758              |
| 12586  | Nuts, cashew nuts, oil roasted, with salt added                           | 28.35      | 1 oz (18 nuts)    | 12.191              |
| 12167  | Nuts, chestnuts, european, roasted  | 143        | 1 cup             | 41.470              |
| 12179  | Nuts, coconut meat, dried (desiccated), sweetened, shredded               | 93         | 1 cup             | 13.950              |
| 12104  | Nuts, coconut meat, raw   | 45         | 1 piece           | 6.300               |
| 12120  | Nuts, hazelnuts or filberts   | 28.35      | 1 oz              | 32.319              |
| 12632  | Nuts, macadamia nuts, dry roasted, with salt added                        | 28.35      | 1 oz (10-12 nuts) | 19.845              |
| 12635  | Nuts, mixed nuts, dry roasted, with peanuts, with salt added              | 28.35      | 1 oz              | 19.845              |
| 12637  | Nuts, mixed nuts, oil roasted, with peanuts, with salt added              | 28.35      | 1 oz              | 30.618              |
| 12142  | Nuts, pecans  | 28.35      | 1 oz (20 halves)  | 19.845              |
| 12147  | Nuts, pine nuts, pignolia, dried  | 28.35      | 1 oz              | 4.536               |
| 12147  | Nuts, pine nuts, pignolia, dried  | 8.6        | 1 tbsp            | 1.376               |

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|--------|---|------------|---------------------|---------------------|
| 12652  | Nuts, pistachio nuts, dry roasted, with salt added  | 28.35      | 1 oz (47 nuts)      | 31.185              |
| 12155  | Nuts, walnuts, english  | 28.35      | 1 oz (14 halves)    | 27.783              |
| 20034  | Oat bran, cooked  | 219        | 1 cup               | 21.900              |
| 20033  | Oat bran, raw   | 94         | 1 cup               | 54.520              |
| 04053  | Oil, olive, salad or cooking  | 13.5       | 1 tbsp              | 0.135               |
| 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               | 123.200             |
| 11281  | Okra, frozen, cooked, boiled, drained, without salt   | 184        | 1 cup               | 176.640             |
| 09193  | Olives, ripe, canned (small-extra large)  | 22         | 5 large             | 19.360              |
| 11296  | Onion rings, breaded, par fried, frozen, prepared, heated in oven                               | 60         | 10 rings            | 18.600              |
| 11283  | Onions, cooked, boiled, drained, without salt   | 210        | 1 cup               | 46.200              |
| 11283  | Onions, cooked, boiled, drained, without salt   | 94         | 1 medium            | 20.680              |
| 11284  | Onions, dehydrated flakes   | 5          | 1 tbsp              | 12.850              |
| 11282  | Onions, raw   | 110        | 1 whole             | 24.200              |
| 11282  | Onions, raw   | 14         | 1 slice             | 3.080               |
| 11282  | Onions, raw   | 160        | 1 cup               | 35.200              |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                                       | 100        | 1 cup               | 72.000              |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                                       | 15         | 1 whole             | 10.800              |
| 09207  | Orange juice, canned, unsweetened   | 249        | 1 cup               | 19.920              |
| 09209  | Orange juice, chilled, includes from concentrate  | 249        | 1 cup               | 24.900              |
| 09215  | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water                      | 249        | 1 cup               | 22.410              |
| 09214  | Orange juice, frozen concentrate, unsweetened, undiluted  | 213        | 6-fl-oz can         | 68.160              |
| 09206  | Orange juice, raw   | 86         | juice from 1 orange | 9.460               |
| 09206  | Orange juice, raw   | 248        | 1 cup               | 27.280              |
| 09200  | Oranges, raw, all commercial varieties  | 131        | 1 orange            | 52.400              |
| 09200  | Oranges, raw, all commercial varieties  | 180        | 1 cup               | 72.000              |
| 18288  | Pancakes plain, frozen, ready-to-heat (includes buttermilk)                                     | 36         | 1 pancake           | 22.320              |
| 18290  | Pancakes, plain, dry mix, complete, prepared  | 38         | 1 pancake           | 47.880              |
| 18292  | Pancakes, plain, dry mix, incomplete, prepared  | 38         | 1 pancake           | 81.700              |
| 09226  | Papayas, raw  | 304        | 1 papaya            | 72.960              |
| 09226  | Papayas, raw  | 140        | 1 cup               | 33.600              |
| 11297  | Parsley, raw  | 10         | 10 sprigs           | 13.800              |
| 11299  | Parsnips, cooked, boiled, drained, without salt   | 156        | 1 cup               | 57.720              |
| 22907  | Pasta with meatballs in tomato sauce, canned entree   | 252        | 1 cup               | 27.720              |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids   | 98         | 1 half              | 2.940               |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids   | 262        | 1 cup               | 7.860               |

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|--------|---|------------|------------------|---------------------|
| 09238  | Peaches, canned, juice pack, solids and liquids                     | 98         | 1 half           | 5.880               |
| 09238  | Peaches, canned, juice pack, solids and liquids                     | 248        | 1 cup            | 14.880              |
| 09246  | Peaches, dried, sulfured, uncooked                                  | 39         | 3 halves         | 10.920              |
| 09250  | Peaches, frozen, sliced, sweetened                                  | 250        | 1 cup            | 7.500               |
| 09236  | Peaches, raw  | 98         | 1 peach          | 5.880               |
| 09236  | Peaches, raw  | 170        | 1 cup            | 10.200              |
| 16097  | Peanut butter, chunk style, with salt                               | 16         | 1 tbsp           | 8.480               |
| 16098  | Peanut butter, smooth style, with salt                              | 16         | 1 tbsp           | 7.520               |
| 16090  | Peanuts, all types, dry-roasted, with salt                          | 28.35      | 1 oz (approx 28) | 15.309              |
| 16390  | Peanuts, all types, dry-roasted, without salt                       | 28.35      | 1 oz (approx 28) | 15.309              |
| 16089  | Peanuts, all types, oil-roasted, with salt                          | 28.35      | 1 oz             | 17.294              |
| 09340  | Pears, asian, raw   | 122        | 1 pear           | 4.880               |
| 09340  | Pears, asian, raw   | 275        | 1 pear           | 11.000              |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids                 | 76         | 1 half           | 3.800               |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids                 | 266        | 1 cup            | 13.300              |
| 09254  | Pears, canned, juice pack, solids and liquids                       | 248        | 1 cup            | 22.320              |
| 09254  | Pears, canned, juice pack, solids and liquids                       | 76         | 1 half           | 6.840               |
| 09252  | Pears, raw  | 166        | 1 pear           | 14.940              |
| 11301  | Peas, edible-podded, cooked, boiled, drained, without salt          | 160        | 1 cup            | 67.200              |
| 11303  | Peas, edible-podded, frozen, cooked, boiled, drained, without salt  | 160        | 1 cup            | 94.400              |
| 11308  | Peas, green, canned, regular pack, drained solids                   | 170        | 1 cup            | 34.000              |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt          | 160        | 1 cup            | 38.400              |
| 16086  | Peas, split, mature seeds, cooked, boiled, without salt             | 196        | 1 cup            | 27.440              |
| 11670  | Peppers, hot chili, green, raw                                      | 45         | 1 pepper         | 8.100               |
| 11819  | Peppers, hot chili, red, raw  | 45         | 1 pepper         | 6.300               |
| 11632  | Peppers, jalapeno, canned, solids and liquids                       | 26         | 1/4 cup          | 5.980               |
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt        | 136        | 1 cup            | 12.240              |
| 11333  | Peppers, sweet, green, raw  | 149        | 1 cup            | 14.900              |
| 11333  | Peppers, sweet, green, raw  | 10         | 1 ring           | 1.000               |
| 11333  | Peppers, sweet, green, raw  | 119        | 1 pepper         | 11.900              |
| 11823  | Peppers, sweet, red, cooked, boiled, drained, without salt          | 136        | 1 cup            | 12.240              |
| 11821  | Peppers, sweet, red, raw  | 119        | 1 pepper         | 8.330               |
| 11821  | Peppers, sweet, red, raw  | 149        | 1 cup            | 10.430              |
| 11945  | Pickle relish, sweet  | 15         | 1 tbsp           | 0.450               |
| 11937  | Pickles, cucumber, dill   | 65         | 1 pickle         | 5.850               |
| 18330  | Pie crust, cookie-type, prepared from recipe, graham cracker, baked | 239        | 1 pie shell      | 50.190              |
| 18335  | Pie crust, standard-type, frozen, ready-to-bake, baked              | 126        | 1 pie shell      | 26.460              |
| 18336  | Pie crust, standard-type, prepared from recipe, baked               | 180        | 1 pie shell      | 18.000              |
| 19312  | Pie fillings, apple, canned   | 74         | 1/8 of 21-oz can | 2.960               |
| 19314  | Pie fillings, canned, cherry  | 74         | 1/8 of 21-oz can | 8.140               |
| 18301  | Pie, apple, commercially prepared, enriched flour                   | 117        | 1 piece          | 12.870              |
| 18302  | Pie, apple, prepared from recipe                                    | 155        | 1 piece          | 10.850              |
| 18305  | Pie, blueberry, commercially prepared                               | 117        | 1 piece          | 9.360               |

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|--------|--|------------|-----------------|---------------------|
| 18306  | Pie, blueberry, prepared from recipe   | 147        | 1 piece         | 10.290              |
| 18308  | Pie, cherry, commercially prepared   | 117        | 1 piece         | 14.040              |
| 18309  | Pie, cherry, prepared from recipe  | 180        | 1 piece         | 18.000              |
| 18310  | Pie, chocolate creme, commercially prepared  | 113        | 1 piece         | 40.680              |
| 18316  | Pie, coconut custard, commercially prepared  | 104        | 1 piece         | 84.240              |
| 18444  | Pie, fried pies, cherry  | 128        | 1 pie           | 28.160              |
| 18319  | Pie, fried pies, fruit   | 128        | 1 pie           | 28.160              |
| 18320  | Pie, lemon meringue, commercially prepared   | 113        | 1 piece         | 63.280              |
| 18321  | Pie, lemon meringue, prepared from recipe  | 127        | 1 piece         | 15.240              |
| 18324  | Pie, pecan, commercially prepared  | 113        | 1 piece         | 19.210              |
| 18325  | Pie, pecan, prepared from recipe   | 122        | 1 piece         | 39.040              |
| 18326  | Pie, pumpkin, commercially prepared  | 109        | 1 piece         | 65.400              |
| 18327  | Pie, pumpkin, prepared from recipe   | 155        | 1 piece         | 145.700             |
| 11943  | Pimento, canned  | 12         | 1 tbsp          | 0.720               |
| 14334  | Pineapple and grapefruit juice drink, canned   | 250        | 8 fl oz         | 17.500              |
| 14341  | Pineapple and orange juice drink, canned   | 250        | 8 fl oz         | 12.500              |
| 09273  | Pineapple juice, canned, unsweetened, without added ascorbic acid                        | 250        | 1 cup           | 42.500              |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids                                  | 49         | 1 slice         | 6.860               |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids                                  | 254        | 1 cup           | 35.560              |
| 09268  | Pineapple, canned, juice pack, solids and liquids  | 47         | 1 slice         | 6.580               |
| 09268  | Pineapple, canned, juice pack, solids and liquids  | 249        | 1 cup           | 34.860              |
| 09266  | Pineapple, raw, all varieties  | 155        | 1 cup           | 20.150              |
| 09278  | Plantains, cooked  | 154        | 1 cup           | 3.080               |
| 09277  | Plantains, raw   | 179        | 1 medium        | 5.370               |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids                              | 258        | 1 cup           | 23.220              |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids                              | 46         | 1 plum          | 4.140               |
| 09282  | Plums, canned, purple, juice pack, solids and liquids                                    | 46         | 1 plum          | 4.600               |
| 09282  | Plums, canned, purple, juice pack, solids and liquids                                    | 252        | 1 cup           | 25.200              |
| 09292  | Plums, dried (prunes), stewed, without added sugar                                       | 248        | 1 cup           | 47.120              |
| 09291  | Plums, dried (prunes), uncooked  | 42         | 5 prunes        | 18.060              |
| 09279  | Plums, raw   | 66         | 1 plum          | 3.960               |
| 07065  | Pork and beef sausage, fresh, cooked   | 26         | 2 links         | 2.600               |
| 07064  | Pork sausage, fresh, cooked  | 26         | 2 links         | 3.380               |
| 07064  | Pork sausage, fresh, cooked  | 27         | 1 patty         | 3.510               |
| 10124  | Pork, cured, bacon, cooked, broiled, pan-fried or roasted                                | 19         | 3 medium slices | 2.090               |
| 10131  | Pork, cured, canadian-style bacon, grilled   | 46.5       | 2 slices        | 4.650               |
| 10185  | Pork, cured, ham, extra lean and regular, canned, roasted                                | 85         | 3 oz            | 5.950               |
| 10151  | Pork, cured, ham, whole, separable lean and fat, roasted                                 | 85         | 3 oz            | 5.950               |
| 10153  | Pork, cured, ham, whole, separable lean only, roasted                                    | 85         | 3 oz            | 5.950               |
| 10193  | Pork, fresh, backribs, separable lean and fat, cooked, roasted                           | 85         | 3 oz            | 38.250              |
| 10009  | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted                   | 85         | 3 oz            | 11.900              |
| 10011  | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted                      | 85         | 3 oz            | 5.950               |
| 10038  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 85         | 3 oz            | 28.050              |

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|--------|--|------------|----------------|---------------------|
| 10179  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried   | 85         | 3 oz           | 22.950              |
| 10042  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled        | 85         | 3 oz           | 26.350              |
| 10176  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried      | 85         | 3 oz           | 19.550              |
| 10047  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted     | 85         | 3 oz           | 23.800              |
| 10051  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted        | 85         | 3 oz           | 22.100              |
| 10205  | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised               | 85         | 3 oz           | 24.650              |
| 10075  | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised                   | 85         | 3 oz           | 15.300              |
| 10078  | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised                      | 85         | 3 oz           | 6.800               |
| 10089  | Pork, fresh, spareribs, separable lean and fat, cooked, braised                              | 85         | 3 oz           | 39.950              |
| 11672  | Potato pancakes, home-prepared   | 76         | 1 pancake      | 18.240              |
| 11399  | Potato puffs, frozen, prepared   | 79         | 10 puffs       | 23.700              |
| 11414  | Potato salad, home-prepared  | 250        | 1 cup          | 47.500              |
| 11674  | Potato, baked, flesh and skin, without salt  | 202        | 1 potato       | 30.300              |
| 11385  | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter                     | 245        | 1 cup          | 203.350             |
| 11373  | Potatoes, au gratin, home-prepared from recipe using butter                                  | 245        | 1 cup          | 291.550             |
| 11363  | Potatoes, baked, flesh, without salt   | 156        | 1 potato       | 7.800               |
| 11364  | Potatoes, baked, skin, without salt  | 58         | 1 skin         | 19.720              |
| 11365  | Potatoes, boiled, cooked in skin, flesh, without salt  | 136        | 1 potato       | 6.800               |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                                   | 156        | 1 cup          | 12.480              |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                                   | 135        | 1 potato       | 10.800              |
| 11403  | Potatoes, french fried, frozen, home-prepared, heated in oven, without salt                  | 50         | 10 strips      | 4.000               |
| 11391  | Potatoes, hashed brown, frozen, plain, prepared  | 29         | 1 patty        | 4.350               |
| 11370  | Potatoes, hashed brown, home-prepared  | 156        | 1 cup          | 21.840              |
| 11379  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 210        | 1 cup          | 60.900              |
| 11657  | Potatoes, mashed, home-prepared, whole milk added  | 210        | 1 cup          | 46.200              |
| 11371  | Potatoes, mashed, home-prepared, whole milk and margarine added                              | 210        | 1 cup          | 42.000              |
| 11387  | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter                     | 245        | 1 cup          | 88.200              |
| 11372  | Potatoes, scalloped, home-prepared with butter   | 245        | 1 cup          | 139.650             |
| 05306  | Poultry food products, ground turkey, cooked   | 82         | 1 patty        | 20.500              |
| 09294  | Prune juice, canned  | 256        | 1 cup          | 30.720              |
| 19123  | Puddings, chocolate, dry mix, instant, prepared with 2% milk                                 | 147        | 1/2 cup        | 152.880             |
| 19190  | Puddings, chocolate, dry mix, regular, prepared with 2% milk                                 | 142        | 1/2 cup        | 159.040             |
| 19183  | Puddings, chocolate, ready-to-eat  | 113        | 4 oz           | 101.700             |
| 19193  | Puddings, rice, ready-to-eat   | 113.4      | 4 oz           | 58.968              |
| 19218  | Puddings, tapioca, ready-to-eat  | 113        | 4 oz           | 94.920              |
| 19212  | Puddings, vanilla, dry mix, regular, prepared with 2% milk                                   | 140        | 1/2 cup        | 151.200             |
| 19201  | Puddings, vanilla, ready-to-eat  | 113        | 4 oz           | 99.440              |
| 11424  | Pumpkin, canned, without salt  | 245        | 1 cup          | 63.700              |

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## Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 11423  | Pumpkin, cooked, boiled, drained, without salt  | 245        | 1 cup          | 36.750              |
| 11429  | Radishes, raw   | 4.5        | 1 radish       | 1.125               |
| 09298  | Raisins, seedless   | 145        | 1 cup          | 72.500              |
| 09298  | Raisins, seedless   | 14         | 1 packet       | 7.000               |
| 09306  | Raspberries, frozen, red, sweetened   | 250        | 1 cup          | 37.500              |
| 09302  | Raspberries, raw  | 123        | 1 cup          | 30.750              |
| 16103  | Refried beans, canned (includes USDA commodity)   | 252        | 1 cup          | 88.200              |
| 09310  | Rhubarb, frozen, cooked, with sugar   | 240        | 1 cup          | 348.000             |
| 14342  | Rice beverage, RICE DREAM, canned   | 245        | 1 cup          | 19.600              |
| 20037  | Rice, brown, long-grain, cooked   | 195        | 1 cup          | 19.500              |
| 20047  | Rice, white, long-grain, parboiled, enriched, cooked  | 175        | 1 cup          | 33.250              |
| 20046  | Rice, white, long-grain, parboiled, enriched, dry   | 185        | 1 cup          | 111.000             |
| 20049  | Rice, white, long-grain, precooked or instant, enriched, prepared                           | 165        | 1 cup          | 13.200              |
| 20045  | Rice, white, long-grain, regular, cooked  | 158        | 1 cup          | 15.800              |
| 20044  | Rice, white, long-grain, regular, raw, enriched   | 185        | 1 cup          | 51.800              |
| 18342  | Rolls, dinner, plain, commercially prepared (includes brown-and-serve)                      | 28         | 1 roll         | 33.320              |
| 18350  | Rolls, hamburger or hotdog, plain   | 43         | 1 roll         | 59.340              |
| 18353  | Rolls, hard (includes kaiser)   | 57         | 1 roll         | 54.150              |
| 11436  | Rutabagas, cooked, boiled, drained, without salt  | 170        | 1 cup          | 81.600              |
| 04539  | Salad dressing, blue or roquefort cheese dressing, commercial, regular                      | 15.3       | 1 tbsp         | 12.393              |
| 04120  | Salad dressing, french dressing, commercial, regular  | 15.6       | 1 tbsp         | 3.744               |
| 04020  | Salad dressing, french dressing, reduced fat  | 16.3       | 1 tbsp         | 1.793               |
| 04133  | Salad dressing, french, home recipe   | 14         | 1 tbsp         | 0.840               |
| 04134  | Salad dressing, home recipe, cooked   | 16         | 1 tbsp         | 13.440              |
| 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         | 1.029               |
| 04021  | Salad dressing, italian dressing, reduced fat   | 15         | 1 tbsp         | 1.350               |
| 04025  | Salad dressing, mayonnaise, soybean oil, with salt  | 13.8       | 1 tbsp         | 2.484               |
| 04015  | Salad dressing, russian dressing  | 15.3       | 1 tbsp         | 2.907               |
| 04022  | Salad dressing, russian dressing, low calorie   | 16.3       | 1 tbsp         | 3.097               |
| 04023  | Salad dressing, thousand island dressing, reduced fat                                       | 15.3       | 1 tbsp         | 2.448               |
| 04017  | Salad dressing, thousand island, commercial, regular  | 15.6       | 1 tbsp         | 2.652               |
| 07069  | Salami, cooked, beef and pork   | 56.7       | 2 slices       | 7.371               |
| 07072  | Salami, dry or hard, pork, beef   | 20         | 2 slices       | 1.600               |
| 02047  | Salt, table   | 6          | 1 tsp          | 1.440               |
| 07073  | Sandwich spread, pork, beef   | 15         | 1 tbsp         | 1.800               |
| 21097  | Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments   | 195        | 1 sandwich     | 161.850             |
| 21089  | Sandwiches and burgers, cheeseburger, regular, single meat patty, plain                     | 102        | 1 sandwich     | 140.760             |
| 21113  | Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables | 218        | 1 sandwich     | 95.920              |
| 06150  | Sauce, barbecue sauce   | 15.75      | 1 tbsp         | 2.993               |
| 06930  | Sauce, cheese, ready-to-serve   | 63         | 1/4 cup        | 115.920             |

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|--------|---|------------|----------------------|---------------------|
| 06175  | Sauce, hoisin, ready-to-serve   | 16         | 1 tbsp               | 5.120               |
| 06166  | Sauce, homemade, white, medium  | 250        | 1 cup                | 295.000             |
| 06909  | Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve                     | 63         | 1/4 cup              | 117.810             |
| 06931  | Sauce, pasta, spaghetti/marinara, ready-to-serve                                  | 250        | 1 cup                | 55.000              |
| 06168  | Sauce, ready-to-serve, pepper or hot  | 4.7        | 1 tsp                | 0.376               |
| 06164  | Sauce, ready-to-serve, salsa  | 16         | 1 tbsp               | 4.800               |
| 06112  | Sauce, teriyaki, ready-to-serve   | 18         | 1 tbsp               | 4.500               |
| 11439  | Sauerkraut, canned, solids and liquids  | 236        | 1 cup                | 70.800              |
| 07083  | Sausage, Vienna, canned, beef and pork  | 16         | 1 sausage            | 1.600               |
| 11445  | Seaweed, kelp, raw  | 10         | 2 tbsp               | 16.800              |
| 11667  | Seaweed, spirulina, dried   | 0.93       | 1 tbsp               | 1.116               |
| 12516  | Seeds, pumpkin and squash seed kernels, roasted, with salt added                  | 28.35      | 1 oz (142 seeds)     | 12.191              |
| 12166  | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 15         | 1 tbsp               | 63.900              |
| 12201  | Seeds, sesame seed kernels, dried (decorticated)                                  | 8          | 1 tbsp               | 10.480              |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                       | 32         | 1/4 cup              | 22.400              |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                       | 28.35      | 1 oz                 | 19.845              |
| 14346  | Shake, fast food, chocolate   | 333        | 16 fl oz             | 376.290             |
| 14347  | Shake, fast food, vanilla   | 333        | 16 fl oz             | 406.260             |
| 11677  | Shallots, raw   | 10         | 1 tbsp               | 3.700               |
| 19097  | Sherbet, orange   | 74         | 1/2 cup              | 39.960              |
| 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        | 3.960               |
| 19033  | Snacks, CHEX mix  | 28.35      | 1 oz (about 2/3 cup) | 9.923               |
| 19004  | Snacks, corn-based, extruded, chips, barbecue-flavor                              | 28.35      | 1 oz                 | 37.139              |
| 19003  | Snacks, corn-based, extruded, chips, plain  | 28.35      | 1 oz                 | 36.005              |
| 19008  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor                      | 28.35      | 1 oz                 | 16.443              |
| 19013  | Snacks, fruit leather, pieces   | 28.35      | 1 oz                 | 5.103               |
| 19014  | Snacks, fruit leather, rolls  | 21         | 1 large              | 6.720               |
| 19015  | Snacks, granola bars, hard, plain   | 28.35      | 1 bar                | 17.294              |
| 19026  | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter         | 28.35      | 1 bar                | 30.618              |
| 19404  | Snacks, granola bars, soft, uncoated, chocolate chip                              | 28.35      | 1 bar                | 26.366              |
| 19022  | Snacks, granola bars, soft, uncoated, raisin                                      | 28.35      | 1 bar                | 28.634              |
| 19441  | Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit                         | 37         | 1 bar                | 15.170              |
| 19438  | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares                           | 22         | 1 bar                | 0.660               |
| 19031  | Snacks, oriental mix, rice-based  | 28.35      | 1 oz (about 1/4 cup) | 15.309              |
| 19034  | Snacks, popcorn, air-popped   | 8          | 1 cup                | 0.800               |
| 19036  | Snacks, popcorn, cakes  | 10         | 1 cake               | 0.900               |
| 19038  | Snacks, popcorn, caramel-coated, with peanuts                                     | 42         | 1 cup                | 27.720              |
| 19039  | Snacks, popcorn, caramel-coated, without peanuts                                  | 35.2       | 1 cup                | 15.136              |
| 19040  | Snacks, popcorn, cheese-flavor  | 11         | 1 cup                | 12.430              |
| 19035  | Snacks, popcorn, oil-popped   | 11         | 1 cup                | 1.100               |
| 19041  | Snacks, pork skins, plain   | 28.35      | 1 oz                 | 8.505               |



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|--------|--|------------|----------------|---------------------|
| 19042  | Snacks, potato chips, barbecue-flavor  | 28.35      | 1 oz           | 14.175              |
| 19045  | Snacks, potato chips, made from dried potatoes, light                                | 28.35      | 1 oz           | 9.639               |
| 19410  | Snacks, potato chips, made from dried potatoes, plain                                | 28.35      | 1 oz           | 6.804               |
| 19046  | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor          | 28.35      | 1 oz           | 18.144              |
| 19411  | Snacks, potato chips, plain, salted  | 28.35      | 1 oz           | 6.804               |
| 19811  | Snacks, potato chips, plain, unsalted  | 28.35      | 1 oz           | 6.804               |
| 19422  | Snacks, potato chips, reduced fat  | 28.35      | 1 oz           | 5.954               |
| 19043  | Snacks, potato chips, sour-cream-and-onion-flavor                                    | 28.35      | 1 oz           | 20.412              |
| 19047  | Snacks, pretzels, hard, plain, salted  | 60         | 10 pretzels    | 21.600              |
| 19051  | Snacks, rice cakes, brown rice, plain  | 9          | 1 cake         | 0.990               |
| 19057  | Snacks, tortilla chips, nacho-flavor   | 28.35      | 1 oz           | 41.675              |
| 19424  | Snacks, tortilla chips, nacho-flavor, reduced fat                                    | 28.35      | 1 oz           | 45.077              |
| 19056  | Snacks, tortilla chips, plain  | 28.35      | 1 oz           | 43.659              |
| 19062  | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds              | 146        | 1 cup          | 159.140             |
| 19061  | Snacks, trail mix, tropical  | 140        | 1 cup          | 79.800              |
| 06007  | Soup, bean with ham, canned, chunky, ready-to-serve, commercial                      | 243        | 1 cup          | 77.760              |
| 06404  | Soup, bean with pork, canned, prepared with equal volume water, commercial           | 253        | 1 cup          | 80.960              |
| 06075  | Soup, beef broth or bouillon, powder, dry  | 6          | 1 packet       | 3.600               |
| 06432  | Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial   | 241        | 1 cup          | 9.640               |
| 06409  | Soup, beef noodle, canned, prepared with equal volume water, commercial              | 244        | 1 cup          | 14.640              |
| 06018  | Soup, chicken noodle, canned, chunky, ready-to-serve                                 | 240        | 1 cup          | 24.000              |
| 06419  | Soup, chicken noodle, canned, prepared with equal volume water, commercial           | 241        | 1 cup          | 16.870              |
| 06528  | Soup, chicken noodle, dehydrated, prepared with water                                | 252.3      | 1 cup          | 5.046               |
| 06024  | Soup, chicken vegetable, canned, chunky, ready-to-serve                              | 240        | 1 cup          | 26.400              |
| 06423  | Soup, chicken with rice, canned, prepared with equal volume water, commercial        | 241        | 1 cup          | 16.870              |
| 06428  | Soup, clam chowder, manhattan, canned, prepared with equal volume water              | 244        | 1 cup          | 26.840              |
| 06230  | Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial | 248        | 1 cup          | 186.000             |
| 06416  | Soup, cream of chicken, canned, prepared with equal volume water, commercial         | 244        | 1 cup          | 34.160              |
| 06216  | Soup, cream of chicken, prepared with equal volume milk, commercial                  | 248        | 1 cup          | 181.040             |
| 06243  | Soup, cream of mushroom, canned, prepared with equal volume milk, commercial         | 248        | 1 cup          | 178.560             |
| 06443  | Soup, cream of mushroom, canned, prepared with equal volume water, commercial        | 244        | 1 cup          | 46.360              |
| 06440  | Soup, minestrone, canned, prepared with equal volume water, commercial               | 241        | 1 cup          | 33.740              |
| 06094  | Soup, onion mix, dehydrated, dry form  | 39         | 1 packet       | 54.990              |
| 06494  | Soup, onion, dehydrated, prepared with water   | 246        | 1 cup          | 12.300              |
| 06449  | Soup, pea, green, canned, prepared with equal volume water, commercial               | 250        | 1 cup          | 27.500              |
| 06200  | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve              | 237        | 1 cup          | 18.960              |

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|--------|---|------------|----------------|---------------------|
| 06202  | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve | 239        | 1 cup          | 23.900              |
| 06204  | Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve                       | 242        | 1 cup          | 41.140              |
| 06206  | Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve                   | 241        | 1 cup          | 38.560              |
| 06205  | Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve     | 244        | 1 cup          | 17.080              |
| 06207  | Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve                    | 238        | 1 cup          | 30.940              |
| 06174  | Soup, stock, fish, home-prepared  | 233        | 1 cup          | 6.990               |
| 06359  | Soup, tomato, canned, prepared with equal volume milk, commercial                     | 248        | 1 cup          | 158.720             |
| 06559  | Soup, tomato, canned, prepared with equal volume water, commercial                    | 244        | 1 cup          | 12.200              |
| 06471  | Soup, vegetable beef, prepared with equal volume water, commercial                    | 244        | 1 cup          | 17.080              |
| 06067  | Soup, vegetable, canned, chunky, ready-to-serve, commercial                           | 240        | 1 cup          | 55.200              |
| 06468  | Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial      | 241        | 1 cup          | 21.690              |
| 01058  | Sour dressing, non-butterfat, cultured, filled cream-type                             | 12         | 1 tbsp         | 13.560              |
| 16120  | Soy milk, fluid   | 245        | 1 cup          | 9.800               |
| 16123  | Soy sauce made from soy and wheat (shoyu)   | 16         | 1 tbsp         | 2.720               |
| 11451  | Soybeans, green, cooked, boiled, drained, without salt                                | 180        | 1 cup          | 261.000             |
| 16109  | Soybeans, mature cooked, boiled, without salt   | 172        | 1 cup          | 175.440             |
| 22401  | Spaghetti w/Meat Sauce, frozen entree   | 283        | 1 package      | 50.940              |
| 20121  | Spaghetti, cooked, enriched, without added salt                                       | 140        | 1 cup          | 9.800               |
| 20125  | Spaghetti, whole-wheat, cooked  | 140        | 1 cup          | 21.000              |
| 02007  | Spices, celery seed   | 2          | 1 tsp          | 35.340              |
| 02009  | Spices, chili powder  | 2.6        | 1 tsp          | 7.228               |
| 02010  | Spices, cinnamon, ground  | 2.3        | 1 tsp          | 28.244              |
| 02015  | Spices, curry powder  | 2          | 1 tsp          | 9.560               |
| 02020  | Spices, garlic powder   | 2.8        | 1 tsp          | 2.240               |
| 02026  | Spices, onion powder  | 2.1        | 1 tsp          | 7.623               |
| 02027  | Spices, oregano, dried  | 1.5        | 1 tsp          | 23.640              |
| 02028  | Spices, paprika   | 2.1        | 1 tsp          | 3.717               |
| 02029  | Spices, parsley, dried  | 1.3        | 1 tbsp         | 19.084              |
| 02030  | Spices, pepper, black   | 2.1        | 1 tsp          | 9.177               |
| 11658  | Spinach souffle, home-prepared  | 136        | 1 cup          | 229.840             |
| 11461  | Spinach, canned, drained solids   | 214        | 1 cup          | 271.780             |
| 11458  | Spinach, cooked, boiled, drained, without salt  | 180        | 1 cup          | 244.800             |
| 11464  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt               | 190        | 1 cup          | 290.700             |
| 11457  | Spinach, raw  | 30         | 1 cup          | 29.700              |
| 11457  | Spinach, raw  | 10         | 1 leaf         | 9.900               |
| 11642  | Squash, summer, all varieties, cooked, boiled, drained, without salt                  | 180        | 1 cup          | 48.600              |
| 11641  | Squash, summer, all varieties, raw  | 113        | 1 cup          | 16.950              |
| 11644  | Squash, winter, all varieties, cooked, baked, without salt                            | 205        | 1 cup          | 45.100              |
| 11488  | Squash, winter, butternut, frozen, cooked, boiled, without salt                       | 240        | 1 cup          | 45.600              |
| 09320  | Strawberries, frozen, sweetened, sliced   | 255        | 1 cup          | 28.050              |

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|--------|---|------------|----------------|---------------------|
| 09316  | Strawberries, raw   | 166        | 1 cup          | 26.560              |
| 09316  | Strawberries, raw   | 12         | 1 strawberry   | 1.920               |
| 09316  | Strawberries, raw   | 18         | 1 strawberry   | 2.880               |
| 19334  | Sugars, brown   | 3.2        | 1 tsp          | 2.720               |
| 19335  | Sugars, granulated  | 4.2        | 1 tsp          | 0.042               |
| 19336  | Sugars, powdered  | 8          | 1 tbsp         | 0.080               |
| 18356  | Sweet rolls, cinnamon, commercially prepared with raisins   | 60         | 1 roll         | 43.200              |
| 18358  | Sweet rolls, cinnamon, refrigerated dough with frosting, baked                                    | 30         | 1 roll         | 10.200              |
| 11647  | Sweetpotato, canned, syrup pack, drained solids   | 196        | 1 cup          | 33.320              |
| 11512  | Sweetpotato, canned, vacuum pack  | 255        | 1 cup          | 56.100              |
| 11508  | Sweetpotato, cooked, baked in skin, without salt  | 146        | 1 potato       | 55.480              |
| 11510  | Sweetpotato, cooked, boiled, without skin   | 156        | 1 potato       | 42.120              |
| 11659  | Sweetpotato, cooked, candied, home-prepared   | 105        | 1 piece        | 27.300              |
| 19348  | Syrups, chocolate, fudge-type   | 19         | 1 tbsp         | 19.000              |
| 19350  | Syrups, corn, light   | 20         | 1 tbsp         | 0.600               |
| 19353  | Syrups, maple   | 20         | 1 tbsp         | 13.400              |
| 19129  | Syrups, table blends, pancake   | 20         | 1 tbsp         | 0.600               |
| 19128  | Syrups, table blends, pancake, reduced-calorie  | 15         | 1 tbsp         | 0.150               |
| 18360  | Taco shells, baked  | 13.3       | 1 medium       | 21.280              |
| 09223  | Tangerine juice, canned, sweetened  | 249        | 1 cup          | 44.820              |
| 09220  | Tangerines, (mandarin oranges), canned, light syrup pack  | 252        | 1 cup          | 17.640              |
| 09218  | Tangerines, (mandarin oranges), raw   | 84         | 1 tangerine    | 11.760              |
| 20068  | Tapioca, pearl, dry   | 152        | 1 cup          | 30.400              |
| 14355  | Tea, brewed, prepared with tap water  | 178        | 6 fl oz        | 0.000               |
| 14545  | Tea, herb, chamomile, brewed  | 178        | 6 fl oz        | 3.560               |
| 14381  | Tea, herb, other than chamomile, brewed   | 178        | 6 fl oz        | 3.560               |
| 14376  | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared                           | 237        | 8 fl oz        | 7.110               |
| 14371  | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259        | 8 fl oz        | 5.180               |
| 14367  | Tea, instant, unsweetened, powder, prepared   | 237        | 8 fl oz        | 7.110               |
| 18361  | Toaster pastries, brown-sugar-cinnamon  | 50         | 1 pastry       | 17.000              |
| 18362  | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)                           | 52         | 1 pastry       | 13.520              |
| 18482  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge                           | 52         | 1 pastry       | 19.760              |
| 16126  | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)                         | 81         | 1/4 block      | 131.220             |
| 16127  | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)                         | 120        | 1 piece        | 133.200             |
| 11954  | Tomatillos, raw   | 34         | 1 medium       | 2.380               |
| 11540  | Tomato juice, canned, with salt added   | 243        | 1 cup          | 24.300              |
| 11546  | Tomato products, canned, paste, without salt added  | 262        | 1 cup          | 94.320              |
| 11547  | Tomato products, canned, puree, without salt added  | 250        | 1 cup          | 45.000              |
| 11549  | Tomato products, canned, sauce  | 245        | 1 cup          | 31.850              |
| 11533  | Tomatoes, red, ripe, canned, stewed   | 255        | 1 cup          | 86.700              |
| 11531  | Tomatoes, red, ripe, canned, whole, regular pack  | 240        | 1 cup          | 74.400              |

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|--------|--|------------|-----------------|---------------------|
| 11529  | Tomatoes, red, ripe, raw, year round average                           | 180        | 1 cup           | 18.000              |
| 11529  | Tomatoes, red, ripe, raw, year round average                           | 17         | 1 cherry tomato | 1.700               |
| 11529  | Tomatoes, red, ripe, raw, year round average                           | 20         | 1 slice         | 2.000               |
| 11529  | Tomatoes, red, ripe, raw, year round average                           | 123        | 1 tomato        | 12.300              |
| 11955  | Tomatoes, sun-dried  | 2          | 1 piece         | 2.200               |
| 11956  | Tomatoes, sun-dried, packed in oil, drained                            | 3          | 1 piece         | 1.410               |
| 18363  | Tortillas, ready-to-bake or -fry, corn                                 | 26         | 1 tortilla      | 45.500              |
| 18364  | Tortillas, ready-to-bake or -fry, flour                                | 32         | 1 tortilla      | 40.000              |
| 21088  | Tostada with guacamole   | 130.5      | 1 tostada       | 211.410             |
| 05286  | Turkey and gravy, frozen   | 142        | 5-oz package    | 19.880              |
| 05292  | Turkey patties, breaded, battered, fried                               | 64         | 1 patty         | 8.960               |
| 05296  | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted | 85.05      | 3 oz            | 4.253               |
| 05188  | Turkey, all classes, dark meat, cooked, roasted                        | 84         | 3 oz            | 26.880              |
| 05172  | Turkey, all classes, giblets, cooked, simmered, some giblet fat        | 145        | 1 cup           | 8.700               |
| 05186  | Turkey, all classes, light meat, cooked, roasted                       | 84         | 3 oz            | 15.960              |
| 05168  | Turkey, all classes, meat only, cooked, roasted                        | 140        | 1 cup           | 35.000              |
| 05180  | Turkey, all classes, neck, meat only, cooked, simmered                 | 152        | 1 neck          | 56.240              |
| 11569  | Turnip greens, cooked, boiled, drained, without salt                   | 144        | 1 cup           | 197.280             |
| 11575  | Turnip greens, frozen, cooked, boiled, drained, without salt           | 164        | 1 cup           | 249.280             |
| 11565  | Turnips, cooked, boiled, drained, without salt                         | 156        | 1 cup           | 51.480              |
| 02050  | Vanilla extract  | 4.2        | 1 tsp           | 0.462               |
| 17095  | Veal, leg (top round), separable lean and fat, cooked, braised         | 85         | 3 oz            | 6.800               |
| 17112  | Veal, rib, separable lean and fat, cooked, roasted                     | 85         | 3 oz            | 9.350               |
| 11578  | Vegetable juice cocktail, canned                                       | 242        | 1 cup           | 26.620              |
| 04582  | Vegetable oil, canola  | 14         | 1 tbsp          | 0.000               |
| 11581  | Vegetables, mixed, canned, drained solids                              | 163        | 1 cup           | 44.010              |
| 11584  | Vegetables, mixed, frozen, cooked, boiled, drained, without salt       | 182        | 1 cup           | 45.500              |
| 02048  | Vinegar, cider   | 15         | 1 tbsp          | 0.900               |
| 18403  | Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)   | 33         | 1 waffle        | 76.560              |
| 18367  | Waffles, plain, prepared from recipe                                   | 75         | 1 waffle        | 191.250             |
| 14429  | Water, municipal   | 237        | 8 fl oz         | 4.740               |
| 11590  | Waterchestnuts, chinese, canned, solids and liquids                    | 140        | 1 cup           | 5.600               |
| 09326  | Watermelon, raw  | 152        | 1 cup           | 10.640              |
| 09326  | Watermelon, raw  | 286        | 1 wedge         | 20.020              |
| 20081  | Wheat flour, white, all-purpose, enriched, bleached                    | 125        | 1 cup           | 18.750              |
| 20082  | Wheat flour, white, all-purpose, self-rising, enriched                 | 125        | 1 cup           | 422.500             |
| 20083  | Wheat flour, white, bread, enriched                                    | 137        | 1 cup           | 20.550              |
| 20084  | Wheat flour, white, cake, enriched                                     | 137        | 1 cup           | 19.180              |
| 20080  | Wheat flour, whole-grain   | 120        | 1 cup           | 40.800              |
| 20089  | Wild rice, cooked  | 164        | 1 cup           | 4.920               |
| 22120  | WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger"<br>Crumbles              | 110        | 1 cup           | 79.200              |
| 22121  | WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N<br>BURGERS, frozen       | 85         | 1 patty         | 86.700              |

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

## Calcium, Ca (mg) Content of Selected Foods per Common Measure, sorted alphabetically

| <b>NDB_No</b> | <b>Description</b>                                     | <b>Weight (g)</b> | <b>Common Measure</b> | <b>Content per Measure</b> |
|---------------|--|-------------------|-----------------------|----------------------------|
| 01121         | Yogurt, fruit, low fat, 10 grams protein per 8 ounce   | 227               | 8-oz container        | 345.040                    |
| 01117         | Yogurt, plain, low fat, 12 grams protein per 8 ounce   | 227               | 8-oz container        | 415.410                    |
| 01118         | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 227               | 8-oz container        | 451.730                    |
| 01116         | Yogurt, plain, whole milk, 8 grams protein per 8 ounce | 227               | 8-oz container        | 274.670                    |