

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

Potassium, K (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	63.720
14003	Alcoholic beverage, beer, regular	355	12 fl oz	88.750
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	12.600
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.840
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.840
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.840
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	15.600
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	100.110
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	94.760
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	94.760
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	115.360
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	82.400
11001	Alfalfa seeds, sprouted, raw	33	1 cup	26.070
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	295.120
09011	Apples, dried, sulfured, uncooked	32	5 rings	144.000
09003	Apples, raw, with skin	138	1 apple	147.660
09004	Apples, raw, without skin	110	1 cup	99.000
09020	Applesauce, canned, sweetened, without salt	255	1 cup	155.550
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	183.000
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	286.140
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	361.200
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	402.600
09032	Apricots, dried, sulfured, uncooked	35	10 halves	406.700
09021	Apricots, raw	35	1 apricot	90.650
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	594.720
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	424.800
11015	Asparagus, canned, drained solids	72	4 spears	123.840
11012	Asparagus, cooked, boiled, drained	60	4 spears	134.400
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	309.600
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	103.200
09038	Avocados, raw, California	28.35	1 oz	143.735
09039	Avocados, raw, Florida	28.35	1 oz	99.509
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	105.080
18005	Bagels, cinnamon-raisin	89	4" bagel	131.720
18003	Bagels, egg	89	4" bagel	60.520
18003	Bagels, egg	71	3-1/2" bagel	48.280
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	71.710
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	89.890
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	330.561
19078	Baking chocolate, unsweetened, squares	28.35	1 square	235.305
11028	Bamboo shoots, canned, drained solids	131	1 cup	104.800
09040	Bananas, raw	118	1 banana	422.440

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09040	Bananas, raw	150	1 cup	537.000
20006	Barley, pearled, cooked	157	1 cup	146.010
20005	Barley, pearled, raw	200	1 cup	560.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	751.840
16008	Beans, baked, canned, with franks	259	1 cup	608.650
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	672.980
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	759.000
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	610.600
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	692.070
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	657.920
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	713.310
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	669.760
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	494.190
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	147.150
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	182.500
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	170.100
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	147.150
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	373.750
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	170.100
16051	Beans, white, mature seeds, canned	262	1 cup	1189.480
22905	Beef stew, canned entree	232	1 cup	403.680
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	196.350
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	223.550
13348	Beef, cured, corned beef, canned	85.05	3 oz	115.668
13350	Beef, cured, dried	28.35	1 oz	82.499
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	245.650
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	258.400
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	270.300
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	255.850
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	317.900
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	239.700
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	261.800
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	307.700
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	335.750
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	311.100
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	342.550
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	298.350
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	1308.960

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11084	Beets, canned, drained solids	170	1 cup	251.600
11084	Beets, canned, drained solids	24	1 beet	35.520
11081	Beets, cooked, boiled, drained	50	1 beet	152.500
11081	Beets, cooked, boiled, drained	170	1 cup	518.500
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	72.600
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	122.210
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	42.390
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	38.850
09042	Blackberries, raw	144	1 cup	233.280
09055	Blueberries, frozen, sweetened	230	1 cup	138.000
09050	Blueberries, raw	145	1 cup	111.650
07008	Bologna, beef and pork	56.7	2 slices	178.605
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	112.833
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	55.566
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	324.000
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	74.000
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	80.400
18023	Bread, cornbread, dry mix, prepared	60	1 piece	76.800
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	95.550
18025	Bread, cracked-wheat	25	1 slice	44.250
18027	Bread, egg	40	1/2" slice	46.000
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	28.250
18031	Bread, indian (navajo) fry	160	10-1/2" bread	118.400
18031	Bread, indian (navajo) fry	90	5" bread	66.600
18033	Bread, italian	20	1 slice	22.000
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	53.040
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	53.280
18039	Bread, oatmeal	27	1 slice	38.340
18040	Bread, oatmeal, toasted	25	1 slice	38.500
18041	Bread, pita, white, enriched	28	4" pita	33.600
18041	Bread, pita, white, enriched	60	6-1/2" pita	72.000
18044	Bread, pumpernickel	32	1 slice	66.560
18045	Bread, pumpernickel, toasted	29	1 slice	66.120
18047	Bread, raisin, enriched	26	1 slice	59.020
18048	Bread, raisin, toasted, enriched	24	1 slice	59.040
18053	Bread, reduced-calorie, rye	23	1 slice	22.540
18055	Bread, reduced-calorie, wheat	23	1 slice	28.060
18057	Bread, reduced-calorie, white	23	1 slice	17.480
18060	Bread, rye	32	1 slice	53.120
18061	Bread, rye, toasted	24	1 slice	43.920
18064	Bread, wheat (includes wheat berry)	25	1 slice	50.250
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	50.140
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	45.000

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	25.000
18070	Bread, white, commercially prepared, toasted	22	1 slice	28.820
18075	Bread, whole-wheat, commercially prepared	28	1 slice	70.560
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	70.750
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	320.400
21023	Breakfast items, french toast with butter	135	2 slices	176.850
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	457.080
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	108.410
11740	Broccoli, flower clusters, raw	11	1 floweret	35.750
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	261.280
11090	Broccoli, raw	88	1 cup	278.080
11090	Broccoli, raw	31	1 spear	97.960
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	494.520
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	449.500
20011	Buckwheat flour, whole-groat	120	1 cup	692.400
20010	Buckwheat groats, roasted, cooked	168	1 cup	147.840
20013	Bulgur, cooked	182	1 cup	123.760
20012	Bulgur, dry	140	1 cup	574.000
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	630.700
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	267.750
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	145.500
11109	Cabbage, raw	70	1 cup	172.200
11112	Cabbage, red, raw	70	1 cup	170.100
11114	Cabbage, savoy, raw	70	1 cup	161.000
18086	Cake, angelfood, commercially prepared	28	1 piece	26.040
18088	Cake, angelfood, dry mix, prepared	50	1 piece	67.500
18090	Cake, boston cream pie, commercially prepared	92	1 piece	35.880
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	128.000
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	133.000
18110	Cake, fruitcake, commercially prepared	43	1 piece	65.790
18116	Cake, gingerbread, prepared from recipe	74	1 piece	324.860
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	128.800
18120	Cake, pound, commercially prepared, butter	28	1 piece	33.320
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	30.800
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	68.900
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	61.000
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	36.975
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	96.320
18133	Cake, sponge, commercially prepared	30	1 shortcake	29.700
18134	Cake, sponge, prepared from recipe	63	1 piece	88.830
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	110.880

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	70.300
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	113.920
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	33.920
19074	Candies, caramels	10.1	1 piece	21.614
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	17.360
19071	Candies, carob	28.35	1 oz	179.456
19087	Candies, confectioner's coating, white	170	1 cup	486.200
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	22.270
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	34.200
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	15.000
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	7.360
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.210
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	3.700
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	1.100
19107	Candies, hard	6	1 piece	0.300
19107	Candies, hard	3	1 small piece	0.150
19108	Candies, jellybeans	28.35	10 large	10.490
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	121.800
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	14.210
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	69.400
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	147.010
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	43.380
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	169.860
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.100
19116	Candies, marshmallows	50	1 cup	2.500
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	163.680
19126	Candies, milk chocolate coated peanuts	40	10 pieces	200.800
19127	Candies, milk chocolate coated raisins	10	10 pieces	51.400
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	182.040
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	193.060
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	27.650
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	151.360
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	154.350
19080	Candies, semisweet chocolate	168	1 cup	613.200
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	42.168
09060	Carambola, (starfruit), raw	108	1 cup	176.040
09060	Carambola, (starfruit), raw	91	1 fruit	148.330
14121	Carbonated beverage, club soda	355	12 fl oz	7.100
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	21.300

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	7.100
14150	Carbonated beverage, orange	372	12 fl oz	7.440
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	3.680
14157	Carbonated beverage, root beer	370	12 fl oz	3.700
16055	Carob flour	8	1 tbsp	66.160
11655	Carrot juice, canned	236	1 cup	689.120
11960	Carrots, baby, raw	10	1 medium	23.700
11128	Carrots, canned, regular pack, drained solids	146	1 cup	261.340
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	366.600
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	280.320
11124	Carrots, raw	72	1 carrot	230.400
11124	Carrots, raw	110	1 cup	352.000
11935	Catsup	15	1 tbsp	57.300
11935	Catsup	6	1 packet	22.920
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	176.080
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	76.680
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	250.200
11135	Cauliflower, raw	100	1 cup	303.000
11135	Cauliflower, raw	13	1 floweret	39.390
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	106.500
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	426.000
11143	Celery, raw	40	1 stalk	104.000
11143	Celery, raw	120	1 cup	312.000
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	57.600
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	154.550
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	24.600
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	96.300
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	42.600
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	50.400
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	24.900
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	33.000
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	49.500
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	91.500
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	29.700
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	134.750
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	35.100
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	57.300
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	238.150
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	41.700
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	30.380
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	28.200
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	354.200

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	17.400
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	112.500
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	111.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	89.400
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	36.000
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	49.910
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	171.100
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	25.200
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	26.350
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	37.700
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	32.700
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	22.630
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	189.750
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	50.100
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	372.100
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	43.890
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	40.770
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	60.760
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	173.400
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	195.500
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	54.000
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	53.560
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	64.260
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	180.810
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	203.500
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	257.040
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	82.240
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	91.200
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	15.820
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	67.417
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	41.760
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	50.820
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	50.820
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	38.340
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	45.410

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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	45.180
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	31.200
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	93.810
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	131.040
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	38.360
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	106.950
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	108.770
08143	Cereals, WHEATENA, cooked with water	243	1 cup	187.110
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	82.499
01164	Cheese sauce, prepared from recipe	243	1 cup	345.060
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	68.607
01004	Cheese, blue	28.35	1 oz	72.576
01007	Cheese, camembert	38	1 wedge	71.060
01009	Cheese, cheddar	28.35	1 oz	27.783
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	176.400
01013	Cheese, cottage, creamed, with fruit	226	1 cup	203.400
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	194.360
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	216.960
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	46.400
01017	Cheese, cream	14.5	1 tbsp	17.255
01186	Cheese, cream, fat free	15.6	1 tbsp	25.428
01019	Cheese, feta	28.35	1 oz	17.577
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	18.711
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	26.933
01026	Cheese, mozzarella, whole milk	28.35	1 oz	21.546
01030	Cheese, muenster	28.35	1 oz	37.989
01031	Cheese, neufchatel	28.35	1 oz	32.319
01032	Cheese, parmesan, grated	5	1 tbsp	6.250
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	47.912
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	61.236
01035	Cheese, provolone	28.35	1 oz	39.123
01037	Cheese, ricotta, part skim milk	246	1 cup	307.500
01036	Cheese, ricotta, whole milk	246	1 cup	258.300
01040	Cheese, swiss	28.35	1 oz	21.830
18147	Cheesecake commercially prepared	80	1 piece	72.000
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	239.120
09070	Cherries, sweet, raw	68	10 cherries	150.960
22906	Chicken pot pie, frozen entree	217	1 small pie	256.060
07017	Chicken roll, light meat	56.7	2 slices	129.276

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	281.400
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	253.820
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	220.160
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	212.520
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	133.920
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	112.210
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	108.240
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	324.800
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	220.920
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	25.200
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	165.120
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	123.760
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	67.620
05277	Chicken, canned, meat only, with broth	142	5 oz	195.960
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	51.548
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	282.800
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	412.800
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	477.240
22904	Chili con carne with beans, canned entree	222	1 cup	608.280
11156	Chives, raw	3	1 tbsp	8.880
14181	Chocolate syrup	18.75	1 tbsp	42.000
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	127.656
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	457.520
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	405.300
14192	Cocoa mix, powder	28.35	3 heaping tsp	201.852
14194	Cocoa mix, powder, prepared with water	206	1 serving	201.880
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	405.120
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	82.296
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	85.440
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	69.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	53.700
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	77.490
11159	Coleslaw, home-prepared	120	1 cup	217.200
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	220.400
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	426.700
18151	Cookies, brownies, commercially prepared	56	1 brownie	83.440
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	69.080
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	5.550
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	13.500
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12.300

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	35.840
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	52.000
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	17.500
18170	Cookies, fig bars	16	1 cookie	33.120
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	113.400
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	18.900
18177	Cookies, molasses	15	1 cookie, medium	51.900
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	110.720
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	23.320
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	35.500
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	20.250
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	35.850
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	25.050
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	46.200
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	10.220
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	8.000
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	9.450
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	10.780
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	24.450
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	9.100
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	13.650
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	3.880
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	191.730
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	343.040
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	390.600
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	191.730
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	382.120
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	158.130
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	223.560
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	234.600
20020	Cornmeal, whole-grain, yellow	122	1 cup	350.140
20027	Cornstarch	8.064	1 tbsp	0.242
20029	Couscous, cooked	157	1 cup	91.060
20028	Couscous, dry	173	1 cup	287.180
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	689.700
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	637.500
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	412.800
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	478.160
18214	Crackers, cheese, regular	10	10 crackers	14.500
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	15.260

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18217	Crackers, matzo, plain	28.35	1 matzo	31.752
18220	Crackers, melba toast, plain	20	4 pieces	40.400
18226	Crackers, rye, wafers, plain	11	1 wafer	54.450
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	15.360
18229	Crackers, standard snack-type, regular	12	4 crackers	15.960
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	30.030
18232	Crackers, wheat, regular	8	4 crackers	14.640
18235	Crackers, whole-wheat	16	4 crackers	47.520
14242	Cranberry juice cocktail, bottled	253	8 fl oz	45.540
09081	Cranberry sauce, canned, sweetened	57	1 slice	14.820
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	28.650
01069	Cream substitute, powdered	2	1 tsp	16.240
01049	Cream, fluid, half and half	15	1 tbsp	19.500
01053	Cream, fluid, heavy whipping	15	1 tbsp	11.250
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	18.300
01052	Cream, fluid, light whipping	15	1 tbsp	14.550
01056	Cream, sour, cultured	12	1 tbsp	17.280
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	19.350
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	4.410
18239	Croissants, butter	57	1 croissant	67.260
18243	Croutons, seasoned	40	1 cup	72.400
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	222.700
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	76.500
15141	Crustaceans, crab, blue, canned	135	1 cup	504.900
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	275.400
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	194.400
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	299.200
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	178.605
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	191.250
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	101.250
11206	Cucumber, peeled, raw	280	1 large	380.800
11206	Cucumber, peeled, raw	119	1 cup	161.840
11205	Cucumber, with peel, raw	301	1 large	442.470
11205	Cucumber, with peel, raw	104	1 cup	152.880
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	243.600
18245	Danish pastry, cheese	71	1 danish	69.580
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	58.930
09087	Dates, deglet noor	41.5	5 dates	272.240
09087	Dates, deglet noor	178	1 cup	1167.680
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	6.040
01072	Dessert topping, pressurized	4	1 tbsp	0.760
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.720

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02045	Dill weed, fresh	1	5 sprigs	7.380
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	59.690
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	17.780
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	14.040
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	64.800
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	556.920
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	117.000
01143	Egg substitute, liquid	62.75	1/4 cup	207.075
01124	Egg, white, raw, fresh	33.4	1 large	54.442
01128	Egg, whole, cooked, fried	46	1 large	67.620
01129	Egg, whole, cooked, hard-boiled	50	1 large	63.000
01131	Egg, whole, cooked, poached	50	1 large	66.500
01132	Egg, whole, cooked, scrambled	61	1 large	84.180
01123	Egg, whole, raw, fresh	50	1 large	67.000
01123	Egg, whole, raw, fresh	58	1 extra large	77.720
01123	Egg, whole, raw, fresh	44	1 medium	58.960
01125	Egg, yolk, raw, fresh	16.6	1 large	18.094
01057	Eggnog	254	1 cup	419.100
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	121.770
11213	Endive, raw	50	1 cup	157.000
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	74.670
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	74.360
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	291.200
21049	Entrees, pizza with cheese	63	1 slice	109.620
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	178.540
21051	Entrees, pizza with pepperoni	71	1 slice	152.650
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	248.310
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	328.020
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	444.570
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	284.800
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	308.450
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	335.320
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	222.610
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	353.080
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	305.280
21042	Fast foods, chili con carne	253	1 cup	690.690
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	586.380
21043	Fast foods, clams, breaded and fried	115	3/4 cup	265.650
21127	Fast foods, coleslaw	99	3/4 cup	177.210
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	201.240
21015	Fast foods, danish pastry, cheese	91	1 pastry	116.480
21017	Fast foods, danish pastry, fruit	94	1 pastry	109.980

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21074	Fast foods, enchilada, with cheese	163	1 enchilada	239.610
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	198.650
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	353.190
21024	Fast foods, french toast sticks	141	5 sticks	126.900
21077	Fast foods, frijoles with cheese	167	1 cup	604.540
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	569.520
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	526.750
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	251.220
21118	Fast foods, hotdog, plain	98	1 sandwich	143.080
21119	Fast foods, hotdog, with chili	114	1 sandwich	166.440
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	262.500
21129	Fast foods, hush puppies	78	5 pieces	187.980
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	168.920
21078	Fast foods, nachos, with cheese	113	6-8 nachos	171.760
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	129.480
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	250.560
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	923.260
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	585.650
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1164.410
21139	Fast foods, potato, mashed	80	1/3 cup	235.200
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	267.120
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	315.530
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	371.070
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	446.900
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	183.680
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	394.440
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	330.480
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	335.360
21033	Fast foods, sundae, hot fudge	158	1 sundae	395.000
21082	Fast foods, taco	171	1 small	473.670
21082	Fast foods, taco	263	1 large	728.510
21083	Fast foods, taco salad	198	1-1/2 cups	415.800
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	490.500
09094	Figs, dried, uncooked	38	2 figs	258.400
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	289.000
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	448.800
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	439.450
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	148.770
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	73.080
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	436.880
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	292.400
15034	Fish, haddock, cooked, dry heat	85	3 oz	339.150

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15034	Fish, haddock, cooked, dry heat	150	1 fillet	598.500
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	915.840
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	489.600
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	58.685
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	297.500
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	175.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	328.950
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	232.200
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	774.800
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	442.000
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	327.250
15077	Fish, salmon, chinook, smoked	85.05	3 oz	148.838
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	277.100
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	581.250
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	318.750
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	337.649
15111	Fish, swordfish, cooked, dry heat	85	3 oz	313.650
15111	Fish, swordfish, cooked, dry heat	106	1 piece	391.140
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	374.850
15128	Fish, tuna salad	205	1 cup	364.900
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	176.054
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	201.450
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	201.450
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	483.650
07022	Frankfurter, beef	45	1 frank	70.200
07023	Frankfurter, beef and pork	45	1 frank	75.150
07024	Frankfurter, chicken	45	1 frank	37.800
18268	French toast, frozen, ready-to-heat	59	1 slice	79.060
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	87.100
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	74.480
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	12.920
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	40.810
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	187.920
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	151.920
19294	Fruit butters, apple	17	1 tbsp	15.470
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	218.240
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	225.150
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	62.000
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	327.500
11215	Garlic, raw	3	1 clove	12.030
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1.350

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	1.170
14277	Grape drink, canned	250	8 fl oz	30.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	333.960
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	52.500
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	159.840
09404	Grapefruit juice, pink, raw	247	1 cup	400.140
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	405.000
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	377.910
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	335.920
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1001.880
09128	Grapefruit juice, white, raw	247	1 cup	400.140
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	166.050
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	174.640
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	327.660
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	95.500
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	305.600
06116	Gravy, beef, canned	58.25	1/4 cup	47.183
06119	Gravy, chicken, canned	59.5	1/4 cup	64.855
06121	Gravy, mushroom, canned	59.6	1/4 cup	63.176
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	47.740
06125	Gravy, turkey, canned	59.6	1/4 cup	64.964
07027	Ham, chopped, not canned	21	2 slices	66.990
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	198.450
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	162.729
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	364.800
11961	Hearts of palm, canned	33	1 piece	58.410
19296	Honey	21	1 tbsp	10.920
02055	Horseradish, prepared	5	1 tsp	12.300
16158	Hummus, commercial	14	1 tbsp	31.920
19270	Ice creams, chocolate	66	1/2 cup	164.340
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	152.220
19095	Ice creams, vanilla	66	1/2 cup	131.340
19088	Ice creams, vanilla, light	66	1/2 cup	137.280
19089	Ice creams, vanilla, rich	74	1/2 cup	116.180
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	6.960
19283	Ice novelties, pop	59	1 bar (2 fl oz)	2.360
19297	Jams and preserves	20	1 tbsp	15.400
19300	Jellies	19	1 tbsp	10.260
11226	Jerusalem-artichokes, raw	150	1 cup	643.500
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	296.400

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11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	417.300
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	50.050
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	237.120
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	561.000
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	266.050
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	287.300
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	277.950
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	319.600
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	230.350
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	267.750
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	260.100
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	287.300
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.920
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.230
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	505.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	495.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	140.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	80.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	102.170
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	90.480
09153	Lemon juice, canned or bottled	244	1 cup	248.880
09153	Lemon juice, canned or bottled	15.2	1 tbsp	15.504
09152	Lemon juice, raw	47	juice of 1 lemon	58.280
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	49.600
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	2.660
09150	Lemons, raw, without peel	58	1 lemon	80.040
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	730.620
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	387.940
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	17.850
11251	Lettuce, cos or romaine, raw	10	1 leaf	24.700
11251	Lettuce, cos or romaine, raw	56	1 cup	138.320
11253	Lettuce, green leaf, raw	56	1 cup	108.640
11253	Lettuce, green leaf, raw	10	1 leaf	19.400
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	819.280
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	83.600

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11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	12.160
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	739.800
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	516.800
16073	Lima beans, large, mature seeds, canned	241	1 cup	530.200
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	955.040
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	184.500
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	11.550
09160	Lime juice, raw	38	juice of 1 lime	41.420
22247	Macaroni and Cheese, canned entree	252	1 cup	123.480
20100	Macaroni, cooked, enriched	140	1 cup	43.400
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	250.530
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	577.700
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	203.490
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	530.000
09176	Mangos, raw	165	1 cup	257.400
09176	Mangos, raw	207	1 mango	322.920
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	5.396
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	5.922
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1.440
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	4.290
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	1.440
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	5.112
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	1.200
09181	Melons, cantaloupe, raw	160	1 cup	427.200
09181	Melons, cantaloupe, raw	69	1/8 melon	184.230
09184	Melons, honeydew, raw	160	1/8 melon	364.800
09184	Melons, honeydew, raw	170	1 cup	387.600
01110	Milk shakes, thick chocolate	300	10.6 fl oz	672.000
01111	Milk shakes, thick vanilla	313	11 fl oz	572.790
01094	Milk, buttermilk, dried	6.5	1 tbsp	103.480
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	369.950
01095	Milk, canned, condensed, sweetened	306	1 cup	1135.260
01097	Milk, canned, evaporated, nonfat	256	1 cup	849.920
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	763.560
01102	Milk, chocolate, fluid, commercial,	250	1 cup	417.500
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	425.000
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	422.500
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	392.150
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	366.000
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	382.200
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	366.000

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01077	Milk, whole, 3.25% milkfat	244	1 cup	348.920
16112	Miso	68.75	1 cup	112.750
19305	Molasses, blackstrap	20	1 tbsp	498.400
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	533.800
15157	Mollusks, clam, mixed species, raw	85	3 oz	266.900
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	207.400
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	131.040
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	309.690
18274	Muffins, blueberry, commercially prepared	57	1 muffin	70.110
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	70.110
18279	Muffins, corn, commercially prepared	57	1 muffin	39.330
18280	Muffins, corn, dry mix, prepared	50	1 muffin	65.500
18283	Muffins, oat bran	57	1 muffin	288.990
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	60.180
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	125.240
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	154.960
11264	Mushrooms, canned, drained solids	156	1 cup	201.240
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	555.360
11260	Mushrooms, raw	70	1 cup	219.800
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	169.650
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	55.224
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	282.800
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	7.550
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	17.760
09191	Nectarines, raw	136	1 nectarine	273.360
20113	Noodles, chinese, chow mein	45	1 cup	54.000
20110	Noodles, egg, cooked, enriched	160	1 cup	44.800
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	59.200
12061	Nuts, almonds	28.35	1 oz (24 nuts)	206.388
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	186.827
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	160.178
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	179.172
12167	Nuts, chestnuts, european, roasted	143	1 cup	846.560
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	313.410
12104	Nuts, coconut meat, raw	45	1 piece	160.200
12120	Nuts, hazelnuts or filberts	28.35	1 oz	192.780
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	102.911
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	169.250
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	164.714
12142	Nuts, pecans	28.35	1 oz (20 halves)	116.235
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	169.250
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	51.342

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12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	295.407
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	125.024
20034	Oat bran, cooked	219	1 cup	201.480
20033	Oat bran, raw	94	1 cup	532.040
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.135
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	216.000
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	430.560
09193	Olives, ripe, canned (small-extra large)	22	5 large	1.760
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	77.400
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	348.600
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	156.040
11284	Onions, dehydrated flakes	5	1 tbsp	81.100
11282	Onions, raw	110	1 whole	158.400
11282	Onions, raw	14	1 slice	20.160
11282	Onions, raw	160	1 cup	230.400
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	276.000
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	41.400
09207	Orange juice, canned, unsweetened	249	1 cup	435.750
09209	Orange juice, chilled, includes from concentrate	249	1 cup	473.100
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	473.100
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1435.620
09206	Orange juice, raw	86	juice from 1 orange	172.000
09206	Orange juice, raw	248	1 cup	496.000
09200	Oranges, raw, all commercial varieties	131	1 orange	237.110
09200	Oranges, raw, all commercial varieties	180	1 cup	325.800
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	26.280
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	66.500
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	75.620
09226	Papayas, raw	304	1 papaya	781.280
09226	Papayas, raw	140	1 cup	359.800
11297	Parsley, raw	10	10 sprigs	55.400
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	572.520
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	415.800
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	90.160
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	241.040

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09238	Peaches, canned, juice pack, solids and liquids	98	1 half	125.440
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	317.440
09246	Peaches, dried, sulfured, uncooked	39	3 halves	388.440
09250	Peaches, frozen, sliced, sweetened	250	1 cup	325.000
09236	Peaches, raw	98	1 peach	186.200
09236	Peaches, raw	170	1 cup	323.000
16097	Peanut butter, chunk style, with salt	16	1 tbsp	100.960
16098	Peanut butter, smooth style, with salt	16	1 tbsp	88.320
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	186.543
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	186.543
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	205.821
09340	Pears, asian, raw	122	1 pear	147.620
09340	Pears, asian, raw	275	1 pear	332.750
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	49.400
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	172.900
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	238.080
09254	Pears, canned, juice pack, solids and liquids	76	1 half	72.960
09252	Pears, raw	166	1 pear	197.540
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	384.000
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	347.200
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	294.100
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	176.000
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	709.520
11670	Peppers, hot chili, green, raw	45	1 pepper	153.000
11819	Peppers, hot chili, red, raw	45	1 pepper	144.900
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	50.180
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	225.760
11333	Peppers, sweet, green, raw	149	1 cup	260.750
11333	Peppers, sweet, green, raw	10	1 ring	17.500
11333	Peppers, sweet, green, raw	119	1 pepper	208.250
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	225.760
11821	Peppers, sweet, red, raw	119	1 pepper	251.090
11821	Peppers, sweet, red, raw	149	1 cup	314.390
11945	Pickle relish, sweet	15	1 tbsp	3.750
11937	Pickles, cucumber, dill	65	1 pickle	75.400
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	210.320
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	138.600
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	33.300
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	77.700
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	76.050
18302	Pie, apple, prepared from recipe	155	1 piece	122.450
18305	Pie, blueberry, commercially prepared	117	1 piece	58.500

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18306	Pie, blueberry, prepared from recipe	147	1 piece	73.500
18308	Pie, cherry, commercially prepared	117	1 piece	94.770
18309	Pie, cherry, prepared from recipe	180	1 piece	138.600
18310	Pie, chocolate creme, commercially prepared	113	1 piece	143.510
18316	Pie, coconut custard, commercially prepared	104	1 piece	182.000
18444	Pie, fried pies, cherry	128	1 pie	83.200
18319	Pie, fried pies, fruit	128	1 pie	83.200
18320	Pie, lemon meringue, commercially prepared	113	1 piece	100.570
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	82.550
18324	Pie, pecan, commercially prepared	113	1 piece	83.620
18325	Pie, pecan, prepared from recipe	122	1 piece	162.260
18326	Pie, pumpkin, commercially prepared	109	1 piece	167.860
18327	Pie, pumpkin, prepared from recipe	155	1 piece	288.300
11943	Pimento, canned	12	1 tbsp	18.960
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	152.500
14341	Pineapple and orange juice drink, canned	250	8 fl oz	115.000
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	335.000
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	50.960
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	264.160
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	57.340
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	303.780
09266	Pineapple, raw, all varieties	155	1 cup	178.250
09278	Plantains, cooked	154	1 cup	716.100
09277	Plantains, raw	179	1 medium	893.210
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	234.780
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	41.860
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	70.840
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	388.080
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	796.080
09291	Plums, dried (prunes), uncooked	42	5 prunes	307.440
09279	Plums, raw	66	1 plum	103.620
07065	Pork and beef sausage, fresh, cooked	26	2 links	49.140
07064	Pork sausage, fresh, cooked	26	2 links	76.440
07064	Pork sausage, fresh, cooked	27	1 patty	79.380
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	107.350
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	181.350
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	298.350
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	243.100
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	268.600
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	267.750
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	299.200
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	317.050
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	304.300

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10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	361.250
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	318.750
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	381.650
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	357.850
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	371.450
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	278.800
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	313.650
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	344.250
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	272.000
11672	Potato pancakes, home-prepared	76	1 pancake	597.360
11399	Potato puffs, frozen, prepared	79	10 puffs	300.200
11414	Potato salad, home-prepared	250	1 cup	635.000
11674	Potato, baked, flesh and skin, without salt	202	1 potato	1080.700
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	536.550
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	970.200
11363	Potatoes, baked, flesh, without salt	156	1 potato	609.960
11364	Potatoes, baked, skin, without salt	58	1 skin	332.340
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	515.440
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	511.680
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	442.800
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	209.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	126.440
11370	Potatoes, hashed brown, home-prepared	156	1 cup	898.560
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	340.200
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	621.600
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	684.600
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	497.350
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	926.100
05306	Poultry food products, ground turkey, cooked	82	1 patty	221.400
09294	Prune juice, canned	256	1 cup	706.560
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	246.960
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	237.140
19183	Puddings, chocolate, ready-to-eat	113	4 oz	203.400
19193	Puddings, rice, ready-to-eat	113.4	4 oz	68.040
19218	Puddings, tapioca, ready-to-eat	113	4 oz	108.480
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	191.800
19201	Puddings, vanilla, ready-to-eat	113	4 oz	127.690
11424	Pumpkin, canned, without salt	245	1 cup	504.700

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	563.500
11429	Radishes, raw	4.5	1 radish	10.485
09298	Raisins, seedless	145	1 cup	1086.050
09298	Raisins, seedless	14	1 packet	104.860
09306	Raspberries, frozen, red, sweetened	250	1 cup	285.000
09302	Raspberries, raw	123	1 cup	185.730
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	672.840
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	230.400
14342	Rice beverage, RICE DREAM, canned	245	1 cup	68.600
20037	Rice, brown, long-grain, cooked	195	1 cup	83.850
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	64.750
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	222.000
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	6.600
20045	Rice, white, long-grain, regular, cooked	158	1 cup	55.300
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	37.240
18350	Rolls, hamburger or hotdog, plain	43	1 roll	40.420
18353	Rolls, hard (includes kaiser)	57	1 roll	61.560
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	554.200
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	5.661
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	10.452
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	17.441
04133	Salad dressing, french, home recipe	14	1 tbsp	3.360
04134	Salad dressing, home recipe, cooked	16	1 tbsp	19.360
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1.248
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	7.056
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	12.750
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	4.692
04015	Salad dressing, russian dressing	15.3	1 tbsp	24.021
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	25.591
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	30.906
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	16.692
07069	Salami, cooked, beef and pork	56.7	2 slices	112.266
07072	Salami, dry or hard, pork, beef	20	2 slices	75.600
02047	Salt, table	6	1 tsp	0.480
07073	Sandwich spread, pork, beef	15	1 tbsp	16.500
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	331.500
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	164.220
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	479.600
06150	Sauce, barbecue sauce	15.75	1 tbsp	27.405
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	18.900

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06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	19.040
06166	Sauce, homemade, white, medium	250	1 cup	390.000
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	20.160
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	737.500
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	6.768
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	34.080
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	40.500
11439	Sauerkraut, canned, solids and liquids	236	1 cup	401.200
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	16.160
11445	Seaweed, kelp, raw	10	2 tbsp	8.900
11667	Seaweed, spirulina, dried	0.93	1 tbsp	12.676
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	228.501
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	62.100
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	32.560
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	272.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	240.975
14346	Shake, fast food, chocolate	333	16 fl oz	666.000
14347	Shake, fast food, vanilla	333	16 fl oz	579.420
11677	Shallots, raw	10	1 tbsp	33.400
19097	Sherbet, orange	74	1/2 cup	71.040
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	118.206
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	76.262
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	66.906
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	40.257
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	47.061
19013	Snacks, fruit leather, pieces	28.35	1 oz	46.494
19014	Snacks, fruit leather, rolls	21	1 large	61.740
19015	Snacks, granola bars, hard, plain	28.35	1 bar	95.256
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	96.107
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	96.390
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	102.627
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	72.890
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	8.580
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	92.988
19034	Snacks, popcorn, air-popped	8	1 cup	24.080
19036	Snacks, popcorn, cakes	10	1 cake	32.700
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	149.100
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	38.368
19040	Snacks, popcorn, cheese-flavor	11	1 cup	28.710
19035	Snacks, popcorn, oil-popped	11	1 cup	24.750
19041	Snacks, pork skins, plain	28.35	1 oz	36.005

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19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	357.494
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	284.918
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	285.768
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	140.616
19411	Snacks, potato chips, plain, salted	28.35	1 oz	361.463
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	361.463
19422	Snacks, potato chips, reduced fat	28.35	1 oz	494.424
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	377.339
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	87.600
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	26.100
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	61.236
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	77.112
19056	Snacks, tortilla chips, plain	28.35	1 oz	55.850
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	946.080
19061	Snacks, trail mix, tropical	140	1 cup	992.600
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	425.250
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	402.270
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	26.760
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	154.240
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	100.040
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	108.000
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	55.430
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	32.799
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	367.200
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	101.220
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	187.880
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	300.080
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	87.840
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	272.800
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	270.320
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	100.040
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	313.300
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	260.130
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	63.960
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	190.000
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	208.560

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06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	274.850
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	336.380
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	306.070
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	283.040
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	290.360
06174	Soup, stock, fish, home-prepared	233	1 cup	335.520
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	448.880
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	263.520
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	173.240
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	396.000
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	209.670
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	19.440
16120	Soy milk, fluid	245	1 cup	345.450
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	28.800
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	970.200
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	885.800
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	407.520
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	43.400
20125	Spaghetti, whole-wheat, cooked	140	1 cup	61.600
02007	Spices, celery seed	2	1 tsp	28.000
02009	Spices, chili powder	2.6	1 tsp	49.816
02010	Spices, cinnamon, ground	2.3	1 tsp	11.500
02015	Spices, curry powder	2	1 tsp	30.860
02020	Spices, garlic powder	2.8	1 tsp	30.828
02026	Spices, onion powder	2.1	1 tsp	19.803
02027	Spices, oregano, dried	1.5	1 tsp	25.035
02028	Spices, paprika	2.1	1 tsp	49.224
02029	Spices, parsley, dried	1.3	1 tbsp	49.465
02030	Spices, pepper, black	2.1	1 tsp	26.439
11658	Spinach souffle, home-prepared	136	1 cup	201.280
11461	Spinach, canned, drained solids	214	1 cup	740.440
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	838.800
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	573.800
11457	Spinach, raw	30	1 cup	167.400
11457	Spinach, raw	10	1 leaf	55.800
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	345.600
11641	Squash, summer, all varieties, raw	113	1 cup	296.060
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	895.850
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	319.200
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	249.900

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09316	Strawberries, raw	166	1 cup	253.980
09316	Strawberries, raw	12	1 strawberry	18.360
09316	Strawberries, raw	18	1 strawberry	27.540
19334	Sugars, brown	3.2	1 tsp	11.072
19335	Sugars, granulated	4.2	1 tsp	0.084
19336	Sugars, powdered	8	1 tbsp	0.160
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	66.600
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	18.900
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	378.280
11512	Sweetpotato, canned, vacuum pack	255	1 cup	795.600
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	693.500
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	358.800
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	198.450
19348	Syrups, chocolate, fudge-type	19	1 tbsp	85.690
19350	Syrups, corn, light	20	1 tbsp	0.800
19353	Syrups, maple	20	1 tbsp	40.800
19129	Syrups, table blends, pancake	20	1 tbsp	3.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.450
18360	Taco shells, baked	13.3	1 medium	23.807
09223	Tangerine juice, canned, sweetened	249	1 cup	443.220
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	196.560
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	131.880
20068	Tapioca, pearl, dry	152	1 cup	16.720
14355	Tea, brewed, prepared with tap water	178	6 fl oz	65.860
14545	Tea, herb, chamomile, brewed	178	6 fl oz	16.020
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	16.020
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	30.810
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	49.210
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	47.400
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	57.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	58.240
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	82.160
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	142.560
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	144.000
11954	Tomatillos, raw	34	1 medium	91.120
11540	Tomato juice, canned, with salt added	243	1 cup	556.470
11546	Tomato products, canned, paste, without salt added	262	1 cup	2656.680
11547	Tomato products, canned, puree, without salt added	250	1 cup	1097.500
11549	Tomato products, canned, sauce	245	1 cup	810.950
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	527.850
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	451.200

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11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	426.600
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	40.290
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	47.400
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	291.510
11955	Tomatoes, sun-dried	2	1 piece	68.540
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	46.950
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	40.040
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	41.920
21088	Tostada with guacamole	130.5	1 tostada	324.945
05286	Turkey and gravy, frozen	142	5-oz package	86.620
05292	Turkey patties, breaded, battered, fried	64	1 patty	176.000
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	253.449
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	243.600
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	391.500
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	256.200
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	417.200
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	226.480
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	292.320
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	367.360
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	276.120
02050	Vanilla extract	4.2	1 tsp	6.216
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	325.550
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	250.750
11578	Vegetable juice cocktail, canned	242	1 cup	467.060
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	474.330
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	307.580
02048	Vinegar, cider	15	1 tbsp	15.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	42.240
18367	Waffles, plain, prepared from recipe	75	1 waffle	119.250
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	165.200
09326	Watermelon, raw	152	1 cup	170.240
09326	Watermelon, raw	286	1 wedge	320.320
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	133.750
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	155.000
20083	Wheat flour, white, bread, enriched	137	1 cup	137.000
20084	Wheat flour, white, cake, enriched	137	1 cup	143.850
20080	Wheat flour, whole-grain	120	1 cup	486.000
20089	Wild rice, cooked	164	1 cup	165.640
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	178.200
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	433.500

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Potassium, K (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	442.650
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	531.180
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	578.850
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	351.850