

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

## Lutein + zeaxanthin (µg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	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
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.000
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	39.680
09011	Apples, dried, sulfured, uncooked	32	5 rings	5.760
09003	Apples, raw, with skin	138	1 apple	40.020
09004	Apples, raw, without skin	110	1 cup	19.800
09020	Applesauce, canned, sweetened, without salt	255	1 cup	45.900
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	43.920
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	67.080
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	63.440
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.000
09021	Apricots, raw	35	1 apricot	31.150
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	779.520
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	556.800
11015	Asparagus, canned, drained solids	72	4 spears	453.600
11012	Asparagus, cooked, boiled, drained	60	4 spears	462.600
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	370.800
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1112.400
09038	Avocados, raw, California	28.35	1 oz	76.829
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	38.340
18005	Bagels, cinnamon-raisin	89	4" bagel	48.060
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	46.280
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	36.920
19078	Baking chocolate, unsweetened, squares	28.35	1 square	10.773
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.000
09040	Bananas, raw	150	1 cup	33.000
09040	Bananas, raw	118	1 banana	25.960
20006	Barley, pearled, cooked	157	1 cup	87.920
20005	Barley, pearled, raw	200	1 cup	320.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	50.800
16008	Beans, baked, canned, with franks	259	1 cup	41.440
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.000
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	37.950

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
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
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	595.350
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	886.250
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	761.400
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	595.350
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	886.250
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	761.400
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
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	0.000
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	2619.360
11084	Beets, canned, drained solids	170	1 cup	0.000
11084	Beets, canned, drained solids	24	1 beet	0.000
11081	Beets, cooked, boiled, drained	170	1 cup	0.000
11081	Beets, cooked, boiled, drained	50	1 beet	0.000
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	2.970
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	2.310
09042	Blackberries, raw	144	1 cup	169.920
09055	Blueberries, frozen, sweetened	230	1 cup	167.900
09050	Blueberries, raw	145	1 cup	116.000
07008	Bologna, beef and pork	56.7	2 slices	0.000
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.000
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.000
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	18.000
18027	Bread, egg	40	1/2" slice	18.000
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	12.500

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18033	Bread, italian	20	1 slice	9.600
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	19.500
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	18.000
18039	Bread, oatmeal	27	1 slice	19.440
18040	Bread, oatmeal, toasted	25	1 slice	18.750
18041	Bread, pita, white, enriched	60	6-1/2" pita	31.800
18041	Bread, pita, white, enriched	28	4" pita	14.840
18044	Bread, pumpernickel	32	1 slice	14.720
18045	Bread, pumpernickel, toasted	29	1 slice	13.920
18047	Bread, raisin, enriched	26	1 slice	11.440
18048	Bread, raisin, toasted, enriched	24	1 slice	11.040
18053	Bread, reduced-calorie, rye	23	1 slice	8.510
18055	Bread, reduced-calorie, wheat	23	1 slice	9.430
18057	Bread, reduced-calorie, white	23	1 slice	7.360
18060	Bread, rye	32	1 slice	17.280
18061	Bread, rye, toasted	24	1 slice	13.440
18064	Bread, wheat (includes wheat berry)	25	1 slice	12.250
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	11.730
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	19.800
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	11.000
18070	Bread, white, commercially prepared, toasted	22	1 slice	10.120
18075	Bread, whole-wheat, commercially prepared	28	1 slice	19.040
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	18.000
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	185.400
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2366.520
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	561.290
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2756.320
11090	Broccoli, raw	31	1 spear	524.210
11090	Broccoli, raw	88	1 cup	1488.080
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	2012.400
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	2388.550
20011	Buckwheat flour, whole-groat	120	1 cup	264.000
20010	Buckwheat groats, roasted, cooked	168	1 cup	100.800
20013	Bulgur, cooked	182	1 cup	98.280
20012	Bulgur, dry	140	1 cup	308.000
01001	Butter, salted	14.2	1 tbsp	0.000
01145	Butter, without salt	14.2	1 tbsp	0.000
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	64.600
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	379.500
11109	Cabbage, raw	70	1 cup	217.000
11112	Cabbage, red, raw	70	1 cup	230.300
11114	Cabbage, savoy, raw	70	1 cup	53.900
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.500

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18090	Cake, boston cream pie, commercially prepared	92	1 piece	24.840
18110	Cake, fruitcake, commercially prepared	43	1 piece	9.030
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.560
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	3.825
18133	Cake, sponge, commercially prepared	30	1 shortcake	25.500
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.480
18139	Cake, white, prepared from recipe without frosting	74	1 piece	3.700
19074	Candies, caramels	10.1	1 piece	0.000
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.140
19071	Candies, carob	28.35	1 oz	0.000
19087	Candies, confectioner's coating, white	170	1 cup	0.000
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.680
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.950
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.150
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.520
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.000
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.000
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.720
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	2.440
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.000
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)	0.000
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.000
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.100
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.000
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	2.450
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.000
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.000
19080	Candies, semisweet chocolate	168	1 cup	30.240
09060	Carambola, (starfruit), raw	91	1 fruit	60.060
09060	Carambola, (starfruit), raw	108	1 cup	71.280
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

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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
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.000
11655	Carrot juice, canned	236	1 cup	785.880
11960	Carrots, baby, raw	10	1 medium	35.800
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.000
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1071.720
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	421.940
11124	Carrots, raw	110	1 cup	227.700
11124	Carrots, raw	72	1 carrot	149.040
11935	Catsup	15	1 tbsp	0.000
11935	Catsup	6	1 packet	0.000
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	35.960
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	15.660
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	43.200
11135	Cauliflower, raw	100	1 cup	33.000
11135	Cauliflower, raw	13	1 floweret	4.290
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	136.875
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	547.500
11143	Celery, raw	120	1 cup	339.600
11143	Celery, raw	40	1 stalk	113.200
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.000
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.000
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.000
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.000
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.000
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	337.500
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.000
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.000
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	47.850
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	183.600
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.000
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	165.000
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.000
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	293.100
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.000

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.000
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.000
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	167.400
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.000
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.000
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	325.080
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	187.860
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	188.210
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	171.900
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.000
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	324.300
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.000
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.000
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.000
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.000
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.000
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.000
08010	Cereals ready-to-eat, QAKER, CAP'N CRUNCH	27	3/4 cup	266.220
08011	Cereals ready-to-eat, QAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	251.940
08012	Cereals ready-to-eat, QAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	272.700
08219	Cereals ready-to-eat, QAKER, Honey Nut Heaven	49	1 cup	0.000
08220	Cereals ready-to-eat, QAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	91.500
08218	Cereals ready-to-eat, QAKER, QAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.000
08049	Cereals ready-to-eat, QAKER, QAKER OAT LIFE, plain	32	3/4 cup	116.160
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	56.240
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	2.420
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	476.740
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	5.020
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.000
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	421.200
08093	Cereals, QAKER, corn grits, instant, plain, prepared with water	137	1 packet	1.370
08131	Cereals, QAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.000
08125	Cereals, QAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.000

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01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.000
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.000
01004	Cheese, blue	28.35	1 oz	0.000
01007	Cheese, camembert	38	1 wedge	0.000
01009	Cheese, cheddar	28.35	1 oz	0.000
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.000
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.000
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.000
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.000
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.000
01017	Cheese, cream	14.5	1 tbsp	0.000
01186	Cheese, cream, fat free	15.6	1 tbsp	0.000
01019	Cheese, feta	28.35	1 oz	0.000
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.000
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.000
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.000
01030	Cheese, muenster	28.35	1 oz	0.000
01032	Cheese, parmesan, grated	5	1 tbsp	0.000
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.000
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.000
01035	Cheese, provolone	28.35	1 oz	0.000
01037	Cheese, ricotta, part skim milk	246	1 cup	0.000
01036	Cheese, ricotta, whole milk	246	1 cup	0.000
01040	Cheese, swiss	28.35	1 oz	0.000
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	139.080
09070	Cherries, sweet, raw	68	10 cherries	57.800
07017	Chicken roll, light meat	56.7	2 slices	0.000
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	0.000
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.000
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.000
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	53.650
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.000
05277	Chicken, canned, meat only, with broth	142	5 oz	0.000
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	16.268
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.000
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.000
11156	Chives, raw	3	1 tbsp	9.690
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	0.000
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.000
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.000
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	2.052
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
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	14618.600
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	18526.600
18151	Cookies, brownies, commercially prepared	56	1 brownie	3.360
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.000
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1.100
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.100
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.400
18170	Cookies, fig bars	16	1 cookie	1.280
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	51.240
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	8.540
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.640
18177	Cookies, molasses	15	1 cookie, medium	0.300
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	3.740
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	7.750
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	2.100
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	16.240
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	5.700
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.920
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.350
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.150
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.100
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	1.640
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	33.110
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	2429.440
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	2194.500
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	744.590
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1197.200
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	536.760
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	1869.900
20020	Cornmeal, whole-grain, yellow	122	1 cup	1653.100
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	39.250
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.000
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.000



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.000
18214	Crackers, cheese, regular	10	10 crackers	0.700
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.490
18217	Crackers, matzo, plain	28.35	1 matzo	5.103
18220	Crackers, melba toast, plain	20	4 pieces	14.800
18226	Crackers, rye, wafers, plain	11	1 wafer	26.950
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.080
18229	Crackers, standard snack-type, regular	12	4 crackers	1.320
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.700
18232	Crackers, wheat, regular	8	4 crackers	6.480
18235	Crackers, whole-wheat	16	4 crackers	28.640
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	35.910
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.000
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.000
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.000
01052	Cream, fluid, light whipping	15	1 tbsp	0.000
01056	Cream, sour, cultured	12	1 tbsp	0.000
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.000
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.000
18239	Croissants, butter	57	1 croissant	42.180
18243	Croutons, seasoned	40	1 cup	18.000
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.000
15141	Crustaceans, crab, blue, canned	135	1 cup	0.000
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.000
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.000
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.000
11206	Cucumber, peeled, raw	280	1 large	44.800
11206	Cucumber, peeled, raw	119	1 cup	19.040
11205	Cucumber, with peel, raw	104	1 cup	23.920
11205	Cucumber, with peel, raw	301	1 large	69.230
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	4944.450
18245	Danish pastry, cheese	71	1 danish	26.980
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	34.790
09087	Dates, deglet noor	41.5	5 dates	31.125
09087	Dates, deglet noor	178	1 cup	133.500
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.000
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	36.190

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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	10.780
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	5.720
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	26.400
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.000
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	112.000
01143	Egg substitute, liquid	62.75	1/4 cup	0.000
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	164.680
01129	Egg, whole, cooked, hard-boiled	50	1 large	176.500
01131	Egg, whole, cooked, poached	50	1 large	165.000
01132	Egg, whole, cooked, scrambled	61	1 large	149.450
01123	Egg, whole, raw, fresh	58	1 extra large	191.980
01123	Egg, whole, raw, fresh	44	1 medium	145.640
01123	Egg, whole, raw, fresh	50	1 large	165.500
01125	Egg, yolk, raw, fresh	16.6	1 large	181.604
01057	Eggnog	254	1 cup	137.160
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.000
11213	Endive, raw	50	1 cup	0.000
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	23.940
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	22.360
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	2.120
21024	Fast foods, french toast sticks	141	5 sticks	5.640
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	1.030
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
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.000
09094	Figs, dried, uncooked	38	2 figs	12.160
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.000
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	24.510
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	12.040
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.000
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.000
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.000
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.000
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.000
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.000
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.000
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.000
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07022	Frankfurter, beef	45	1 frank	0.000
07023	Frankfurter, beef and pork	45	1 frank	0.000
07024	Frankfurter, chicken	45	1 frank	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)	26.180
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.000
19294	Fruit butters, apple	17	1 tbsp	1.700
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	186.000
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	177.750
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	24.800
11215	Garlic, raw	3	1 clove	0.780
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	2.500
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	88.550
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	180.000
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	542.160
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	25.000
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	24.700
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	24.700
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	70.380
09128	Grapefruit juice, white, raw	247	1 cup	24.700
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	6.150
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	11.800
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	160	1 cup	115.200
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	36.000
06116	Gravy, beef, canned	58.25	1/4 cup	0.583
06119	Gravy, chicken, canned	59.5	1/4 cup	0.595
06125	Gravy, turkey, canned	59.6	1/4 cup	0.596
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	93.600
19296	Honey	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.500
19270	Ice creams, chocolate	66	1/2 cup	0.000
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	129.860
19095	Ice creams, vanilla	66	1/2 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19088	Ice creams, vanilla, light	66	1/2 cup	0.000
19089	Ice creams, vanilla, rich	74	1/2 cup	25.160
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.000
19300	Jellies	19	1 tbsp	4.180
11226	Jerusalem-artichokes, raw	150	1 cup	0.000
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	23719.800
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	25606.100
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	92.720
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.000
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
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
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	7	1 pkg	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.000
09153	Lemon juice, canned or bottled	244	1 cup	26.840
09153	Lemon juice, canned or bottled	15.2	1 tbsp	1.672
09152	Lemon juice, raw	47	juice of 1 lemon	4.230
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	2.480
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	6.380
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.000
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	91.725
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	1993.490
11251	Lettuce, cos or romaine, raw	56	1 cup	1294.720
11251	Lettuce, cos or romaine, raw	10	1 leaf	231.200
11253	Lettuce, green leaf, raw	56	1 cup	968.800
11253	Lettuce, green leaf, raw	10	1 leaf	173.000
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	193.600
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	28.160
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	1897.280
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	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	246	1 cup	0.000
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.000
09160	Lime juice, raw	38	juice of 1 lime	0.000
20100	Macaroni, cooked, enriched	140	1 cup	9.800
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	2.310
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	2.650
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	6.930
09176	Mangos, raw	207	1 mango	0.000
09176	Mangos, raw	165	1 cup	0.000
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.000
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.000
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.000
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.000
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.000
09181	Melons, cantaloupe, raw	160	1 cup	41.600
09181	Melons, cantaloupe, raw	69	1/8 melon	17.940
09184	Melons, honeydew, raw	160	1/8 melon	43.200
09184	Melons, honeydew, raw	170	1 cup	45.900
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.000
01111	Milk shakes, thick vanilla	313	11 fl oz	0.000
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.000
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.000
01095	Milk, canned, condensed, sweetened	306	1 cup	0.000
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.000
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.000
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.000
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.000
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.000
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.000
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.000
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.000
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.000
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.000
16112	Miso	68.75	1 cup	0.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.000
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.000
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.000
18274	Muffins, blueberry, commercially prepared	57	1 muffin	50.730

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18279	Muffins, corn, commercially prepared	57	1 muffin	149.910
18283	Muffins, oat bran	57	1 muffin	7.410
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	16.320
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.000
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.000
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	8346.800
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	3.750
09191	Nectarines, raw	136	1 nectarine	176.800
20113	Noodles, chinese, chow mein	45	1 cup	25.200
20110	Noodles, egg, cooked, enriched	160	1 cup	60.800
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	3571.200
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.284
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	6.521
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	6.521
12167	Nuts, chestnuts, european, roasted	143	1 cup	18.590
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	26.082
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	5.954
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	5.387
12142	Nuts, pecans	28.35	1 oz (20 halves)	4.820
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	2.552
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.774
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	341.618
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	2.552
20033	Oat bran, raw	94	1 cup	169.200
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	624.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	857.440
09193	Olives, ripe, canned (small-extra large)	22	5 large	112.200
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	8.400
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	3.760
11284	Onions, dehydrated flakes	5	1 tbsp	1.900
11282	Onions, raw	160	1 cup	8.000
11282	Onions, raw	14	1 slice	0.700
11282	Onions, raw	110	1 whole	5.500
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	170.550
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	1137.000
09207	Orange juice, canned, unsweetened	249	1 cup	286.350
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	286.350
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	866.910
09206	Orange juice, raw	248	1 cup	285.200
09206	Orange juice, raw	86	juice from 1 orange	98.900
09200	Oranges, raw, all commercial varieties	180	1 cup	232.200
09200	Oranges, raw, all commercial varieties	131	1 orange	168.990
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	15.120
09226	Papayas, raw	140	1 cup	105.000
09226	Papayas, raw	304	1 papaya	228.000
11297	Parsley, raw	10	10 sprigs	556.100
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.000
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	59.780
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	159.820
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	59.780
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	151.280
09246	Peaches, dried, sulfured, uncooked	39	3 halves	218.010
09250	Peaches, frozen, sliced, sweetened	250	1 cup	192.500
09236	Peaches, raw	98	1 peach	89.180
09236	Peaches, raw	170	1 cup	154.700
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.000
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.000
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	61.000
09340	Pears, asian, raw	275	1 pear	137.500
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	90.440
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	25.840
09254	Pears, canned, juice pack, solids and liquids	76	1 half	25.840
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	84.320
09252	Pears, raw	166	1 pear	74.700
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	1182.400

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1428.800
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	2295.000
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	3840.000
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.000
11670	Peppers, hot chili, green, raw	45	1 pepper	326.250
11819	Peppers, hot chili, red, raw	45	1 pepper	319.050
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	170.820
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	654.160
11333	Peppers, sweet, green, raw	119	1 pepper	405.790
11333	Peppers, sweet, green, raw	149	1 cup	508.090
11333	Peppers, sweet, green, raw	10	1 ring	34.100
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	435.200
11821	Peppers, sweet, red, raw	119	1 pepper	60.690
11821	Peppers, sweet, red, raw	149	1 cup	75.990
11945	Pickle relish, sweet	15	1 tbsp	6.150
11937	Pickles, cucumber, dill	65	1 pickle	26.650
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	69.310
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	1.260
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	18.000
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	10.530
18305	Pie, blueberry, commercially prepared	117	1 piece	17.550
18308	Pie, cherry, commercially prepared	117	1 piece	23.400
18319	Pie, fried pies, fruit	128	1 pie	10.240
18320	Pie, lemon meringue, commercially prepared	113	1 piece	10.170
18324	Pie, pecan, commercially prepared	113	1 piece	39.550
18326	Pie, pumpkin, commercially prepared	109	1 piece	21.800
11943	Pimento, canned	12	1 tbsp	48.960
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	2.500
14341	Pineapple and orange juice drink, canned	250	8 fl oz	30.000
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	0.000
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.000
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.000
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.000
09266	Pineapple, raw, all varieties	155	1 cup	0.000
09278	Plantains, cooked	154	1 cup	43.120
09277	Plantains, raw	179	1 medium	53.700
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	126.420
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	22.540
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	123.480
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	22.540
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	161.200



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<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
09291	Plums, dried (prunes), uncooked	42	5 prunes	62.160
09279	Plums, raw	66	1 plum	48.180
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.000
07064	Pork sausage, fresh, cooked	27	1 patty	2.970
07064	Pork sausage, fresh, cooked	26	2 links	2.860
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.000
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
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.000
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.000
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.000
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.000
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.000
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.000
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.000
11399	Potato puffs, frozen, prepared	79	10 puffs	15.010
11674	Potato, baked, flesh and skin, without salt	202	1 potato	60.600
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.000
11364	Potatoes, baked, skin, without salt	58	1 skin	17.400
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	12.240
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	12.150
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	14.040
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	8.500
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.000
11370	Potatoes, hashed brown, home-prepared	156	1 cup	24.960
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	8.400
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	16.800
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	14.700
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.000
09294	Prune juice, canned	256	1 cup	102.400
19183	Puddings, chocolate, ready-to-eat	113	4 oz	13.560
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.000
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.000
11424	Pumpkin, canned, without salt	245	1 cup	0.000
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2484.300
11429	Radishes, raw	4.5	1 radish	0.450
09298	Raisins, seedless	145	1 cup	0.000
09298	Raisins, seedless	14	1 packet	0.000
09306	Raspberries, frozen, red, sweetened	250	1 cup	282.500

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09302	Raspberries, raw	123	1 cup	167.280
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.000
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	295.200
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	12.600
18350	Rolls, hamburger or hotdog, plain	43	1 roll	19.350
18353	Rolls, hard (includes kaiser)	57	1 roll	33.060
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	19.278
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	20.212
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	0.000
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	26.220
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.000
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	15.300
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	4.524
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	0.000
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.473
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	7.200
06166	Sauce, homemade, white, medium	250	1 cup	2.500
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	400.000
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	5.687
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	19.200
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	696.200
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.000
11445	Seaweed, kelp, raw	10	2 tbsp	0.000
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.000
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	0.000

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12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.000
14346	Shake, fast food, chocolate	333	16 fl oz	3.330
14347	Shake, fast food, vanilla	333	16 fl oz	0.000
19097	Sherbet, orange	74	1/2 cup	12.580
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
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	60.102
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	182.291
19013	Snacks, fruit leather, pieces	28.35	1 oz	14.459
19014	Snacks, fruit leather, rolls	21	1 large	10.710
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.000
19034	Snacks, popcorn, air-popped	8	1 cup	116.000
19036	Snacks, popcorn, cakes	10	1 cake	53.700
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	243.600
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.000
19035	Snacks, popcorn, oil-popped	11	1 cup	119.570
19041	Snacks, pork skins, plain	28.35	1 oz	0.000
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
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	5.400
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.000
19056	Snacks, tortilla chips, plain	28.35	1 oz	143.735
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	15.180
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	9.760
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	62.400
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	14.460
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	20.184
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	9.640
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	51.240
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	7.440
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	2.480
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	2.440
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	3.510

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06494	Soup, onion, dehydrated, prepared with water	246	1 cup	2.460
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	655.000
06174	Soup, stock, fish, home-prepared	233	1 cup	0.000
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.480
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	109.800
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	112.240
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	297.600
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	489.230
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.000
16120	Soy milk, fluid	245	1 cup	0.000
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.000
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	19.810
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	9.800
20125	Spaghetti, whole-wheat, cooked	140	1 cup	113.400
02007	Spices, celery seed	2	1 tsp	0.000
02009	Spices, chili powder	2.6	1 tsp	8.060
02010	Spices, cinnamon, ground	2.3	1 tsp	9.660
02015	Spices, curry powder	2	1 tsp	0.000
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	12.930
02028	Spices, paprika	2.1	1 tsp	276.297
02029	Spices, parsley, dried	1.3	1 tbsp	71.890
02030	Spices, pepper, black	2.1	1 tsp	4.305
11461	Spinach, canned, drained solids	214	1 cup	22630.500
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	20354.400
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	29811.000
11457	Spinach, raw	30	1 cup	3659.400
11457	Spinach, raw	10	1 leaf	1219.800
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	4048.200
11641	Squash, summer, all varieties, raw	113	1 cup	2401.250
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	2900.750
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	53.550
09316	Strawberries, raw	166	1 cup	43.160
09316	Strawberries, raw	18	1 strawberry	4.680
09316	Strawberries, raw	12	1 strawberry	3.120
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	42.000
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.000

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11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.000
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.000
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.760
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	0.150
18360	Taco shells, baked	13.3	1 medium	0.399
09223	Tangerine juice, canned, sweetened	249	1 cup	413.340
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	410.760
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	115.920
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	10.400
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.000
11954	Tomatillos, raw	34	1 medium	168.300
11540	Tomato juice, canned, with salt added	243	1 cup	145.800
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.000
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.000
11549	Tomato products, canned, sauce	245	1 cup	0.000
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	306.000
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	192.000
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	24.600
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	221.400
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	151.290
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	20.910
11955	Tomatoes, sun-dried	2	1 piece	24.160
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.780
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	3.840
05292	Turkey patties, breaded, battered, fried	64	1 patty	24.960
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	0.000
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	12153.600

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## Lutein + zeaxanthin (µg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	19540.600
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.000
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
11578	Vegetable juice cocktail, canned	242	1 cup	193.600
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	803.590
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1159.340
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	11.220
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.000
09326	Watermelon, raw	152	1 cup	12.160
09326	Watermelon, raw	286	1 wedge	22.880
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	22.500
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	22.500
20083	Wheat flour, white, bread, enriched	137	1 cup	108.230
20084	Wheat flour, white, cake, enriched	137	1 cup	4.110
20080	Wheat flour, whole-grain	120	1 cup	264.000
20089	Wild rice, cooked	164	1 cup	104.960
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.000
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.000
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	0.000