

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

Selenium, Se (µg) 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	2.478
14003	Alcoholic beverage, beer, regular	355	12 fl oz	2.485
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.060
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.208
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.987
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.515
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.515
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.206
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.206
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.198
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.248
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.416
09003	Apples, raw, with skin	138	1 apple	0.000
09004	Apples, raw, without skin	110	1 cup	0.000
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.765
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.732
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.502
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.258
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.244
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.770
09021	Apricots, raw	35	1 apricot	0.035
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.240
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.336
11015	Asparagus, canned, drained solids	72	4 spears	1.224
11012	Asparagus, cooked, boiled, drained	60	4 spears	3.660
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	2.340
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	7.020
09038	Avocados, raw, California	28.35	1 oz	0.113
18005	Bagels, cinnamon-raisin	89	4" bagel	27.590
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	22.010
18003	Bagels, egg	89	4" bagel	27.234
18003	Bagels, egg	71	3-1/2" bagel	21.726
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	28.480
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	22.720
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	2.240
19078	Baking chocolate, unsweetened, squares	28.35	1 square	2.296
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.655
09040	Bananas, raw	150	1 cup	1.500
09040	Bananas, raw	118	1 banana	1.180

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20006	Barley, pearled, cooked	157	1 cup	13.502
20005	Barley, pearled, raw	200	1 cup	75.400
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	11.938
16008	Beans, baked, canned, with franks	259	1 cup	16.835
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	11.891
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	11.891
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	2.064
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	7.257
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	3.072
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	2.124
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	10.556
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	18.639
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.540
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.250
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.540
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.540
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.500
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.540
16051	Beans, white, mature seeds, canned	262	1 cup	4.192
22905	Beef stew, canned entree	232	1 cup	1.624
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	20.570
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	22.695
13348	Beef, cured, corned beef, canned	85.05	3 oz	36.486
13350	Beef, cured, dried	28.35	1 oz	8.165
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	18.190
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	18.275
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	18.360
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	18.700
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	19.380
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	26.775
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	23.885
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	21.760
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	22.695
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	22.695
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	27.965
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	27.880
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	1.296
11084	Beets, canned, drained solids	24	1 beet	0.120

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11084	Beets, canned, drained solids	170	1 cup	0.850
11081	Beets, cooked, boiled, drained	170	1 cup	1.190
11081	Beets, cooked, boiled, drained	50	1 beet	0.350
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	11.700
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	19.695
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	4.806
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	3.738
09042	Blackberries, raw	144	1 cup	0.576
09055	Blueberries, frozen, sweetened	230	1 cup	0.460
09050	Blueberries, raw	145	1 cup	0.145
07008	Bologna, beef and pork	56.7	2 slices	14.799
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	32.886
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	7.144
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	42.360
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	49.800
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	7.260
18023	Bread, cornbread, dry mix, prepared	60	1 piece	5.940
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	6.565
18025	Bread, cracked-wheat	25	1 slice	6.325
18027	Bread, egg	40	1/2" slice	12.040
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	7.875
18031	Bread, indian (navajo) fry	90	5" bread	20.970
18031	Bread, indian (navajo) fry	160	10-1/2" bread	37.280
18033	Bread, italian	20	1 slice	5.440
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	7.670
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	7.704
18039	Bread, oatmeal	27	1 slice	6.642
18040	Bread, oatmeal, toasted	25	1 slice	6.675
18041	Bread, pita, white, enriched	28	4" pita	7.588
18041	Bread, pita, white, enriched	60	6-1/2" pita	16.260
18044	Bread, pumpernickel	32	1 slice	7.840
18045	Bread, pumpernickel, toasted	29	1 slice	7.801
18047	Bread, raisin, enriched	26	1 slice	5.200
18048	Bread, raisin, toasted, enriched	24	1 slice	5.208
18053	Bread, reduced-calorie, rye	23	1 slice	6.417
18055	Bread, reduced-calorie, wheat	23	1 slice	6.992
18057	Bread, reduced-calorie, white	23	1 slice	4.991
18060	Bread, rye	32	1 slice	9.888
18061	Bread, rye, toasted	24	1 slice	8.160
18064	Bread, wheat (includes wheat berry)	25	1 slice	7.725
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	7.728
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	7.785
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	4.325

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18070	Bread, white, commercially prepared, toasted	22	1 slice	6.820
18075	Bread, whole-wheat, commercially prepared	28	1 slice	10.248
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	10.275
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	34.200
21023	Breakfast items, french toast with butter	135	2 slices	20.925
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.592
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2.496
11740	Broccoli, flower clusters, raw	11	1 floweret	0.330
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	1.288
11090	Broccoli, raw	88	1 cup	2.200
11090	Broccoli, raw	31	1 spear	0.775
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	2.340
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.930
20011	Buckwheat flour, whole-groat	120	1 cup	6.840
20010	Buckwheat groats, roasted, cooked	168	1 cup	3.696
20013	Bulgur, cooked	182	1 cup	1.092
20012	Bulgur, dry	140	1 cup	3.220
01001	Butter, salted	14.2	1 tbsp	0.142
01145	Butter, without salt	14.2	1 tbsp	0.142
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.680
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.476
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.900
11109	Cabbage, raw	70	1 cup	0.630
11112	Cabbage, red, raw	70	1 cup	0.420
11114	Cabbage, savoy, raw	70	1 cup	0.630
18086	Cake, angelfood, commercially prepared	28	1 piece	2.044
18088	Cake, angelfood, dry mix, prepared	50	1 piece	7.650
18090	Cake, boston cream pie, commercially prepared	92	1 piece	3.772
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	2.112
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	11.305
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.860
18116	Cake, gingerbread, prepared from recipe	74	1 piece	12.062
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	10.810
18120	Cake, pound, commercially prepared, butter	28	1 piece	2.464
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	1.484
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	11.050
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.350
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.318
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	2.365
18133	Cake, sponge, commercially prepared	30	1 shortcake	2.730
18134	Cake, sponge, prepared from recipe	63	1 piece	11.655
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	11.984
18139	Cake, white, prepared from recipe without frosting	74	1 piece	9.620

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18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	2.176
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.520
19074	Candies, caramels	10.1	1 piece	0.182
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.203
19071	Candies, carob	28.35	1 oz	1.474
19087	Candies, confectioner's coating, white	170	1 cup	7.990
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.425
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.551
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.330
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.272
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.176
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.592
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.034
19107	Candies, hard	3	1 small piece	0.018
19107	Candies, hard	6	1 piece	0.036
19108	Candies, jellybeans	28.35	10 large	0.312
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	1.974
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.203
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.780
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	3.416
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.008
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	2.622
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.040
19116	Candies, marshmallows	50	1 cup	0.850
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	1.980
19126	Candies, milk chocolate coated peanuts	40	10 pieces	2.160
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.230
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	1.640
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.000
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.287
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.630
19080	Candies, semisweet chocolate	168	1 cup	6.888
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.025
09060	Carambola, (starfruit), raw	108	1 cup	0.648
09060	Carambola, (starfruit), raw	91	1 fruit	0.546
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.370
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.366
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	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000

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14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.368
14157	Carbonated beverage, root beer	370	12 fl oz	0.370
16055	Carob flour	8	1 tbsp	0.424
11655	Carrot juice, canned	236	1 cup	1.416
11960	Carrots, baby, raw	10	1 medium	0.090
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.584
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.092
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.876
11124	Carrots, raw	110	1 cup	0.110
11124	Carrots, raw	72	1 carrot	0.072
11935	Catsup	15	1 tbsp	0.045
11935	Catsup	6	1 packet	0.018
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.620
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.270
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	1.080
11135	Cauliflower, raw	100	1 cup	0.600
11135	Cauliflower, raw	13	1 floweret	0.078
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.375
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	1.500
11143	Celery, raw	40	1 stalk	0.160
11143	Celery, raw	120	1 cup	0.480
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	11.250
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	9.350
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.950
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	10.440
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.290
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	1.950
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	2.910
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	1.410
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.680
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	7.050
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.510
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	5.885
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	1.950
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	5.940
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	3.850
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	1.950
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	1.209
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	1.530
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	3.850
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1.950

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08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	1.500
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	1.410
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	1.170
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	2.820
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	2.190
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	4.991
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	3.045
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	2.324
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	2.015
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	3.161
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	2.640
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1.364
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	2.255
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	3.600
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	4.270
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	5.808
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	3.630
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	13.122
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	17.019
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	2.091
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.755
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	1.690
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	1.755
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.127
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.250
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	7.038
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.832
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	7.552
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	1.470
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	4.627
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	14.772
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	7.502
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	6.534
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	30.592
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	7.279
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	9.027
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	18.954

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08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	4.384
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	8.990
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	7.599
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	4.564
01164	Cheese sauce, prepared from recipe	243	1 cup	16.038
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	3.204
01004	Cheese, blue	28.35	1 oz	4.111
01007	Cheese, camembert	38	1 wedge	5.510
01009	Cheese, cheddar	28.35	1 oz	3.941
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	18.900
01013	Cheese, cottage, creamed, with fruit	226	1 cup	17.402
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	20.340
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	23.052
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	15.660
01017	Cheese, cream	14.5	1 tbsp	0.348
01186	Cheese, cream, fat free	15.6	1 tbsp	0.764
01019	Cheese, feta	28.35	1 oz	4.253
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	4.111
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	4.621
01026	Cheese, mozzarella, whole milk	28.35	1 oz	4.820
01030	Cheese, muenster	28.35	1 oz	4.111
01031	Cheese, neufchatel	28.35	1 oz	0.851
01032	Cheese, parmesan, grated	5	1 tbsp	0.885
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	4.082
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	4.508
01035	Cheese, provolone	28.35	1 oz	4.111
01037	Cheese, ricotta, part skim milk	246	1 cup	41.082
01036	Cheese, ricotta, whole milk	246	1 cup	35.670
01040	Cheese, swiss	28.35	1 oz	5.160
18147	Cheesecake commercially prepared	80	1 piece	4.160
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.000
09070	Cherries, sweet, raw	68	10 cherries	0.000
22906	Chicken pot pie, frozen entree	217	1 small pie	0.651
07017	Chicken roll, light meat	56.7	2 slices	7.088
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	39.200
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	23.422
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	23.736
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	17.220
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	15.768
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	9.016

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05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	8.360
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	86.420
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	22.008
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	3.690
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	19.952
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	15.080
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	12.593
05277	Chicken, canned, meat only, with broth	142	5 oz	22.436
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	16.150
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	35.280
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	6.720
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	6.068
22904	Chili con carne with beans, canned entree	222	1 cup	5.328
11156	Chives, raw	3	1 tbsp	0.027
14181	Chocolate syrup	18.75	1 tbsp	0.356
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.562
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	9.576
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	2.505
14192	Cocoa mix, powder	28.35	3 heaping tsp	1.418
14194	Cocoa mix, powder, prepared with water	206	1 serving	1.442
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	2.496
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.772
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.179
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	10.836
11159	Coleslaw, home-prepared	120	1 cup	0.840
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.950
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	2.550
18151	Cookies, brownies, commercially prepared	56	1 brownie	3.528
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.594
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.420
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.600
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.600
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.776
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	1.456
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.500
18170	Cookies, fig bars	16	1 cookie	0.528
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	8.568
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	1.428
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.792

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18177	Cookies, molasses	15	1 cookie, medium	0.840
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.880
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.450
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1.575
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	2.340
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.885
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	2.960
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.448
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.584
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.315
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	2.464
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.525
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.450
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.300
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.452
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.616
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	1.024
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	1.470
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.154
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1.148
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.441
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	10.764
20020	Cornmeal, whole-grain, yellow	122	1 cup	18.910
20027	Cornstarch	8.064	1 tbsp	0.226
20029	Couscous, cooked	157	1 cup	43.175
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	4.125
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	5.780
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	5.520
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	4.300
18214	Crackers, cheese, regular	10	10 crackers	0.860
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.574
18217	Crackers, matzo, plain	28.35	1 matzo	10.461
18220	Crackers, melba toast, plain	20	4 pieces	6.960
18226	Crackers, rye, wafers, plain	11	1 wafer	2.618
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.404
18229	Crackers, standard snack-type, regular	12	4 crackers	0.792
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1.505
18232	Crackers, wheat, regular	8	4 crackers	0.504
18235	Crackers, whole-wheat	16	4 crackers	2.352
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000

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09081	Cranberry sauce, canned, sweetened	57	1 slice	0.171
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.165
01069	Cream substitute, powdered	2	1 tsp	0.012
01049	Cream, fluid, half and half	15	1 tbsp	0.270
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.075
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.090
01052	Cream, fluid, light whipping	15	1 tbsp	0.075
01056	Cream, sour, cultured	12	1 tbsp	0.264
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.315
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.042
18239	Croissants, butter	57	1 croissant	12.939
18243	Croutons, seasoned	40	1 cup	11.520
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	34.000
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	18.955
15141	Crustaceans, crab, blue, canned	135	1 cup	42.930
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	34.170
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	24.420
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	36.295
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	33.680
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	35.445
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	18.765
11206	Cucumber, peeled, raw	119	1 cup	0.119
11206	Cucumber, peeled, raw	280	1 large	0.280
11205	Cucumber, with peel, raw	301	1 large	0.903
11205	Cucumber, with peel, raw	104	1 cup	0.312
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.315
18245	Danish pastry, cheese	71	1 danish	13.419
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	10.508
09087	Dates, deglet noor	41.5	5 dates	1.245
09087	Dates, deglet noor	178	1 cup	5.340
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.192
01072	Dessert topping, pressurized	4	1 tbsp	0.060
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.084
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.302
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	4.371
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2.574
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	11.880
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	49.504
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	15.600
01143	Egg substitute, liquid	62.75	1/4 cup	15.625
01124	Egg, white, raw, fresh	33.4	1 large	6.680
01128	Egg, whole, cooked, fried	46	1 large	15.732

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01129	Egg, whole, cooked, hard-boiled	50	1 large	15.400
01131	Egg, whole, cooked, poached	50	1 large	15.800
01132	Egg, whole, cooked, scrambled	61	1 large	13.725
01123	Egg, whole, raw, fresh	44	1 medium	13.948
01123	Egg, whole, raw, fresh	58	1 extra large	18.386
01123	Egg, whole, raw, fresh	50	1 large	15.850
01125	Egg, yolk, raw, fresh	16.6	1 large	9.296
01057	Eggnog	254	1 cup	10.668
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.099
11213	Endive, raw	50	1 cup	0.100
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	11.457
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	14.040
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	8.281
21049	Entrees, pizza with cheese	63	1 slice	13.482
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	10.902
21051	Entrees, pizza with pepperoni	71	1 slice	13.064
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	8.463
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	15.246
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	37.449
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	34.080
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	32.085
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	23.572
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	19.775
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	40.404
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	17.278
21042	Fast foods, chili con carne	253	1 cup	44.022
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	23.664
21043	Fast foods, clams, breaded and fried	115	3/4 cup	9.545
21127	Fast foods, coleslaw	99	3/4 cup	0.990
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	24.510
21015	Fast foods, danish pastry, cheese	91	1 pastry	17.199
21017	Fast foods, danish pastry, fruit	94	1 pastry	13.912
21074	Fast foods, enchilada, with cheese	163	1 enchilada	10.106
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	33.976
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	88.572
21024	Fast foods, french toast sticks	141	5 sticks	23.547
21077	Fast foods, frijoles with cheese	167	1 cup	2.839
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	25.538
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	44.935
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	20.670
21118	Fast foods, hotdog, plain	98	1 sandwich	25.970

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21119	Fast foods, hotdog, with chili	114	1 sandwich	12.996
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	22.225
21129	Fast foods, hush puppies	78	5 pieces	8.034
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	3.811
21078	Fast foods, nachos, with cheese	113	6-8 nachos	15.707
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	2.905
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	19.256
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.804
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.510
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.014
21139	Fast foods, potato, mashed	80	1/3 cup	0.400
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.216
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	29.190
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	7.378
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	15.478
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	68.388
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	30.780
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	25.704
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	60.160
21033	Fast foods, sundae, hot fudge	158	1 sundae	5.214
21082	Fast foods, taco	171	1 small	23.427
21082	Fast foods, taco	263	1 large	36.031
21083	Fast foods, taco salad	198	1-1/2 cups	4.356
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	20.925
09094	Figs, dried, uncooked	38	2 figs	0.228
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	11.815
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	32.385
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	39.780
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	4.648
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	9.462
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	73.914
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	49.470
15034	Fish, haddock, cooked, dry heat	85	3 oz	34.425
15034	Fish, haddock, cooked, dry heat	150	1 fillet	60.750
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	74.412
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	39.780
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	49.754
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	27.750
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	47.175
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	26.040
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	36.890
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	69.732
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	39.780

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15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	39.780
15077	Fish, salmon, chinook, smoked	85.05	3 oz	27.556
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	28.220
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	32.130
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	58.590
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	44.821
15111	Fish, swordfish, cooked, dry heat	106	1 piece	65.402
15111	Fish, swordfish, cooked, dry heat	85	3 oz	52.445
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	12.750
15128	Fish, tuna salad	205	1 cup	84.460
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	64.638
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	68.340
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	55.845
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	39.780
07022	Frankfurter, beef	45	1 frank	3.690
07023	Frankfurter, beef and pork	45	1 frank	6.210
07024	Frankfurter, chicken	45	1 frank	8.280
18268	French toast, frozen, ready-to-heat	59	1 slice	9.853
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	13.065
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.304
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.038
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.154
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	1.728
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	2.376
19294	Fruit butters, apple	17	1 tbsp	0.102
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	1.240
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	1.185
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.496
11215	Garlic, raw	3	1 clove	0.426
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1.485
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.250
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.253
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.250
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.864
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.250
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.247
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.247
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.621
09128	Grapefruit juice, white, raw	247	1 cup	0.247

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.123
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	1.652
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	2.286
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.160
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.050
06116	Gravy, beef, canned	58.25	1/4 cup	0.583
06119	Gravy, chicken, canned	59.5	1/4 cup	0.476
06121	Gravy, mushroom, canned	59.6	1/4 cup	1.132
06125	Gravy, turkey, canned	59.6	1/4 cup	0.358
07027	Ham, chopped, not canned	21	2 slices	3.654
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	9.185
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	11.737
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	24.240
11961	Hearts of palm, canned	33	1 piece	0.231
19296	Honey	21	1 tbsp	0.168
02055	Horseradish, prepared	5	1 tsp	0.140
16158	Hummus, commercial	14	1 tbsp	0.364
19270	Ice creams, chocolate	66	1/2 cup	1.650
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	2.580
19095	Ice creams, vanilla	66	1/2 cup	1.188
19088	Ice creams, vanilla, light	66	1/2 cup	1.320
19089	Ice creams, vanilla, rich	74	1/2 cup	2.590
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.116
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.400
19300	Jellies	19	1 tbsp	0.076
11226	Jerusalem-artichokes, raw	150	1 cup	1.050
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.170
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.170
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.152
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	1.320
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	23.120
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	25.585
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	23.290
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	27.880
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	18.530
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	22.865
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	31.620

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	32.130
04002	Lard	12.8	1 tbsp	0.026
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.009
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.009
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.010
18372	Leavening agents, baking soda	4.6	1 tsp	0.009
18373	Leavening agents, cream of tartar	3	1 tsp	0.006
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	1.687
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.964
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.377
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.520
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.015
09153	Lemon juice, canned or bottled	244	1 cup	0.244
09152	Lemon juice, raw	47	juice of 1 lemon	0.047
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.248
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	0.266
09150	Lemons, raw, without peel	58	1 lemon	0.232
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	5.544
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.045
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.978
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.040
11251	Lettuce, cos or romaine, raw	56	1 cup	0.224
11253	Lettuce, green leaf, raw	10	1 leaf	0.060
11253	Lettuce, green leaf, raw	56	1 cup	0.336
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.275
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	2.695
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.040
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	3.060
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	1.020
16073	Lima beans, large, mature seeds, canned	241	1 cup	10.845
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	8.460
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.015
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.246
09160	Lime juice, raw	38	juice of 1 lime	0.038
20100	Macaroni, cooked, enriched	140	1 cup	29.820
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	3.444
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	12.455
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	2.247
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	11.130

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09176	Mangos, raw	207	1 mango	1.242
09176	Mangos, raw	165	1 cup	0.990
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.000
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.000
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.000
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.057
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.000
09181	Melons, cantaloupe, raw	160	1 cup	0.640
09181	Melons, cantaloupe, raw	69	1/8 melon	0.276
09184	Melons, honeydew, raw	170	1 cup	1.190
09184	Melons, honeydew, raw	160	1/8 melon	1.120
01110	Milk shakes, thick chocolate	300	10.6 fl oz	5.700
01111	Milk shakes, thick vanilla	313	11 fl oz	7.199
01094	Milk, buttermilk, dried	6.5	1 tbsp	1.320
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	4.900
01095	Milk, canned, condensed, sweetened	306	1 cup	45.288
01097	Milk, canned, evaporated, nonfat	256	1 cup	6.400
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	5.796
01102	Milk, chocolate, fluid, commercial,	250	1 cup	4.750
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	4.750
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	4.750
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	6.279
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	8.052
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	7.595
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	6.100
01077	Milk, whole, 3.25% milkfat	244	1 cup	9.028
16112	Miso	68.75	1 cup	1.100
19305	Molasses, blackstrap	20	1 tbsp	3.560
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	41.310
15157	Mollusks, clam, mixed species, raw	85	3 oz	20.655
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	56.525
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	53.508
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	25.017
18274	Muffins, blueberry, commercially prepared	57	1 muffin	6.384
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	9.747
18279	Muffins, corn, commercially prepared	57	1 muffin	8.664
18280	Muffins, corn, dry mix, prepared	50	1 muffin	7.600
18283	Muffins, oat bran	57	1 muffin	6.270
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	6.902
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.744

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.624
11264	Mushrooms, canned, drained solids	156	1 cup	6.396
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	18.564
11260	Mushrooms, raw	70	1 cup	6.230
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	35.960
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	4.892
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.840
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	1.800
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.272
09191	Nectarines, raw	136	1 nectarine	0.000
20113	Noodles, chinese, chow mein	45	1 cup	19.350
20110	Noodles, egg, cooked, enriched	160	1 cup	34.720
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	34.880
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.794
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	543.470
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	3.317
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	5.755
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.716
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	15.531
12104	Nuts, coconut meat, raw	45	1 piece	4.545
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.680
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3.317
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	2.126
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	119.410
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.077
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	0.198
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.060
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	2.637
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.389
20034	Oat bran, cooked	219	1 cup	16.863
20033	Oat bran, raw	94	1 cup	42.488
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	0.640
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.104
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.198

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11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	2.100
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.564
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	1.260
11284	Onions, dehydrated flakes	5	1 tbsp	0.250
11282	Onions, raw	160	1 cup	0.800
11282	Onions, raw	110	1 whole	0.550
11282	Onions, raw	14	1 slice	0.070
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.600
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.090
09207	Orange juice, canned, unsweetened	249	1 cup	0.249
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.249
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.249
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.852
09206	Orange juice, raw	86	juice from 1 orange	0.086
09206	Orange juice, raw	248	1 cup	0.248
09200	Oranges, raw, all commercial varieties	180	1 cup	0.900
09200	Oranges, raw, all commercial varieties	131	1 orange	0.655
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	5.652
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	5.130
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	3.724
09226	Papayas, raw	304	1 papaya	1.824
09226	Papayas, raw	140	1 cup	0.840
11297	Parsley, raw	10	10 sprigs	0.010
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	2.652
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	19.152
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.294
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.786
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.294
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.744
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.195
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.000
09236	Peaches, raw	170	1 cup	0.170
09236	Peaches, raw	98	1 peach	0.098
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.200
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.200
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.126
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	2.126
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.936
09340	Pears, asian, raw	122	1 pear	0.122
09340	Pears, asian, raw	275	1 pear	0.275
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.000
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.000

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09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.000
09252	Pears, raw	166	1 pear	0.166
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	1.120
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1.280
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	2.890
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	1.600
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.176
11670	Peppers, hot chili, green, raw	45	1 pepper	0.225
11819	Peppers, hot chili, red, raw	45	1 pepper	0.225
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.104
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.408
11333	Peppers, sweet, green, raw	149	1 cup	0.000
11333	Peppers, sweet, green, raw	119	1 pepper	0.000
11333	Peppers, sweet, green, raw	10	1 ring	0.000
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.408
11821	Peppers, sweet, red, raw	119	1 pepper	0.119
11821	Peppers, sweet, red, raw	149	1 cup	0.149
11945	Pickle relish, sweet	15	1 tbsp	0.000
11937	Pickles, cucumber, dill	65	1 pickle	0.000
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	14.340
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	3.780
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	37.980
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.370
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.296
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.170
18302	Pie, apple, prepared from recipe	155	1 piece	12.090
18305	Pie, blueberry, commercially prepared	117	1 piece	1.638
18306	Pie, blueberry, prepared from recipe	147	1 piece	10.878
18308	Pie, cherry, commercially prepared	117	1 piece	1.404
18309	Pie, cherry, prepared from recipe	180	1 piece	14.040
18310	Pie, chocolate creme, commercially prepared	113	1 piece	8.475
18316	Pie, coconut custard, commercially prepared	104	1 piece	6.656
18444	Pie, fried pies, cherry	128	1 pie	3.072
18319	Pie, fried pies, fruit	128	1 pie	3.072
18320	Pie, lemon meringue, commercially prepared	113	1 piece	3.390
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	14.732
18324	Pie, pecan, commercially prepared	113	1 piece	5.650
18325	Pie, pecan, prepared from recipe	122	1 piece	14.640
18326	Pie, pumpkin, commercially prepared	109	1 piece	2.834
18327	Pie, pumpkin, prepared from recipe	155	1 piece	11.005
11943	Pimento, canned	12	1 tbsp	0.024
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.250
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.250

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.250
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	1.016
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.196
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.996
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.188
09266	Pineapple, raw, all varieties	155	1 cup	0.155
09278	Plantains, cooked	154	1 cup	2.156
09277	Plantains, raw	179	1 medium	2.685
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.000
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.000
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.000
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.000
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.248
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.126
09279	Plums, raw	66	1 plum	0.000
07065	Pork and beef sausage, fresh, cooked	26	2 links	3.744
07064	Pork sausage, fresh, cooked	27	1 patty	0.000
07064	Pork sausage, fresh, cooked	26	2 links	0.000
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	11.780
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	11.486
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	22.610
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	19.295
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	21.590
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	33.405
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	38.505
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	42.415
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	37.655
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	33.150
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	40.205
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	40.630
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	34.850
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	36.720
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	33.745
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	27.710
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	31.450
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	31.790
11672	Potato pancakes, home-prepared	76	1 pancake	3.496
11399	Potato puffs, frozen, prepared	79	10 puffs	0.316
11414	Potato salad, home-prepared	250	1 cup	10.250

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.808
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	6.615
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	6.615
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.468
11364	Potatoes, baked, skin, without salt	58	1 skin	0.406
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.408
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.405
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.468
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.200
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.087
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.780
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	8.610
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	1.680
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	1.680
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	3.920
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	3.920
05306	Poultry food products, ground turkey, cooked	82	1 patty	30.504
09294	Prune juice, canned	256	1 cup	1.536
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	3.381
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	3.124
19183	Puddings, chocolate, ready-to-eat	113	4 oz	2.712
19193	Puddings, rice, ready-to-eat	113.4	4 oz	2.495
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.921
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	2.940
19201	Puddings, vanilla, ready-to-eat	113	4 oz	2.260
11424	Pumpkin, canned, without salt	245	1 cup	0.980
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.490
11429	Radishes, raw	4.5	1 radish	0.027
09298	Raisins, seedless	14	1 packet	0.084
09298	Raisins, seedless	145	1 cup	0.870
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.750
09302	Raspberries, raw	123	1 cup	0.246
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	3.276
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	2.160
20037	Rice, brown, long-grain, cooked	195	1 cup	19.110
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	14.350
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	42.550
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	6.930
20045	Rice, white, long-grain, regular, cooked	158	1 cup	11.850
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	27.935
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	7.616

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18350	Rolls, hamburger or hotdog, plain	43	1 roll	8.385
18353	Rolls, hard (includes kaiser)	57	1 roll	22.287
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	1.190
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.153
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.261
04133	Salad dressing, french, home recipe	14	1 tbsp	0.224
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.256
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.250
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.294
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.200
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.235
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.245
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.261
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.000
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.234
07069	Salami, cooked, beef and pork	56.7	2 slices	8.278
07072	Salami, dry or hard, pork, beef	20	2 slices	5.220
02047	Salt, table	6	1 tsp	0.006
07073	Sandwich spread, pork, beef	15	1 tbsp	1.455
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	32.955
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	22.644
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	33.572
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.205
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	2.016
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.288
06166	Sauce, homemade, white, medium	250	1 cup	10.250
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1.500
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.000
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.064
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.198
11439	Sauerkraut, canned, solids and liquids	236	1 cup	1.416
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	2.704
11445	Seaweed, kelp, raw	10	2 tbsp	0.070
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.067
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	1.588
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.255
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.136
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	22.482
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	25.376
14346	Shake, fast food, chocolate	333	16 fl oz	5.661

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14347	Shake, fast food, vanilla	333	16 fl oz	11.322
11677	Shallots, raw	10	1 tbsp	0.120
19097	Sherbet, orange	74	1/2 cup	0.962
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	2.119
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.162
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.899
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.851
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.765
19014	Snacks, fruit leather, rolls	21	1 large	0.084
19015	Snacks, granola bars, hard, plain	28.35	1 bar	4.593
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	3.544
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	4.451
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	2.296
19034	Snacks, popcorn, air-popped	8	1 cup	0.792
19036	Snacks, popcorn, cakes	10	1 cake	0.990
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.638
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.267
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.320
19035	Snacks, popcorn, oil-popped	11	1 cup	0.803
19041	Snacks, pork skins, plain	28.35	1 oz	11.624
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	2.296
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	2.296
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.296
19411	Snacks, potato chips, plain, salted	28.35	1 oz	2.296
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2.296
19422	Snacks, potato chips, reduced fat	28.35	1 oz	2.296
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	2.296
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	3.480
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	2.214
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	1.899
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.899
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	16.767
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	8.096
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1.656
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	7.320
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	25.200
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	6.266
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	9.587
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	12.240
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	4.820

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	9.272
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	12.896
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	3.968
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	1.464
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	9.633
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	2.460
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	9.250
06174	Soup, stock, fish, home-prepared	233	1 cup	2.330
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.232
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.488
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	4.392
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	6.960
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	4.338
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.276
16120	Soy milk, fluid	245	1 cup	3.185
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.128
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	2.520
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	12.556
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	33.677
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	29.820
20125	Spaghetti, whole-wheat, cooked	140	1 cup	36.260
02007	Spices, celery seed	2	1 tsp	0.242
02009	Spices, chili powder	2.6	1 tsp	0.156
02010	Spices, cinnamon, ground	2.3	1 tsp	0.025
02015	Spices, curry powder	2	1 tsp	0.342
02020	Spices, garlic powder	2.8	1 tsp	1.064
02026	Spices, onion powder	2.1	1 tsp	0.044
02027	Spices, oregano, dried	1.5	1 tsp	0.089
02028	Spices, paprika	2.1	1 tsp	0.084
02029	Spices, parsley, dried	1.3	1 tbsp	0.381
02030	Spices, pepper, black	2.1	1 tsp	0.065
11658	Spinach souffle, home-prepared	136	1 cup	12.920
11461	Spinach, canned, drained solids	214	1 cup	2.996
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	2.700
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	10.450
11457	Spinach, raw	10	1 leaf	0.100
11457	Spinach, raw	30	1 cup	0.300
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.360
11641	Squash, summer, all varieties, raw	113	1 cup	0.226
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.820

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	1.200
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.785
09316	Strawberries, raw	166	1 cup	0.664
09316	Strawberries, raw	18	1 strawberry	0.072
09316	Strawberries, raw	12	1 strawberry	0.048
19334	Sugars, brown	3.2	1 tsp	0.038
19335	Sugars, granulated	4.2	1 tsp	0.025
19336	Sugars, powdered	8	1 tbsp	0.048
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	10.200
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	5.310
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	1.568
11512	Sweetpotato, canned, vacuum pack	255	1 cup	1.785
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.292
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.312
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.840
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.893
19350	Syrups, corn, light	20	1 tbsp	0.140
19353	Syrups, maple	20	1 tbsp	0.120
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.060
18360	Taco shells, baked	13.3	1 medium	1.596
09223	Tangerine juice, canned, sweetened	249	1 cup	0.249
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.008
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.420
20068	Tapioca, pearl, dry	152	1 cup	1.216
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
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	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.259
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	6.300
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.288
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	7.614
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	10.680
11954	Tomatillos, raw	34	1 medium	0.170
11540	Tomato juice, canned, with salt added	243	1 cup	0.729
11546	Tomato products, canned, paste, without salt added	262	1 cup	13.886
11547	Tomato products, canned, puree, without salt added	250	1 cup	11.250
11549	Tomato products, canned, sauce	245	1 cup	0.490
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	1.530

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11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.240
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.000
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.000
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.000
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.000
11955	Tomatoes, sun-dried	2	1 piece	0.110
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.090
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1.430
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	7.488
21088	Tostada with guacamole	130.5	1 tostada	3.524
05286	Turkey and gravy, frozen	142	5-oz package	27.264
05292	Turkey patties, breaded, battered, fried	64	1 patty	12.736
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	31.043
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	34.356
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	83.955
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	26.964
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	51.520
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	55.024
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	1.296
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	1.968
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.312
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	13.090
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	8.925
11578	Vegetable juice cocktail, canned	242	1 cup	1.210
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.489
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.546
02048	Vinegar, cider	15	1 tbsp	0.015
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	5.280
18367	Waffles, plain, prepared from recipe	75	1 waffle	34.650
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.980
09326	Watermelon, raw	286	1 wedge	1.144
09326	Watermelon, raw	152	1 cup	0.608
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	42.375
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	43.000
20083	Wheat flour, white, bread, enriched	137	1 cup	54.389
20084	Wheat flour, white, cake, enriched	137	1 cup	6.713
20080	Wheat flour, whole-grain	120	1 cup	84.840
20089	Wild rice, cooked	164	1 cup	1.312
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	7.037
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	7.491

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01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	8.172
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	4.994