

USDA National Nutrient Database for Standard Reference, Release 16-1
Phosphorus, P (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	42.480
14003	Alcoholic beverage, beer, regular	355	12 fl oz	46.150
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	3.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	1.680
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	1.680
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	1.680
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	3.120
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	9.870
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	14.420
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	14.420
11001	Alfalfa seeds, sprouted, raw	33	1 cup	23.100
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	17.360
09011	Apples, dried, sulfured, uncooked	32	5 rings	12.160
09003	Apples, raw, with skin	138	1 apple	15.180
09004	Apples, raw, without skin	110	1 cup	12.100
09020	Applesauce, canned, sweetened, without salt	255	1 cup	17.850
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	17.080
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	22.590
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	30.960
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	48.800
09032	Apricots, dried, sulfured, uncooked	35	10 halves	24.850
09021	Apricots, raw	35	1 apricot	8.050
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	144.480
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	103.200
11015	Asparagus, canned, drained solids	72	4 spears	30.960
11012	Asparagus, cooked, boiled, drained	60	4 spears	32.400
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	88.200
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	29.400
09038	Avocados, raw, California	28.35	1 oz	15.309
09039	Avocados, raw, Florida	28.35	1 oz	11.340
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	71.000
18005	Bagels, cinnamon-raisin	89	4" bagel	89.000
18003	Bagels, egg	89	4" bagel	74.760
18003	Bagels, egg	71	3-1/2" bagel	59.640
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	68.160
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	85.440
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	96.390
19078	Baking chocolate, unsweetened, squares	28.35	1 square	113.400
11028	Bamboo shoots, canned, drained solids	131	1 cup	32.750
09040	Bananas, raw	118	1 banana	25.960

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09040	Bananas, raw	150	1 cup	33.000
20006	Barley, pearled, cooked	157	1 cup	84.780
20005	Barley, pearled, raw	200	1 cup	442.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	264.160
16008	Beans, baked, canned, with franks	259	1 cup	269.360
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	265.650
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	296.010
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	240.800
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	292.050
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	240.640
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	251.340
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	285.740
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	229.140
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	25.650
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	36.250
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	41.850
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	25.650
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	48.750
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	41.850
16051	Beans, white, mature seeds, canned	262	1 cup	238.420
22905	Beef stew, canned entree	232	1 cup	127.600
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	170.000
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	199.750
13348	Beef, cured, corned beef, canned	85.05	3 oz	94.406
13350	Beef, cured, dried	28.35	1 oz	55.566
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	160.650
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	164.900
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	168.300
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	148.750
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	181.900
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	208.250
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	231.200
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	176.800
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	192.100
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	188.700
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	207.400
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	412.250
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	59.040

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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	64.600
11081	Beets, cooked, boiled, drained	50	1 beet	19.000
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	98.400
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	165.640
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	103.950
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	97.650
09042	Blackberries, raw	144	1 cup	31.680
09055	Blueberries, frozen, sweetened	230	1 cup	16.100
09050	Blueberries, raw	145	1 cup	17.400
07008	Bologna, beef and pork	56.7	2 slices	92.421
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	95.256
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	46.778
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	159.600
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	42.000
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	34.800
18023	Bread, cornbread, dry mix, prepared	60	1 piece	225.600
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	109.850
18025	Bread, cracked-wheat	25	1 slice	38.250
18027	Bread, egg	40	1/2" slice	42.400
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	26.250
18031	Bread, indian (navajo) fry	160	10-1/2" bread	251.200
18031	Bread, indian (navajo) fry	90	5" bread	141.300
18033	Bread, italian	20	1 slice	20.600
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	45.760
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	45.840
18039	Bread, oatmeal	27	1 slice	34.020
18040	Bread, oatmeal, toasted	25	1 slice	34.250
18041	Bread, pita, white, enriched	60	6-1/2" pita	58.200
18041	Bread, pita, white, enriched	28	4" pita	27.160
18044	Bread, pumpernickel	32	1 slice	56.960
18045	Bread, pumpernickel, toasted	29	1 slice	56.550
18047	Bread, raisin, enriched	26	1 slice	28.340
18048	Bread, raisin, toasted, enriched	24	1 slice	28.320
18053	Bread, reduced-calorie, rye	23	1 slice	17.940
18055	Bread, reduced-calorie, wheat	23	1 slice	23.460
18057	Bread, reduced-calorie, white	23	1 slice	27.830
18060	Bread, rye	32	1 slice	40.000
18061	Bread, rye, toasted	24	1 slice	33.120
18064	Bread, wheat (includes wheat berry)	25	1 slice	37.500
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	37.490
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	44.550

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	24.750
18070	Bread, white, commercially prepared, toasted	22	1 slice	22.660
18075	Bread, whole-wheat, commercially prepared	28	1 slice	64.120
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	64.500
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	489.600
21023	Breakfast items, french toast with butter	135	2 slices	145.800
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	24.790
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	104.520
11740	Broccoli, flower clusters, raw	11	1 floweret	7.260
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	90.160
11090	Broccoli, raw	88	1 cup	58.080
11090	Broccoli, raw	31	1 spear	20.460
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	87.360
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	86.800
20011	Buckwheat flour, whole-groat	120	1 cup	404.400
20010	Buckwheat groats, roasted, cooked	168	1 cup	117.600
20013	Bulgur, cooked	182	1 cup	72.800
20012	Bulgur, dry	140	1 cup	420.000
01001	Butter, salted	14.2	1 tbsp	3.408
01145	Butter, without salt	14.2	1 tbsp	3.408
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	49.300
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	46.410
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	22.500
11109	Cabbage, raw	70	1 cup	16.100
11112	Cabbage, red, raw	70	1 cup	21.000
11114	Cabbage, savoy, raw	70	1 cup	29.400
18086	Cake, angelfood, commercially prepared	28	1 piece	8.960
18088	Cake, angelfood, dry mix, prepared	50	1 piece	116.000
18090	Cake, boston cream pie, commercially prepared	92	1 piece	45.080
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	78.080
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	100.700
18110	Cake, fruitcake, commercially prepared	43	1 piece	22.360
18116	Cake, gingerbread, prepared from recipe	74	1 piece	39.960
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	94.300
18120	Cake, pound, commercially prepared, butter	28	1 piece	38.360
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	40.880
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	92.950
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	46.500
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	79.475
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	78.690
18133	Cake, sponge, commercially prepared	30	1 shortcake	41.100
18134	Cake, sponge, prepared from recipe	63	1 piece	63.000
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	78.400

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	68.820
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	103.040
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	91.520
19074	Candies, caramels	10.1	1 piece	11.514
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	6.930
19071	Candies, carob	28.35	1 oz	35.721
19087	Candies, confectioner's coating, white	170	1 cup	299.200
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	11.730
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	21.280
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	10.650
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	4.480
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	1.134
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	47.460
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	7.980
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	46.600
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	25.920
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	87.840
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	97.470
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.350
19116	Candies, marshmallows	50	1 cup	4.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	91.520
19126	Candies, milk chocolate coated peanuts	40	10 pieces	84.800
19127	Candies, milk chocolate coated raisins	10	10 pieces	14.300
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	108.240
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	79.870
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	9.450
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	72.450
19080	Candies, semisweet chocolate	168	1 cup	221.760
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	4.284
09060	Carambola, (starfruit), raw	108	1 cup	17.280
09060	Carambola, (starfruit), raw	91	1 fruit	14.560
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	48.100
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	39.050

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	3.720
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	40.480
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	6.320
11655	Carrot juice, canned	236	1 cup	99.120
11960	Carrots, baby, raw	10	1 medium	2.800
11128	Carrots, canned, regular pack, drained solids	146	1 cup	35.040
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	46.800
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	45.260
11124	Carrots, raw	72	1 carrot	25.200
11124	Carrots, raw	110	1 cup	38.500
11935	Catsup	6	1 packet	1.980
11935	Catsup	15	1 tbsp	4.950
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	39.680
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	17.280
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	43.200
11135	Cauliflower, raw	13	1 floweret	5.720
11135	Cauliflower, raw	100	1 cup	44.000
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	9.375
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	37.500
11143	Celery, raw	40	1 stalk	9.600
11143	Celery, raw	120	1 cup	28.800
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	65.100
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	231.550
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	37.200
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	99.900
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	80.100
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	20.100
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	21.600
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	20.100
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	200.100
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	99.900
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	19.500
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	100.100
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	39.900
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	60.000
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	150.150
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	20.100
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	35.340
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	109.800
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	100.100

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	20.100
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	90.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	99.900
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	80.100
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	339.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	37.500
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	30.380
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	156.600
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	14.000
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	9.610
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	26.390
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	19.200
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	10.540
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	161.700
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	39.900
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	258.640
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	45.870
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	23.700
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	46.170
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	67.890
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	149.940
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	168.360
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	45.090
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	43.940
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	52.380
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	166.110
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	133.500
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	156.060
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	120.000
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	132.800
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	13.720
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	81.584
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	42.600
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	26.620
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	26.620
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	19.880
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	100.380

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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	95.380
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	24.000
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	95.580
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	177.840
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	28.770
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	128.650
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	93.870
08143	Cereals, WHEATENA, cooked with water	243	1 cup	145.800
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	124.457
01164	Cheese sauce, prepared from recipe	243	1 cup	556.470
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	201.852
01004	Cheese, blue	28.35	1 oz	109.715
01007	Cheese, camembert	38	1 wedge	131.860
01009	Cheese, cheddar	28.35	1 oz	145.152
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	277.200
01013	Cheese, cottage, creamed, with fruit	226	1 cup	255.380
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	302.840
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	341.260
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	150.800
01017	Cheese, cream	14.5	1 tbsp	15.080
01186	Cheese, cream, fat free	15.6	1 tbsp	67.704
01019	Cheese, feta	28.35	1 oz	95.540
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	137.214
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	148.554
01026	Cheese, mozzarella, whole milk	28.35	1 oz	100.359
01030	Cheese, muenster	28.35	1 oz	132.678
01031	Cheese, neufchatel	28.35	1 oz	38.556
01032	Cheese, parmesan, grated	5	1 tbsp	36.450
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	145.436
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	216.027
01035	Cheese, provolone	28.35	1 oz	140.616
01037	Cheese, ricotta, part skim milk	246	1 cup	450.180
01036	Cheese, ricotta, whole milk	246	1 cup	388.680
01040	Cheese, swiss	28.35	1 oz	160.745
18147	Cheesecake commercially prepared	80	1 piece	74.400
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	24.400
09070	Cherries, sweet, raw	68	10 cherries	14.280
22906	Chicken pot pie, frozen entree	217	1 small pie	119.350
07017	Chicken roll, light meat	56.7	2 slices	89.019

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05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	259.000
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	228.340
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	196.080
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	157.080
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	105.840
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	86.240
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	80.960
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	419.050
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	194.040
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	23.040
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	133.300
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	95.160
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	59.290
05277	Chicken, canned, meat only, with broth	142	5 oz	157.620
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	79.380
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	285.600
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	216.000
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	275.520
22904	Chili con carne with beans, canned entree	222	1 cup	193.140
11156	Chives, raw	3	1 tbsp	1.740
14181	Chocolate syrup	18.75	1 tbsp	24.188
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	27.648
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	234.080
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	133.950
14192	Cocoa mix, powder	28.35	3 heaping tsp	89.303
14194	Cocoa mix, powder, prepared with water	206	1 serving	88.580
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	134.400
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	39.636
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	5.340
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	4.200
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	68.040
11159	Coleslaw, home-prepared	120	1 cup	38.400
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	57.000
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	45.900
18151	Cookies, brownies, commercially prepared	56	1 brownie	56.560
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	11.440
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	5.100
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	10.800
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	8.400

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18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	16.000
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	19.760
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	9.800
18170	Cookies, fig bars	16	1 cookie	9.920
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	14.560
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	87.360
18177	Cookies, molasses	15	1 cookie, medium	14.250
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	30.400
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	11.550
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	34.500
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	31.350
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	24.150
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	12.900
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	23.200
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	11.900
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	8.640
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	12.000
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	12.600
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	28.050
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	7.500
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	11.250
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	4.160
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	79.310
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	130.560
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	134.400
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	79.310
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	129.560
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	47.250
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	115.920
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	859.740
20020	Cornmeal, whole-grain, yellow	122	1 cup	294.020
20027	Cornstarch	8.064	1 tbsp	1.048
20029	Couscous, cooked	157	1 cup	34.540
20028	Couscous, dry	173	1 cup	294.100
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	84.150
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	207.400
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	168.000
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	268.320
18214	Crackers, cheese, regular	10	10 crackers	21.800
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	18.760

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18217	Crackers, matzo, plain	28.35	1 matzo	25.232
18220	Crackers, melba toast, plain	20	4 pieces	39.200
18226	Crackers, rye, wafers, plain	11	1 wafer	36.740
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	12.600
18229	Crackers, standard snack-type, regular	12	4 crackers	27.360
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	28.420
18232	Crackers, wheat, regular	8	4 crackers	17.600
18235	Crackers, whole-wheat	16	4 crackers	47.200
14242	Cranberry juice cocktail, bottled	253	8 fl oz	5.060
09081	Cranberry sauce, canned, sweetened	57	1 slice	3.420
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	9.600
01069	Cream substitute, powdered	2	1 tsp	8.440
01049	Cream, fluid, half and half	15	1 tbsp	14.250
01053	Cream, fluid, heavy whipping	15	1 tbsp	9.300
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	12.000
01052	Cream, fluid, light whipping	15	1 tbsp	9.150
01056	Cream, sour, cultured	12	1 tbsp	10.200
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	14.250
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	2.670
18239	Croissants, butter	57	1 croissant	59.850
18243	Croutons, seasoned	40	1 cup	56.000
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	238.000
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	239.700
15141	Crustaceans, crab, blue, canned	135	1 cup	351.000
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	175.100
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	127.800
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	157.250
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	198.167
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	98.100
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	185.300
11206	Cucumber, peeled, raw	119	1 cup	24.990
11206	Cucumber, peeled, raw	280	1 large	58.800
11205	Cucumber, with peel, raw	104	1 cup	24.960
11205	Cucumber, with peel, raw	301	1 large	72.240
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	44.100
18245	Danish pastry, cheese	71	1 danish	76.680
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	63.190
09087	Dates, deglet noor	41.5	5 dates	25.730
09087	Dates, deglet noor	178	1 cup	110.360
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	3.440
01072	Dessert topping, pressurized	4	1 tbsp	0.720
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.320

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02045	Dill weed, fresh	1	5 sprigs	0.660
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	37.660
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	126.430
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	12.090
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	55.800
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	448.630
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	107.000
01143	Egg substitute, liquid	62.75	1/4 cup	75.928
01124	Egg, white, raw, fresh	33.4	1 large	5.010
01128	Egg, whole, cooked, fried	46	1 large	95.680
01129	Egg, whole, cooked, hard-boiled	50	1 large	86.000
01131	Egg, whole, cooked, poached	50	1 large	95.000
01132	Egg, whole, cooked, scrambled	61	1 large	103.700
01123	Egg, whole, raw, fresh	58	1 extra large	110.780
01123	Egg, whole, raw, fresh	50	1 large	95.500
01123	Egg, whole, raw, fresh	44	1 medium	84.040
01125	Egg, yolk, raw, fresh	16.6	1 large	64.740
01057	Eggnog	254	1 cup	276.860
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	14.850
11213	Endive, raw	50	1 cup	14.000
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	75.810
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	75.400
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	155.610
21049	Entrees, pizza with cheese	63	1 slice	112.770
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	131.140
21051	Entrees, pizza with pepperoni	71	1 slice	75.260
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	90.210
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	70.455
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	310.980
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	337.600
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	373.550
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	242.360
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	176.280
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	232.960
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	289.380
21042	Fast foods, chili con carne	253	1 cup	197.340
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	123.540
21043	Fast foods, clams, breaded and fried	115	3/4 cup	238.050
21127	Fast foods, coleslaw	99	3/4 cup	35.640
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	276.060
21015	Fast foods, danish pastry, cheese	91	1 pastry	80.080
21017	Fast foods, danish pastry, fruit	94	1 pastry	68.620

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21074	Fast foods, enchilada, with cheese	163	1 enchilada	133.660
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	269.890
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	311.100
21024	Fast foods, french toast sticks	141	5 sticks	122.670
21077	Fast foods, frijoles with cheese	167	1 cup	175.350
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	314.140
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	283.800
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	114.480
21118	Fast foods, hotdog, plain	98	1 sandwich	97.020
21119	Fast foods, hotdog, with chili	114	1 sandwich	191.520
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	166.250
21129	Fast foods, hush puppies	78	5 pieces	190.320
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	139.050
21078	Fast foods, nachos, with cheese	113	6-8 nachos	275.720
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	86.320
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	475.600
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	109.650
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	218.010
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	172.860
21139	Fast foods, potato, mashed	80	1/3 cup	44.000
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	69.120
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	239.080
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	132.370
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	170.040
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	344.400
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	287.280
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	192.240
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	220.160
21033	Fast foods, sundae, hot fudge	158	1 sundae	227.520
21082	Fast foods, taco	263	1 large	312.970
21082	Fast foods, taco	171	1 small	203.490
21083	Fast foods, taco salad	198	1-1/2 cups	142.560
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	173.250
09094	Figs, dried, uncooked	38	2 figs	25.460
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	183.600
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	221.000
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	189.550
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	103.170
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	50.680
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	245.650
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	367.030
15034	Fish, haddock, cooked, dry heat	150	1 fillet	361.500

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15034	Fish, haddock, cooked, dry heat	85	3 oz	204.850
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	242.250
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	453.150
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	75.695
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	235.450
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	138.500
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	289.200
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	409.700
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	193.800
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	339.720
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	217.600
15077	Fish, salmon, chinook, smoked	85.05	3 oz	139.482
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	279.650
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	427.800
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	234.600
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	416.745
15111	Fish, swordfish, cooked, dry heat	85	3 oz	286.450
15111	Fish, swordfish, cooked, dry heat	106	1 piece	357.220
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	226.100
15128	Fish, tuna salad	205	1 cup	364.900
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	264.506
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	138.550
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	184.450
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	208.250
07022	Frankfurter, beef	45	1 frank	72.000
07023	Frankfurter, beef and pork	45	1 frank	38.700
07024	Frankfurter, chicken	45	1 frank	48.150
18268	French toast, frozen, ready-to-heat	59	1 slice	82.010
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	76.050
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	30.020
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	6.840
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	4.620
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	100.080
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	92.880
19294	Fruit butters, apple	17	1 tbsp	1.190
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	27.280
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	33.180
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	30.000
11215	Garlic, raw	3	1 clove	4.590
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	29.700

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19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	79.560
14277	Grape drink, canned	250	8 fl oz	0.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	27.830
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	37.050
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	27.500
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	27.170
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	34.580
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	101.430
09128	Grapefruit juice, white, raw	247	1 cup	37.050
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	22.140
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	9.440
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	32.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	10.000
06116	Gravy, beef, canned	58.25	1/4 cup	17.475
06119	Gravy, chicken, canned	59.5	1/4 cup	17.255
06121	Gravy, mushroom, canned	59.6	1/4 cup	8.940
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	25.420
06125	Gravy, turkey, canned	59.6	1/4 cup	17.284
07027	Ham, chopped, not canned	21	2 slices	32.550
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	123.606
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	86.751
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	134.400
11961	Hearts of palm, canned	33	1 piece	21.450
19296	Honey	21	1 tbsp	0.840
02055	Horseradish, prepared	5	1 tsp	1.550
16158	Hummus, commercial	14	1 tbsp	24.640
19270	Ice creams, chocolate	66	1/2 cup	70.620
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	99.760
19095	Ice creams, vanilla	66	1/2 cup	69.300
19088	Ice creams, vanilla, light	66	1/2 cup	67.980
19089	Ice creams, vanilla, rich	74	1/2 cup	77.700
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	3.800
19300	Jellies	19	1 tbsp	1.140
11226	Jerusalem-artichokes, raw	150	1 cup	117.000
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	36.400

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11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	36.400
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	28.350
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	25.840
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	74.250
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	162.350
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	175.100
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	166.600
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	192.100
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	141.100
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	165.750
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	175.100
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	197.200
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	100.786
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	456.228
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	343.450
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.150
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	90.300
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	51.600
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	57.120
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	17.680
09153	Lemon juice, canned or bottled	15.2	1 tbsp	1.368
09153	Lemon juice, canned or bottled	244	1 cup	21.960
09152	Lemon juice, raw	47	juice of 1 lemon	2.820
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	7.440
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	23.700
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	2.660
09150	Lemons, raw, without peel	58	1 lemon	9.280
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	356.400
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	2.475
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	53.790
11251	Lettuce, cos or romaine, raw	56	1 cup	16.800
11251	Lettuce, cos or romaine, raw	10	1 leaf	3.000
11253	Lettuce, green leaf, raw	10	1 leaf	2.900
11253	Lettuce, green leaf, raw	56	1 cup	16.240
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	12.100
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1.760

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11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	118.580
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	201.600
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	164.900
16073	Lima beans, large, mature seeds, canned	241	1 cup	178.340
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	208.680
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	24.600
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.540
09160	Lime juice, raw	38	juice of 1 lime	2.660
20100	Macaroni, cooked, enriched	140	1 cup	75.600
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	84.210
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	288.850
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	78.960
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	283.550
09176	Mangos, raw	207	1 mango	22.770
09176	Mangos, raw	165	1 cup	18.150
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	2.840
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	3.243
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	2.288
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.768
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.768
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	3.266
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.672
09181	Melons, cantaloupe, raw	69	1/8 melon	10.350
09181	Melons, cantaloupe, raw	160	1 cup	24.000
09184	Melons, honeydew, raw	170	1 cup	18.700
09184	Melons, honeydew, raw	160	1/8 melon	17.600
01110	Milk shakes, thick chocolate	300	10.6 fl oz	378.000
01111	Milk shakes, thick vanilla	313	11 fl oz	359.950
01094	Milk, buttermilk, dried	6.5	1 tbsp	60.645
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	218.050
01095	Milk, canned, condensed, sweetened	306	1 cup	774.180
01097	Milk, canned, evaporated, nonfat	256	1 cup	499.200
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	511.560
01102	Milk, chocolate, fluid, commercial,	250	1 cup	252.500
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	257.500
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	255.000
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	226.550
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	231.800
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	247.450
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	229.360
01077	Milk, whole, 3.25% milkfat	244	1 cup	222.040

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16112	Miso	68.75	1 cup	105.188
19305	Molasses, blackstrap	20	1 tbsp	8.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	287.300
15157	Mollusks, clam, mixed species, raw	85	3 oz	143.650
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	135.150
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	113.400
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	219.480
18274	Muffins, blueberry, commercially prepared	57	1 muffin	112.290
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	82.650
18279	Muffins, corn, commercially prepared	57	1 muffin	161.880
18280	Muffins, corn, dry mix, prepared	50	1 muffin	192.000
18283	Muffins, oat bran	57	1 muffin	214.320
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	96.560
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	34.720
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	56.160
11264	Mushrooms, canned, drained solids	156	1 cup	102.960
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	135.720
11260	Mushrooms, raw	70	1 cup	59.500
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	42.050
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	10.584
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	57.400
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	4.400
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	11.360
09191	Nectarines, raw	136	1 nectarine	35.360
20113	Noodles, chinese, chow mein	45	1 cup	72.450
20110	Noodles, egg, cooked, enriched	160	1 cup	110.400
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	91.200
12061	Nuts, almonds	28.35	1 oz (24 nuts)	134.379
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	205.538
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	138.915
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	150.539
12167	Nuts, chestnuts, european, roasted	143	1 cup	153.010
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	99.510
12104	Nuts, coconut meat, raw	45	1 piece	50.850
12120	Nuts, hazelnuts or filberts	28.35	1 oz	82.215
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	56.133
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	123.323
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	131.544
12142	Nuts, pecans	28.35	1 oz (20 halves)	78.530
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	163.013
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	49.450
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	137.498

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12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	98.091
20034	Oat bran, cooked	219	1 cup	260.610
20033	Oat bran, raw	94	1 cup	689.960
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	51.200
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	84.640
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.660
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	48.600
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	32.900
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	73.500
11284	Onions, dehydrated flakes	5	1 tbsp	15.150
11282	Onions, raw	160	1 cup	43.200
11282	Onions, raw	110	1 whole	29.700
11282	Onions, raw	14	1 slice	3.780
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	5.550
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	37.000
09207	Orange juice, canned, unsweetened	249	1 cup	34.860
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	39.840
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	121.410
09206	Orange juice, raw	86	juice from 1 orange	14.620
09206	Orange juice, raw	248	1 cup	42.160
09200	Oranges, raw, all commercial varieties	131	1 orange	18.340
09200	Oranges, raw, all commercial varieties	180	1 cup	25.200
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	133.920
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	126.920
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	118.940
09226	Papayas, raw	304	1 papaya	15.200
09226	Papayas, raw	140	1 cup	7.000
11297	Parsley, raw	10	10 sprigs	5.800
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	107.640
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	115.920
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	28.820
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	10.780
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	16.660

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09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	42.160
09246	Peaches, dried, sulfured, uncooked	39	3 halves	46.410
09250	Peaches, frozen, sliced, sweetened	250	1 cup	27.500
09236	Peaches, raw	170	1 cup	34.000
09236	Peaches, raw	98	1 peach	19.600
16097	Peanut butter, chunk style, with salt	16	1 tbsp	62.720
16098	Peanut butter, smooth style, with salt	16	1 tbsp	52.960
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	101.493
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	101.493
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	112.550
09340	Pears, asian, raw	122	1 pear	13.420
09340	Pears, asian, raw	275	1 pear	30.250
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	18.620
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	5.320
09254	Pears, canned, juice pack, solids and liquids	76	1 half	9.120
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	29.760
09252	Pears, raw	166	1 pear	18.260
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	88.000
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	92.800
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	113.900
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	123.200
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	194.040
11670	Peppers, hot chili, green, raw	45	1 pepper	20.700
11819	Peppers, hot chili, red, raw	45	1 pepper	19.350
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	4.680
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	24.480
11333	Peppers, sweet, green, raw	149	1 cup	29.800
11333	Peppers, sweet, green, raw	10	1 ring	2.000
11333	Peppers, sweet, green, raw	119	1 pepper	23.800
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	24.480
11821	Peppers, sweet, red, raw	149	1 cup	38.740
11821	Peppers, sweet, red, raw	119	1 pepper	30.940
11945	Pickle relish, sweet	15	1 tbsp	2.100
11937	Pickles, cucumber, dill	65	1 pickle	13.650
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	155.350
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	74.340
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	120.600
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	5.180
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	11.100
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	28.080
18302	Pie, apple, prepared from recipe	155	1 piece	43.400
18305	Pie, blueberry, commercially prepared	117	1 piece	26.910
18306	Pie, blueberry, prepared from recipe	147	1 piece	44.100

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18308	Pie, cherry, commercially prepared	117	1 piece	33.930
18309	Pie, cherry, prepared from recipe	180	1 piece	54.000
18310	Pie, chocolate creme, commercially prepared	113	1 piece	76.840
18316	Pie, coconut custard, commercially prepared	104	1 piece	126.880
18444	Pie, fried pies, cherry	128	1 pie	55.040
18319	Pie, fried pies, fruit	128	1 pie	55.040
18320	Pie, lemon meringue, commercially prepared	113	1 piece	118.650
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	53.340
18324	Pie, pecan, commercially prepared	113	1 piece	87.010
18325	Pie, pecan, prepared from recipe	122	1 piece	114.680
18326	Pie, pumpkin, commercially prepared	109	1 piece	77.390
18327	Pie, pumpkin, prepared from recipe	155	1 piece	151.900
11943	Pimento, canned	12	1 tbsp	2.040
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	15.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	10.000
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	20.000
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	17.780
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	3.430
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	14.940
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	2.820
09266	Pineapple, raw, all varieties	155	1 cup	12.400
09278	Plantains, cooked	154	1 cup	43.120
09277	Plantains, raw	179	1 medium	60.860
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	5.980
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	33.540
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	37.800
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	6.900
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	74.400
09291	Plums, dried (prunes), uncooked	42	5 prunes	28.980
09279	Plums, raw	66	1 plum	10.560
07065	Pork and beef sausage, fresh, cooked	26	2 links	27.820
07064	Pork sausage, fresh, cooked	26	2 links	42.380
07064	Pork sausage, fresh, cooked	27	1 patty	44.010
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	101.270
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	137.640
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	187.850
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	181.900
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	192.950
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	165.750
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	223.550
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	238.850
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	197.200

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10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	220.150
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	204.850
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	230.350
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	196.350
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	201.450
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	141.950
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	180.200
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	192.100
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	221.850
11672	Potato pancakes, home-prepared	76	1 pancake	84.360
11399	Potato puffs, frozen, prepared	79	10 puffs	37.920
11414	Potato salad, home-prepared	250	1 cup	130.000
11674	Potato, baked, flesh and skin, without salt	202	1 potato	141.400
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	232.750
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	276.850
11363	Potatoes, baked, flesh, without salt	156	1 potato	78.000
11364	Potatoes, baked, skin, without salt	58	1 skin	58.580
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	59.840
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	62.400
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	54.000
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	41.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	20.880
11370	Potatoes, hashed brown, home-prepared	156	1 cup	109.200
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	81.900
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	96.600
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	100.800
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	137.200
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	154.350
05306	Poultry food products, ground turkey, cooked	82	1 patty	160.720
09294	Prune juice, canned	256	1 cup	64.000
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	349.860
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	136.320
19183	Puddings, chocolate, ready-to-eat	113	4 oz	90.400
19193	Puddings, rice, ready-to-eat	113.4	4 oz	77.112
19218	Puddings, tapioca, ready-to-eat	113	4 oz	89.270
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	116.200
19201	Puddings, vanilla, ready-to-eat	113	4 oz	76.840
11424	Pumpkin, canned, without salt	245	1 cup	85.750

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11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	73.500
11429	Radishes, raw	4.5	1 radish	0.900
09298	Raisins, seedless	145	1 cup	146.450
09298	Raisins, seedless	14	1 packet	14.140
09306	Raspberries, frozen, red, sweetened	250	1 cup	42.500
09302	Raspberries, raw	123	1 cup	35.670
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	216.720
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	19.200
14342	Rice beverage, RICE DREAM, canned	245	1 cup	34.300
20037	Rice, brown, long-grain, cooked	195	1 cup	161.850
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	73.500
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	251.600
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	23.100
20045	Rice, white, long-grain, regular, cooked	158	1 cup	67.940
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	212.750
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	32.480
18350	Rolls, hamburger or hotdog, plain	43	1 roll	26.660
18353	Rolls, hard (includes kaiser)	57	1 roll	57.000
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	95.200
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	11.322
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	2.964
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	2.608
04133	Salad dressing, french, home recipe	14	1 tbsp	0.420
04134	Salad dressing, home recipe, cooked	16	1 tbsp	13.920
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.323
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.650
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	3.864
04015	Salad dressing, russian dressing	15.3	1 tbsp	5.661
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	6.031
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	2.142
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	4.212
07069	Salami, cooked, beef and pork	56.7	2 slices	65.205
07072	Salami, dry or hard, pork, beef	20	2 slices	28.400
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	8.850
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	399.750
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	195.840
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	233.260
06150	Sauce, barbecue sauce	15.75	1 tbsp	3.150
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	98.910

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06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	6.080
06166	Sauce, homemade, white, medium	250	1 cup	245.000
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	105.210
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	80.000
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.517
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	4.160
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	27.720
11439	Sauerkraut, canned, solids and liquids	236	1 cup	47.200
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	7.840
11445	Seaweed, kelp, raw	10	2 tbsp	4.200
11667	Seaweed, spirulina, dried	0.93	1 tbsp	1.097
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	332.262
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	109.800
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	62.080
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	327.443
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	369.600
14346	Shake, fast food, chocolate	333	16 fl oz	339.660
14347	Shake, fast food, vanilla	333	16 fl oz	339.660
11677	Shallots, raw	10	1 tbsp	6.000
19097	Sherbet, orange	74	1/2 cup	29.600
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	80.586
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	53.015
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	58.685
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	52.448
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	30.618
19013	Snacks, fruit leather, pieces	28.35	1 oz	6.804
19014	Snacks, fruit leather, rolls	21	1 large	6.510
19015	Snacks, granola bars, hard, plain	28.35	1 bar	78.530
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	64.355
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	65.205
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	62.370
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	38.110
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	9.240
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	74.277
19034	Snacks, popcorn, air-popped	8	1 cup	24.000
19036	Snacks, popcorn, cakes	10	1 cake	27.700
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	53.340
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	29.216
19040	Snacks, popcorn, cheese-flavor	11	1 cup	39.710
19035	Snacks, popcorn, oil-popped	11	1 cup	27.500
19041	Snacks, pork skins, plain	28.35	1 oz	24.098

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19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	52.731
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	43.659
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	44.510
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	47.912
19411	Snacks, potato chips, plain, salted	28.35	1 oz	46.778
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	46.778
19422	Snacks, potato chips, reduced fat	28.35	1 oz	54.716
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	49.896
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	67.800
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	32.400
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	69.174
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	90.153
19056	Snacks, tortilla chips, plain	28.35	1 oz	58.118
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	565.020
19061	Snacks, trail mix, tropical	140	1 cup	260.400
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	143.370
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	131.560
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	19.200
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	31.330
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	46.360
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	72.000
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	36.150
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	30.276
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	105.600
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	21.690
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	41.480
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	156.240
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	36.600
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	151.280
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	156.240
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	48.800
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	55.430
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	126.360
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	29.520
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	125.000
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	85.320

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06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	88.430
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	128.260
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	86.760
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	58.560
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	73.780
06174	Soup, stock, fish, home-prepared	233	1 cup	130.480
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	148.800
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	34.160
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	41.480
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	72.000
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	33.740
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbs	10.440
16120	Soy milk, fluid	245	1 cup	120.050
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbs	17.600
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	284.400
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	421.400
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	138.670
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	75.600
20125	Spaghetti, whole-wheat, cooked	140	1 cup	124.600
02007	Spices, celery seed	2	1 tsp	10.940
02009	Spices, chili powder	2.6	1 tsp	7.878
02010	Spices, cinnamon, ground	2.3	1 tsp	1.403
02015	Spices, curry powder	2	1 tsp	6.980
02020	Spices, garlic powder	2.8	1 tsp	11.676
02026	Spices, onion powder	2.1	1 tsp	7.140
02027	Spices, oregano, dried	1.5	1 tsp	3.000
02028	Spices, paprika	2.1	1 tsp	7.245
02029	Spices, parsley, dried	1.3	1 tbs	4.563
02030	Spices, pepper, black	2.1	1 tsp	3.633
11658	Spinach souffle, home-prepared	136	1 cup	231.200
11461	Spinach, canned, drained solids	214	1 cup	94.160
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	100.800
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	95.000
11457	Spinach, raw	10	1 leaf	4.900
11457	Spinach, raw	30	1 cup	14.700
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	70.200
11641	Squash, summer, all varieties, raw	113	1 cup	42.940
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	38.950
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	33.600
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	33.150

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09316	Strawberries, raw	12	1 strawberry	2.880
09316	Strawberries, raw	18	1 strawberry	4.320
09316	Strawberries, raw	166	1 cup	39.840
19334	Sugars, brown	3.2	1 tsp	0.704
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	45.600
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	104.400
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	49.000
11512	Sweetpotato, canned, vacuum pack	255	1 cup	124.950
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	78.840
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	49.920
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	27.300
19348	Syrups, chocolate, fudge-type	19	1 tbsp	31.920
19350	Syrups, corn, light	20	1 tbsp	0.400
19353	Syrups, maple	20	1 tbsp	0.400
19129	Syrups, table blends, pancake	20	1 tbsp	1.800
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	6.450
18360	Taco shells, baked	13.3	1 medium	32.984
09223	Tangerine juice, canned, sweetened	249	1 cup	34.860
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	25.200
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	8.400
20068	Tapioca, pearl, dry	152	1 cup	10.640
14355	Tea, brewed, prepared with tap water	178	6 fl oz	1.780
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	2.370
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	2.590
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	2.370
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	66.500
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	57.720
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	43.680
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	119.070
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	110.400
11954	Tomatillos, raw	34	1 medium	13.260
11540	Tomato juice, canned, with salt added	243	1 cup	43.740
11546	Tomato products, canned, paste, without salt added	262	1 cup	217.460
11547	Tomato products, canned, puree, without salt added	250	1 cup	100.000
11549	Tomato products, canned, sauce	245	1 cup	63.700
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	51.000
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	45.600

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11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	4.080
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	43.200
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	4.800
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	29.520
11955	Tomatoes, sun-dried	2	1 piece	7.120
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	4.170
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	81.640
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	39.680
21088	Tostada with guacamole	130.5	1 tostada	116.145
05286	Turkey and gravy, frozen	142	5-oz package	115.020
05292	Turkey patties, breaded, battered, fried	64	1 patty	172.800
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	207.522
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	171.360
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	334.950
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	183.960
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	298.200
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	185.440
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	41.760
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	55.760
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	40.560
02050	Vanilla extract	4.2	1 tsp	0.252
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	211.650
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	167.450
11578	Vegetable juice cocktail, canned	242	1 cup	41.140
04582	Vegetable oil, canola	14	1 tbs	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	68.460
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	92.820
02048	Vinegar, cider	15	1 tbs	1.350
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	138.600
18367	Waffles, plain, prepared from recipe	75	1 waffle	142.500
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	26.600
09326	Watermelon, raw	152	1 cup	16.720
09326	Watermelon, raw	286	1 wedge	31.460
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	135.000
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	743.750
20083	Wheat flour, white, bread, enriched	137	1 cup	132.890
20084	Wheat flour, white, cake, enriched	137	1 cup	116.450
20080	Wheat flour, whole-grain	120	1 cup	415.200
20089	Wild rice, cooked	164	1 cup	134.480
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	173.800
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	181.050

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Phosphorus, P (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	270.130
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	326.880
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	356.390
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	215.650