

USDA National Nutrient Database for Standard Reference, Release 16-1
Magnesium, Mg (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	21.300
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1.200
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	1.560
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	9.270
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	9.270
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	13.390
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	10.300
11001	Alfalfa seeds, sprouted, raw	33	1 cup	8.910
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	7.440
09011	Apples, dried, sulfured, uncooked	32	5 rings	5.120
09003	Apples, raw, with skin	138	1 apple	6.900
09004	Apples, raw, without skin	110	1 cup	4.400
09020	Applesauce, canned, sweetened, without salt	255	1 cup	7.650
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	7.320
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	12.550
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	18.060
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	24.400
09032	Apricots, dried, sulfured, uncooked	35	10 halves	11.200
09021	Apricots, raw	35	1 apricot	3.500
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	100.800
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	72.000
11015	Asparagus, canned, drained solids	72	4 spears	7.200
11012	Asparagus, cooked, boiled, drained	60	4 spears	8.400
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	18.000
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	6.000
09038	Avocados, raw, California	28.35	1 oz	8.222
09039	Avocados, raw, Florida	28.35	1 oz	6.804
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	19.880
18005	Bagels, cinnamon-raisin	89	4" bagel	24.920
18003	Bagels, egg	89	4" bagel	22.250
18003	Bagels, egg	71	3-1/2" bagel	17.750
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	20.590
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	25.810
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	75.128
19078	Baking chocolate, unsweetened, squares	28.35	1 square	92.705
11028	Bamboo shoots, canned, drained solids	131	1 cup	5.240
09040	Bananas, raw	118	1 banana	31.860

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09040	Bananas, raw	150	1 cup	40.500
20006	Barley, pearled, cooked	157	1 cup	34.540
20005	Barley, pearled, raw	200	1 cup	158.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	81.280
16008	Beans, baked, canned, with franks	259	1 cup	72.520
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	86.020
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	88.550
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	120.400
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	88.500
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	71.680
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	79.650
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	107.380
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	70.110
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	17.550
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	22.500
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	32.400
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	17.550
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	31.250
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	32.400
16051	Beans, white, mature seeds, canned	262	1 cup	133.620
22905	Beef stew, canned entree	232	1 cup	32.480
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	16.150
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	19.550
13348	Beef, cured, corned beef, canned	85.05	3 oz	11.907
13350	Beef, cured, dried	28.35	1 oz	6.237
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	17.000
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	17.000
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	17.850
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	17.000
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	21.250
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	18.700
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	21.250
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	20.400
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	22.950
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	24.650
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	27.200
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	18.700
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	97.920

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11084	Beets, canned, drained solids	24	1 beet	4.080
11084	Beets, canned, drained solids	170	1 cup	28.900
11081	Beets, cooked, boiled, drained	170	1 cup	39.100
11081	Beets, cooked, boiled, drained	50	1 beet	11.500
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	10.800
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	18.180
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	3.780
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	3.570
09042	Blackberries, raw	144	1 cup	28.800
09055	Blueberries, frozen, sweetened	230	1 cup	4.600
09050	Blueberries, raw	145	1 cup	8.700
07008	Bologna, beef and pork	56.7	2 slices	9.639
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	6.237
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	12.191
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	45.600
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	12.000
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	8.400
18023	Bread, cornbread, dry mix, prepared	60	1 piece	12.000
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	16.250
18025	Bread, cracked-wheat	25	1 slice	13.000
18027	Bread, egg	40	1/2" slice	7.600
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	6.750
18031	Bread, indian (navajo) fry	160	10-1/2" bread	25.600
18031	Bread, indian (navajo) fry	90	5" bread	14.400
18033	Bread, italian	20	1 slice	5.400
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	13.780
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	13.920
18039	Bread, oatmeal	27	1 slice	9.990
18040	Bread, oatmeal, toasted	25	1 slice	10.250
18041	Bread, pita, white, enriched	60	6-1/2" pita	15.600
18041	Bread, pita, white, enriched	28	4" pita	7.280
18044	Bread, pumpernickel	32	1 slice	17.280
18045	Bread, pumpernickel, toasted	29	1 slice	17.400
18047	Bread, raisin, enriched	26	1 slice	6.760
18048	Bread, raisin, toasted, enriched	24	1 slice	6.720
18053	Bread, reduced-calorie, rye	23	1 slice	5.060
18055	Bread, reduced-calorie, wheat	23	1 slice	8.970
18057	Bread, reduced-calorie, white	23	1 slice	5.290
18060	Bread, rye	32	1 slice	12.800
18061	Bread, rye, toasted	24	1 slice	10.320
18064	Bread, wheat (includes wheat berry)	25	1 slice	11.500
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	11.500
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	10.350

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	5.750
18070	Bread, white, commercially prepared, toasted	22	1 slice	5.720
18075	Bread, whole-wheat, commercially prepared	28	1 slice	24.080
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	24.250
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	25.200
21023	Breakfast items, french toast with butter	135	2 slices	16.200
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	7.770
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	32.760
11740	Broccoli, flower clusters, raw	11	1 floweret	2.750
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	23.920
11090	Broccoli, raw	88	1 cup	18.480
11090	Broccoli, raw	31	1 spear	6.510
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	31.200
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	27.900
20011	Buckwheat flour, whole-groat	120	1 cup	301.200
20010	Buckwheat groats, roasted, cooked	168	1 cup	85.680
20013	Bulgur, cooked	182	1 cup	58.240
20012	Bulgur, dry	140	1 cup	229.600
01001	Butter, salted	14.2	1 tbsp	0.284
01145	Butter, without salt	14.2	1 tbsp	0.284
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	18.700
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	11.900
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	12.000
11109	Cabbage, raw	70	1 cup	10.500
11112	Cabbage, red, raw	70	1 cup	11.200
11114	Cabbage, savoy, raw	70	1 cup	19.600
18086	Cake, angelfood, commercially prepared	28	1 piece	3.360
18088	Cake, angelfood, dry mix, prepared	50	1 piece	4.000
18090	Cake, boston cream pie, commercially prepared	92	1 piece	5.520
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	21.760
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	30.400
18110	Cake, fruitcake, commercially prepared	43	1 piece	6.880
18116	Cake, gingerbread, prepared from recipe	74	1 piece	51.800
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	14.950
18120	Cake, pound, commercially prepared, butter	28	1 piece	3.080
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	2.800
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	10.400
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	20.500
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	3.400
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	10.750
18133	Cake, sponge, commercially prepared	30	1 shortcake	3.300
18134	Cake, sponge, prepared from recipe	63	1 piece	5.670
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	13.440

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	8.880
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	19.200
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.840
19074	Candies, caramels	10.1	1 piece	1.717
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	2.240
19071	Candies, carob	28.35	1 oz	10.206
19087	Candies, confectioner's coating, white	170	1 cup	20.400
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	6.120
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	10.450
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	3.600
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.480
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.042
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.740
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.220
19107	Candies, hard	6	1 piece	0.180
19107	Candies, hard	3	1 small piece	0.090
19108	Candies, jellybeans	28.35	10 large	0.567
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	1.260
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	2.380
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	15.200
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	6.120
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	20.740
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	32.490
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.050
19116	Candies, marshmallows	50	1 cup	1.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	27.720
19126	Candies, milk chocolate coated peanuts	40	10 pieces	38.400
19127	Candies, milk chocolate coated raisins	10	10 pieces	4.500
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	36.900
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	23.030
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	5.810
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	27.900
19080	Candies, semisweet chocolate	168	1 cup	193.200
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	2.604
09060	Carambola, (starfruit), raw	108	1 cup	9.720
09060	Carambola, (starfruit), raw	91	1 fruit	8.190
14121	Carbonated beverage, club soda	355	12 fl oz	3.550
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	3.700
14136	Carbonated beverage, ginger ale	366	12 fl oz	3.660
14142	Carbonated beverage, grape soda	372	12 fl oz	3.720
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	3.680
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	3.550

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	3.550
14150	Carbonated beverage, orange	372	12 fl oz	3.720
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	3.700
16055	Carob flour	8	1 tbsp	4.320
11655	Carrot juice, canned	236	1 cup	33.040
11960	Carrots, baby, raw	10	1 medium	1.000
11128	Carrots, canned, regular pack, drained solids	146	1 cup	11.680
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	15.600
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	16.060
11124	Carrots, raw	72	1 carrot	8.640
11124	Carrots, raw	110	1 cup	13.200
11935	Catsup	6	1 packet	1.140
11935	Catsup	15	1 tbsp	2.850
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	11.160
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	4.860
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	16.200
11135	Cauliflower, raw	13	1 floweret	1.950
11135	Cauliflower, raw	100	1 cup	15.000
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	4.500
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	18.000
11143	Celery, raw	40	1 stalk	4.400
11143	Celery, raw	120	1 cup	13.200
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	20.100
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	40.150
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	5.700
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	39.900
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	8.100
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	8.100
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	8.400
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	10.800
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	8.100
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	32.100
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	5.100
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	31.900
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	15.900
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	40.150
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	15.900
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	7.800
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	40.150

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	3.600
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	24.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	32.100
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	24.000
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	114.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	16.500
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	11.780
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	40.600
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	3.080
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	2.170
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	7.250
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	8.700
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	2.480
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	64.900
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	15.900
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	82.960
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	13.200
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	6.900
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	15.930
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	19.220
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	60.180
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	54.280
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	15.120
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	14.560
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	18.900
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	60.270
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	42.500
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	55.080
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	27.520
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	30.720
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	3.500
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	22.781
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	17.400
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	12.100
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	12.100
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	7.100
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	11.950

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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	12.550
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	40.710
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	56.160
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	9.590
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	38.750
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	28.310
08143	Cereals, WHEATENA, cooked with water	243	1 cup	48.600
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	8.789
01164	Cheese sauce, prepared from recipe	243	1 cup	46.170
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	8.222
01004	Cheese, blue	28.35	1 oz	6.521
01007	Cheese, camembert	38	1 wedge	7.600
01009	Cheese, cheddar	28.35	1 oz	7.938
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	10.500
01013	Cheese, cottage, creamed, with fruit	226	1 cup	15.820
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	11.300
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	13.560
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	5.800
01017	Cheese, cream	14.5	1 tbsp	0.870
01186	Cheese, cream, fat free	15.6	1 tbsp	2.184
01019	Cheese, feta	28.35	1 oz	5.387
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	4.536
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	7.371
01026	Cheese, mozzarella, whole milk	28.35	1 oz	5.670
01030	Cheese, muenster	28.35	1 oz	7.655
01031	Cheese, neufchatel	28.35	1 oz	2.268
01032	Cheese, parmesan, grated	5	1 tbsp	1.900
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	7.655
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	8.222
01035	Cheese, provolone	28.35	1 oz	7.938
01037	Cheese, ricotta, part skim milk	246	1 cup	36.900
01036	Cheese, ricotta, whole milk	246	1 cup	27.060
01040	Cheese, swiss	28.35	1 oz	10.773
18147	Cheesecake commercially prepared	80	1 piece	8.800
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	14.640
09070	Cherries, sweet, raw	68	10 cherries	7.480
22906	Chicken pot pie, frozen entree	217	1 small pie	23.870
07017	Chicken roll, light meat	56.7	2 slices	10.773

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05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	33.600
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	29.400
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	24.940
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	21.000
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	14.400
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	11.270
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	10.560
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	24.360
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	2.880
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	18.060
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	12.480
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	7.840
05277	Chicken, canned, meat only, with broth	142	5 oz	17.040
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	4.900
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	30.800
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	69.600
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	78.720
22904	Chili con carne with beans, canned entree	222	1 cup	55.500
11156	Chives, raw	3	1 tbsp	1.260
14181	Chocolate syrup	18.75	1 tbsp	12.188
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	21.168
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	47.880
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	31.200
14192	Cocoa mix, powder	28.35	3 heaping tsp	23.531
14194	Cocoa mix, powder, prepared with water	206	1 serving	24.720
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	32.640
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	26.946
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	3.560
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	48.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	5.370
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	13.860
11159	Coleslaw, home-prepared	120	1 cup	12.000
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	38.000
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	51.000
18151	Cookies, brownies, commercially prepared	56	1 brownie	17.360
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1.320
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.600
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	3.100
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	2.800

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18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	8.800
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	7.020
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	4.500
18170	Cookies, fig bars	16	1 cookie	4.320
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	4.200
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	25.200
18177	Cookies, molasses	15	1 cookie, medium	7.800
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	16.640
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	3.850
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	8.250
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	4.500
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	6.300
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	6.750
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	7.800
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	2.520
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.360
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	1.800
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.680
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.200
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	1.400
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	2.100
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.560
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	24.640
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	43.520
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	48.300
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	24.640
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	45.920
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	18.270
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	55.200
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	67.620
20020	Cornmeal, whole-grain, yellow	122	1 cup	154.940
20027	Cornstarch	8.064	1 tbsp	0.242
20029	Couscous, cooked	157	1 cup	12.560
20028	Couscous, dry	173	1 cup	76.120
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	85.800
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	85.000
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	67.200
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	91.160
18214	Crackers, cheese, regular	10	10 crackers	3.600
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	3.920

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18217	Crackers, matzo, plain	28.35	1 matzo	7.088
18220	Crackers, melba toast, plain	20	4 pieces	11.800
18226	Crackers, rye, wafers, plain	11	1 wafer	13.310
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	3.240
18229	Crackers, standard snack-type, regular	12	4 crackers	3.240
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	2.520
18232	Crackers, wheat, regular	8	4 crackers	4.960
18235	Crackers, whole-wheat	16	4 crackers	15.840
14242	Cranberry juice cocktail, bottled	253	8 fl oz	5.060
09081	Cranberry sauce, canned, sweetened	57	1 slice	1.710
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.080
01049	Cream, fluid, half and half	15	1 tbsp	1.500
01053	Cream, fluid, heavy whipping	15	1 tbsp	1.050
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	1.350
01052	Cream, fluid, light whipping	15	1 tbsp	1.050
01056	Cream, sour, cultured	12	1 tbsp	1.320
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	1.500
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.330
18239	Croissants, butter	57	1 croissant	9.120
18243	Croutons, seasoned	40	1 cup	16.800
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	53.550
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	36.550
15141	Crustaceans, crab, blue, canned	135	1 cup	52.650
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	28.050
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	19.800
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	29.750
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	34.871
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	18.000
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	34.000
11206	Cucumber, peeled, raw	119	1 cup	14.280
11206	Cucumber, peeled, raw	280	1 large	33.600
11205	Cucumber, with peel, raw	104	1 cup	13.520
11205	Cucumber, with peel, raw	301	1 large	39.130
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	25.200
18245	Danish pastry, cheese	71	1 danish	10.650
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	10.650
09087	Dates, deglet noor	41.5	5 dates	17.845
09087	Dates, deglet noor	178	1 cup	76.540
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.400
01072	Dessert topping, pressurized	4	1 tbsp	0.040
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.080

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02045	Dill weed, fresh	1	5 sprigs	0.550
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	2.800
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	9.400
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2.860
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	13.200
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	44.200
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	15.000
01143	Egg substitute, liquid	62.75	1/4 cup	5.648
01124	Egg, white, raw, fresh	33.4	1 large	3.674
01128	Egg, whole, cooked, fried	46	1 large	5.980
01129	Egg, whole, cooked, hard-boiled	50	1 large	5.000
01131	Egg, whole, cooked, poached	50	1 large	6.000
01132	Egg, whole, cooked, scrambled	61	1 large	7.320
01123	Egg, whole, raw, fresh	58	1 extra large	6.960
01123	Egg, whole, raw, fresh	50	1 large	6.000
01123	Egg, whole, raw, fresh	44	1 medium	5.280
01125	Egg, yolk, raw, fresh	16.6	1 large	0.830
01057	Eggnog	254	1 cup	48.260
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	10.890
11213	Endive, raw	50	1 cup	7.500
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	11.970
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	11.440
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	21.840
21049	Entrees, pizza with cheese	63	1 slice	15.750
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	18.170
21051	Entrees, pizza with pepperoni	71	1 slice	8.520
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	39.990
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	41.580
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	43.800
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	33.600
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	32.550
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	29.880
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	20.340
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	34.580
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	24.380
21042	Fast foods, chili con carne	253	1 cup	45.540
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	62.640
21043	Fast foods, clams, breaded and fried	115	3/4 cup	31.050
21127	Fast foods, coleslaw	99	3/4 cup	8.910
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	23.220
21015	Fast foods, danish pastry, cheese	91	1 pastry	15.470
21017	Fast foods, danish pastry, fruit	94	1 pastry	14.100

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21074	Fast foods, enchilada, with cheese	163	1 enchilada	50.530
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	23.290
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	36.600
21024	Fast foods, french toast sticks	141	5 sticks	26.790
21077	Fast foods, frijoles with cheese	167	1 cup	85.170
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	49.720
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	45.150
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	23.320
21118	Fast foods, hotdog, plain	98	1 sandwich	12.740
21119	Fast foods, hotdog, with chili	114	1 sandwich	10.260
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	17.500
21129	Fast foods, hush puppies	78	5 pieces	16.380
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	15.450
21078	Fast foods, nachos, with cheese	113	6-8 nachos	55.370
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	15.770
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	48.720
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	33.150
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	65.910
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	52.260
21139	Fast foods, potato, mashed	80	1/3 cup	14.400
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	15.840
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	30.580
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	23.870
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	32.700
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	39.360
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	68.400
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	66.960
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	79.360
21033	Fast foods, sundae, hot fudge	158	1 sundae	33.180
21082	Fast foods, taco	263	1 large	107.830
21082	Fast foods, taco	171	1 small	70.110
21083	Fast foods, taco salad	198	1-1/2 cups	51.480
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	67.500
09094	Figs, dried, uncooked	38	2 figs	25.840
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	22.950
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	34.850
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	26.350
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	14.250
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	7.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	49.300
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	73.660
15034	Fish, haddock, cooked, dry heat	150	1 fillet	75.000

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15034	Fish, haddock, cooked, dry heat	85	3 oz	42.500
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	90.950
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	170.130
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	6.804
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	33.150
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	19.500
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	43.800
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	62.050
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	28.900
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	50.660
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	32.300
15077	Fish, salmon, chinook, smoked	85.05	3 oz	15.309
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	28.900
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	48.050
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	26.350
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	33.170
15111	Fish, swordfish, cooked, dry heat	85	3 oz	28.900
15111	Fish, swordfish, cooked, dry heat	106	1 piece	36.040
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	27.200
15128	Fish, tuna salad	205	1 cup	38.950
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	26.366
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	22.950
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	28.050
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	54.400
07022	Frankfurter, beef	45	1 frank	6.300
07023	Frankfurter, beef and pork	45	1 frank	4.500
07024	Frankfurter, chicken	45	1 frank	4.500
18268	French toast, frozen, ready-to-heat	59	1 slice	10.030
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	11.050
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	7.980
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.380
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	3.080
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	19.440
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	10.080
19294	Fruit butters, apple	17	1 tbsp	0.850
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	12.400
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	16.590
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	7.440
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	15.000
11215	Garlic, raw	3	1 clove	0.750
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1.350

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19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	1.170
14277	Grape drink, canned	250	8 fl oz	2.500
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	25.300
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	32.400
09404	Grapefruit juice, pink, raw	247	1 cup	29.640
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	25.000
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	24.700
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	27.170
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	78.660
09128	Grapefruit juice, white, raw	247	1 cup	29.640
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	11.070
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	10.620
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	25.400
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	11.200
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	3.500
06116	Gravy, beef, canned	58.25	1/4 cup	1.165
06119	Gravy, chicken, canned	59.5	1/4 cup	1.190
06121	Gravy, mushroom, canned	59.6	1/4 cup	1.192
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	3.100
06125	Gravy, turkey, canned	59.6	1/4 cup	1.192
07027	Ham, chopped, not canned	21	2 slices	3.360
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	9.639
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	12.474
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	36.000
11961	Hearts of palm, canned	33	1 piece	12.540
19296	Honey	21	1 tbsp	0.420
02055	Horseradish, prepared	5	1 tsp	1.350
16158	Hummus, commercial	14	1 tbsp	9.940
19270	Ice creams, chocolate	66	1/2 cup	19.140
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	10.320
19095	Ice creams, vanilla	66	1/2 cup	9.240
19088	Ice creams, vanilla, light	66	1/2 cup	9.240
19089	Ice creams, vanilla, rich	74	1/2 cup	8.140
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.590
19297	Jams and preserves	20	1 tbsp	0.800
19300	Jellies	19	1 tbsp	1.140
11226	Jerusalem-artichokes, raw	150	1 cup	25.500
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	23.400

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11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	23.400
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	23.800
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	12.920
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	31.350
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	20.400
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	22.100
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	20.400
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	23.800
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	17.000
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	19.550
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	22.100
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	24.650
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1.242
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	1.794
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	1.450
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.060
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	6.860
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	3.920
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	6.800
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	14.560
09153	Lemon juice, canned or bottled	15.2	1 tbsp	1.216
09153	Lemon juice, canned or bottled	244	1 cup	19.520
09152	Lemon juice, raw	47	juice of 1 lemon	2.820
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	4.960
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	2.370
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	2.660
09150	Lemons, raw, without peel	58	1 lemon	4.640
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	71.280
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.975
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	21.190
11251	Lettuce, cos or romaine, raw	56	1 cup	7.840
11251	Lettuce, cos or romaine, raw	10	1 leaf	1.400
11253	Lettuce, green leaf, raw	10	1 leaf	1.300
11253	Lettuce, green leaf, raw	56	1 cup	7.280
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	4.400
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.640

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11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	43.120
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	100.800
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	71.400
16073	Lima beans, large, mature seeds, canned	241	1 cup	93.990
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	80.840
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	17.220
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.078
09160	Lime juice, raw	38	juice of 1 lime	2.280
20100	Macaroni, cooked, enriched	140	1 cup	25.200
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	20.160
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	45.050
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	13.860
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	39.750
09176	Mangos, raw	207	1 mango	18.630
09176	Mangos, raw	165	1 cup	14.850
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.284
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.423
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.286
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.096
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.096
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.284
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.096
09181	Melons, cantaloupe, raw	69	1/8 melon	8.280
09181	Melons, cantaloupe, raw	160	1 cup	19.200
09184	Melons, honeydew, raw	170	1 cup	17.000
09184	Melons, honeydew, raw	160	1/8 melon	16.000
01110	Milk shakes, thick chocolate	300	10.6 fl oz	48.000
01111	Milk shakes, thick vanilla	313	11 fl oz	37.560
01094	Milk, buttermilk, dried	6.5	1 tbsp	7.150
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	26.950
01095	Milk, canned, condensed, sweetened	306	1 cup	79.560
01097	Milk, canned, evaporated, nonfat	256	1 cup	69.120
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	60.480
01102	Milk, chocolate, fluid, commercial,	250	1 cup	32.500
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	32.500
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	32.500
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	26.910
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	26.840
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	26.950
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	26.840
01077	Milk, whole, 3.25% milkfat	244	1 cup	24.400

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16112	Miso	68.75	1 cup	28.875
19305	Molasses, blackstrap	20	1 tbsp	43.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	15.300
15157	Mollusks, clam, mixed species, raw	85	3 oz	7.650
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	49.300
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	39.480
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	54.870
18274	Muffins, blueberry, commercially prepared	57	1 muffin	9.120
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	9.120
18279	Muffins, corn, commercially prepared	57	1 muffin	18.240
18280	Muffins, corn, dry mix, prepared	50	1 muffin	10.500
18283	Muffins, oat bran	57	1 muffin	89.490
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	7.140
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	17.360
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	21.840
11264	Mushrooms, canned, drained solids	156	1 cup	23.400
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	18.720
11260	Mushrooms, raw	70	1 cup	6.300
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	20.300
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	4.752
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	21.000
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	1.900
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	4.000
09191	Nectarines, raw	136	1 nectarine	12.240
20113	Noodles, chinese, chow mein	45	1 cup	23.400
20110	Noodles, egg, cooked, enriched	160	1 cup	30.400
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	38.400
12061	Nuts, almonds	28.35	1 oz (24 nuts)	77.963
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	106.596
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	73.710
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	77.396
12167	Nuts, chestnuts, european, roasted	143	1 cup	47.190
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	46.500
12104	Nuts, coconut meat, raw	45	1 piece	14.400
12120	Nuts, hazelnuts or filberts	28.35	1 oz	46.211
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	33.453
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	63.788
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	66.623
12142	Nuts, pecans	28.35	1 oz (20 halves)	34.304
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	71.159
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	21.586
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	34.020

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12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	44.793
20034	Oat bran, cooked	219	1 cup	87.600
20033	Oat bran, raw	94	1 cup	220.900
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	57.600
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	93.840
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.880
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	11.400
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	10.340
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	23.100
11284	Onions, dehydrated flakes	5	1 tbsp	4.600
11282	Onions, raw	160	1 cup	16.000
11282	Onions, raw	110	1 whole	11.000
11282	Onions, raw	14	1 slice	1.400
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	3.000
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	20.000
09207	Orange juice, canned, unsweetened	249	1 cup	27.390
09209	Orange juice, chilled, includes from concentrate	249	1 cup	27.390
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	24.900
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	72.420
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	13.100
09200	Oranges, raw, all commercial varieties	180	1 cup	18.000
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	5.040
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	7.600
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	8.360
09226	Papayas, raw	304	1 papaya	30.400
09226	Papayas, raw	140	1 cup	14.000
11297	Parsley, raw	10	10 sprigs	5.000
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	45.240
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	35.280
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	13.100
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	4.900
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	6.860

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09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	17.360
09246	Peaches, dried, sulfured, uncooked	39	3 halves	16.380
09250	Peaches, frozen, sliced, sweetened	250	1 cup	12.500
09236	Peaches, raw	170	1 cup	15.300
09236	Peaches, raw	98	1 peach	8.820
16097	Peanut butter, chunk style, with salt	16	1 tbsp	31.040
16098	Peanut butter, smooth style, with salt	16	1 tbsp	28.000
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	49.896
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	49.896
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	49.896
09340	Pears, asian, raw	122	1 pear	9.760
09340	Pears, asian, raw	275	1 pear	22.000
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	10.640
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	3.040
09254	Pears, canned, juice pack, solids and liquids	76	1 half	5.320
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	17.360
09252	Pears, raw	166	1 pear	11.620
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	41.600
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	44.800
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	28.900
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	35.200
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	70.560
11670	Peppers, hot chili, green, raw	45	1 pepper	11.250
11819	Peppers, hot chili, red, raw	45	1 pepper	10.350
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	3.900
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	13.600
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	13.600
11821	Peppers, sweet, red, raw	149	1 cup	17.880
11821	Peppers, sweet, red, raw	119	1 pepper	14.280
11945	Pickle relish, sweet	15	1 tbsp	0.750
11937	Pickles, cucumber, dill	65	1 pickle	7.150
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	43.020
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	22.680
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	25.200
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	1.480
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	5.180
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	8.190
18302	Pie, apple, prepared from recipe	155	1 piece	10.850
18305	Pie, blueberry, commercially prepared	117	1 piece	5.850
18306	Pie, blueberry, prepared from recipe	147	1 piece	11.760

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18308	Pie, cherry, commercially prepared	117	1 piece	9.360
18309	Pie, cherry, prepared from recipe	180	1 piece	16.200
18310	Pie, chocolate creme, commercially prepared	113	1 piece	23.730
18316	Pie, coconut custard, commercially prepared	104	1 piece	18.720
18444	Pie, fried pies, cherry	128	1 pie	12.800
18319	Pie, fried pies, fruit	128	1 pie	12.800
18320	Pie, lemon meringue, commercially prepared	113	1 piece	16.950
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	7.620
18324	Pie, pecan, commercially prepared	113	1 piece	20.340
18325	Pie, pecan, prepared from recipe	122	1 piece	31.720
18326	Pie, pumpkin, commercially prepared	109	1 piece	16.350
18327	Pie, pumpkin, prepared from recipe	155	1 piece	29.450
11943	Pimento, canned	12	1 tbsp	0.720
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	15.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	15.000
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	32.500
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	40.640
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	7.840
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	34.860
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	6.580
09266	Pineapple, raw, all varieties	155	1 cup	18.600
09278	Plantains, cooked	154	1 cup	49.280
09277	Plantains, raw	179	1 medium	66.230
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	2.300
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	12.900
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	20.160
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	3.680
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	44.640
09291	Plums, dried (prunes), uncooked	42	5 prunes	17.220
09279	Plums, raw	66	1 plum	4.620
07065	Pork and beef sausage, fresh, cooked	26	2 links	3.120
07064	Pork sausage, fresh, cooked	26	2 links	4.420
07064	Pork sausage, fresh, cooked	27	1 patty	4.590
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	6.270
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	9.765
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	17.000
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	16.150
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	18.700
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	17.850
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	18.700
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	21.250
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	21.250

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10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	24.650
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	22.950
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	27.200
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	17.850
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	18.700
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	14.450
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	16.150
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	18.700
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	20.400
11672	Potato pancakes, home-prepared	76	1 pancake	25.080
11399	Potato puffs, frozen, prepared	79	10 puffs	15.010
11414	Potato salad, home-prepared	250	1 cup	37.500
11674	Potato, baked, flesh and skin, without salt	202	1 potato	56.560
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	36.750
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	49.000
11363	Potatoes, baked, flesh, without salt	156	1 potato	39.000
11364	Potatoes, baked, skin, without salt	58	1 skin	24.940
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	29.920
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	31.200
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	27.000
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	11.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	4.930
11370	Potatoes, hashed brown, home-prepared	156	1 cup	54.600
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	23.100
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	37.800
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	39.900
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	34.300
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	46.550
05306	Poultry food products, ground turkey, cooked	82	1 patty	19.680
09294	Prune juice, canned	256	1 cup	35.840
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	27.930
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	29.820
19183	Puddings, chocolate, ready-to-eat	113	4 oz	23.730
19193	Puddings, rice, ready-to-eat	113.4	4 oz	9.072
19218	Puddings, tapioca, ready-to-eat	113	4 oz	9.040
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	16.800
19201	Puddings, vanilla, ready-to-eat	113	4 oz	9.040
11424	Pumpkin, canned, without salt	245	1 cup	56.350

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11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	22.050
11429	Radishes, raw	4.5	1 radish	0.450
09298	Raisins, seedless	145	1 cup	46.400
09298	Raisins, seedless	14	1 packet	4.480
09306	Raspberries, frozen, red, sweetened	250	1 cup	32.500
09302	Raspberries, raw	123	1 cup	27.060
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	83.160
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	28.800
14342	Rice beverage, RICE DREAM, canned	245	1 cup	9.800
20037	Rice, brown, long-grain, cooked	195	1 cup	83.850
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	21.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	57.350
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	8.250
20045	Rice, white, long-grain, regular, cooked	158	1 cup	18.960
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	46.250
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	6.440
18350	Rolls, hamburger or hotdog, plain	43	1 roll	9.030
18353	Rolls, hard (includes kaiser)	57	1 roll	15.390
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	39.100
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.000
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.780
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	1.304
04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
04134	Salad dressing, home recipe, cooked	16	1 tbsp	1.280
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	0.441
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.600
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.138
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.306
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	1.071
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	1.248
07069	Salami, cooked, beef and pork	56.7	2 slices	8.505
07072	Salami, dry or hard, pork, beef	20	2 slices	3.400
02047	Salt, table	6	1 tsp	0.060
07073	Sandwich spread, pork, beef	15	1 tbsp	1.200
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	44.850
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	21.420
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	43.600
06150	Sauce, barbecue sauce	15.75	1 tbsp	2.835
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	5.670

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06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	3.840
06166	Sauce, homemade, white, medium	250	1 cup	35.000
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	6.300
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	42.500
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.235
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	2.080
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	10.980
11439	Sauerkraut, canned, solids and liquids	236	1 cup	30.680
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	1.120
11445	Seaweed, kelp, raw	10	2 tbsp	12.100
11667	Seaweed, spirulina, dried	0.93	1 tbsp	1.814
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	151.389
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	14.250
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	27.760
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	36.572
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	41.280
14346	Shake, fast food, chocolate	333	16 fl oz	56.610
14347	Shake, fast food, vanilla	333	16 fl oz	39.960
11677	Shallots, raw	10	1 tbsp	2.100
19097	Sherbet, orange	74	1/2 cup	5.920
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	10.098
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	17.861
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	21.830
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	21.546
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	5.103
19013	Snacks, fruit leather, pieces	28.35	1 oz	3.969
19014	Snacks, fruit leather, rolls	21	1 large	4.200
19015	Snacks, granola bars, hard, plain	28.35	1 bar	27.500
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	18.995
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	22.113
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	20.412
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	9.990
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	2.860
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	33.453
19034	Snacks, popcorn, air-popped	8	1 cup	10.480
19036	Snacks, popcorn, cakes	10	1 cake	15.900
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	33.600
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	12.320
19040	Snacks, popcorn, cheese-flavor	11	1 cup	10.010
19035	Snacks, popcorn, oil-popped	11	1 cup	11.880
19041	Snacks, pork skins, plain	28.35	1 oz	3.119

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19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	21.263
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	17.861
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	16.443
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	15.593
19411	Snacks, potato chips, plain, salted	28.35	1 oz	18.995
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	18.995
19422	Snacks, potato chips, reduced fat	28.35	1 oz	25.232
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	20.979
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	21.000
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	11.790
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	23.247
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	27.500
19056	Snacks, tortilla chips, plain	28.35	1 oz	24.948
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	235.060
19061	Snacks, trail mix, tropical	140	1 cup	134.400
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	46.170
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	45.540
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	3.060
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	4.880
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	9.600
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	4.820
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	7.569
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	9.600
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.000
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	12.200
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	22.320
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	2.440
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	17.360
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	19.840
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	4.880
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	7.230
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	24.960
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	4.920
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	40.000
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	9.480

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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	31.330
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	12.200
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	21.420
06174	Soup, stock, fish, home-prepared	233	1 cup	16.310
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	22.320
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	7.320
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	4.880
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	7.200
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	7.230
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.200
16120	Soy milk, fluid	245	1 cup	46.550
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	5.440
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	108.000
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	147.920
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	42.450
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	25.200
20125	Spaghetti, whole-wheat, cooked	140	1 cup	42.000
02007	Spices, celery seed	2	1 tsp	8.800
02009	Spices, chili powder	2.6	1 tsp	4.420
02010	Spices, cinnamon, ground	2.3	1 tsp	1.288
02015	Spices, curry powder	2	1 tsp	5.080
02020	Spices, garlic powder	2.8	1 tsp	1.624
02026	Spices, onion powder	2.1	1 tsp	2.562
02027	Spices, oregano, dried	1.5	1 tsp	4.050
02028	Spices, paprika	2.1	1 tsp	3.885
02029	Spices, parsley, dried	1.3	1 tbsp	3.237
02030	Spices, pepper, black	2.1	1 tsp	4.074
11658	Spinach souffle, home-prepared	136	1 cup	38.080
11461	Spinach, canned, drained solids	214	1 cup	162.640
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	156.600
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	155.800
11457	Spinach, raw	10	1 leaf	7.900
11457	Spinach, raw	30	1 cup	23.700
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	43.200
11641	Squash, summer, all varieties, raw	113	1 cup	19.210
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	26.650
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	21.600
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	17.850

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09316	Strawberries, raw	12	1 strawberry	1.560
09316	Strawberries, raw	18	1 strawberry	2.340
09316	Strawberries, raw	166	1 cup	21.580
19334	Sugars, brown	3.2	1 tsp	0.928
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	10.200
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	3.600
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	23.520
11512	Sweetpotato, canned, vacuum pack	255	1 cup	56.100
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	39.420
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	28.080
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	11.550
19348	Syrups, chocolate, fudge-type	19	1 tbsp	12.160
19350	Syrups, corn, light	20	1 tbsp	0.400
19353	Syrups, maple	20	1 tbsp	2.800
19129	Syrups, table blends, pancake	20	1 tbsp	0.400
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	13.965
09223	Tangerine juice, canned, sweetened	249	1 cup	19.920
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	20.160
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	10.080
20068	Tapioca, pearl, dry	152	1 cup	1.520
14355	Tea, brewed, prepared with tap water	178	6 fl oz	5.340
14545	Tea, herb, chamomile, brewed	178	6 fl oz	1.780
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	1.780
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	2.370
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	4.740
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	12.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	9.360
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	15.080
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	37.260
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	32.400
11954	Tomatillos, raw	34	1 medium	6.800
11540	Tomato juice, canned, with salt added	243	1 cup	26.730
11546	Tomato products, canned, paste, without salt added	262	1 cup	110.040
11547	Tomato products, canned, puree, without salt added	250	1 cup	57.500
11549	Tomato products, canned, sauce	245	1 cup	39.200
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	30.600
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	26.400

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11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1.870
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	19.800
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	2.200
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	13.530
11955	Tomatoes, sun-dried	2	1 piece	3.880
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	2.430
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	16.900
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	8.320
21088	Tostada with guacamole	130.5	1 tostada	36.540
05286	Turkey and gravy, frozen	142	5-oz package	11.360
05292	Turkey patties, breaded, battered, fried	64	1 patty	9.600
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	18.711
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	20.160
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	26.100
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	23.520
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	36.400
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	22.800
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	31.680
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	42.640
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	14.040
02050	Vanilla extract	4.2	1 tsp	0.504
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	24.650
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	18.700
11578	Vegetable juice cocktail, canned	242	1 cup	26.620
04582	Vegetable oil, canola	14	1 tbs	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	26.080
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	40.040
02048	Vinegar, cider	15	1 tbs	3.300
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	7.260
18367	Waffles, plain, prepared from recipe	75	1 waffle	14.250
14429	Water, municipal	237	8 fl oz	2.370
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	7.000
09326	Watermelon, raw	152	1 cup	15.200
09326	Watermelon, raw	286	1 wedge	28.600
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	27.500
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	23.750
20083	Wheat flour, white, bread, enriched	137	1 cup	34.250
20084	Wheat flour, white, cake, enriched	137	1 cup	21.920
20080	Wheat flour, whole-grain	120	1 cup	165.600
20089	Wild rice, cooked	164	1 cup	52.480
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	2.200
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	16.150

USDA National Nutrient Database for Standard Reference, Release 16-1
Magnesium, Mg (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	34.050
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	38.590
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	43.130
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	27.240