

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

## Vitamin C, total ascorbic acid (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	0.960
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	6.909
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	2.706
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	2.232
09011	Apples, dried, sulfured, uncooked	32	5 rings	1.248
09003	Apples, raw, with skin	138	1 apple	6.348
09004	Apples, raw, without skin	110	1 cup	4.400
09020	Applesauce, canned, sweetened, without salt	255	1 cup	4.335
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2.928
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	136.544
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	7.998
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	11.956
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.350
09021	Apricots, raw	35	1 apricot	3.500
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	16.800
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	12.000
11015	Asparagus, canned, drained solids	72	4 spears	13.248
11012	Asparagus, cooked, boiled, drained	60	4 spears	4.620
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	43.920
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	14.640
09038	Avocados, raw, California	28.35	1 oz	2.495
09039	Avocados, raw, Florida	28.35	1 oz	4.933
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.497
18005	Bagels, cinnamon-raisin	89	4" bagel	0.623
18003	Bagels, egg	89	4" bagel	0.534
18003	Bagels, egg	71	3-1/2" bagel	0.426
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.000
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.000
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.000
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.000
11028	Bamboo shoots, canned, drained solids	131	1 cup	1.441
09040	Bananas, raw	118	1 banana	10.266

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09040	Bananas, raw	150	1 cup	13.050
20006	Barley, pearled, cooked	157	1 cup	0.000
20005	Barley, pearled, raw	200	1 cup	0.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	7.874
16008	Beans, baked, canned, with franks	259	1 cup	5.957
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	7.590
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	7.843
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.000
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	2.301
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	2.816
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	2.124
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.638
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.368
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	6.480
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	12.125
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	5.535
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	6.480
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	12.125
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	5.535
16051	Beans, white, mature seeds, canned	262	1 cup	0.000
22905	Beef stew, canned entree	232	1 cup	10.208
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.000
13350	Beef, cured, dried	28.35	1 oz	0.000
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.000
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.000
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.000
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.595
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	35.856

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11084	Beets, canned, drained solids	170	1 cup	6.970
11084	Beets, canned, drained solids	24	1 beet	0.984
11081	Beets, cooked, boiled, drained	50	1 beet	1.800
11081	Beets, cooked, boiled, drained	170	1 cup	6.120
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.202
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.120
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.000
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.000
09042	Blackberries, raw	144	1 cup	30.240
09055	Blueberries, frozen, sweetened	230	1 cup	2.300
09050	Blueberries, raw	145	1 cup	14.065
07008	Bologna, beef and pork	56.7	2 slices	0.454
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.000
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.000
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.480
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.000
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	1.020
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.060
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.195
18025	Bread, cracked-wheat	25	1 slice	0.000
18027	Bread, egg	40	1/2" slice	0.000
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.000
18031	Bread, indian (navajo) fry	160	10-1/2" bread	0.000
18031	Bread, indian (navajo) fry	90	5" bread	0.000
18033	Bread, italian	20	1 slice	0.000
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.078
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.072
18039	Bread, oatmeal	27	1 slice	0.000
18040	Bread, oatmeal, toasted	25	1 slice	0.075
18041	Bread, pita, white, enriched	28	4" pita	0.000
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.000
18044	Bread, pumpernickel	32	1 slice	0.000
18045	Bread, pumpernickel, toasted	29	1 slice	0.000
18047	Bread, raisin, enriched	26	1 slice	0.026
18048	Bread, raisin, toasted, enriched	24	1 slice	0.096
18053	Bread, reduced-calorie, rye	23	1 slice	0.092
18055	Bread, reduced-calorie, wheat	23	1 slice	0.023
18057	Bread, reduced-calorie, white	23	1 slice	0.115
18060	Bread, rye	32	1 slice	0.128
18061	Bread, rye, toasted	24	1 slice	0.048
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.000
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.000
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.000

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.000
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.000
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.000
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.000
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	0.000
21023	Breakfast items, french toast with butter	135	2 slices	0.135
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	101.244
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	24.013
11740	Broccoli, flower clusters, raw	11	1 floweret	10.252
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	73.784
11090	Broccoli, raw	88	1 cup	78.496
11090	Broccoli, raw	31	1 spear	27.652
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	96.720
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	70.835
20011	Buckwheat flour, whole-groat	120	1 cup	0.000
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.000
20013	Bulgur, cooked	182	1 cup	0.000
20012	Bulgur, dry	140	1 cup	0.000
01001	Butter, salted	14.2	1 tbsp	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	44.200
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	18.802
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	30.150
11109	Cabbage, raw	70	1 cup	22.540
11112	Cabbage, red, raw	70	1 cup	39.900
11114	Cabbage, savoy, raw	70	1 cup	21.700
18086	Cake, angelfood, commercially prepared	28	1 piece	0.000
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.000
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.184
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.064
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.190
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.215
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.074
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	1.380
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.000
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.000
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.130
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.000
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.043
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.000
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.000
18134	Cake, sponge, prepared from recipe	63	1 piece	0.000
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.112

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.148
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.000
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.000
19074	Candies, caramels	10.1	1 piece	0.051
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.028
19071	Candies, carob	28.35	1 oz	0.142
19087	Candies, confectioner's coating, white	170	1 cup	0.850
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.000
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.038
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.015
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	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)	0.546
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.035
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.100
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.610
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.180
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.342
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	2.645
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	0.020
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.082
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.441
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.000
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.132
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.135
19080	Candies, semisweet chocolate	168	1 cup	0.000
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
09060	Carambola, (starfruit), raw	91	1 fruit	19.292
09060	Carambola, (starfruit), raw	108	1 cup	22.896
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.016
11655	Carrot juice, canned	236	1 cup	20.060
11960	Carrots, baby, raw	10	1 medium	0.840
11128	Carrots, canned, regular pack, drained solids	146	1 cup	3.942
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	5.616
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	3.358
11124	Carrots, raw	110	1 cup	6.490
11124	Carrots, raw	72	1 carrot	4.248
11935	Catsup	15	1 tbsp	2.265
11935	Catsup	6	1 packet	0.906
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	23.922
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	54.932
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	56.340
11135	Cauliflower, raw	13	1 floweret	6.032
11135	Cauliflower, raw	100	1 cup	46.400
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	2.288
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	9.150
11143	Celery, raw	120	1 cup	3.720
11143	Celery, raw	40	1 stalk	1.240
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	6.000
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	6.000
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	6.000
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	6.000
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	6.000
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	6.000
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	6.000
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	6.000
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	6.000
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	6.000
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.000
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	6.300
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	6.000
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	6.000
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	6.200
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	60.000
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	6.000
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.600
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	6.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	60.000
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	6.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	13.800
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	15.004
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	60.030
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	6.160
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	6.014
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	5.800
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	14.100
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	6.200
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	61.200
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.427
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	6.369
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	6.000
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	6.102
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	20.987
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.000
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	0.000
08010	Cereals ready-to-eat, QAKER, CAP'N CRUNCH	27	3/4 cup	0.000
08011	Cereals ready-to-eat, QAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.026
08012	Cereals ready-to-eat, QAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.000
08219	Cereals ready-to-eat, QAKER, Honey Nut Heaven	49	1 cup	1.470
08220	Cereals ready-to-eat, QAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.350
08218	Cereals ready-to-eat, QAKER, QAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.377
08210	Cereals ready-to-eat, QAKER, QAKER OAT CINNAMON LIFE	32	3/4 cup	0.032
08049	Cereals ready-to-eat, QAKER, QAKER OAT LIFE, plain	32	3/4 cup	0.000
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.000
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.427
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.000
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.000
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.000
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.000
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.000
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.000
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.000
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.000
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.298
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.000
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.000
01164	Cheese sauce, prepared from recipe	243	1 cup	1.458
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	3.164
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
01031	Cheese, neufchatel	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
18147	Cheesecake commercially prepared	80	1 piece	0.320
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	5.124
09070	Cherries, sweet, raw	68	10 cherries	4.760
22906	Chicken pot pie, frozen entree	217	1 small pie	1.519
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
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.000



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.000
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	0.000
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.000
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	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	18.125
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.000
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.000
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.000
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.000
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.000
05277	Chicken, canned, meat only, with broth	142	5 oz	2.840
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	5.468
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.000
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	9.120
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	2.132
22904	Chili con carne with beans, canned entree	222	1 cup	0.888
11156	Chives, raw	3	1 tbsp	1.743
14181	Chocolate syrup	18.75	1 tbsp	0.038
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.151
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.266
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.270
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.510
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.412
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.192
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.000
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.120
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.189
11159	Coleslaw, home-prepared	120	1 cup	39.240
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	34.580
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	44.880
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.000
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.000
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.000
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.000
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.000
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.048
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.000
18170	Cookies, fig bars	16	1 cookie	0.048
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.000
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.000
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.000
18177	Cookies, molasses	15	1 cookie, medium	0.000
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.000
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.125
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.030
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.075
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.000
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.020
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.000
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.000
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.015
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.014
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.000
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.000
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.000
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.000
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	4.774
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	11.776
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	17.010
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	4.774
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	5.740
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	3.024
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.000
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.000
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.000
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.000
20028	Couscous, dry	173	1 cup	0.000
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	3.630
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	4.420
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	6.480
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.688
18214	Crackers, cheese, regular	10	10 crackers	0.000
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.000
18217	Crackers, matzo, plain	28.35	1 matzo	0.000
18220	Crackers, melba toast, plain	20	4 pieces	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18226	Crackers, rye, wafers, plain	11	1 wafer	0.011
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.000
18229	Crackers, standard snack-type, regular	12	4 crackers	0.000
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.007
18232	Crackers, wheat, regular	8	4 crackers	0.000
18235	Crackers, whole-wheat	16	4 crackers	0.000
14242	Cranberry juice cocktail, bottled	253	8 fl oz	89.562
09081	Cranberry sauce, canned, sweetened	57	1 slice	1.140
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.135
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.090
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.120
01052	Cream, fluid, light whipping	15	1 tbsp	0.090
01056	Cream, sour, cultured	12	1 tbsp	0.108
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.135
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.000
18239	Croissants, butter	57	1 croissant	0.114
18243	Croutons, seasoned	40	1 cup	0.000
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	6.460
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.000
15141	Crustaceans, crab, blue, canned	135	1 cup	3.645
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	2.805
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.680
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.000
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	1.956
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.675
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.275
11206	Cucumber, peeled, raw	119	1 cup	3.808
11206	Cucumber, peeled, raw	280	1 large	8.960
11205	Cucumber, with peel, raw	301	1 large	8.428
11205	Cucumber, with peel, raw	104	1 cup	2.912
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	18.900
18245	Danish pastry, cheese	71	1 danish	0.071
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	2.769
09087	Dates, deglet noor	178	1 cup	0.712
09087	Dates, deglet noor	41.5	5 dates	0.166
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.028
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
02045	Dill weed, fresh	1	5 sprigs	0.850
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.094

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.028
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.060
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.013
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	0.300
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	0.000
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.000
01131	Egg, whole, cooked, poached	50	1 large	0.000
01132	Egg, whole, cooked, scrambled	61	1 large	0.122
01123	Egg, whole, raw, fresh	44	1 medium	0.000
01123	Egg, whole, raw, fresh	50	1 large	0.000
01123	Egg, whole, raw, fresh	58	1 extra large	0.000
01125	Egg, yolk, raw, fresh	16.6	1 large	0.000
01057	Eggnog	254	1 cup	3.810
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	1.287
11213	Endive, raw	50	1 cup	3.250
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.000
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.052
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.000
21049	Entrees, pizza with cheese	63	1 slice	1.260
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	1.580
21051	Entrees, pizza with pepperoni	71	1 slice	1.633
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.837
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	0.924
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	7.884
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.000
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	0.000
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	1.660
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	1.921
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	8.918
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.000
21042	Fast foods, chili con carne	253	1 cup	1.518
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	4.698
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.000
21127	Fast foods, coleslaw	99	3/4 cup	8.316
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	2.193
21015	Fast foods, danish pastry, cheese	91	1 pastry	2.639
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.598
21074	Fast foods, enchilada, with cheese	163	1 enchilada	0.978
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.781

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21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	2.745
21024	Fast foods, french toast sticks	141	5 sticks	0.000
21077	Fast foods, frijoles with cheese	167	1 cup	1.503
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	1.130
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	1.075
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	2.226
21118	Fast foods, hotdog, plain	98	1 sandwich	0.098
21119	Fast foods, hotdog, with chili	114	1 sandwich	2.736
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	0.000
21129	Fast foods, hush puppies	78	5 pieces	0.000
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	1.133
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.243
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.581
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	3.480
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	15.544
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	9.860
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	19.604
21139	Fast foods, potato, mashed	80	1/3 cup	0.320
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	5.472
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	2.085
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	9.765
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	17.440
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.000
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	12.312
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	5.616
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	3.584
21033	Fast foods, sundae, hot fudge	158	1 sundae	2.370
21082	Fast foods, taco	263	1 large	3.419
21082	Fast foods, taco	171	1 small	2.223
21083	Fast foods, taco salad	198	1-1/2 cups	3.564
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	4.050
09094	Figs, dried, uncooked	38	2 figs	0.456
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.000
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.850
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	2.550
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.000
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.000
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
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.000
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.000
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.000

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15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.000
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.000
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.680
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.400
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	85	3 oz	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.000
15232	Fish, roughy, orange, 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
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.000
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.000
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.000
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.935
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.166
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	2.805
15128	Fish, tuna salad	205	1 cup	4.510
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
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.850
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
18268	French toast, frozen, ready-to-heat	59	1 slice	0.177
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.195
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	7.315
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.216
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.576
19294	Fruit butters, apple	17	1 tbsp	0.170
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	4.712
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	6.399
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	73.408
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	187.500
11215	Garlic, raw	3	1 clove	0.936
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	85.250

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.253
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	59.750
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	179.496
09404	Grapefruit juice, pink, raw	247	1 cup	93.860
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	67.250
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	72.124
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	83.239
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	247.986
09128	Grapefruit juice, white, raw	247	1 cup	93.860
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	38.376
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	39.294
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	54.102
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	5.400
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	17.280
06116	Gravy, beef, canned	58.25	1/4 cup	0.000
06119	Gravy, chicken, canned	59.5	1/4 cup	0.000
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.000
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.062
06125	Gravy, turkey, canned	59.6	1/4 cup	0.000
07027	Ham, chopped, not canned	21	2 slices	0.000
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.000
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.268
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	58.080
11961	Hearts of palm, canned	33	1 piece	2.607
19296	Honey	21	1 tbsp	0.105
02055	Horseradish, prepared	5	1 tsp	1.245
16158	Hummus, commercial	14	1 tbsp	0.000
19270	Ice creams, chocolate	66	1/2 cup	0.462
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.688
19095	Ice creams, vanilla	66	1/2 cup	0.396
19088	Ice creams, vanilla, light	66	1/2 cup	0.132
19089	Ice creams, vanilla, rich	74	1/2 cup	0.000
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.580
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	1.760
19300	Jellies	19	1 tbsp	0.171
11226	Jerusalem-artichokes, raw	150	1 cup	6.000
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	53.300
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	32.760
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	70.452
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	89.100
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
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.000
04002	Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.012
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.021
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.017
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	4.368
09153	Lemon juice, canned or bottled	244	1 cup	60.512
09153	Lemon juice, canned or bottled	15.2	1 tbsp	3.770
09152	Lemon juice, raw	47	juice of 1 lemon	21.620
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	12.896
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	5.925
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	34.048
09150	Lemons, raw, without peel	58	1 lemon	30.740
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	2.970
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	6.031
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.278
11251	Lettuce, cos or romaine, raw	10	1 leaf	2.400
11251	Lettuce, cos or romaine, raw	56	1 cup	13.440
11253	Lettuce, green leaf, raw	10	1 leaf	1.800
11253	Lettuce, green leaf, raw	56	1 cup	10.080
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.312
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	21.021
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	2.145
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	10.440



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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	21.760
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.000
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.000
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	15.744
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.986
09160	Lime juice, raw	38	juice of 1 lime	11.134
22247	Macaroni and Cheese, canned entree	252	1 cup	0.000
20100	Macaroni, cooked, enriched	140	1 cup	0.000
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	31.521
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	31.800
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	27.153
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	27.560
09176	Mangos, raw	165	1 cup	45.705
09176	Mangos, raw	207	1 mango	57.339
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.014
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.028
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.014
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.005
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.005
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.014
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.005
09181	Melons, cantaloupe, raw	69	1/8 melon	25.323
09181	Melons, cantaloupe, raw	160	1 cup	58.720
09184	Melons, honeydew, raw	160	1/8 melon	28.800
09184	Melons, honeydew, raw	170	1 cup	30.600
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	0.371
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	2.450
01095	Milk, canned, condensed, sweetened	306	1 cup	7.956
01097	Milk, canned, evaporated, nonfat	256	1 cup	3.072
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	4.788
01102	Milk, chocolate, fluid, commercial,	250	1 cup	2.250
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	2.250
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	2.250
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	1.288
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	0.488
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.000
16112	Miso	68.75	1 cup	0.000
19305	Molasses, blackstrap	20	1 tbsp	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	18.785
15157	Mollusks, clam, mixed species, raw	85	3 oz	11.050
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	3.230
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	3.108
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	2.139
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.627
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.855
18279	Muffins, corn, commercially prepared	57	1 muffin	0.000
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.050
18283	Muffins, oat bran	57	1 muffin	0.000
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.000
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	14.136
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	13.728
11264	Mushrooms, canned, drained solids	156	1 cup	0.000
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	6.240
11260	Mushrooms, raw	70	1 cup	1.680
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.435
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.126
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	35.420
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.145
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.016
09191	Nectarines, raw	136	1 nectarine	7.344
20113	Noodles, chinese, chow mein	45	1 cup	0.000
20110	Noodles, egg, cooked, enriched	160	1 cup	0.000
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.000
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.000
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.198
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.000
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.085
12167	Nuts, chestnuts, european, roasted	143	1 cup	37.180
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.651
12104	Nuts, coconut meat, raw	45	1 piece	1.485
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.786
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.198
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.113
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.142
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.312
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	0.227
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.069
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.652
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.369
20034	Oat bran, cooked	219	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20033	Oat bran, raw	94	1 cup	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
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	26.080
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	22.448
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.198
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.840
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	10.920
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	4.888
11284	Onions, dehydrated flakes	5	1 tbsp	3.750
11282	Onions, raw	160	1 cup	10.240
11282	Onions, raw	14	1 slice	0.896
11282	Onions, raw	110	1 whole	7.040
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	18.800
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	2.820
09207	Orange juice, canned, unsweetened	249	1 cup	85.656
09209	Orange juice, chilled, includes from concentrate	249	1 cup	81.921
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	96.861
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	293.727
09206	Orange juice, raw	248	1 cup	124.000
09206	Orange juice, raw	86	juice from 1 orange	43.000
09200	Oranges, raw, all commercial varieties	180	1 cup	95.760
09200	Oranges, raw, all commercial varieties	131	1 orange	69.692
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.108
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.076
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.228
09226	Papayas, raw	140	1 cup	86.520
09226	Papayas, raw	304	1 papaya	187.872
11297	Parsley, raw	10	10 sprigs	13.300
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	20.280
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	7.560
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	7.336
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	2.744
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	8.928
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	3.528
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.872

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09250	Peaches, frozen, sliced, sweetened	250	1 cup	235.500
09236	Peaches, raw	98	1 peach	6.468
09236	Peaches, raw	170	1 cup	11.220
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	0.227
09340	Pears, asian, raw	122	1 pear	4.636
09340	Pears, asian, raw	275	1 pear	10.450
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	2.926
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.836
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	3.968
09254	Pears, canned, juice pack, solids and liquids	76	1 half	1.216
09252	Pears, raw	166	1 pear	6.972
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	76.640
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	35.200
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	16.320
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	15.840
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.784
11670	Peppers, hot chili, green, raw	45	1 pepper	109.125
11819	Peppers, hot chili, red, raw	45	1 pepper	64.665
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	2.600
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	101.184
11333	Peppers, sweet, green, raw	10	1 ring	8.040
11333	Peppers, sweet, green, raw	119	1 pepper	95.676
11333	Peppers, sweet, green, raw	149	1 cup	119.796
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	232.560
11821	Peppers, sweet, red, raw	119	1 pepper	226.100
11821	Peppers, sweet, red, raw	149	1 cup	283.100
11945	Pickle relish, sweet	15	1 tbsp	0.150
11937	Pickles, cucumber, dill	65	1 pickle	1.235
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.000
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.000
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.000
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.074
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	2.664
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	3.744
18302	Pie, apple, prepared from recipe	155	1 piece	2.635
18305	Pie, blueberry, commercially prepared	117	1 piece	3.159
18306	Pie, blueberry, prepared from recipe	147	1 piece	1.029
18308	Pie, cherry, commercially prepared	117	1 piece	1.053
18309	Pie, cherry, prepared from recipe	180	1 piece	1.800

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.000
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.624
18444	Pie, fried pies, cherry	128	1 pie	1.664
18319	Pie, fried pies, fruit	128	1 pie	1.664
18320	Pie, lemon meringue, commercially prepared	113	1 piece	3.616
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.191
18324	Pie, pecan, commercially prepared	113	1 piece	1.243
18325	Pie, pecan, prepared from recipe	122	1 piece	0.244
18326	Pie, pumpkin, commercially prepared	109	1 piece	1.090
18327	Pie, pumpkin, prepared from recipe	155	1 piece	2.635
11943	Pimento, canned	12	1 tbsp	10.188
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	115.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	56.250
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	26.750
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	3.626
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	18.796
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	4.465
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	23.655
09266	Pineapple, raw, all varieties	155	1 cup	56.110
09278	Plantains, cooked	154	1 cup	16.786
09277	Plantains, raw	179	1 medium	32.936
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	1.032
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.184
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	1.288
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	7.056
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	7.192
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.252
09279	Plums, raw	66	1 plum	6.270
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.000
07064	Pork sausage, fresh, cooked	26	2 links	0.182
07064	Pork sausage, fresh, cooked	27	1 patty	0.189
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
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.255
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.255
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.340
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.340
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.850
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.340

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	1.020
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.255
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.255
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.595
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	0.340
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.000
11672	Potato pancakes, home-prepared	76	1 pancake	16.720
11399	Potato puffs, frozen, prepared	79	10 puffs	5.451
11414	Potato salad, home-prepared	250	1 cup	25.000
11674	Potato, baked, flesh and skin, without salt	202	1 potato	19.392
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	7.595
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	24.255
11363	Potatoes, baked, flesh, without salt	156	1 potato	19.968
11364	Potatoes, baked, skin, without salt	58	1 skin	7.830
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	17.680
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	9.990
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	11.544
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	5.050
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.827
11370	Potatoes, hashed brown, home-prepared	156	1 cup	20.280
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	21.210
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	13.020
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	22.050
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	8.085
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	25.970
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.000
09294	Prune juice, canned	256	1 cup	10.496
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	1.176
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.994
19183	Puddings, chocolate, ready-to-eat	113	4 oz	2.034
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.567
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.452
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.980
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.000
11424	Pumpkin, canned, without salt	245	1 cup	10.290
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	11.515
11429	Radishes, raw	4.5	1 radish	0.666
09298	Raisins, seedless	145	1 cup	3.335

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09298	Raisins, seedless	14	1 packet	0.322
09306	Raspberries, frozen, red, sweetened	250	1 cup	41.250
09302	Raspberries, raw	123	1 cup	32.226
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	15.120
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	7.920
14342	Rice beverage, RICE DREAM, canned	245	1 cup	1.225
20037	Rice, brown, long-grain, cooked	195	1 cup	0.000
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.000
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.000
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.000
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.000
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.028
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.000
18353	Rolls, hard (includes kaiser)	57	1 roll	0.000
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	31.960
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.306
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.000
04133	Salad dressing, french, home recipe	14	1 tbsp	0.084
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.096
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	0.000
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.918
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.978
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.000
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.000
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
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	2.145
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	0.000
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	2.616
06150	Sauce, barbecue sauce	15.75	1 tbsp	1.103
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.252
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.064
06166	Sauce, homemade, white, medium	250	1 cup	2.000
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.063

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	20.000
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	3.516
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	2.224
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	34.692
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.000
11445	Seaweed, kelp, raw	10	2 tbsp	0.300
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.094
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.510
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.000
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.448
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.397
14346	Shake, fast food, chocolate	333	16 fl oz	1.332
14347	Shake, fast food, vanilla	333	16 fl oz	2.664
11677	Shallots, raw	10	1 tbsp	0.800
19097	Sherbet, orange	74	1/2 cup	4.292
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.000
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	13.466
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.482
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.000
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.057
19013	Snacks, fruit leather, pieces	28.35	1 oz	15.876
19014	Snacks, fruit leather, rolls	21	1 large	25.200
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.255
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.170
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.000
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.000
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.000
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.000
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.085
19034	Snacks, popcorn, air-popped	8	1 cup	0.000
19036	Snacks, popcorn, cakes	10	1 cake	0.000
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.000
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.000
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.055
19035	Snacks, popcorn, oil-popped	11	1 cup	0.033
19041	Snacks, pork skins, plain	28.35	1 oz	0.142
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	9.611
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	3.402
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.325



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19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	2.693
19411	Snacks, potato chips, plain, salted	28.35	1 oz	8.817
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	8.817
19422	Snacks, potato chips, reduced fat	28.35	1 oz	7.286
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	10.575
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.000
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.000
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.510
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.057
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.000
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.898
19061	Snacks, trail mix, tropical	140	1 cup	10.640
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	4.374
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	1.518
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.000
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.964
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.244
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.000
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.241
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.000
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	5.520
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.241
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	3.904
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	3.472
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.244
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	1.240
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	2.232
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.976
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	1.205
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.897
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.246
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.750
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.711
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.717
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.968

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	0.723
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	5.124
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.428
06174	Soup, stock, fish, home-prepared	233	1 cup	0.233
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	67.704
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	66.368
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	2.440
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	6.000
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	1.446
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.108
16120	Soy milk, fluid	245	1 cup	0.000
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	30.600
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	2.924
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	15.282
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.000
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.000
02007	Spices, celery seed	2	1 tsp	0.342
02009	Spices, chili powder	2.6	1 tsp	1.667
02010	Spices, cinnamon, ground	2.3	1 tsp	0.656
02015	Spices, curry powder	2	1 tsp	0.228
02020	Spices, garlic powder	2.8	1 tsp	0.504
02026	Spices, onion powder	2.1	1 tsp	0.309
02027	Spices, oregano, dried	1.5	1 tsp	0.750
02028	Spices, paprika	2.1	1 tsp	1.493
02029	Spices, parsley, dried	1.3	1 tbsp	1.586
02030	Spices, pepper, black	2.1	1 tsp	0.441
11658	Spinach souffle, home-prepared	136	1 cup	2.992
11461	Spinach, canned, drained solids	214	1 cup	30.602
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	17.640
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	4.180
11457	Spinach, raw	30	1 cup	8.430
11457	Spinach, raw	10	1 leaf	2.810
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	9.900
11641	Squash, summer, all varieties, raw	113	1 cup	19.210
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	19.680
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	8.400
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	105.570
09316	Strawberries, raw	166	1 cup	97.608
09316	Strawberries, raw	12	1 strawberry	7.056
09316	Strawberries, raw	18	1 strawberry	10.584

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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	1.200
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.060
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	21.168
11512	Sweetpotato, canned, vacuum pack	255	1 cup	67.320
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	28.616
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	19.968
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	7.035
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.019
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	0.000
09223	Tangerine juice, canned, sweetened	249	1 cup	54.780
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	49.896
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	25.872
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	0.259
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.050
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.312
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.000
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.162
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.240
11954	Tomatillos, raw	34	1 medium	3.978
11540	Tomato juice, canned, with salt added	243	1 cup	44.469
11546	Tomato products, canned, paste, without salt added	262	1 cup	57.378
11547	Tomato products, canned, puree, without salt added	250	1 cup	26.500
11549	Tomato products, canned, sauce	245	1 cup	17.150
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	20.145
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	21.600
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	2.540
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	15.621
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	22.860

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11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	2.159
11955	Tomatoes, sun-dried	2	1 piece	0.784
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	3.054
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.000
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.000
21088	Tostada with guacamole	130.5	1 tostada	1.827
05286	Turkey and gravy, frozen	142	5-oz package	0.000
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.000
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	19.865
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	39.456
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	35.752
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	18.096
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.000
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.000
11578	Vegetable juice cocktail, canned	242	1 cup	67.034
04582	Vegetable oil, canola	14	1 tbsps	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	8.150
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	5.824
02048	Vinegar, cider	15	1 tbsps	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.000
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.300
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	1.820
09326	Watermelon, raw	152	1 cup	12.312
09326	Watermelon, raw	286	1 wedge	23.166
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.000
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.000
20083	Wheat flour, white, bread, enriched	137	1 cup	0.000
20084	Wheat flour, white, cake, enriched	137	1 cup	0.000
20080	Wheat flour, whole-grain	120	1 cup	0.000
20089	Wild rice, cooked	164	1 cup	0.000
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.000
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.000
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.589
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	1.816
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	2.043

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## Vitamin C, total ascorbic acid (mg) Content of Selected Foods per Common Measure, sorted alphabetically

<b>NDB_No</b>	<b>Description</b>	<b>Weight (g)</b>	<b>Common Measure</b>	<b>Content per Measure</b>
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	1.135