

USDA National Nutrient Database for Standard Reference, Release 16-1
Vitamin A, RAE (IU) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.000
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	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2.640
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.000
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.000
09003	Apples, raw, with skin	138	1 apple	4.140
09004	Apples, raw, without skin	110	1 cup	2.200
09020	Applesauce, canned, sweetened, without salt	255	1 cup	2.550
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2.440
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	165.660
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	159.960
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	207.400
09032	Apricots, dried, sulfured, uncooked	35	10 halves	63.000
09021	Apricots, raw	35	1 apricot	33.600
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	15.120
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	10.800
11015	Asparagus, canned, drained solids	72	4 spears	29.520
11012	Asparagus, cooked, boiled, drained	60	4 spears	30.000
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	72.000
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	24.000
09038	Avocados, raw, California	28.35	1 oz	1.985
09039	Avocados, raw, Florida	28.35	1 oz	1.985
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	14.910
18005	Bagels, cinnamon-raisin	89	4" bagel	18.690
18003	Bagels, egg	89	4" bagel	29.370
18003	Bagels, egg	71	3-1/2" bagel	23.430
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.000
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.000
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.284
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.000
11028	Bamboo shoots, canned, drained solids	131	1 cup	1.310
09040	Bananas, raw	118	1 banana	3.540

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09040	Bananas, raw	150	1 cup	4.500
20006	Barley, pearled, cooked	157	1 cup	0.000
20005	Barley, pearled, raw	200	1 cup	2.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	12.700
16008	Beans, baked, canned, with franks	259	1 cup	10.360
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	2.530
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	10.120
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.000
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.000
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.000
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.000
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.000
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.000
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	29.700
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	43.750
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	37.800
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	6.750
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	5.000
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	8.100
16051	Beans, white, mature seeds, canned	262	1 cup	0.000
22905	Beef stew, canned entree	232	1 cup	192.560
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.000
13350	Beef, cured, dried	28.35	1 oz	0.000
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.000
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.000
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.000
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	6582.400
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	551.520

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11084	Beets, canned, drained solids	24	1 beet	0.240
11084	Beets, canned, drained solids	170	1 cup	1.700
11081	Beets, cooked, boiled, drained	50	1 beet	1.000
11081	Beets, cooked, boiled, drained	170	1 cup	3.400
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	13.800
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	23.230
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.000
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.000
09042	Blackberries, raw	144	1 cup	15.840
09055	Blueberries, frozen, sweetened	230	1 cup	4.600
09050	Blueberries, raw	145	1 cup	4.350
07008	Bologna, beef and pork	56.7	2 slices	14.175
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	2392.740
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.000
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	4.800
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	118.000
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	63.600
18023	Bread, cornbread, dry mix, prepared	60	1 piece	26.400
18025	Bread, cracked-wheat	25	1 slice	0.000
18027	Bread, egg	40	1/2" slice	25.200
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.000
18031	Bread, indian (navajo) fry	90	5" bread	0.000
18031	Bread, indian (navajo) fry	160	10-1/2" bread	0.000
18033	Bread, italian	20	1 slice	0.000
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.000
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.000
18039	Bread, oatmeal	27	1 slice	1.350
18040	Bread, oatmeal, toasted	25	1 slice	1.250
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.000
18041	Bread, pita, white, enriched	28	4" pita	0.000
18044	Bread, pumpernickel	32	1 slice	0.000
18045	Bread, pumpernickel, toasted	29	1 slice	0.000
18047	Bread, raisin, enriched	26	1 slice	0.000
18048	Bread, raisin, toasted, enriched	24	1 slice	0.000
18053	Bread, reduced-calorie, rye	23	1 slice	0.000
18055	Bread, reduced-calorie, wheat	23	1 slice	0.000
18057	Bread, reduced-calorie, white	23	1 slice	0.000
18060	Bread, rye	32	1 slice	0.000
18061	Bread, rye, toasted	24	1 slice	0.000
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.000
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.000
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.000
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.000

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18070	Bread, white, commercially prepared, toasted	22	1 slice	0.000
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.000
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.000
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	160.200
21023	Breakfast items, french toast with butter	135	2 slices	136.350
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	36.260
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	152.880
11740	Broccoli, flower clusters, raw	11	1 floweret	16.500
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	103.040
11090	Broccoli, raw	88	1 cup	29.040
11090	Broccoli, raw	31	1 spear	10.230
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	60.840
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	71.300
20011	Buckwheat flour, whole-groat	120	1 cup	0.000
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.000
20013	Bulgur, cooked	182	1 cup	0.000
20012	Bulgur, dry	140	1 cup	0.000
01001	Butter, salted	14.2	1 tbsp	97.128
01145	Butter, without salt	14.2	1 tbsp	97.128
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	360.400
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	57.120
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	10.500
11109	Cabbage, raw	70	1 cup	6.300
11112	Cabbage, red, raw	70	1 cup	39.200
11114	Cabbage, savoy, raw	70	1 cup	35.000
18086	Cake, angelfood, commercially prepared	28	1 piece	0.000
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.000
18090	Cake, boston cream pie, commercially prepared	92	1 piece	22.080
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	16.640
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	38.000
18110	Cake, fruitcake, commercially prepared	43	1 piece	3.010
18116	Cake, gingerbread, prepared from recipe	74	1 piece	10.360
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	71.300
18120	Cake, pound, commercially prepared, butter	28	1 piece	41.720
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	8.120
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	11.700
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	2.500
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	2.125
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.000
18133	Cake, sponge, commercially prepared	30	1 shortcake	13.200
18134	Cake, sponge, prepared from recipe	63	1 piece	48.510
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	13.440
18139	Cake, white, prepared from recipe without frosting	74	1 piece	11.100

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18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	21.120
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	12.160
19074	Candies, caramels	10.1	1 piece	0.101
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.000
19071	Candies, carob	28.35	1 oz	0.000
19087	Candies, confectioner's coating, white	170	1 cup	13.600
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	7.480
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	7.220
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	6.150
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	7.360
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	10.500
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	1.890
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	5.200
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	3.240
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	10.980
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	23.940
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	21.560
19126	Candies, milk chocolate coated peanuts	40	10 pieces	13.600
19127	Candies, milk chocolate coated raisins	10	10 pieces	2.400
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	18.040
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	17.150
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.000
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	7.650
19080	Candies, semisweet chocolate	168	1 cup	0.000
09060	Carambola, (starfruit), raw	91	1 fruit	2.730
09060	Carambola, (starfruit), raw	108	1 cup	3.240
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000

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14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.080
11655	Carrot juice, canned	236	1 cup	2256.160
11960	Carrots, baby, raw	10	1 medium	69.000
11128	Carrots, canned, regular pack, drained solids	146	1 cup	814.680
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1341.600
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	1213.260
11124	Carrots, raw	72	1 carrot	433.440
11124	Carrots, raw	110	1 cup	662.200
11935	Catsup	15	1 tbsp	7.050
11935	Catsup	6	1 packet	2.820
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.540
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	1.240
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.000
11135	Cauliflower, raw	100	1 cup	1.000
11135	Cauliflower, raw	13	1 floweret	0.130
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	43.500
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	10.875
11143	Celery, raw	120	1 cup	26.400
11143	Celery, raw	40	1 stalk	8.800
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	150.300
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	117.700
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	150.300
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	150.300
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	150.300
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.000
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	150.600
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	150.300
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	150.300
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	150.300
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.000
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.000
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	159.600
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	150.300
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.000
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	150.300
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	155.310
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	128.400
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	150.150
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	150.300
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	90.000

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08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	150.300
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	150.300
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	157.500
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	46.800
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	152.520
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	228.520
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	150.360
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	150.970
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	150.220
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	144.900
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	160.270
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.000
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	225.300
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	154.940
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	153.120
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	151.500
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	152.820
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	230.330
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.000
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.890
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	1.820
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	2.160
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	215.600
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.500
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.510
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.640
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.640
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.000
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.356
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.000
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	4.840
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	376.300
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.000
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.000
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.000
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	284.970

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08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.000
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.000
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	317.750
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	321.840
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.000
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	56.984
01164	Cheese sauce, prepared from recipe	243	1 cup	403.380
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	49.046
01004	Cheese, blue	28.35	1 oz	56.133
01007	Cheese, camembert	38	1 wedge	91.580
01009	Cheese, cheddar	28.35	1 oz	75.128
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	92.400
01013	Cheese, cottage, creamed, with fruit	226	1 cup	85.880
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	24.860
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	47.460
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	13.050
01017	Cheese, cream	14.5	1 tbsp	53.070
01186	Cheese, cream, fat free	15.6	1 tbsp	43.524
01019	Cheese, feta	28.35	1 oz	35.438
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	17.010
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	38.840
01026	Cheese, mozzarella, whole milk	28.35	1 oz	50.747
01030	Cheese, muenster	28.35	1 oz	84.483
01031	Cheese, neufchatel	28.35	1 oz	84.483
01032	Cheese, parmesan, grated	5	1 tbsp	6.000
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	72.009
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	56.133
01035	Cheese, provolone	28.35	1 oz	66.906
01037	Cheese, ricotta, part skim milk	246	1 cup	263.220
01036	Cheese, ricotta, whole milk	246	1 cup	295.200
01040	Cheese, swiss	28.35	1 oz	62.370
18147	Cheesecake commercially prepared	80	1 piece	113.600
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	92.720
09070	Cherries, sweet, raw	68	10 cherries	2.040
22906	Chicken pot pie, frozen entree	217	1 small pie	256.060
07017	Chicken roll, light meat	56.7	2 slices	13.608
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	28.000
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	14.700
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	5.160
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	20.160

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05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	18.720
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	12.250
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	7.920
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	2541.850
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	7.560
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	6.480
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	24.940
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	10.400
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	16.660
05277	Chicken, canned, meat only, with broth	142	5 oz	48.280
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	780.276
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	47.600
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	2.400
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	1.640
22904	Chili con carne with beans, canned entree	222	1 cup	44.400
11156	Chives, raw	3	1 tbsp	6.540
14181	Chocolate syrup	18.75	1 tbsp	0.000
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.000
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	69.160
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.000
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.284
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.000
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	26.880
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.000
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	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	20.790
11159	Coleslaw, home-prepared	120	1 cup	63.600
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	771.400
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	977.500
18151	Cookies, brownies, commercially prepared	56	1 brownie	11.200
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.000
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	8.250
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.000
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.000
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	22.880
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	4.680
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.000
18170	Cookies, fig bars	16	1 cookie	1.440

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18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.000
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.000
18177	Cookies, molasses	15	1 cookie, medium	0.000
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.000
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.000
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.250
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.750
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	21.450
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.450
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	27.400
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.140
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.440
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	3.900
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	33.320
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.800
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.000
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.000
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.320
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.000
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	10.240
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	8.400
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	10.010
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	16.400
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	7.560
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	15.180
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.000
20020	Cornmeal, whole-grain, yellow	122	1 cup	13.420
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.000
20028	Couscous, dry	173	1 cup	0.000
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	66.000
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	6.800
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	2.400
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	1.720
18214	Crackers, cheese, regular	10	10 crackers	2.900
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.000
18217	Crackers, matzo, plain	28.35	1 matzo	0.000
18220	Crackers, melba toast, plain	20	4 pieces	0.000
18226	Crackers, rye, wafers, plain	11	1 wafer	0.000
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.000

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18229	Crackers, standard snack-type, regular	12	4 crackers	0.000
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	1.190
18232	Crackers, wheat, regular	8	4 crackers	0.000
18235	Crackers, whole-wheat	16	4 crackers	0.000
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	1.140
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.150
01069	Cream substitute, powdered	2	1 tsp	0.040
01049	Cream, fluid, half and half	15	1 tbsp	14.550
01053	Cream, fluid, heavy whipping	15	1 tbsp	61.650
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	27.150
01052	Cream, fluid, light whipping	15	1 tbsp	41.850
01056	Cream, sour, cultured	12	1 tbsp	21.240
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	15.300
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	5.640
18239	Croissants, butter	57	1 croissant	117.420
18243	Croutons, seasoned	40	1 cup	2.800
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	7.650
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	17.000
15141	Crustaceans, crab, blue, canned	135	1 cup	2.700
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	1.700
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	34.200
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	22.100
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	15.309
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	48.450
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	25.650
11206	Cucumber, peeled, raw	119	1 cup	4.760
11206	Cucumber, peeled, raw	280	1 large	11.200
11205	Cucumber, with peel, raw	301	1 large	15.050
11205	Cucumber, with peel, raw	104	1 cup	5.200
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	520.800
18245	Danish pastry, cheese	71	1 danish	24.850
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	10.650
09087	Dates, deglet noor	178	1 cup	0.000
09087	Dates, deglet noor	41.5	5 dates	0.000
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.960
01072	Dessert topping, pressurized	4	1 tbsp	0.160
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.280
02045	Dill weed, fresh	1	5 sprigs	3.860
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	17.860
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	5.320
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	2.400

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18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.520
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	50.830
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	199.000
01143	Egg substitute, liquid	62.75	1/4 cup	11.295
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	91.080
01129	Egg, whole, cooked, hard-boiled	50	1 large	84.500
01131	Egg, whole, cooked, poached	50	1 large	69.500
01132	Egg, whole, cooked, scrambled	61	1 large	87.230
01123	Egg, whole, raw, fresh	58	1 extra large	81.200
01123	Egg, whole, raw, fresh	44	1 medium	61.600
01123	Egg, whole, raw, fresh	50	1 large	70.000
01125	Egg, yolk, raw, fresh	16.6	1 large	63.246
01057	Eggnog	254	1 cup	114.300
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	1.980
11213	Endive, raw	50	1 cup	54.000
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.000
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.000
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	10.010
21049	Entrees, pizza with cheese	63	1 slice	73.710
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	58.460
21051	Entrees, pizza with pepperoni	71	1 slice	52.540
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	49.290
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	16.170
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	140.160
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	83.200
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	99.200
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	71.380
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	85.880
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	30.940
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	5.300
21042	Fast foods, chili con carne	253	1 cup	83.490
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	6.960
21043	Fast foods, clams, breaded and fried	115	3/4 cup	36.800
21127	Fast foods, coleslaw	99	3/4 cup	35.640
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	141.900
21015	Fast foods, danish pastry, cheese	91	1 pastry	44.590
21017	Fast foods, danish pastry, fruit	94	1 pastry	25.380
21074	Fast foods, enchilada, with cheese	163	1 enchilada	99.430
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	176.730
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	129.930
21024	Fast foods, french toast sticks	141	5 sticks	0.000

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21077	Fast foods, frijoles with cheese	167	1 cup	35.070
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	4.520
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	2.150
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	4.240
21118	Fast foods, hotdog, plain	98	1 sandwich	0.000
21119	Fast foods, hotdog, with chili	114	1 sandwich	3.420
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	59.500
21129	Fast foods, hush puppies	78	5 pieces	8.580
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	59.740
21078	Fast foods, nachos, with cheese	113	6-8 nachos	149.160
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.830
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	81.200
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.000
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.000
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.000
21139	Fast foods, potato, mashed	80	1/3 cup	8.800
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	1.440
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	11.120
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	104.160
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	52.320
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	36.080
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	70.680
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	30.240
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	46.080
21033	Fast foods, sundae, hot fudge	158	1 sundae	58.460
21082	Fast foods, taco	171	1 small	107.730
21082	Fast foods, taco	263	1 large	165.690
21083	Fast foods, taco salad	198	1-1/2 cups	71.280
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	101.250
09094	Figs, dried, uncooked	38	2 figs	0.000
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	6.800
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	11.900
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	8.500
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	8.680
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	17.670
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	11.050
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	16.510
15034	Fish, haddock, cooked, dry heat	85	3 oz	16.150
15034	Fish, haddock, cooked, dry heat	150	1 fillet	28.500
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	45.900
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	85.860
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	219.429

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15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	11.900
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	7.000
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	15.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	21.250
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	105.790
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	60.350
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	20.400
15077	Fish, salmon, chinook, smoked	85.05	3 oz	22.113
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	14.450
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	97.650
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	53.550
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	27.216
15111	Fish, swordfish, cooked, dry heat	106	1 piece	43.460
15111	Fish, swordfish, cooked, dry heat	85	3 oz	34.850
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	73.100
15128	Fish, tuna salad	205	1 cup	49.200
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	19.562
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	14.450
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	5.100
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	17.000
07022	Frankfurter, beef	45	1 frank	0.000
07023	Frankfurter, beef and pork	45	1 frank	8.100
07024	Frankfurter, chicken	45	1 frank	17.550
18268	French toast, frozen, ready-to-heat	59	1 slice	31.860
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	80.600
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.770
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	31.680
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	42.480
19294	Fruit butters, apple	17	1 tbsp	0.170
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	24.800
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	35.550
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	4.960
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	40.000
11215	Garlic, raw	3	1 clove	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
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	0.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.000
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.000

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09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	2.160
09404	Grapefruit juice, pink, raw	247	1 cup	54.340
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.000
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.000
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.000
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	4.140
09128	Grapefruit juice, white, raw	247	1 cup	4.940
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	71.340
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	2.360
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	1.500
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	4.800
06116	Gravy, beef, canned	58.25	1/4 cup	0.583
06119	Gravy, chicken, canned	59.5	1/4 cup	0.595
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.000
06125	Gravy, turkey, canned	59.6	1/4 cup	0.000
07027	Ham, chopped, not canned	21	2 slices	0.000
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.000
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.000
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	55.200
11961	Hearts of palm, canned	33	1 piece	0.000
19296	Honey	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.000
16158	Hummus, commercial	14	1 tbsp	0.280
19270	Ice creams, chocolate	66	1/2 cup	77.880
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	139.320
19095	Ice creams, vanilla	66	1/2 cup	77.880
19088	Ice creams, vanilla, light	66	1/2 cup	91.080
19089	Ice creams, vanilla, rich	74	1/2 cup	134.680
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	9.280
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.200
19300	Jellies	19	1 tbsp	0.000
11226	Jerusalem-artichokes, raw	150	1 cup	1.500
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	885.300
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	955.500
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	3.040
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	3.300
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000

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17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.000
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	2.080
09153	Lemon juice, canned or bottled	244	1 cup	2.440
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.152
09152	Lemon juice, raw	47	juice of 1 lemon	0.470
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.000
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	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.580
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.000
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	270.580
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	12.450
11251	Lettuce, cos or romaine, raw	56	1 cup	162.400
11251	Lettuce, cos or romaine, raw	10	1 leaf	29.000
11253	Lettuce, green leaf, raw	56	1 cup	207.200
11253	Lettuce, green leaf, raw	10	1 leaf	37.000
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	86.240
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	8.800
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1.280
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	14.400
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	17.000
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.000
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.000
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.154

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09161	Lime juice, canned or bottled, unsweetened	246	1 cup	2.460
09160	Lime juice, raw	38	juice of 1 lime	0.760
22247	Macaroni and Cheese, canned entree	252	1 cup	52.920
20100	Macaroni, cooked, enriched	140	1 cup	0.000
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	825.090
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	903.650
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	666.540
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	744.650
09176	Mangos, raw	207	1 mango	78.660
09176	Mangos, raw	165	1 cup	62.700
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	116.298
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	115.479
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	117.117
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	39.312
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	39.312
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	116.298
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	39.312
09181	Melons, cantaloupe, raw	69	1/8 melon	116.610
09181	Melons, cantaloupe, raw	160	1 cup	270.400
09184	Melons, honeydew, raw	170	1 cup	5.100
09184	Melons, honeydew, raw	160	1/8 melon	4.800
01110	Milk shakes, thick chocolate	300	10.6 fl oz	54.000
01111	Milk shakes, thick vanilla	313	11 fl oz	78.250
01094	Milk, buttermilk, dried	6.5	1 tbsp	3.185
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	17.150
01095	Milk, canned, condensed, sweetened	306	1 cup	226.440
01097	Milk, canned, evaporated, nonfat	256	1 cup	302.080
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	163.800
01102	Milk, chocolate, fluid, commercial,	250	1 cup	65.000
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	145.000
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	137.500
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	163.070
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	141.520
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	149.450
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	134.200
01077	Milk, whole, 3.25% milkfat	244	1 cup	68.320
16112	Miso	68.75	1 cup	2.750
19305	Molasses, blackstrap	20	1 tbsp	0.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	153.850
15157	Mollusks, clam, mixed species, raw	85	3 oz	76.500
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	77.350
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	25.200

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15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	21.390
18274	Muffins, blueberry, commercially prepared	57	1 muffin	13.110
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	21.660
18279	Muffins, corn, commercially prepared	57	1 muffin	29.640
18280	Muffins, corn, dry mix, prepared	50	1 muffin	20.500
18283	Muffins, oat bran	57	1 muffin	0.000
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	19.040
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	1.240
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	1.040
11264	Mushrooms, canned, drained solids	156	1 cup	0.000
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.000
11260	Mushrooms, raw	70	1 cup	0.000
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.000
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.000
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	442.400
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.350
09191	Nectarines, raw	136	1 nectarine	23.120
20113	Noodles, chinese, chow mein	45	1 cup	0.000
20110	Noodles, egg, cooked, enriched	160	1 cup	9.600
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	8.000
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.000
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.000
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.000
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.000
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.430
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.000
12104	Nuts, coconut meat, raw	45	1 piece	0.000
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.284
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.000
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.000
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.000
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.851
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.086
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	0.284
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	3.686
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.284
20034	Oat bran, cooked	219	1 cup	0.000
20033	Oat bran, raw	94	1 cup	0.000
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

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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	22.400
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	31.280
09193	Olives, ripe, canned (small-extra large)	22	5 large	4.400
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	6.600
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.000
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.000
11284	Onions, dehydrated flakes	5	1 tbsp	0.050
11282	Onions, raw	110	1 whole	0.000
11282	Onions, raw	14	1 slice	0.000
11282	Onions, raw	160	1 cup	0.000
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	50.000
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	7.500
09207	Orange juice, canned, unsweetened	249	1 cup	22.410
09209	Orange juice, chilled, includes from concentrate	249	1 cup	9.960
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	12.450
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	40.470
09206	Orange juice, raw	248	1 cup	24.800
09206	Orange juice, raw	86	juice from 1 orange	8.600
09200	Oranges, raw, all commercial varieties	180	1 cup	19.800
09200	Oranges, raw, all commercial varieties	131	1 orange	14.410
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	10.440
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	3.800
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	26.980
09226	Papayas, raw	140	1 cup	77.000
09226	Papayas, raw	304	1 papaya	167.200
11297	Parsley, raw	10	10 sprigs	42.100
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.000
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	47.880
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	44.540
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	16.660
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	47.120
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	18.620
09246	Peaches, dried, sulfured, uncooked	39	3 halves	42.120
09250	Peaches, frozen, sliced, sweetened	250	1 cup	35.000
09236	Peaches, raw	170	1 cup	27.200
09236	Peaches, raw	98	1 peach	15.680
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.000
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.000

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16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.000
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.000
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.000
09340	Pears, asian, raw	122	1 pear	0.000
09340	Pears, asian, raw	275	1 pear	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.000
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.000
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.000
09252	Pears, raw	166	1 pear	1.660
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	86.400
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	105.600
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	45.900
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	168.000
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.000
11670	Peppers, hot chili, green, raw	45	1 pepper	26.550
11819	Peppers, hot chili, red, raw	45	1 pepper	21.600
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	22.100
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	20.400
11333	Peppers, sweet, green, raw	119	1 pepper	21.420
11333	Peppers, sweet, green, raw	10	1 ring	1.800
11333	Peppers, sweet, green, raw	149	1 cup	26.820
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	374.000
11821	Peppers, sweet, red, raw	119	1 pepper	186.830
11821	Peppers, sweet, red, raw	149	1 cup	233.930
11945	Pickle relish, sweet	15	1 tbsp	1.350
11937	Pickles, cucumber, dill	65	1 pickle	5.850
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	461.270
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.000
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.000
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	7.400
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	37.440
18302	Pie, apple, prepared from recipe	155	1 piece	17.050
18305	Pie, blueberry, commercially prepared	117	1 piece	51.480
18306	Pie, blueberry, prepared from recipe	147	1 piece	2.940
18308	Pie, cherry, commercially prepared	117	1 piece	60.840
18309	Pie, cherry, prepared from recipe	180	1 piece	52.200
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.000
18316	Pie, coconut custard, commercially prepared	104	1 piece	27.040
18444	Pie, fried pies, cherry	128	1 pie	11.520
18319	Pie, fried pies, fruit	128	1 pie	6.400
18320	Pie, lemon meringue, commercially prepared	113	1 piece	57.630

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18321	Pie, lemon meringue, prepared from recipe	127	1 piece	54.610
18324	Pie, pecan, commercially prepared	113	1 piece	57.630
18325	Pie, pecan, prepared from recipe	122	1 piece	100.040
18326	Pie, pumpkin, commercially prepared	109	1 piece	488.320
18327	Pie, pumpkin, prepared from recipe	155	1 piece	660.300
11943	Pimento, canned	12	1 tbsp	15.960
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	2.500
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.000
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.490
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	2.540
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	4.980
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.940
09266	Pineapple, raw, all varieties	155	1 cup	4.650
09278	Plantains, cooked	154	1 cup	69.300
09277	Plantains, raw	179	1 medium	100.240
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	5.980
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	33.540
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	23.000
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	126.000
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	42.160
09291	Plums, dried (prunes), uncooked	42	5 prunes	16.380
09279	Plums, raw	66	1 plum	11.220
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.000
07064	Pork sausage, fresh, cooked	26	2 links	3.640
07064	Pork sausage, fresh, cooked	27	1 patty	3.780
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.090
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.000
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.000
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.000
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.000
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	2.550
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	2.550
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	2.550
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	2.550
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	1.700
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	1.700
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	1.700
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	1.700
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	1.700

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10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	1.700
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	2.550
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	1.700
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	2.550
11672	Potato pancakes, home-prepared	76	1 pancake	5.320
11399	Potato puffs, frozen, prepared	79	10 puffs	0.000
11414	Potato salad, home-prepared	250	1 cup	80.000
11674	Potato, baked, flesh and skin, without salt	202	1 potato	2.020
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	127.400
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	156.800
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.000
11364	Potatoes, baked, skin, without salt	58	1 skin	0.580
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.000
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.000
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.000
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.000
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.000
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	90.300
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	8.400
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	86.100
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	85.750
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	78.400
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.000
09294	Prune juice, canned	256	1 cup	0.000
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	67.620
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	66.740
19183	Puddings, chocolate, ready-to-eat	113	4 oz	11.300
19193	Puddings, rice, ready-to-eat	113.4	4 oz	28.350
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.000
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	67.200
19201	Puddings, vanilla, ready-to-eat	113	4 oz	6.780
11424	Pumpkin, canned, without salt	245	1 cup	1906.100
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	612.500
11429	Radishes, raw	4.5	1 radish	0.000
09298	Raisins, seedless	14	1 packet	0.000
09298	Raisins, seedless	145	1 cup	0.000
09306	Raspberries, frozen, red, sweetened	250	1 cup	7.500
09302	Raspberries, raw	123	1 cup	2.460
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.000

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09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	9.600
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.000
20037	Rice, brown, long-grain, cooked	195	1 cup	0.000
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.000
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.000
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.000
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.000
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.000
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.000
18353	Rolls, hard (includes kaiser)	57	1 roll	0.000
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.000
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	10.251
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	3.588
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	4.401
04133	Salad dressing, french, home recipe	14	1 tbsp	3.640
04134	Salad dressing, home recipe, cooked	16	1 tbsp	8.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.294
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.150
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	11.592
04015	Salad dressing, russian dressing	15.3	1 tbsp	2.295
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.326
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	2.448
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	1.716
07069	Salami, cooked, beef and pork	56.7	2 slices	0.000
07072	Salami, dry or hard, pork, beef	20	2 slices	0.000
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	3.900
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	81.900
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	45.900
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	23.980
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.158
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	50.400
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.000
06166	Sauce, homemade, white, medium	250	1 cup	225.000
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	92.500
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.376
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	5.440
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	2.360

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07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.000
11445	Seaweed, kelp, raw	10	2 tbsp	0.600
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.270
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	5.387
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.450
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.240
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.284
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.320
14346	Shake, fast food, chocolate	333	16 fl oz	86.580
14347	Shake, fast food, vanilla	333	16 fl oz	123.210
11677	Shallots, raw	10	1 tbsp	6.000
19097	Sherbet, orange	74	1/2 cup	7.400
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	0.000
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	1.985
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	8.789
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.418
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.701
19013	Snacks, fruit leather, pieces	28.35	1 oz	1.701
19014	Snacks, fruit leather, rolls	21	1 large	1.260
19015	Snacks, granola bars, hard, plain	28.35	1 bar	2.268
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	1.418
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.851
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.000
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	224.960
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	71.280
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.000
19034	Snacks, popcorn, air-popped	8	1 cup	0.800
19036	Snacks, popcorn, cakes	10	1 cake	0.400
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.680
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.704
19040	Snacks, popcorn, cheese-flavor	11	1 cup	4.180
19035	Snacks, popcorn, oil-popped	11	1 cup	0.880
19041	Snacks, pork skins, plain	28.35	1 oz	3.402
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	3.119
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.000
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.000
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.000
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.000
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.000
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	3.969
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.000

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19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.000
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	6.804
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	6.804
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.134
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	2.920
19061	Snacks, trail mix, tropical	140	1 cup	2.800
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	196.830
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	45.540
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.000
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	7.320
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	67.200
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	36.150
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	2.523
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	300.000
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	21.690
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	56.120
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	57.040
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	163.480
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	178.560
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	34.720
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	14.640
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	118.090
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.000
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.000
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	10.000
06174	Soup, stock, fish, home-prepared	233	1 cup	4.660
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	64.480
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	24.400
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	95.160
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	290.400
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	115.680
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.360
16120	Soy milk, fluid	245	1 cup	4.900
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	14.400
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.000

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22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	45.280
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.000
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.000
02007	Spices, celery seed	2	1 tsp	0.060
02009	Spices, chili powder	2.6	1 tsp	38.558
02010	Spices, cinnamon, ground	2.3	1 tsp	0.322
02015	Spices, curry powder	2	1 tsp	0.980
02020	Spices, garlic powder	2.8	1 tsp	0.000
02026	Spices, onion powder	2.1	1 tsp	0.000
02027	Spices, oregano, dried	1.5	1 tsp	5.175
02028	Spices, paprika	2.1	1 tsp	55.377
02029	Spices, parsley, dried	1.3	1 tbsp	6.617
02030	Spices, pepper, black	2.1	1 tsp	0.315
11658	Spinach souffle, home-prepared	136	1 cup	266.560
11461	Spinach, canned, drained solids	214	1 cup	1048.600
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	943.200
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1145.700
11457	Spinach, raw	10	1 leaf	46.900
11457	Spinach, raw	30	1 cup	140.700
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	19.800
11641	Squash, summer, all varieties, raw	113	1 cup	11.300
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	535.050
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	400.800
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	2.550
09316	Strawberries, raw	166	1 cup	1.660
09316	Strawberries, raw	18	1 strawberry	0.180
09316	Strawberries, raw	12	1 strawberry	0.120
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	37.200
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.000
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	701.680
11512	Sweetpotato, canned, vacuum pack	255	1 cup	1017.450
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	1403.060
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	1229.280
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	219.450
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.950
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	0.000

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09223	Tangerine juice, canned, sweetened	249	1 cup	32.370
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	105.840
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	28.560
20068	Tapioca, pearl, dry	152	1 cup	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	1.780
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	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	148.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	149.760
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.000
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.000
11954	Tomatillos, raw	34	1 medium	2.040
11540	Tomato juice, canned, with salt added	243	1 cup	55.890
11546	Tomato products, canned, paste, without salt added	262	1 cup	199.120
11547	Tomato products, canned, puree, without salt added	250	1 cup	65.000
11549	Tomato products, canned, sauce	245	1 cup	41.650
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	22.950
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	14.400
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	75.600
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	7.140
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	8.400
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	51.660
11955	Tomatoes, sun-dried	2	1 piece	0.880
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	1.920
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.000
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.000
21088	Tostada with guacamole	130.5	1 tostada	104.400
05286	Turkey and gravy, frozen	142	5-oz package	18.460
05292	Turkey patties, breaded, battered, fried	64	1 patty	7.040
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.000
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.000
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	15568.650
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.000
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.000
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.000
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	548.640
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	882.320
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.000

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02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.000
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.000
11578	Vegetable juice cocktail, canned	242	1 cup	188.760
04582	Vegetable oil, canola	14	1 tbsps	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	948.660
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	389.480
02048	Vinegar, cider	15	1 tbsps	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	126.390
18367	Waffles, plain, prepared from recipe	75	1 waffle	48.750
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.000
09326	Watermelon, raw	286	1 wedge	80.080
09326	Watermelon, raw	152	1 cup	42.560
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.000
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.000
20083	Wheat flour, white, bread, enriched	137	1 cup	0.000
20084	Wheat flour, white, cake, enriched	137	1 cup	0.000
20080	Wheat flour, whole-grain	120	1 cup	0.000
20089	Wild rice, cooked	164	1 cup	0.000
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	22.700
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	31.780
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	4.540
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	61.290