

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

Vitamin E (alpha-tocopherol) (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.018
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	0.028
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
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.007
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.025
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.170
09003	Apples, raw, with skin	138	1 apple	0.248
09004	Apples, raw, without skin	110	1 cup	0.055
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.536
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.512
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	1.548
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	1.464
09032	Apricots, dried, sulfured, uncooked	35	10 halves	1.516
09021	Apricots, raw	35	1 apricot	0.312
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.228
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.319
11015	Asparagus, canned, drained solids	72	4 spears	0.223
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.228
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	2.160
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.720
09038	Avocados, raw, California	28.35	1 oz	0.558
09039	Avocados, raw, Florida	28.35	1 oz	0.754
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.220
18005	Bagels, cinnamon-raisin	89	4" bagel	0.276
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.206
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.258
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.113
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.825
09040	Bananas, raw	118	1 banana	0.118
09040	Bananas, raw	150	1 cup	0.150
20006	Barley, pearled, cooked	157	1 cup	0.016
20005	Barley, pearled, raw	200	1 cup	0.040
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1.346
16008	Beans, baked, canned, with franks	259	1 cup	1.191
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	1.366

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16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.366
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	1.536
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	1.540
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.607
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.378
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.563
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.486
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.392
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.563
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.486
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.170
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.119
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.128
13350	Beef, cured, dried	28.35	1 oz	0.000
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.400
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.400
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.383
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.162
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.119
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.153
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.119
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.153
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.119
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.391
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	2.606
11084	Beets, canned, drained solids	170	1 cup	0.051
11084	Beets, canned, drained solids	24	1 beet	0.007
11081	Beets, cooked, boiled, drained	50	1 beet	0.020
11081	Beets, cooked, boiled, drained	170	1 cup	0.068
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.019
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.015
09042	Blackberries, raw	144	1 cup	1.685
09055	Blueberries, frozen, sweetened	230	1 cup	1.196
09050	Blueberries, raw	145	1 cup	0.827
07008	Bologna, beef and pork	56.7	2 slices	0.198
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.198
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.023
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.400
18027	Bread, egg	40	1/2" slice	0.104

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18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.075
18033	Bread, italian	20	1 slice	0.058
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.088
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.082
18039	Bread, oatmeal	27	1 slice	0.130
18040	Bread, oatmeal, toasted	25	1 slice	0.133
18041	Bread, pita, white, enriched	28	4" pita	0.084
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.180
18044	Bread, pumpernickel	32	1 slice	0.134
18045	Bread, pumpernickel, toasted	29	1 slice	0.133
18047	Bread, raisin, enriched	26	1 slice	0.073
18048	Bread, raisin, toasted, enriched	24	1 slice	0.074
18053	Bread, reduced-calorie, rye	23	1 slice	0.064
18055	Bread, reduced-calorie, wheat	23	1 slice	0.055
18057	Bread, reduced-calorie, white	23	1 slice	0.044
18060	Bread, rye	32	1 slice	0.106
18061	Bread, rye, toasted	24	1 slice	0.089
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.073
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.071
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.099
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.055
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.053
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.087
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.085
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	2.844
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2.262
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.537
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2.429
11090	Broccoli, raw	88	1 cup	0.686
11090	Broccoli, raw	31	1 spear	0.242
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.671
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.791
20011	Buckwheat flour, whole-groat	120	1 cup	0.384
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.151
20013	Bulgur, cooked	182	1 cup	0.018
20012	Bulgur, dry	140	1 cup	0.084
01001	Butter, salted	14.2	1 tbsp	0.329
01145	Butter, without salt	14.2	1 tbsp	0.329
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.153
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.180
11109	Cabbage, raw	70	1 cup	0.105
11112	Cabbage, red, raw	70	1 cup	0.077
11114	Cabbage, savoy, raw	70	1 cup	0.119

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18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.005
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.138
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.387
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.003
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.090
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.502
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.072
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.134
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.089
19074	Candies, caramels	10.1	1 piece	0.280
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.047
19071	Candies, carob	28.35	1 oz	0.335
19087	Candies, confectioner's coating, white	170	1 cup	1.581
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.031
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.033
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	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)	0.147
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.077
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.512
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.763
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.225
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.627
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.035
19116	Candies, marshmallows	50	1 cup	0.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.889
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.384
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.102
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	1.841
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.553
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.121
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.068
19080	Candies, semisweet chocolate	168	1 cup	0.386
09060	Carambola, (starfruit), raw	91	1 fruit	0.137
09060	Carambola, (starfruit), raw	108	1 cup	0.162
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
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000

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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
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.050
11655	Carrot juice, canned	236	1 cup	2.738
11128	Carrots, canned, regular pack, drained solids	146	1 cup	1.080
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.607
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	1.475
11124	Carrots, raw	72	1 carrot	0.475
11124	Carrots, raw	110	1 cup	0.726
11935	Catsup	15	1 tbsp	0.219
11935	Catsup	6	1 packet	0.088
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.087
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.038
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.108
11135	Cauliflower, raw	13	1 floweret	0.010
11135	Cauliflower, raw	100	1 cup	0.080
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.525
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.131
11143	Celery, raw	120	1 cup	0.324
11143	Celery, raw	40	1 stalk	0.108
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.150
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.594
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.156
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.105
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.342
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.063
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.054
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.111
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.537
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.258
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.309
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.066
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.093
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2.035
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.360
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.016
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	13.500
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	13.497
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.597
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.216

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08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.186
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	13.500
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.369
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.048
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.192
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	18.021
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.039
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.034
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.058
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.144
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.016
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	13.500
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.476
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.036
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.120
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.135
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	4.743
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.275
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.248
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.327
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.798
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.345
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.545
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.176
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.138
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.048
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.048
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.050
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.177
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.234
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.027
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.186
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.134
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.062
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.054
01004	Cheese, blue	28.35	1 oz	0.071

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01007	Cheese, camembert	38	1 wedge	0.080
01009	Cheese, cheddar	28.35	1 oz	0.082
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.084
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.090
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.023
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.045
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.000
01017	Cheese, cream	14.5	1 tbsp	0.044
01186	Cheese, cream, fat free	15.6	1 tbsp	0.002
01019	Cheese, feta	28.35	1 oz	0.051
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.017
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.105
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.054
01030	Cheese, muenster	28.35	1 oz	0.074
01032	Cheese, parmesan, grated	5	1 tbsp	0.013
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.077
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.096
01035	Cheese, provolone	28.35	1 oz	0.065
01037	Cheese, ricotta, part skim milk	246	1 cup	0.172
01036	Cheese, ricotta, whole milk	246	1 cup	0.271
01040	Cheese, swiss	28.35	1 oz	0.108
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.561
09070	Cherries, sweet, raw	68	10 cherries	0.048
07017	Chicken roll, light meat	56.7	2 slices	0.153
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.484
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.232
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.119
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.667
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.140
05277	Chicken, canned, meat only, with broth	142	5 oz	0.369
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.161
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.420
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.574
11156	Chives, raw	3	1 tbsp	0.006
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	0.011
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.160
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.065
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.150
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.144
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.058
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.005

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.036
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.012
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.672
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	2.125
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.084
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.000
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.029
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.014
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.158
18170	Cookies, fig bars	16	1 cookie	0.104
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.277
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.046
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.035
18177	Cookies, molasses	15	1 cookie, medium	0.017
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.018
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.065
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.330
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.026
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.041
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.360
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.032
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.160
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.240
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.009
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.069
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.179
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.084
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.069
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.115
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.050
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.207
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.512
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.204
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.363
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.510
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.482
18214	Crackers, cheese, regular	10	10 crackers	0.006
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.166

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	0.017
18220	Crackers, melba toast, plain	20	4 pieces	0.086
18226	Crackers, rye, wafers, plain	11	1 wafer	0.088
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.014
18229	Crackers, standard snack-type, regular	12	4 crackers	0.244
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.015
18232	Crackers, wheat, regular	8	4 crackers	0.040
18235	Crackers, whole-wheat	16	4 crackers	0.138
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.473
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.122
01069	Cream substitute, powdered	2	1 tsp	0.012
01049	Cream, fluid, half and half	15	1 tbsp	0.050
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.159
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.083
01052	Cream, fluid, light whipping	15	1 tbsp	0.132
01056	Cream, sour, cultured	12	1 tbsp	0.072
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.051
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.019
18239	Croissants, butter	57	1 croissant	0.479
18243	Croutons, seasoned	40	1 cup	0.160
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.085
15141	Crustaceans, crab, blue, canned	135	1 cup	2.484
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	1.564
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.850
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.791
11206	Cucumber, peeled, raw	119	1 cup	0.036
11206	Cucumber, peeled, raw	280	1 large	0.084
11205	Cucumber, with peel, raw	301	1 large	0.090
11205	Cucumber, with peel, raw	104	1 cup	0.031
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	3.570
18245	Danish pastry, cheese	71	1 danish	0.241
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.241
09087	Dates, deglet noor	41.5	5 dates	0.021
09087	Dates, deglet noor	178	1 cup	0.089
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.018
01072	Dessert topping, pressurized	4	1 tbsp	0.034
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.038
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.270
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.907
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.210
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.046

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	1.547
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	2.010
01143	Egg substitute, liquid	62.75	1/4 cup	0.169
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	0.561
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.515
01131	Egg, whole, cooked, poached	50	1 large	0.480
01132	Egg, whole, cooked, scrambled	61	1 large	0.519
01123	Egg, whole, raw, fresh	44	1 medium	0.427
01123	Egg, whole, raw, fresh	58	1 extra large	0.563
01123	Egg, whole, raw, fresh	50	1 large	0.485
01125	Egg, yolk, raw, fresh	16.6	1 large	0.428
01057	Eggnog	254	1 cup	0.508
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.406
11213	Endive, raw	50	1 cup	0.220
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.177
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.172
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	1.183
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	1.194
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	0.531
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	1.304
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.562
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	1.830
21024	Fast foods, french toast sticks	141	5 sticks	2.327
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	0.424
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.381
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.332
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1.392
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	2.037
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	2.569
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	1.292
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.122
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.664
09094	Figs, dried, uncooked	38	2 figs	0.133
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.697
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.296
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.146
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.561
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.838
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	1.454
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.474
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.672

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	1.326
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	2.324
15077	Fish, salmon, chinook, smoked	85.05	3 oz	1.148
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.544
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	1.735
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.740
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.281
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.723
07022	Frankfurter, beef	45	1 frank	0.090
07023	Frankfurter, beef and pork	45	1 frank	0.113
07024	Frankfurter, chicken	45	1 frank	0.099
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.593
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.798
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.100
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.079
19294	Fruit butters, apple	17	1 tbsp	0.003
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.992
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.948
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.050
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
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.000
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.100
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.099
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.099
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.290
09128	Grapefruit juice, white, raw	247	1 cup	0.543
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.160
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.153
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.229
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.304
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.095
06116	Gravy, beef, canned	58.25	1/4 cup	0.012
06119	Gravy, chicken, canned	59.5	1/4 cup	0.077
06125	Gravy, turkey, canned	59.6	1/4 cup	0.030

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07027	Ham, chopped, not canned	21	2 slices	0.048
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.164
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.045
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	1.680
19296	Honey	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.001
19270	Ice creams, chocolate	66	1/2 cup	0.198
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.525
19095	Ice creams, vanilla	66	1/2 cup	0.198
19088	Ice creams, vanilla, light	66	1/2 cup	0.059
19089	Ice creams, vanilla, rich	74	1/2 cup	0.377
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.024
19300	Jellies	19	1 tbsp	0.000
11226	Jerusalem-artichokes, raw	150	1 cup	0.285
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.105
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.196
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	1.110
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.858
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.153
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.111
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.136
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.085
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.128
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.153
04002	Lard	12.8	1 tbsp	0.077
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
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.023
09153	Lemon juice, canned or bottled	244	1 cup	0.366
09152	Lemon juice, raw	47	juice of 1 lemon	0.071

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14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.025
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.087
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.218
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.014
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.293
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.013
11251	Lettuce, cos or romaine, raw	56	1 cup	0.073
11253	Lettuce, green leaf, raw	10	1 leaf	0.029
11253	Lettuce, green leaf, raw	56	1 cup	0.162
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.162
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.002
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.017
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	1.152
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.493
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.338
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.018
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.295
09160	Lime juice, raw	38	juice of 1 lime	0.057
20100	Macaroni, cooked, enriched	140	1 cup	0.084
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.013
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.159
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.055
09176	Mangos, raw	165	1 cup	1.848
09176	Mangos, raw	207	1 mango	2.318
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.710
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	1.269
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.715
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.240
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.240
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.557
09181	Melons, cantaloupe, raw	69	1/8 melon	0.035
09181	Melons, cantaloupe, raw	160	1 cup	0.080
09184	Melons, honeydew, raw	170	1 cup	0.034
09184	Melons, honeydew, raw	160	1/8 melon	0.032
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.150
01111	Milk shakes, thick vanilla	313	11 fl oz	0.157
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.007
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.123
01095	Milk, canned, condensed, sweetened	306	1 cup	0.490
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.000
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.353

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.150
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.050
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.100
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.002
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.024
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.025
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.073
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.146
16112	Miso	68.75	1 cup	0.007
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.527
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.264
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.714
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.473
18279	Muffins, corn, commercially prepared	57	1 muffin	0.456
18283	Muffins, oat bran	57	1 muffin	0.376
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.333
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.087
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.104
11264	Mushrooms, canned, drained solids	156	1 cup	0.016
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.016
11260	Mushrooms, raw	70	1 cup	0.007
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.029
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.004
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	1.694
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.015
09191	Nectarines, raw	136	1 nectarine	1.047
20113	Noodles, chinese, chow mein	45	1 cup	1.566
20110	Noodles, egg, cooked, enriched	160	1 cup	0.256
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.928
12061	Nuts, almonds	28.35	1 oz (24 nuts)	7.334
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1.624
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.261
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.261
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.715
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.363
12104	Nuts, coconut meat, raw	45	1 piece	0.108
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.261
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.162
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.101
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.041
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.397
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	2.645
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.802

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.547
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.198
20033	Oat bran, raw	94	1 cup	0.949
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.937
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	2.118
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.190
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	1.102
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	1.646
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	1.945
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	4.638
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	5.587
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.432
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.589
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.363
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.042
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.019
11284	Onions, dehydrated flakes	5	1 tbsp	0.009
11282	Onions, raw	14	1 slice	0.003
11282	Onions, raw	110	1 whole	0.022
11282	Onions, raw	160	1 cup	0.032
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.550
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.083
09207	Orange juice, canned, unsweetened	249	1 cup	0.498
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.498
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.512
09206	Orange juice, raw	86	juice from 1 orange	0.034
09206	Orange juice, raw	248	1 cup	0.099
09200	Oranges, raw, all commercial varieties	180	1 cup	0.324
09200	Oranges, raw, all commercial varieties	131	1 orange	0.236
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.101
09226	Papayas, raw	140	1 cup	1.022
09226	Papayas, raw	304	1 papaya	2.219
11297	Parsley, raw	10	10 sprigs	0.075
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.560
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.480
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	1.284
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	1.215
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.480
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.074
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.550
09236	Peaches, raw	98	1 peach	0.715
09236	Peaches, raw	170	1 cup	1.241

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.227
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.227
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.211
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.965
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	1.967
09340	Pears, asian, raw	122	1 pear	0.146
09340	Pears, asian, raw	275	1 pear	0.330
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.061
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.213
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.061
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.198
09252	Pears, raw	166	1 pear	0.199
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.624
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.752
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.051
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.048
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.059
11670	Peppers, hot chili, green, raw	45	1 pepper	0.311
11819	Peppers, hot chili, red, raw	45	1 pepper	0.311
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.179
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.721
11333	Peppers, sweet, green, raw	149	1 cup	0.551
11333	Peppers, sweet, green, raw	10	1 ring	0.037
11333	Peppers, sweet, green, raw	119	1 pepper	0.440
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	2.244
11821	Peppers, sweet, red, raw	149	1 cup	2.354
11821	Peppers, sweet, red, raw	119	1 pepper	1.880
11945	Pickle relish, sweet	15	1 tbsp	0.014
11937	Pickles, cucumber, dill	65	1 pickle	0.059
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.545
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	3.314
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.558
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.778
18305	Pie, blueberry, commercially prepared	117	1 piece	1.217
18308	Pie, cherry, commercially prepared	117	1 piece	0.889
18319	Pie, fried pies, fruit	128	1 pie	2.202
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.198
18324	Pie, pecan, commercially prepared	113	1 piece	0.362
18326	Pie, pumpkin, commercially prepared	109	1 piece	1.123
11943	Pimento, canned	12	1 tbsp	0.083
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.025
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.075

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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	0.050
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.005
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.025
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.005
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.025
09266	Pineapple, raw, all varieties	155	1 cup	0.031
09278	Plantains, cooked	154	1 cup	0.200
09277	Plantains, raw	179	1 medium	0.251
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.083
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.464
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.454
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.083
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.471
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.181
09279	Plums, raw	66	1 plum	0.172
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.057
07064	Pork sausage, fresh, cooked	26	2 links	0.143
07064	Pork sausage, fresh, cooked	27	1 patty	0.149
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.059
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.158
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.213
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.306
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.221
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.187
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.221
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.213
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.187
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.255
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.247
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.289
11399	Potato puffs, frozen, prepared	79	10 puffs	0.040
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.081
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.062
11364	Potatoes, baked, skin, without salt	58	1 skin	0.023
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.014
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.016
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.014
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.095
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.055
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.016
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.294

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.042
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.882
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.279
09294	Prune juice, canned	256	1 cup	0.307
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.328
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.339
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.000
11424	Pumpkin, canned, without salt	245	1 cup	2.597
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.960
11429	Radishes, raw	4.5	1 radish	0.000
09298	Raisins, seedless	145	1 cup	0.174
09298	Raisins, seedless	14	1 packet	0.017
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.800
09302	Raspberries, raw	123	1 cup	1.070
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.000
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.648
20037	Rice, brown, long-grain, cooked	195	1 cup	0.059
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.018
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.056
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.017
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.063
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.204
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.087
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.030
18353	Rolls, hard (includes kaiser)	57	1 roll	0.239
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.544
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.918
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.780
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.049
04133	Salad dressing, french, home recipe	14	1 tbsp	1.120
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.128
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.719
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.735
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.030
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.720
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.615
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.065
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.153
07069	Salami, cooked, beef and pork	56.7	2 slices	0.125
07072	Salami, dry or hard, pork, beef	20	2 slices	0.056
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.261
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.003

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.045
06166	Sauce, homemade, white, medium	250	1 cup	0.700
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	5.100
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.006
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.189
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.236
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.035
11445	Seaweed, kelp, raw	10	2 tbsp	0.087
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.047
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.000
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.038
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.020
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	6.030
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	6.806
14346	Shake, fast food, chocolate	333	16 fl oz	0.366
14347	Shake, fast food, vanilla	333	16 fl oz	0.200
19097	Sherbet, orange	74	1/2 cup	0.022
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.102
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.097
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.386
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.205
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.159
19014	Snacks, fruit leather, rolls	21	1 large	0.118
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	1.588
19034	Snacks, popcorn, air-popped	8	1 cup	0.023
19036	Snacks, popcorn, cakes	10	1 cake	0.029
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.357
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.422
19035	Snacks, popcorn, oil-popped	11	1 cup	0.551
19041	Snacks, pork skins, plain	28.35	1 oz	0.150
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.618
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.621
19411	Snacks, potato chips, plain, salted	28.35	1 oz	2.583
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2.583
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.551
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.210
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.112
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.001
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.759
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.130

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.683
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.336
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.096
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.126
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.096
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.342
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.446
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	1.240
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.952
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.031
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	0.375
06174	Soup, stock, fish, home-prepared	233	1 cup	0.396
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.240
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	2.318
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.366
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.272
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.410
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.161
16120	Soy milk, fluid	245	1 cup	0.025
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.602
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	2.349
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.084
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.420
02007	Spices, celery seed	2	1 tsp	0.021
02009	Spices, chili powder	2.6	1 tsp	0.755
02010	Spices, cinnamon, ground	2.3	1 tsp	0.022
02015	Spices, curry powder	2	1 tsp	0.440
02020	Spices, garlic powder	2.8	1 tsp	0.018
02026	Spices, onion powder	2.1	1 tsp	0.006
02027	Spices, oregano, dried	1.5	1 tsp	0.283
02028	Spices, paprika	2.1	1 tsp	0.626
02029	Spices, parsley, dried	1.3	1 tbsp	0.090
02030	Spices, pepper, black	2.1	1 tsp	0.015
11461	Spinach, canned, drained solids	214	1 cup	4.152
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	3.744
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	6.726
11457	Spinach, raw	10	1 leaf	0.203

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11457	Spinach, raw	30	1 cup	0.609
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.252
11641	Squash, summer, all varieties, raw	113	1 cup	0.136
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.246
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.587
09316	Strawberries, raw	166	1 cup	0.481
09316	Strawberries, raw	18	1 strawberry	0.052
09316	Strawberries, raw	12	1 strawberry	0.035
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	1.194
11512	Sweetpotato, canned, vacuum pack	255	1 cup	2.550
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	1.037
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	1.466
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.473
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	0.221
09223	Tangerine juice, canned, sweetened	249	1 cup	0.374
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.252
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.126
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	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	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.463
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.012
11954	Tomatillos, raw	34	1 medium	0.129
11540	Tomato juice, canned, with salt added	243	1 cup	0.778
11546	Tomato products, canned, paste, without salt added	262	1 cup	11.266
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.925
11549	Tomato products, canned, sauce	245	1 cup	5.096
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.117
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	1.704
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.108
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.972

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Vitamin E (alpha-tocopherol) (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.664
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.092
11955	Tomatoes, sun-dried	2	1 piece	0.000
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.023
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.179
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.806
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.323
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.538
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.116
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.076
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.462
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.973
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	2.707
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	4.362
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.031
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.417
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.298
11578	Vegetable juice cocktail, canned	242	1 cup	0.774
04582	Vegetable oil, canola	14	1 tbspc	2.394
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.554
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.801
02048	Vinegar, cider	15	1 tbspc	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.218
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.700
09326	Watermelon, raw	152	1 cup	0.076
09326	Watermelon, raw	286	1 wedge	0.143
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.075
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.063
20083	Wheat flour, white, bread, enriched	137	1 cup	0.548
20084	Wheat flour, white, cake, enriched	137	1 cup	0.027
20080	Wheat flour, whole-grain	120	1 cup	0.984
20089	Wild rice, cooked	164	1 cup	0.394
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.045
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.068
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.000
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.136