

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

Iron, Fe (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	0.142
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.071
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.054
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.017
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.017
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.017
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.031
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.296
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.247
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.247
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.443
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.330
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.317
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.918
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.448
09003	Apples, raw, with skin	138	1 apple	0.166
09004	Apples, raw, without skin	110	1 cup	0.077
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.893
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.293
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.954
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.774
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.732
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.931
09021	Apricots, raw	35	1 apricot	0.137
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	2.167
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	1.548
11015	Asparagus, canned, drained solids	72	4 spears	1.318
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.546
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1.008
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.336
09038	Avocados, raw, California	28.35	1 oz	0.173
09039	Avocados, raw, Florida	28.35	1 oz	0.048
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	2.698
18005	Bagels, cinnamon-raisin	89	4" bagel	3.382
18003	Bagels, egg	89	4" bagel	3.542
18003	Bagels, egg	71	3-1/2" bagel	2.826
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	2.528
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	3.168
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	1.177
19078	Baking chocolate, unsweetened, squares	28.35	1 square	4.933
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.419
09040	Bananas, raw	118	1 banana	0.307

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09040	Bananas, raw	150	1 cup	0.390
20006	Barley, pearled, cooked	157	1 cup	2.088
20005	Barley, pearled, raw	200	1 cup	5.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.737
16008	Beans, baked, canned, with franks	259	1 cup	4.481
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	4.200
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	8.298
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	3.612
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	3.770
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	3.226
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	5.204
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	4.514
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	3.557
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	1.215
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.813
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	1.188
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.215
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	1.600
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	1.188
16051	Beans, white, mature seeds, canned	262	1 cup	7.834
22905	Beef stew, canned entree	232	1 cup	1.647
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.635
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.128
13348	Beef, cured, corned beef, canned	85.05	3 oz	1.769
13350	Beef, cured, dried	28.35	1 oz	0.822
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	2.015
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	2.108
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	2.210
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.989
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	2.431
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.652
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.941
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.564
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.658
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.601
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.856
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	5.245
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	2.736

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11084	Beets, canned, drained solids	170	1 cup	3.094
11084	Beets, canned, drained solids	24	1 beet	0.437
11081	Beets, cooked, boiled, drained	50	1 beet	0.395
11081	Beets, cooked, boiled, drained	170	1 cup	1.343
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	1.740
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	2.929
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.699
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.649
09042	Blackberries, raw	144	1 cup	0.893
09055	Blueberries, frozen, sweetened	230	1 cup	0.897
09050	Blueberries, raw	145	1 cup	0.406
07008	Bologna, beef and pork	56.7	2 slices	0.686
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	6.350
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.369
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	3.816
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.090
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.840
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.140
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.625
18025	Bread, cracked-wheat	25	1 slice	0.703
18027	Bread, egg	40	1/2" slice	1.216
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.633
18031	Bread, indian (navajo) fry	160	10-1/2" bread	5.760
18031	Bread, indian (navajo) fry	90	5" bread	3.240
18033	Bread, italian	20	1 slice	0.588
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.902
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.905
18039	Bread, oatmeal	27	1 slice	0.729
18040	Bread, oatmeal, toasted	25	1 slice	0.735
18041	Bread, pita, white, enriched	28	4" pita	0.734
18041	Bread, pita, white, enriched	60	6-1/2" pita	1.572
18044	Bread, pumpernickel	32	1 slice	0.918
18045	Bread, pumpernickel, toasted	29	1 slice	0.914
18047	Bread, raisin, enriched	26	1 slice	0.754
18048	Bread, raisin, toasted, enriched	24	1 slice	0.756
18053	Bread, reduced-calorie, rye	23	1 slice	0.713
18055	Bread, reduced-calorie, wheat	23	1 slice	0.681
18057	Bread, reduced-calorie, white	23	1 slice	0.734
18060	Bread, rye	32	1 slice	0.906
18061	Bread, rye, toasted	24	1 slice	0.744
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.828
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.828
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.683

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.935
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.733
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.924
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.928
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	3.960
21023	Breakfast items, french toast with butter	135	2 slices	1.890
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	1.045
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.248
11740	Broccoli, flower clusters, raw	11	1 floweret	0.097
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	1.122
11090	Broccoli, raw	88	1 cup	0.642
11090	Broccoli, raw	31	1 spear	0.226
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	1.872
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.744
20011	Buckwheat flour, whole-groat	120	1 cup	4.872
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.344
20013	Bulgur, cooked	182	1 cup	1.747
20012	Bulgur, dry	140	1 cup	3.444
01001	Butter, salted	14.2	1 tbsp	0.003
01145	Butter, without salt	14.2	1 tbsp	0.003
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	1.768
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.357
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.255
11109	Cabbage, raw	70	1 cup	0.413
11112	Cabbage, red, raw	70	1 cup	0.560
11114	Cabbage, savoy, raw	70	1 cup	0.280
18086	Cake, angelfood, commercially prepared	28	1 piece	0.146
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.115
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.350
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	1.408
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.530
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.890
18116	Cake, gingerbread, prepared from recipe	74	1 piece	2.131
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	1.702
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.386
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.577
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	1.651
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.680
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.548
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.662
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.816
18134	Cake, sponge, prepared from recipe	63	1 piece	0.995
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.299

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	1.125
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	1.331
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.685
19074	Candies, caramels	10.1	1 piece	0.014
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.062
19071	Candies, carob	28.35	1 oz	0.366
19087	Candies, confectioner's coating, white	170	1 cup	0.408
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.301
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.374
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.063
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.003
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.017
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.296
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.088
19107	Candies, hard	6	1 piece	0.018
19107	Candies, hard	3	1 small piece	0.009
19108	Candies, jellybeans	28.35	10 large	0.037
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.357
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.078
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.230
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.464
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.137
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.433
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.007
19116	Candies, marshmallows	50	1 cup	0.115
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	1.034
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.524
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.171
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.668
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.681
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.053
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.220
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.545
19080	Candies, semisweet chocolate	168	1 cup	5.258
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.179
09060	Carambola, (starfruit), raw	108	1 cup	0.281
09060	Carambola, (starfruit), raw	91	1 fruit	0.237
14121	Carbonated beverage, club soda	355	12 fl oz	0.036
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.074
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.659
14142	Carbonated beverage, grape soda	372	12 fl oz	0.298
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.258
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.107

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.142
14150	Carbonated beverage, orange	372	12 fl oz	0.223
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.147
14157	Carbonated beverage, root beer	370	12 fl oz	0.185
16055	Carob flour	8	1 tbsp	0.235
11655	Carrot juice, canned	236	1 cup	1.086
11960	Carrots, baby, raw	10	1 medium	0.089
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.934
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.530
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.774
11124	Carrots, raw	72	1 carrot	0.216
11124	Carrots, raw	110	1 cup	0.330
11935	Catsup	15	1 tbsp	0.077
11935	Catsup	6	1 packet	0.031
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.409
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.178
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.738
11135	Cauliflower, raw	100	1 cup	0.440
11135	Cauliflower, raw	13	1 floweret	0.057
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.158
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.630
11143	Celery, raw	40	1 stalk	0.080
11143	Celery, raw	120	1 cup	0.240
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	4.500
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.520
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	4.500
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	8.100
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	4.500
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	4.500
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	9.000
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	8.100
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	4.500
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	4.500
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	9.000
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	4.510
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	8.100
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	4.500
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	4.510
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	4.500
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	9.300
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	18.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	17.985

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	4.500
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	8.700
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	8.100
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	18.000
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	4.800
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	4.170
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	4.650
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	17.980
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	8.400
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	1.922
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	8.120
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	4.230
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	4.495
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	15.400
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	18.090
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	4.636
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	1.815
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	1.860
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.351
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	8.370
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	14.790
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	1.440
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	5.160
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	4.937
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	4.949
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	6.806
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.315
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.275
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	6.608
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	8.954
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	4.438
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.647
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	3.804
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.452
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.452
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	8.094
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	10.277

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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	9.764
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	9.600
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	7.682
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	1.591
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	7.960
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	3.813
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	3.844
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.361
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.162
01164	Cheese sauce, prepared from recipe	243	1 cup	0.851
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.094
01004	Cheese, blue	28.35	1 oz	0.088
01007	Cheese, camembert	38	1 wedge	0.125
01009	Cheese, cheddar	28.35	1 oz	0.193
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.294
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.362
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.316
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.362
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.334
01017	Cheese, cream	14.5	1 tbsp	0.174
01186	Cheese, cream, fat free	15.6	1 tbsp	0.028
01019	Cheese, feta	28.35	1 oz	0.184
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.119
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.071
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.125
01030	Cheese, muenster	28.35	1 oz	0.116
01031	Cheese, neufchatel	28.35	1 oz	0.079
01032	Cheese, parmesan, grated	5	1 tbsp	0.045
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.054
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.173
01035	Cheese, provolone	28.35	1 oz	0.147
01037	Cheese, ricotta, part skim milk	246	1 cup	1.082
01036	Cheese, ricotta, whole milk	246	1 cup	0.935
01040	Cheese, swiss	28.35	1 oz	0.057
18147	Cheesecake commercially prepared	80	1 piece	0.504
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	3.343
09070	Cherries, sweet, raw	68	10 cherries	0.245
22906	Chicken pot pie, frozen entree	217	1 small pie	2.062
07017	Chicken roll, light meat	56.7	2 slices	0.550

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.750
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.166
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.894
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	1.252
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.972
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.657
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.572
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	10.208
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.958
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.473
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	1.247
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.681
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.632
05277	Chicken, canned, meat only, with broth	142	5 oz	2.244
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2.279
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	2.002
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	3.240
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	4.740
22904	Chili con carne with beans, canned entree	222	1 cup	3.308
11156	Chives, raw	3	1 tbsp	0.048
14181	Chocolate syrup	18.75	1 tbsp	0.396
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.678
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.798
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.744
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.337
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.350
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.749
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.748
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.018
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.078
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.072
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.203
11159	Coleslaw, home-prepared	120	1 cup	0.708
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	2.204
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1.904
18151	Cookies, brownies, commercially prepared	56	1 brownie	1.260
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.297
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.111
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.281
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.307

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.394
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.650
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.388
18170	Cookies, fig bars	16	1 cookie	0.464
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.133
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.522
18177	Cookies, molasses	15	1 cookie, medium	0.965
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	2.058
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.241
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.645
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.419
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.398
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.377
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.446
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.340
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.219
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.321
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.326
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.276
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.221
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.332
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.095
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.470
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.973
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.882
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.470
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.771
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.384
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	5.699
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	6.527
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.209
20027	Cornstarch	8.064	1 tbsp	0.038
20029	Couscous, cooked	157	1 cup	0.597
20028	Couscous, dry	173	1 cup	1.868
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	1.848
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	3.604
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	2.328
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	4.317
18214	Crackers, cheese, regular	10	10 crackers	0.477
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.190

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	0.896
18220	Crackers, melba toast, plain	20	4 pieces	0.740
18226	Crackers, rye, wafers, plain	11	1 wafer	0.653
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.648
18229	Crackers, standard snack-type, regular	12	4 crackers	0.432
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.167
18232	Crackers, wheat, regular	8	4 crackers	0.352
18235	Crackers, whole-wheat	16	4 crackers	0.493
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.380
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.125
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.005
01069	Cream substitute, powdered	2	1 tsp	0.023
01049	Cream, fluid, half and half	15	1 tbsp	0.011
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.005
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.006
01052	Cream, fluid, light whipping	15	1 tbsp	0.005
01056	Cream, sour, cultured	12	1 tbsp	0.007
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.011
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.002
18239	Croissants, butter	57	1 croissant	1.157
18243	Croutons, seasoned	40	1 cup	1.128
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.646
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.332
15141	Crustaceans, crab, blue, canned	135	1 cup	1.134
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.774
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.648
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.332
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	2.330
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.071
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.567
11206	Cucumber, peeled, raw	280	1 large	0.616
11206	Cucumber, peeled, raw	119	1 cup	0.262
11205	Cucumber, with peel, raw	301	1 large	0.843
11205	Cucumber, with peel, raw	104	1 cup	0.291
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	1.890
18245	Danish pastry, cheese	71	1 danish	1.136
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.257
09087	Dates, deglet noor	41.5	5 dates	0.423
09087	Dates, deglet noor	178	1 cup	1.816
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.002
01072	Dessert topping, pressurized	4	1 tbsp	0.001
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.005

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02045	Dill weed, fresh	1	5 sprigs	0.066
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.917
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.273
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.265
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.224
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	5.967
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	1.180
01143	Egg substitute, liquid	62.75	1/4 cup	1.318
01124	Egg, white, raw, fresh	33.4	1 large	0.027
01128	Egg, whole, cooked, fried	46	1 large	0.911
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.595
01131	Egg, whole, cooked, poached	50	1 large	0.915
01132	Egg, whole, cooked, scrambled	61	1 large	0.732
01123	Egg, whole, raw, fresh	50	1 large	0.915
01123	Egg, whole, raw, fresh	58	1 extra large	1.061
01123	Egg, whole, raw, fresh	44	1 medium	0.805
01125	Egg, yolk, raw, fresh	16.6	1 large	0.453
01057	Eggnog	254	1 cup	0.508
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.248
11213	Endive, raw	50	1 cup	0.415
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	1.425
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.414
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	1.920
21049	Entrees, pizza with cheese	63	1 slice	0.580
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	1.533
21051	Entrees, pizza with pepperoni	71	1 slice	0.937
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.135
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	2.449
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	4.665
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	3.696
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	3.410
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	3.420
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	2.430
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	4.677
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.943
21042	Fast foods, chili con carne	253	1 cup	5.187
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	4.541
21043	Fast foods, clams, breaded and fried	115	3/4 cup	3.048
21127	Fast foods, coleslaw	99	3/4 cup	0.723
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	2.193
21015	Fast foods, danish pastry, cheese	91	1 pastry	1.847
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.401

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21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.320
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	2.439
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	3.495
21024	Fast foods, french toast sticks	141	5 sticks	2.961
21077	Fast foods, frijoles with cheese	167	1 cup	2.238
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	5.853
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	5.547
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	2.714
21118	Fast foods, hotdog, plain	98	1 sandwich	2.313
21119	Fast foods, hotdog, with chili	114	1 sandwich	3.283
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	6.178
21129	Fast foods, hush puppies	78	5 pieces	1.427
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.155
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.277
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.847
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	2.622
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	1.045
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.663
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.318
21139	Fast foods, potato, mashed	80	1/3 cup	0.376
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.482
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	4.226
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.673
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	1.090
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	2.952
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	2.508
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	2.808
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	2.637
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.585
21082	Fast foods, taco	171	1 small	2.411
21082	Fast foods, taco	263	1 large	3.708
21083	Fast foods, taco salad	198	1-1/2 cups	2.277
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	2.453
09094	Figs, dried, uncooked	38	2 figs	0.771
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	1.216
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.417
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.281
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.422
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.207
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.432
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.289
15034	Fish, haddock, cooked, dry heat	85	3 oz	1.148

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15034	Fish, haddock, cooked, dry heat	150	1 fillet	2.025
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	1.701
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.910
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	1.038
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	1.003
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.590
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.238
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.168
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.790
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.451
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.196
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.723
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.714
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.853
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.468
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	2.483
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.884
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.102
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.281
15128	Fish, tuna salad	205	1 cup	2.050
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	1.182
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	1.301
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.825
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.799
07022	Frankfurter, beef	45	1 frank	0.680
07023	Frankfurter, beef and pork	45	1 frank	0.518
07024	Frankfurter, chicken	45	1 frank	0.900
18268	French toast, frozen, ready-to-heat	59	1 slice	1.304
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.086
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.540
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.061
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.146
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.900
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.216
19294	Fruit butters, apple	17	1 tbsp	0.053
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.719
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.498
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.223
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.700
11215	Garlic, raw	3	1 clove	0.051
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.027

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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	0.012
14277	Grape drink, canned	250	8 fl oz	0.450
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.607
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.250
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.778
09404	Grapefruit juice, pink, raw	247	1 cup	0.494
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.900
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.494
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.346
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.014
09128	Grapefruit juice, white, raw	247	1 cup	0.494
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.098
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.071
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	1.016
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.180
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.576
06116	Gravy, beef, canned	58.25	1/4 cup	0.408
06119	Gravy, chicken, canned	59.5	1/4 cup	0.280
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.393
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.341
06125	Gravy, turkey, canned	59.6	1/4 cup	0.417
07027	Ham, chopped, not canned	21	2 slices	0.174
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.431
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.578
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	2.712
11961	Hearts of palm, canned	33	1 piece	1.033
19296	Honey	21	1 tbsp	0.088
02055	Horseradish, prepared	5	1 tsp	0.021
16158	Hummus, commercial	14	1 tbsp	0.342
19270	Ice creams, chocolate	66	1/2 cup	0.614
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.181
19095	Ice creams, vanilla	66	1/2 cup	0.059
19088	Ice creams, vanilla, light	66	1/2 cup	0.053
19089	Ice creams, vanilla, rich	74	1/2 cup	0.252
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.104
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.098
19300	Jellies	19	1 tbsp	0.036
11226	Jerusalem-artichokes, raw	150	1 cup	5.100
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.170

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11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.222
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	1.946
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.236
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.660
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.683
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.802
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	1.539
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	1.700
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.360
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	1.505
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	2.032
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	2.295
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.507
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.518
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.409
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.112
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	1.162
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.664
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.553
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	1.144
09153	Lemon juice, canned or bottled	244	1 cup	0.317
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.020
09152	Lemon juice, raw	47	juice of 1 lemon	0.014
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.521
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.095
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.053
09150	Lemons, raw, without peel	58	1 lemon	0.348
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	6.593
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	2.021
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.093
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.097
11251	Lettuce, cos or romaine, raw	56	1 cup	0.543
11253	Lettuce, green leaf, raw	56	1 cup	0.482
11253	Lettuce, green leaf, raw	10	1 leaf	0.086
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1.887
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.193

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.028
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	3.528
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	3.094
16073	Lima beans, large, mature seeds, canned	241	1 cup	4.362
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	4.493
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.566
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.035
09160	Lime juice, raw	38	juice of 1 lime	0.011
22247	Macaroni and Cheese, canned entree	252	1 cup	2.016
20100	Macaroni, cooked, enriched	140	1 cup	1.960
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	3.650
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	3.763
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	3.486
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	3.604
09176	Mangos, raw	165	1 cup	0.215
09176	Mangos, raw	207	1 mango	0.269
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.000
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.008
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.000
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.000
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.009
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.000
09181	Melons, cantaloupe, raw	160	1 cup	0.336
09181	Melons, cantaloupe, raw	69	1/8 melon	0.145
09184	Melons, honeydew, raw	160	1/8 melon	0.272
09184	Melons, honeydew, raw	170	1 cup	0.289
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.930
01111	Milk shakes, thick vanilla	313	11 fl oz	0.313
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.020
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.123
01095	Milk, canned, condensed, sweetened	306	1 cup	0.581
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.742
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.479
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.600
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.600
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.600
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.071
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.073
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.074
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.073

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.073
16112	Miso	68.75	1 cup	1.884
19305	Molasses, blackstrap	20	1 tbsp	3.500
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	23.766
15157	Mollusks, clam, mixed species, raw	85	3 oz	11.883
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	5.908
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	5.594
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.763
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.918
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.294
18279	Muffins, corn, commercially prepared	57	1 muffin	1.602
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.970
18283	Muffins, oat bran	57	1 muffin	2.394
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.962
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.806
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.946
11264	Mushrooms, canned, drained solids	156	1 cup	1.232
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	2.714
11260	Mushrooms, raw	70	1 cup	0.364
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.638
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.062
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.980
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.093
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.445
09191	Nectarines, raw	136	1 nectarine	0.381
20113	Noodles, chinese, chow mein	45	1 cup	2.129
20110	Noodles, egg, cooked, enriched	160	1 cup	2.544
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	1.744
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.219
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.689
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	1.701
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	1.715
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.301
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	1.786
12104	Nuts, coconut meat, raw	45	1 piece	1.094
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.332
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.751
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.049
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.910
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.717
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.568
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.476

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12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	1.191
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.825
20034	Oat bran, cooked	219	1 cup	1.927
20033	Oat bran, raw	94	1 cup	5.085
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.089
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.004
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	0.448
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.233
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.726
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	1.014
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.504
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.226
11284	Onions, dehydrated flakes	5	1 tbsp	0.078
11282	Onions, raw	110	1 whole	0.209
11282	Onions, raw	14	1 slice	0.027
11282	Onions, raw	160	1 cup	0.304
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	1.480
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.222
09207	Orange juice, canned, unsweetened	249	1 cup	1.096
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.423
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.249
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.746
09206	Orange juice, raw	86	juice from 1 orange	0.172
09206	Orange juice, raw	248	1 cup	0.496
09200	Oranges, raw, all commercial varieties	131	1 orange	0.131
09200	Oranges, raw, all commercial varieties	180	1 cup	0.180
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.253
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.593
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.494
09226	Papayas, raw	304	1 papaya	0.304
09226	Papayas, raw	140	1 cup	0.140
11297	Parsley, raw	10	10 sprigs	0.620
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.905
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	2.344
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.265
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.707

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09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.265
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.670
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.583
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.925
09236	Peaches, raw	98	1 peach	0.245
09236	Peaches, raw	170	1 cup	0.425
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.326
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.301
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.641
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.641
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.431
09340	Pears, asian, raw	122	1 pear	0.000
09340	Pears, asian, raw	275	1 pear	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.167
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.585
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.719
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.220
09252	Pears, raw	166	1 pear	0.282
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	3.152
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	3.840
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	1.615
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	2.432
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	2.528
11670	Peppers, hot chili, green, raw	45	1 pepper	0.540
11819	Peppers, hot chili, red, raw	45	1 pepper	0.464
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.489
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.626
11333	Peppers, sweet, green, raw	149	1 cup	0.507
11333	Peppers, sweet, green, raw	10	1 ring	0.034
11333	Peppers, sweet, green, raw	119	1 pepper	0.405
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.626
11821	Peppers, sweet, red, raw	119	1 pepper	0.512
11821	Peppers, sweet, red, raw	149	1 cup	0.641
11945	Pickle relish, sweet	15	1 tbsp	0.131
11937	Pickles, cucumber, dill	65	1 pickle	0.345
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.186
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	2.848
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	5.202
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.215
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.178
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.527
18302	Pie, apple, prepared from recipe	155	1 piece	1.736
18305	Pie, blueberry, commercially prepared	117	1 piece	0.351

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18306	Pie, blueberry, prepared from recipe	147	1 piece	1.808
18308	Pie, cherry, commercially prepared	117	1 piece	0.562
18309	Pie, cherry, prepared from recipe	180	1 piece	3.330
18310	Pie, chocolate creme, commercially prepared	113	1 piece	1.209
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.832
18444	Pie, fried pies, cherry	128	1 pie	1.562
18319	Pie, fried pies, fruit	128	1 pie	1.562
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.689
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	1.270
18324	Pie, pecan, commercially prepared	113	1 piece	1.175
18325	Pie, pecan, prepared from recipe	122	1 piece	1.806
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.861
18327	Pie, pumpkin, prepared from recipe	155	1 piece	1.969
11943	Pimento, canned	12	1 tbsp	0.202
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.775
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.675
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.650
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.186
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.965
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.132
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.697
09266	Pineapple, raw, all varieties	155	1 cup	0.434
09278	Plantains, cooked	154	1 cup	0.893
09277	Plantains, raw	179	1 medium	1.074
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	2.167
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.386
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.156
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.857
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	1.017
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.391
09279	Plums, raw	66	1 plum	0.112
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.294
07064	Pork sausage, fresh, cooked	26	2 links	0.354
07064	Pork sausage, fresh, cooked	27	1 patty	0.367
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.274
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.381
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.910
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.740
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.799
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	1.173
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.859
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.952
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.680

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.774
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.723
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.833
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.799
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.833
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	1.037
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	1.369
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	1.658
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	1.573
11672	Potato pancakes, home-prepared	76	1 pancake	1.186
11399	Potato puffs, frozen, prepared	79	10 puffs	1.232
11414	Potato salad, home-prepared	250	1 cup	1.625
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.182
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.784
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1.568
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.546
11364	Potatoes, baked, skin, without salt	58	1 skin	4.083
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.422
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.484
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.419
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.620
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.438
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.858
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.336
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.567
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.546
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.931
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	1.397
05306	Poultry food products, ground turkey, cooked	82	1 patty	1.583
09294	Prune juice, canned	256	1 cup	3.021
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.588
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.511
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.576
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.340
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.260
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.084
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.147
11424	Pumpkin, canned, without salt	245	1 cup	3.406

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.397
11429	Radishes, raw	4.5	1 radish	0.015
09298	Raisins, seedless	145	1 cup	2.726
09298	Raisins, seedless	14	1 packet	0.263
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.625
09302	Raspberries, raw	123	1 cup	0.849
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	4.183
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.504
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.196
20037	Rice, brown, long-grain, cooked	195	1 cup	0.819
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	1.978
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	6.586
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	1.040
20045	Rice, white, long-grain, regular, cooked	158	1 cup	1.896
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	7.974
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.876
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.428
18353	Rolls, hard (includes kaiser)	57	1 roll	1.870
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.901
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.031
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.125
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.142
04133	Salad dressing, french, home recipe	14	1 tbsp	0.028
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.080
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.093
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.098
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.069
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.092
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.098
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.142
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.184
07069	Salami, cooked, beef and pork	56.7	2 slices	1.514
07072	Salami, dry or hard, pork, beef	20	2 slices	0.302
02047	Salt, table	6	1 tsp	0.020
07073	Sandwich spread, pork, beef	15	1 tbsp	0.119
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	4.739
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	2.438
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	4.927
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.142
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.132

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.162
06166	Sauce, homemade, white, medium	250	1 cup	0.825
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.202
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1.800
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.023
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.155
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.306
11439	Sauerkraut, canned, solids and liquids	236	1 cup	3.469
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.141
11445	Seaweed, kelp, raw	10	2 tbsp	0.285
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.265
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	4.235
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	1.343
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.624
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	1.216
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.077
14346	Shake, fast food, chocolate	333	16 fl oz	1.032
14347	Shake, fast food, vanilla	333	16 fl oz	0.300
11677	Shallots, raw	10	1 tbsp	0.120
19097	Sherbet, orange	74	1/2 cup	0.104
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	1.073
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	7.002
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.437
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.374
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.666
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.213
19014	Snacks, fruit leather, rolls	21	1 large	0.212
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.836
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.411
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.720
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.692
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	1.798
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.279
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.692
19034	Snacks, popcorn, air-popped	8	1 cup	0.213
19036	Snacks, popcorn, cakes	10	1 cake	0.187
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.642
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.612
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.246
19035	Snacks, popcorn, oil-popped	11	1 cup	0.306
19041	Snacks, pork skins, plain	28.35	1 oz	0.249

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19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.550
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.428
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.425
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.397
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.462
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.462
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.383
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.454
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	2.592
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.134
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.405
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.462
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.431
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	4.949
19061	Snacks, trail mix, tropical	140	1 cup	3.696
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	3.232
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	2.049
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.060
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.530
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.098
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	1.440
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.771
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.505
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	1.464
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.747
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	1.635
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.488
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.610
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.670
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.595
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.512
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.916
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.581
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.148
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.950
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	1.114

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06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	1.195
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	2.662
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	1.687
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.903
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.523
06174	Soup, stock, fish, home-prepared	233	1 cup	0.023
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.810
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.757
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.122
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.632
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	1.085
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.004
16120	Soy milk, fluid	245	1 cup	1.421
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.323
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	4.500
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	8.841
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	3.538
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	1.960
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.484
02007	Spices, celery seed	2	1 tsp	0.898
02009	Spices, chili powder	2.6	1 tsp	0.371
02010	Spices, cinnamon, ground	2.3	1 tsp	0.876
02015	Spices, curry powder	2	1 tsp	0.592
02020	Spices, garlic powder	2.8	1 tsp	0.077
02026	Spices, onion powder	2.1	1 tsp	0.054
02027	Spices, oregano, dried	1.5	1 tsp	0.660
02028	Spices, paprika	2.1	1 tsp	0.495
02029	Spices, parsley, dried	1.3	1 tbsp	1.272
02030	Spices, pepper, black	2.1	1 tsp	0.606
11658	Spinach souffle, home-prepared	136	1 cup	1.346
11461	Spinach, canned, drained solids	214	1 cup	4.922
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	6.426
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	3.724
11457	Spinach, raw	30	1 cup	0.813
11457	Spinach, raw	10	1 leaf	0.271
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.648
11641	Squash, summer, all varieties, raw	113	1 cup	0.396
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.902
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	1.392
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.505

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09316	Strawberries, raw	166	1 cup	0.697
09316	Strawberries, raw	12	1 strawberry	0.050
09316	Strawberries, raw	18	1 strawberry	0.076
19334	Sugars, brown	3.2	1 tsp	0.061
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.002
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.960
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.795
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	1.862
11512	Sweetpotato, canned, vacuum pack	255	1 cup	2.270
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	1.007
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	1.123
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	1.187
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.298
19350	Syrups, corn, light	20	1 tbsp	0.010
19353	Syrups, maple	20	1 tbsp	0.240
19129	Syrups, table blends, pancake	20	1 tbsp	0.006
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.003
18360	Taco shells, baked	13.3	1 medium	0.333
09223	Tangerine juice, canned, sweetened	249	1 cup	0.498
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.932
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.084
20068	Tapioca, pearl, dry	152	1 cup	2.402
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.036
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.142
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.142
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.119
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.052
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.047
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	2.015
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	1.815
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	1.820
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	1.175
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	1.332
11954	Tomatillos, raw	34	1 medium	0.211
11540	Tomato juice, canned, with salt added	243	1 cup	1.045
11546	Tomato products, canned, paste, without salt added	262	1 cup	7.808
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.450
11549	Tomato products, canned, sauce	245	1 cup	2.499
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	3.392
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	2.328

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.486
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.046
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.054
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.332
11955	Tomatoes, sun-dried	2	1 piece	0.182
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.080
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.364
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.056
21088	Tostada with guacamole	130.5	1 tostada	0.809
05286	Turkey and gravy, frozen	142	5-oz package	1.321
05292	Turkey patties, breaded, battered, fried	64	1 patty	1.408
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.386
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.957
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	11.180
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	1.134
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	2.492
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	3.496
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	1.152
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	3.182
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.281
02050	Vanilla extract	4.2	1 tsp	0.005
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	1.122
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.825
11578	Vegetable juice cocktail, canned	242	1 cup	1.016
04582	Vegetable oil, canola	14	1 tbs	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	1.712
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1.492
02048	Vinegar, cider	15	1 tbs	0.090
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	1.475
18367	Waffles, plain, prepared from recipe	75	1 waffle	1.733
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	1.218
09326	Watermelon, raw	152	1 cup	0.365
09326	Watermelon, raw	286	1 wedge	0.686
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	5.800
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	5.838
20083	Wheat flour, white, bread, enriched	137	1 cup	6.042
20084	Wheat flour, white, cake, enriched	137	1 cup	10.028
20080	Wheat flour, whole-grain	120	1 cup	4.656
20089	Wild rice, cooked	164	1 cup	0.984
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	6.402
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	2.899

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Iron, Fe (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.159
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.182
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.204
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.114