NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	1.388
14003	Alcoholic beverage, beer, regular	355	12 fl oz	1.608
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.031
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.005
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.005
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.005
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.075
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.166
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.219
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.219
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.083
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.069
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.159
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.248
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.297
09003	Apples, raw, with skin	138	1 apple	0.126
09004	Apples, raw, without skin	110	1 cup	0.100
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.479
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.459
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.653
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.970
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.839
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.906
09021	Apricots, raw	35	1 apricot	0.210
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	1.682
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	1.201
11015	Asparagus, canned, drained solids	72	4 spears	0.687
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.650
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1.868
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.623
09038	Avocados, raw, California	28.35	1 oz	0.542
09039	Avocados, raw, Florida	28.35	l oz	0.191
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	2.187
18005	Bagels, cinnamon-raisin	89	4" bagel	2.741
18003	Bagels, egg	89	4" bagel	3.064
18003	Bagels, egg	71	3-1/2" bagel	2.445
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	3.239
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	4.060
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.595
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.384
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.183
09040	Bananas, raw	118	1 banana	0.785

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09040	Bananas, raw	150	1 cup	0.998
20006	Barley, pearled, cooked	157	1 cup	3.239
20005	Barley, pearled, raw	200	1 cup	9.208
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1.087
16008	Beans, baked, canned, with franks	259	1 cup	2.334
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	0.888
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.257
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.869
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	1.205
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	1.167
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	1.023
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.966
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.345
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.271
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.768
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.517
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.271
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.768
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.517
16051	Beans, white, mature seeds, canned	262	1 cup	0.296
22905	Beef stew, canned entree	232	1 cup	2.856
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.057
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.270
13348	Beef, cured, corned beef, canned	85.05	3 oz	2.067
13350	Beef, cured, dried	28.35	1 oz	0.938
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	4.095
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	4.333
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	4.571
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	2.899
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	3.536
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.171
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.468
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	2.967
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	3.188
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	3.341
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	3.638
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	14.854
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.719

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11084	Beets, canned, drained solids	24	1 beet	0.038
11084	Beets, canned, drained solids	170	1 cup	0.267
1081	Beets, cooked, boiled, drained	50	1 beet	0.166
1081	Beets, cooked, boiled, drained	170	1 cup	0.563
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	2.978
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	1.769
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.828
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.724
09042	Blackberries, raw	144	1 cup	0.930
09055	Blueberries, frozen, sweetened	230	1 cup	0.582
)9050	Blueberries, raw	145	1 cup	0.606
07008	Bologna, beef and pork	56.7	2 slices	1.429
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	4.745
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.881
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	3.276
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.475
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.868
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.234
8024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.465
18025	Bread, cracked-wheat	25	1 slice	0.918
18027	Bread, egg	40	1/2" slice	1.939
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	1.187
18031	Bread, indian (navajo) fry	90	5" bread	3.272
18031	Bread, indian (navajo) fry	160	10-1/2" bread	5.818
18033	Bread, italian	20	1 slice	0.876
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	1.135
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	1.025
18039	Bread, oatmeal	27	1 slice	0.847
18040	Bread, oatmeal, toasted	25	1 slice	0.767
18041	Bread, pita, white, enriched	60	6-1/2" pita	2.779
8041	Bread, pita, white, enriched	28	4" pita	1.297
18044	Bread, pumpernickel	32	1 slice	0.989
18045	Bread, pumpernickel, toasted	29	1 slice	0.887
18047	Bread, raisin, enriched	26	1 slice	0.901
8048	Bread, raisin, toasted, enriched	24	1 slice	0.814
8053	Bread, reduced-calorie, rye	23	1 slice	0.581
8055	Bread, reduced-calorie, wheat	23	1 slice	0.894
8057	Bread, reduced-calorie, white	23	1 slice	0.837
18060	Bread, rye	32	1 slice	1.218
8061	Bread, rye, toasted	24	1 slice	0.903
8064	Bread, wheat (includes wheat berry)	25	1 slice	1.031
8065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.928
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.973

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
8069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	1.096
8070	Bread, white, commercially prepared, toasted	22	1 slice	0.864
8075	Bread, whole-wheat, commercially prepared	28	1 slice	1.074
8076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.970
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	3.600
21023	Breakfast items, french toast with butter	135	2 slices	3.915
1091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.863
1091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.205
1740	Broccoli, flower clusters, raw	11	1 floweret	0.070
1093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.843
1090	Broccoli, raw	31	1 spear	0.198
1090	Broccoli, raw	88	1 cup	0.562
1099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.947
1101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.832
20011	Buckwheat flour, whole-groat	120	1 cup	7.380
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.579
20013	Bulgur, cooked	182	1 cup	1.820
20012	Bulgur, dry	140	1 cup	7.160
1001	Butter, salted	14.2	1 tbsp	0.006
01145	Butter, without salt	14.2	1 tbsp	0.006
1117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.728
1120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.595
1110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.423
1109	Cabbage, raw	70	1 cup	0.210
1112	Cabbage, red, raw	70	1 cup	0.293
1114	Cabbage, savoy, raw	70	1 cup	0.210
8086	Cake, angelfood, commercially prepared	28	1 piece	0.247
8088	Cake, angelfood, dry mix, prepared	50	1 piece	0.086
8090	Cake, boston cream pie, commercially prepared	92	1 piece	0.176
8096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.369
8101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	1.080
8110	Cake, fruitcake, commercially prepared	43	1 piece	0.340
8116	Cake, gingerbread, prepared from recipe	74	1 piece	1.286
8119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	1.369
8120	Cake, pound, commercially prepared, butter	28	1 piece	0.367
8451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.192
8126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	1.672
8127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.215
8128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.520
8452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.307
.8133	Cake, sponge, commercially prepared	30	1 shortcake	0.580
8134	Cake, sponge, prepared from recipe	63	1 piece	0.759
8102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.191

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18139	Cake, white, prepared from recipe without frosting	74	1 piece	1.134
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.798
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.320
19074	Candies, caramels	10.1	1 piece	0.025
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.014
19071	Candies, carob	28.35	1 oz	0.295
19087	Candies, confectioner's coating, white	170	1 cup	1.267
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.030
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.060
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.027
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.006
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.002
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.007
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.002
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.088
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.015
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.818
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.063
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.214
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.901
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.039
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.170
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.700
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.040
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.304
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.686
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.216
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.021
19080	Candies, semisweet chocolate	168	1 cup	0.717
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.000
09060	Carambola, (starfruit), raw	91	1 fruit	0.374
09060	Carambola, (starfruit), raw	108	1 cup	0.444
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	0.055
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000

	Description	Weight (g)	Common Measure	Content per Measure
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
6055	Carob flour	8	1 tbsp	0.152
1655	Carrot juice, canned	236	1 cup	0.911
1960	Carrots, baby, raw	10	1 medium	0.056
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.806
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.006
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.607
11124	Carrots, raw	72	1 carrot	0.708
11124	Carrots, raw	110	1 cup	1.081
11935	Catsup	6	1 packet	0.090
11935	Catsup	15	1 tbsp	0.225
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.221
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.508
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.558
11135	Cauliflower, raw	100	1 cup	0.526
11135	Cauliflower, raw	13	1 floweret	0.068
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.479
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.120
11143	Celery, raw	40	1 stalk	0.128
11143	Celery, raw	120	1 cup	0.384
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	5.010
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.905
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	5.010
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	5.010
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	5.010
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	5.010
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	5.010
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	9.990
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	5.010
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	5.010
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	5.010
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	5.005
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	5.010
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	5.010
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.005
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	5.010
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	5.177
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	20.010
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	20.020

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	5.010
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	9.990
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	20.010
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	4.800
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	4.620
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	4.960
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	20.010
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	5.012
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	4.991
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	6.989
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	4.680
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	5.022
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	5.390
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	20.010
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	5.185
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	5.049
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	5.100
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	4.995
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	7.130
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	4.998
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	2.562
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	5.711
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	5.486
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	5.605
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	7.183
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.935
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.944
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	5.427
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	5.504
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	4.942
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.398
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	4.236
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.747
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	1.747
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	4.970
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	1.434

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	1.358
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	5.760
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	3.600
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.304
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	2.214
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	4.011
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	4.066
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.337
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.048
01164	Cheese sauce, prepared from recipe	243	1 cup	0.496
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.037
01004	Cheese, blue	28.35	1 oz	0.288
01007	Cheese, camembert	38	1 wedge	0.239
01009	Cheese, cheddar	28.35	1 oz	0.023
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.265
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.339
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.289
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.325
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.225
01017	Cheese, cream	14.5	1 tbsp	0.015
01186	Cheese, cream, fat free	15.6	1 tbsp	0.025
01019	Cheese, feta	28.35	1 oz	0.281
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.014
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.034
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.029
01030	Cheese, muenster	28.35	1 oz	0.029
01031	Cheese, neufchatel	28.35	1 oz	0.036
01032	Cheese, parmesan, grated	5	1 tbsp	0.006
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.020
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.011
01035	Cheese, provolone	28.35	1 oz	0.044
01037	Cheese, ricotta, part skim milk	246	1 cup	0.192
01036	Cheese, ricotta, whole milk	246	1 cup	0.256
01040	Cheese, swiss	28.35	1 oz	0.026
18147	Cheesecake commercially prepared	80	1 piece	0.156
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.432
09070	Cherries, sweet, raw	68	10 cherries	0.105
22906	Chicken pot pie, frozen entree	217	1 small pie	4.130
07017	Chicken roll, light meat	56.7	2 slices	3.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	14.732
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	13.467
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	11.792
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	5.939
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	3.669
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	2.958
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	2.673
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	9.606
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	11.227
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.712
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	4.915
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	3.393
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.580
05277	Chicken, canned, meat only, with broth	142	5 oz	8.987
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2.165
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	8.971
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.331
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.863
22904	Chili con carne with beans, canned entree	222	1 cup	2.073
11156	Chives, raw	3	1 tbsp	0.019
14181	Chocolate syrup	18.75	1 tbsp	0.060
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.110
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.378
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.163
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.166
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.167
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.163
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.118
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	3.124
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.422
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	1.057
11159	Coleslaw, home-prepared	120	1 cup	0.326
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.093
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1.080
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.964
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.220
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.160
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.272
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.277

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.218
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.514
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.207
18170	Cookies, fig bars	16	1 cookie	0.300
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.462
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.577
18177	Cookies, molasses	15	1 cookie, medium	0.455
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.970
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.131
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.557
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.273
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.189
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.641
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.703
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.347
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.267
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.404
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.342
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.362
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.269
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.404
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.124
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	1.243
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	2.458
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	2.451
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	1.243
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	2.150
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.956
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	6.947
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	6.301
20020	Cornmeal, whole-grain, yellow	122	1 cup	4.431
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	1.543
20028	Couscous, dry	173	1 cup	6.038
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	2.315
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	1.238
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.850
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	l cup	0.851
18214	Crackers, cheese, regular	10	10 crackers	0.467
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.408

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	1.103
18220	Crackers, melba toast, plain	20	4 pieces	0.823
18226	Crackers, rye, wafers, plain	11	1 wafer	0.174
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.630
18229	Crackers, standard snack-type, regular	12	4 crackers	0.486
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.264
18232	Crackers, wheat, regular	8	4 crackers	0.397
18235	Crackers, whole-wheat	16	4 crackers	0.723
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.089
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.057
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	l tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.012
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.006
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.009
01052	Cream, fluid, light whipping	15	1 tbsp	0.006
01056	Cream, sour, cultured	12	1 tbsp	0.008
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.010
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.002
18239	Croissants, butter	57	1 croissant	1.247
18243	Croutons, seasoned	40	1 cup	1.858
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	1.139
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.153
15141	Crustaceans, crab, blue, canned	135	1 cup	1.850
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	2.805
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.740
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.910
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	2.343
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	2.610
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	1.382
11206	Cucumber, peeled, raw	280	1 large	0.104
11206	Cucumber, peeled, raw	119	1 cup	0.044
11205	Cucumber, with peel, raw	301	1 large	0.295
11205	Cucumber, with peel, raw	104	1 cup	0.102
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.540
18245	Danish pastry, cheese	71	1 danish	1.420
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	1.414
09087	Dates, deglet noor	41.5	5 dates	0.529
09087	Dates, deglet noor	178	1 cup	2.268
01071	Dessert topping, powdered, 1.5 ounce prepared with $1/2$ cup milk	4	1 tbsp	0.002
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02045	Dill weed, fresh	1	5 sprigs	0.016
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.871
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.259
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.371
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.711
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	11.271
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.799
01143	Egg substitute, liquid	62.75	1/4 cup	0.069
01124	Egg, white, raw, fresh	33.4	1 large	0.035
01128	Egg, whole, cooked, fried	46	1 large	0.035
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.032
01131	Egg, whole, cooked, poached	50	1 large	0.035
01132	Egg, whole, cooked, scrambled	61	1 large	0.048
01123	Egg, whole, raw, fresh	50	1 large	0.035
01123	Egg, whole, raw, fresh	44	1 medium	0.031
01123	Egg, whole, raw, fresh	58	1 extra large	0.041
01125	Egg, yolk, raw, fresh	16.6	1 large	0.004
01057	Eggnog	254	1 cup	0.267
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.594
11213	Endive, raw	50	1 cup	0.200
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	2.214
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	1.975
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	1.913
21049	Entrees, pizza with cheese	63	1 slice	2.482
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	1.959
21051	Entrees, pizza with pepperoni	71	1 slice	3.046
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.786
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	2.703
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	7.380
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	6.016
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	6.014
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	8.051
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	3.718
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	6.807
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	7.473
21042	Fast foods, chili con carne	253	1 cup	2.479
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	5.777
21043	Fast foods, clams, breaded and fried	115	3/4 cup	2.864
21127	Fast foods, coleslaw	99	3/4 cup	0.079
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	2.193
21015	Fast foods, danish pastry, cheese	91	1 pastry	2.548
21017	Fast foods, danish pastry, fruit	94	1 pastry	1.795

Content per Measure NDB No Description Weight (g) **Common Measure** 21074 Fast foods, enchilada, with cheese 163 1 enchilada 1.907 21021 Fast foods, english muffin, with egg, cheese, and canadian bacon 137 1 muffin 3.335 Fast foods, fish sandwich, with tartar sauce and cheese 1 sandwich 21106 183 4.227 5 sticks 21024 Fast foods, french toast sticks 141 2.961 Fast foods, frijoles with cheese 21077 167 1 cup 1.486 21114 Fast foods, hamburger, large, double patty, with condiments and 226 1 sandwich 7.571 vegetables 21111 Fast foods, hamburger, regular, double patty, with condiments 215 1 sandwich 6.730 21108 Fast foods, hamburger, regular, single patty, with condiments 106 1 sandwich 3.911 98 21118 Fast foods, hotdog, plain 1 sandwich 3.646 21119 Fast foods, hotdog, with chili 114 1 sandwich 3.739 21120 Fast foods, hotdog, with corn flour coating (corndog) 175 1 corn dog 4.165 Fast foods, hush puppies 78 5 pieces 2.028 21129 21028 Fast foods, ice milk, vanilla, soft-serve, with cone 103 1 cone 0.309 21078 Fast foods, nachos, with cheese 113 6-8 nachos 1.537 83 0.921 21130 Fast foods, onion rings, breaded and fried 8-9 rings 21025 Fast foods, pancakes with butter and syrup 232 3.387 2 pancakes Fast foods, potato, french fried in vegetable oil 134 1 medium 3.819 21138 21138 Fast foods, potato, french fried in vegetable oil 85 1 small 2.423 Fast foods, potato, french fried in vegetable oil 4.817 21138 169 1 large 21139 Fast foods, potato, mashed 80 1/3 cup 0.960 21026 Fast foods, potatoes, hashed brown 72 1/2 cup 1.073 21121 Fast foods, roast beef sandwich, plain 139 1 sandwich 5.866 21053 Fast foods, salad, vegetable, tossed, without dressing, with cheese and 217 1-1/2 cups 0.977 egg 21054 Fast foods, salad, vegetable, tossed, without dressing, with chicken 218 5.886 1-1/2 cups 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 5.495 Fast foods, submarine sandwich, with roast beef 1 sandwich, 6" roll 5.962 21125 216 Fast foods, submarine sandwich, with tuna salad 1 sandwich, 6" roll 11.341 21126 256 1.074 21033 Fast foods, sundae, hot fudge 158 1 sundae 21082 Fast foods, taco 171 1 small 3.215 263 4.944 21082 Fast foods, taco 1 large 21083 Fast foods, taco salad 198 1-1/2 cups 2.455 21086 Fast foods, tostada, with beans, beef, and cheese 225 1 tostada 2.858 09094 Figs, dried, uncooked 38 2 figs 0.235 15011 Fish, catfish, channel, cooked, breaded and fried 85 3 oz 1.940 3 oz 2.129 15017 Fish, cod, Atlantic, canned, solids and liquid 85 15192 Fish, cod, Pacific, cooked, dry heat 85 3 oz 2.112 15027 Fish, fish portions and sticks, frozen, preheated 57 1 portion (4" x 2" x 1/2") 1.214 1 stick (4" x 1" x 1/2") 15027 Fish, fish portions and sticks, frozen, preheated 28 0.596 15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127 1 fillet 2.767 15029 Fish, flatfish (flounder and sole species), cooked, dry heat 85 3 oz 1.852 15034 Fish, haddock, cooked, dry heat 150 1 fillet 6.948

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15034	Fish, haddock, cooked, dry heat	85	3 oz	3.937
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	6.055
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	11.326
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	2.807
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	2.071
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	1.218
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	1.403
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.990
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	3.331
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	5.839
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	3.106
15077	Fish, salmon, chinook, smoked	85.05	3 oz	4.014
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	5.556
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	10.339
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	5.670
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	4.461
15111	Fish, swordfish, cooked, dry heat	106	1 piece	12.497
15111	Fish, swordfish, cooked, dry heat	85	3 oz	10.022
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	7.472
15128	Fish, tuna salad	205	1 cup	13.735
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	10.546
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	11.288
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	4.929
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	10.146
07022	Frankfurter, beef	45	1 frank	1.067
07023	Frankfurter, beef and pork	45	1 frank	1.185
07024	Frankfurter, chicken	45	1 frank	1.390
18268	French toast, frozen, ready-to-heat	59	1 slice	1.606
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.058
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.045
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.084
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.122
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.220
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.207
19294	Fruit butters, apple	17	1 tbsp	0.011
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.928
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.955
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.052
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.993
11215	Garlic, raw	3	1 clove	0.021
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.001

1976 Glaint description, dry mix, reduced calorie, with asparame, prepared 117 1/2 cap 14227 Game drink, canned 250 8 fl oz 19135 Grape juice, conserventure, sweetened, without added vitamin C 253 1 cap 19137 Grape juice, conserventure, sweetened, unditated with 3 volume 250 1 cap 19136 Grape juice, froors concentrate, sweetened, unditated, with added 216 6-fl-or can 19140 Grape/frint juice, printe, nave 247 1 cap 19121 Grape/frint juice, printe, consecutante, unsweetened 247 1 cap 19125 Grape/frint juice, white, canned, sweetened, unditated with 247 1 cap 19126 Grape/frint juice, white, froore concentrate, unsweetened, unditated 216 6-fl-or can 19126 Grape/frint juice, white, if noore concentrate, unsweetened, unditated 217 1 cap 19121 Grape/frint, now, white, all areas 123 1/2 grape/fruit 19121 Grape/frint, now, white, all areas 118 1/2 grape/fruit 19121 Grape/frint, sectors, cancented, ligh styre pack, solids and liquids 254 1 cap 19121 Grape/frint, sectors, cancented, ligh styre pack, solids and liquids 254 1 cap 19121 Grape/frint, sectors, cancented, ligh s	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1427Grage dirik, camed2508 fl ac09136Grape juice, canned or bortla, unsweetend, diltated with al volume2531 cup09137Grape juice, canned concentrate, sweetend, diltated with al volume2106-1-ac can09148Grapefruit juice, pink, raw2141 cup09149Grapefruit juice, pink, raw2471 cup09124Grapefruit juice, white, canned, unsweetened2141 cup09125Grapefruit juice, white, foxen concentrate, unsweetened, diltated with2471 cup09126Grapefruit juice, white, foxen concentrate, unsweetened, diltated with2471 cup09127Grapefruit juice, white, foxen concentrate, unsweetened, diltated with2401 cup09128Grapefruit juice, white, foxen concentrate, unsweetened, diltated with2411 cup09129Grapefruit juice, white, foxen concentrate, unsweetened, diltated with2431 cup09120Grapefruit, raw, pink and red, all areas1841 2 grapefruit09131Grapefruit, raw, pink and red, all areas1841 cup09132Grapefruit, raw, white, all areas1841 cup09133Grapefruit, raw, white, all areas1841 cup09144Graper, cup grape (curpean typ varieties, such as, Thompson seefles), raw1 cup09134Graper, cup grame (curpean typ varieties, such as, Thompson seefles), raw1 cup09141Graper, volut, cup and cup an	19176		117	1/2 cup	0.000
99137Grap juice, frozer concentrate, sweetened, dialad with 3 volume2501 cup99136Grap juice, frozer concentrate, sweetened, undialad, with added vitamin C2166-Fox can99137Grapefruit juice, white, canned, unsweetened2471 cup99138Grapefruit juice, white, canned, unsweetened2471 cup99129Grapefruit juice, white, foxer concentrate, unsweetened, dialated with2471 cup99129Grapefruit juice, white, foxer concentrate, unsweetened, dialated with2471 cup99129Grapefruit, juice, white, foxer concentrate, unsweetened, dialated with2471 cup99129Grapefruit, juice, white, foxer concentrate, unsweetened, undialated2471 cup99120Grapefruit, raw, pink and red, all areas1231 2 grapefruit99121Grapefruit, raw, pink and red, all areas1812 grapefruit99122Grapefruit, raw, pink and red, all areas1812 grapefruit99123Grapefruit, raw, pink and red, all areas1812 grapefruit99124Grapefruit, raw, pink and red, all areas1601 cup99125Grapefruit, raw, pink and red, all areas1812 grapefruit99126Grapefruit, raw, pink and red, all areas1812 grapefruit99127Grapefruit, raw, pink and red, all areas1601 cup99128Grapefruit, raw, pink and red, all areas1601 cup99129Grapefruit, raw, pink and red, all areas1601 dup99129Grapefruit, raw,	14277	Grape drink, canned	250	8 fl oz	0.025
water, with added vitamin C 216 6-1-ac can 991360 Grape fruit juice, prine, raw 217 1 cup 991404 Grape fruit juice, prine, raw 217 1 cup 991215 Grape fruit juice, white, canned, unsweetened 247 1 cup 991236 Grape fruit juice, white, canned, unsweetened, undituted 247 1 cup 99125 Grape fruit juice, white, forzen concentrate, unsweetened, undituted 247 1 cup 99126 Grape fruit juice, white, forzen concentrate, unsweetened, undituted 247 1 cup 99128 Grape fruit, wuise, and rot, all racas 123 2 grape fruit 99129 Grape fruit, wuise, and rot, all racas 123 12 grape fruit 99120 Grape fruit, raw, white, all areas 184 12 grape fruit 99121 Grape fruit, raw, white, all areas 184 14 cup 99129 Grape fruit, raw, white, all areas 182 14 cup 99120 Grape fruit, raw, white, all areas 182 14 cup 99121 Grape fruit, raw, white, all areas 182 14 cup	09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.663
vinim C 247 texp 99404 Grapefruit juice, pink, raw 247 texp 99123 Grapefruit juice, white, canned, unsweetened 247 texp 99124 Grapefruit juice, white, forzen concentrate, unsweetened, diluited with 247 texp 99125 Grapefruit juice, white, forzen concentrate, unsweetened, undiluited 207 6-fl-coc can 99124 Grapefruit juice, white, forzen concentrate, unsweetened, undiluited 207 6-fl-coc can 99125 Grapefruit juice, white, farw 247 texp 99124 Grapefruit juice, white, farw 247 texp 99125 Grapefruit juice, white, farw 247 texp 99126 Grapefruit juice, white, farw 247 texp 99127 Grapefruit juice, white, farmand text all areas 128 texp 99128 Grapefruit juice, white, farmand text all areas 180 texp 99124 Grapefruit juice, white, farmand text all areas 54 texp 99125 Grapefruit juice, nenned 58.25 1/4 cup 91121	09137		250	1 cup	0.310
90124Grapefruit juice, white, canned, unsweetened2501 cup90125Grapefruit juice, white, forzen concentrate, unsweetened, diluted with p1262471 cup90126Grapefruit juice, white, forzen concentrate, unsweetened, diluted with p1272471 cup90127Grapefruit juice, white, forzen concentrate, unsweetened, diluted with p1282471 cup90128Grapefruit, raw, mark oft, all areas1231/2 grapefruit parphruit, sections, canned, light syrup pack, solids and liquids2541 cup90120Grapefruit, raw, white, all areas1601 cup190121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup90122Grapes, red or green (curopean type varieties, such as, Thompson secoless), raw5010 grapes90132Grapes, red or green (curopean type varieties, such as, Thompson secoless), raw501/2 cup90141Gravy, secf, canned58.251/4 cup90141Gravy, secf, canned59.61/4 cup90152Gravy, substruc, canned50.61/4 cup90163Gravy, substruc, canned50.72 slices90174Ham, sloed, ergular (approximately 5% fai)56.72 slices90175Ham, sliced, regular (approximately 5% fai)56.72 slices90184Horey11 bap90195Horey11 bap90196Horey11 cup90197Ham, sliced, regular (approximately 5% fai)661/2 cup<	09136	1 5	216	6-fl-oz can	0.931
pp1213Grapefruit juice, white, canned, unsweetened2471 cupp2126Grapefruit juice, white, frozen concentrate, unsweetened, untiluted2471 cupp2128Grapefruit juice, white, frozen concentrate, unsweetened, untiluted2076-fl-oz canp2128Grapefruit juice, white, frozen concentrate, unsweetened, untiluted2076-fl-oz canp2129Grapefruit juice, white, frozen concentrate, unsweetened, untiluted2076-fl-oz canp2128Grapefruit, raw, pink and red, all areas12812 grapefruitp2121Grapefruit, raw, pink and red, all areas18812 grapefruitp2122Grapes, red or green (european type varieties, such as, Thompson seedles), raw5010 grapesp2123Grays, red or green (european type varieties, such as, Thompson seedles), raw5010 grapesp2124Gravy, heick, canned59.51/4 cupp2125Gravy, vehick, canned59.61/4 cupp2126Gravy, NESTLE, CHEF-MATE Country Sussage Gravy, ready-to- serve212 slicesp2127Ham, sliced, canned50.72 slicesp2128Gravy, NESTLE, CHEF-MATE Country Sussage Gravy, ready-to- serve2 slices1/4 cupp2129Gravy, NESTLE, CHEF-MATE Country Sussage Gravy, ready-to- serve2 slices1/4 cupp2129Ham, sliced, canned56.72 slicesp2120Heat-Striped, ot canned56.72 slicesp2121Gravy, INESTLE, CHEF-MATE Country Sussage Gravy, ready-to- serve2 slices1/2	09404	Grapefruit juice, pink, raw	247	1 cup	0.494
Opplace Barbernit Juice, white, frozen concentrate, unsweetened, diluted with 3 volume water2471 cup19125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-ft-oz can19121Grapefruit, raw, white, ant2141 cup19112Grapefruit, raw, white, all areas1231/2 grapefruit19112Grapefruit, raw, white, all areas1181/2 grapefruit19112Grapefruit, raw, white, all areas1601 cup19121Grapefruit, raw, white, all areas1601 cup19122Grapes, red or green (european type varieties, such as, Thompson5010 grapes19132Grapes, red or green (european type varieties, such as, Thompson5010 grapes19132Graye, steel (european type varieties, such as, Thompson5010 grapes19132Graye, steel (european type varieties, such as, Thompson501/4 cup19132Graye, steel (european type varieties, such as, Thompson501/4 cup19131Graye, steel (european type varieties, such as, Thompson501/4 cup19132Graye, steel (european type varieties, such as, Thompson521/4 cup19132Graye, steel (european type varieties, such as, Thompson521/4 cup1	09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.798
3 volume vitari4 volume vitari19125Grapefriti juice, white, frozen concentrate, unsweetened, undiluted2076-ho-z can19126Grapefriti, juice, white, raw2471 cup19117Grapefriti, raw, pink and ed, all areas12312 grapefruit19118Grapefriti, raw, white, all areas11812 grapefruit19110Grapefriti, raw, white, all areas1181 cup19121Grapefriti, sections, canned, light syrup pack, solids and liquids2541 cup19132Grapes, red or green (european type varieties, such as, Thompson501 cup19132Grapes, red or green (european type varieties, such as, Thompson5010 grapes19132Grapes, red or green (european type varieties, such as, Thompson501/4 cup19134Gray, beef, canned59.51/4 cup19135Gravy, wheef, canned59.51/4 cup19141Gravy, mushroom, canned59.51/4 cup19152Gravy, Mushrue, canned212 slices19152Gravy, Mushrue, canned50.72 slices19125Gravy, Unry, Canned56.72 slices19129Ham, sliced, ergular (approximately 5% fat)56.72 slices19204HEALTHY CHOICE Beef Macaroni, frozen entree2401 package19205Horav1601 sup19316Horav, shoravelia, soft-serve661/2 cup19317Harst of grand, approximately 11% fat)6.11 sup19329Le cer	9123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.571
pp128Grapefruit juice, white, raw2471 cuppp112Grapefruit, raw, pink and red, all areas1231/2 grapefruitpp116Grapefruit, raw, white, all areas1181/2 grapefruitpp111Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cuppp123Grapes, red or green (european type varieties, such as, Thompson1601 cuppp1312Grapes, red or green (european type varieties, such as, Thompson5010 grapespp132Grapes, red or green (european type varieties, such as, Thompson501/4 cuppp131Gray, beef, canned58.251/4 cuppp141Gravy, beef, canned59.51/4 cuppp152Gravy, thicken, canned59.61/4 cuppp1614Gravy, nushroom, canned59.61/4 cuppp1625Gravy, turkey, canned59.61/4 cuppp1727Ham, sliced, extra lean, (approximately 5% fat)56.72 slicespp17028Ham, sliced, extra lean, (approximately 5% fat)56.72 slicespp17029Ham, sliced, regular (approximately 1% fat)56.72 slicespp17029Ham, sliced, regular (approximately 5% fat)56.72 slicespp1702Hency1 hearts of palm, canned141 tbsppp1704Hearts of palm, canned661/2 cuppp1705Heoreams, cheoolate661/2 cuppp1706Lee creams, facho, barserve661/2 cuppp1707Lee oreams, chooolate66 <td>09126</td> <td>1 5 7 7 7 7 7</td> <td>247</td> <td>1 cup</td> <td>0.536</td>	09126	1 5 7 7 7 7 7	247	1 cup	0.536
Oppl2Grapefruit, raw, pink and red, all areas1231/2 grapefruit09116Grapefruit, raw, white, all areas1181/2 grapefruit09121Grapefruit, sections, canned, light syrup pack, solids and liquids2541 cup09132Grapes, red or green (european type varieties, such as, Thompson seedless), raw1601 cup09132Grapes, red or green (european type varieties, such as, Thompson seedless), raw5010 grapes06116Gravy, becf, canned58.251/4 cup06119Gravy, chicken, canned59.61/4 cup06121Gravy, mushroom, canned59.61/4 cup06125Gravy, turky, canned59.61/4 cup06125Gravy, turky, canned212 slices07027Ham, chopped, not canned56.72 slices07028Ham, sliced, regular (approximately 5% fat)56.72 slices07029Ham, sliced, regular (approximately 1% fat)56.72 slices07029Ham, sliced, regular (approximately 1% fat)56.72 slices07029Honey211 tbsp07025Horserdish, prepared461/2 cup07026Honey1 sup1/2 cup07027Honey211 tbsp07028Honey2 lices1/2 cup07029Ham, sliced, regular (approximately 5% fat)56.72 slices07029Ham, sliced, regular (approximately 5% fat)56.72 slices07020Ice creams, chocolate2 du	09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.598
pp116Grapefruit, raw, white, all areas1181/2 grapefruitp9121Grapes fruit, sections, canned, light syrup pack, solids and liquids2541 cupp9132Grapes, red or green (european type varieties, such as, Thompson secelless), raw5010 grapesp9132Grapes, red or green (european type varieties, such as, Thompson secelless), raw5010 grapesp9132Grapes, red or green (european type varieties, such as, Thompson secelless), raw5010 grapesp9132Grapes, red or green (european type varieties, such as, Thompson secelless), raw5010 grapesp9132Gravy, beef, canned58.251/4 cupp6110Gravy, mushroom, canned59.61/4 cupp6125Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve59.61/4 cupp6135Gravy, Nestrue, canned59.62 slicesp7027Ham, chopped, not canned56.72 slicesp7028Ham, sliced, regular (approximately 5% fat)56.72 slicesp7029Ham, sliced, regular (approximately 1% fat)56.72 slicesp10401Hearts of palm, canned331 piecep10415Hearts of palm, canned141 bspp10425Horey211 bspp1045Horey211 bspp1045Horey1 grav1 gravp1045Horey1 cup1 cupp1045Horey1 cup1 cupp1045Le creams, chocolate661/2 cup<)9128	Grapefruit juice, white, raw	247	1 cup	0.494
GrapeFinit, sections, canned, light syrup pack, solids and liquids254I cup19132Grapes, red or green (european type varieties, such as, Thompson seedless), raw1601 cup19132Grapes, red or green (european type varieties, such as, Thompson seedless), raw5010 grapes10116Gravy, bef, canned58,251/4 cup10119Gravy, chicken, canned59,61/4 cup10110Gravy, mustroom, canned59,61/4 cup10111Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve201/4 cup10125Gravy, utkey, canned212 slices10126Gravy, utkey, canned212 slices10127Han, chopped, not canned212 slices10128Hann, sliced, ceptular (approximately 5% fat)56.72 slices10290Han, sliced, regular (approximately 1% fat)56.72 slices11904Hearts of palm, canned331 piece12020HEALTHY CHOICE Beef Macaroni, frozen entree2401 package12030Honey211 tbsp12030Ice creams, chocolate661/2 cup12030Ice creams, chocolate661/2 cup12030Ice creams, spanilla, joft-serve861/2 cup19030Ice creams, vanilla, ight661/2 cup19033Ice novelties, italian, restaurant-prepared1161/2 cup19034Ice novelties, italian, restaurant-prepared1601/2 cup19035Ic	09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.251
99132Grapes, red or green (european type varieties, such as, Thompson seedless), raw1601 cup19132Grapes, red or green (european type varieties, such as, Thompson seedless), raw5010 grapes19114Grave, ted or green (european type varieties, such as, Thompson Seedless), raw5010 grapes106116Gravy, beef, canned58.251/4 cup106119Gravy, ehicken, canned59.51/4 cup106120Gravy, nushroom, canned59.61/4 cup106125Gravy, turkey, canned59.61/4 cup106125Gravy, turkey, canned59.61/4 cup107027Ham, chopped, not canned212 slices107028Ham, sliced, regular (approximately 5% fat)56.72 slices107029Ham, sliced, regular (approximately 11% fat)56.72 slices122402HEALTHY CHOICE Beef Macaroni, frozen entree2401 package122403Hearts of palm, canned331 piece122404Hearts of palm, canned51 tsp122405Horser51 tsp12050Horser adish, prepared661/2 cup12051Horser adish, prepared661/2 cup12052Ice creams, thench vanilla, soft-serve861/2 cup12054Ice creams, unilla, light661/2 cup12055Ice creams, vanilla, right661/2 cup12054Ice novelties, npi1161 cup12055Ice creams, vanilla, right66 </td <td>09116</td> <td>Grapefruit, raw, white, all areas</td> <td>118</td> <td>1/2 grapefruit</td> <td>0.317</td>	09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.317
seedless), rawseedless, rawseedless, rawseedless09132Grapes, red or green (european type varieties, such as, Thompson5010 grapes06116Gravy, beef, canned58.251/4 cup06119Gravy, nushroom, canned59.61/4 cup06120Gravy, nushroom, canned59.61/4 cup06121Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve621/4 cup06125Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve59.61/4 cup06125Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve212 slices06125Gravy, turkey, canned212 slices07027Ham, chopped, not canned212 slices07028Ham, sliced, extra lean, (approximately 1% fat)56.72 slices07029Hans, sliced, regular (approximately 1% fat)56.72 slices02104HEALTHY CHOICE Beef Macaroni, frozen entree2401 package02105Horseradish, prepared211 bsp122402HEALTHY CHOICE Beef Macaroni, frozen entree2401 bsp120505Horseradish, prepared51 bsp120506Honey11 bsp120507Ice creams, chocolate661/2 cup190508Ice creams, vanilla, soft-serve861/2 cup190509Ice creams, vanilla, isch1661/2 cup190819Ice novelties, italian, restaurant-prepared1661/2 cup19082I	09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.617
seedless), rawrefref06116Gravy, beef, canned58.251/4 cup06119Gravy, chicken, canned59.61/4 cup061210Gravy, nusbroom, canned59.61/4 cup06000Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve621/4 cup06125Gravy, turkey, canned59.61/4 cup06125Gravy, turkey, canned212 slices07027Ham, chopped, not canned212 slices07028Ham, sliced, extra lean, (approximately 5% fat)56.72 slices07029Han, sliced, regular (approximately 11% fat)56.72 slices07029HEALTHY CHOICE Beef Macaroni, frozen entree2401 package07020Hearts of palm, canned331 piece07021Horey211 tbsp07025Horey211 tbsp07026Horey661/2 cup07027Ice creams, chocolate661/2 cup07028Ice creams, vanilla, soft-serve661/2 cup07039Ice creams, vanilla, soft-serve661/2 cup07040Ice creams, vanilla, infeh741/2 cup07050Ice creams, vanilla, infeh741/2 cup07051Ice creams, vanilla, rich741/2 cup07052Ice novelties, italian, restaurant-prepared1161/2 cup07053Ice novelties, tubain, restaurant-prepared501 bsp07054Ice novelties, tubain, restaura	09132		160	1 cup	0.301
Me19Grav, chicken, caned59.51/4 cupMe101Grav, mushroom, caned59.61/4 cupMe1021Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve621/4 cupMe1025Gravy, turkey, canned59.61/4 cupMe1027Ham, chopped, not canned212 slicesMe1027Ham, sliced, extra lean, (approximately 5% fat)56.72 slicesMe1027Ham, sliced, regular (approximately 11% fat)56.72 slicesMe1027HEALTHY CHOICE Beef Macaroni, frozen entree2401 package11961Hearts of palm, canned331 piece12926Honey11 tsp20550Horsendish, prepared51 tsp16158Hummus, commercial461/2 cup9090Ice creams, chocolate661/2 cup90950Ice creams, annilla, soft-serve861/2 cup90951Ice reams, vanilla, light741/2 cup90952Ice reams, vanilla, light611/2 cup90953Ice novelties, italian, restaurant-prepared161/2 cup90954Ice novelties, italian, restaurant-prepared161/2 cup90353Ice novelties, italian, restaurant-prepared161/2 cup90354Ice novelties, italian, restaurant-prepared161/2 cup90355Ice novelties, italian, restaurant-prepared161/2 cup90364Ice novelties, italian, restaurant-prepared161/2 cup90375<	09132		50	10 grapes	0.094
ArrowServeServe06121Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve621/4 cup06125Gravy, turkey, canned59.61/4 cup06125Gravy, turkey, canned212 slices07027Ham, chopped, not canned212 slices07028Ham, sliced, extra lean, (approximately 5% fat)56.72 slices07029Ham, sliced, regular (approximately 11% fat)56.72 slices07029HEALTHY CHOICE Beef Macaroni, frozen entree2401 package07029Honey211 tbsp02055Horseradish, prepared51 tsp02055Horseradish, prepared661/2 cup02050Ice creams, chocolate661/2 cup09090Ice creams, vanilla, soft-serve861/2 cup09051Ice creams, vanilla, light741/2 cup09052Ice reams, vanilla, light741/2 cup090531Ice novelties, italian, restaurant-prepared1161/2 cup0905431Ice novelties, italian, restaurant-prepared1161/2 cup0925431Ice novelties, italian, restaurant-prepared1161/2 cup0925431Ice novelties, italian, restaurant-prepared1161/2 cup0925431Ice novelties, pop591 bar (2 fl oz)0925431Ice novelties, pop591 bar (2 fl oz)0925431Ice novelties, pop591 bar (2 fl oz)0925431Ice novelties, pop59 </td <td>06116</td> <td>Gravy, beef, canned</td> <td>58.25</td> <td>1/4 cup</td> <td>0.384</td>	06116	Gravy, beef, canned	58.25	1/4 cup	0.384
Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve621/4 cupb6125Gravy, turkey, canned59.61/4 cupb7027Ham, chopped, not canned212 slicesb7028Ham, sliced, extra lean, (approximately 5% fat)56.72 slicesb7029Ham, sliced, regular (approximately 11% fat)56.72 slicesb7029Ham, sliced, regular (approximately 11% fat)56.72 slicesb7029HEALTHY CHOICE Beef Macaroni, frozen entree2401 packageb1926Honey211 tbspb1025Horseradish, prepared51 tspb1035Horseradish, prepared51 tspb1045Hummus, commercial141 tbspb1050Ice creams, chocolate661/2 cupb1090Ice creams, trench vanilla, soft-serve861/2 cupb10905Ice creams, vanilla, light661/2 cupb10905Ice creams, vanilla, light661/2 cupb10905Ice reams, vanilla, restaurant-prepared1161/2 cupb10915Ice novelties, italian, restaurant-prepared591 bar (2 floz)b10925Jans and preserves501 bar (2 floz)b10930Jellies, pop591 bar (2 floz)b1094Jensenterses591 bar (2 floz)b1095Jens and preserves501 bar (2 floz)b1095Jens and preserves591 bar (2 floz)b1095Jensenterses591 bar (2 floz) <td>06119</td> <td>Gravy, chicken, canned</td> <td>59.5</td> <td>1/4 cup</td> <td>0.264</td>	06119	Gravy, chicken, canned	59.5	1/4 cup	0.264
serve1/4 cup26125Gravy, turkey, canned59.61/4 cup7027Ham, chopped, not canned212 slices7028Ham, sliced, extra lean, (approximately 5% fat)56.72 slices7029Ham, sliced, regular (approximately 1% fat)56.72 slices22402HEALTHY CHOICE Beef Macaroni, frozen entree2401 package1961Hearts of palm, canned331 piece9296Honey211 tbsp2055Horseradish, prepared51 tsp6158Hummus, commercial141 tbsp9290Ice creams, chocolate661/2 cup9095Ice creams, trench vanilla, soft-serve861/2 cup9095Ice creams, vanilla1161/2 cup9084Ice creams, vanilla, light661/2 cup9285Ice novelties, italian, restaurant-prepared1161/2 cup9284Ice novelties, italian, restaurant-prepared59.91 bar (2 fl oz)9285Jens and preserves201 bas9297Jams and preserves201 bas9297Jens and preserves201 bas9297Jens and preserves201 bas9297Jens and preserves101 bas9297Jams and preserves201 bas9297Jens and preserves201 bas9297Jens and preserves201 bas9297Jens and preserves201 bas	06121	Gravy, mushroom, canned	59.6	1/4 cup	0.400
Product Pr)6800		62	1/4 cup	0.650
DefinitionSector2 slices207028Ham, sliced, exgular (approximately 11% fat)Sec.72 slices207029Ham, sliced, regular (approximately 11% fat)Sec.72 slices22402HEALTHY CHOICE Beef Macaroni, frozen entree2401 package11961Hearts of palm, canned331 piece19296Honey211 tbsp19295Horseradish, preparedS1 tsp16158Hummus, commercial141 tbsp19290Ice creams, chocolate661/2 cup19090Ice creams, french vanilla, soft-serve861/2 cup19095Ice creams, vanilla, light661/2 cup19088Ice creams, vanilla, rich741/2 cup19089Ice novelties, italian, restaurant-prepared1161/2 cup19283Ice novelties, italian, restaurant-prepared591 bar (2 fl oz)19297Jams and preserves201 tbsp19208Jellies191 tbsp	06125	Gravy, turkey, canned	59.6	1/4 cup	0.775
DefinitionSearch2 slices22402HEALTHY CHOICE Beef Macaroni, frozen entree2401 package11961Hearts of palm, canned331 piece19296Honey211 tbsp2055Horseradish, prepared51 tsp16158Hummus, commercial141 tbsp19290Ice creams, chocolate661/2 cup19090Ice creams, french vanilla, soft-serve861/2 cup19095Ice creams, vanilla, light661/2 cup19088Ice creams, vanilla, light661/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup19283Ice novelties, pop591 bar(2 fl oz)19294Jams and preserves201 tbsp19205Jellies191 bar(2 fl oz)	07027	Ham, chopped, not canned	21	2 slices	0.815
22402HEALTHY CHOICE Beef Macaroni, frozen entree240I package11961Hearts of palm, canned331 piece19296Honey21I tbsp10205Horseradish, prepared5I tsp16158Hummus, commercial14I tbsp19270Ice creams, chocolate661/2 cup19090Ice creams, french vanilla, soft-serve861/2 cup19095Ice creams, thill, soft-serve661/2 cup19088Ice creams, vanilla, light661/2 cup19089Ice creams, vanilla, rich741/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup19283Ice novelties, pop591 bar (2 fl oz)19297Jams and preserves201 tbsp19208Jellies191 bsp19209Jellies101 cup	07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	2.743
11961Hearts of palm, canned331 piece19296Honey211 tbsp20255Horseradish, prepared51 tsp16158Hummus, commercial141 tbsp19270Ice creams, chocolate661/2 cup19090Ice creams, french vanilla, soft-serve861/2 cup19095Ice creams, vanilla661/2 cup19088Ice creams, vanilla, light661/2 cup19089Ice creams, vanilla, rich741/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup19297Jams and preserves201 tbsp19300Jellies191 tbsp11226Jerusalem-artichokes, raw1501 cup	07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	1.647
19296Honey211 tbsp12055Horseradish, prepared51 tsp16158Hummus, commercial141 tbsp19270Ice creams, chocolate661/2 cup19090Ice creams, french vanilla, soft-serve861/2 cup19095Ice creams, vanilla661/2 cup19088Ice creams, vanilla, light661/2 cup19089Ice creams, vanilla, restaurant-prepared1161/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup19297Jams and preserves201 tbsp19300Jellies191 tbsp11226Jeusalem-artichokes, raw1501 cup	22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	3.108
D2055Horseradish, prepared5I tsp16158Hummus, commercial14I tbsp19270Ice creams, chocolate661/2 cup19090Ice creams, french vanilla, soft-serve861/2 cup19095Ice creams, vanilla661/2 cup19088Ice creams, vanilla, light661/2 cup19089Ice creams, vanilla, restaurant-prepared741/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup19283Ice novelties, pop591 bar (2 fl oz)19297Jams and preserves201 tbsp19300Jellies191 tbsp11226Jeusalem-artichokes, raw1501 cup	1961	Hearts of palm, canned	33	1 piece	0.144
16158Hummus, commercial141 tbsp19270Ice creams, chocolate661/2 cup19090Ice creams, french vanilla, soft-serve861/2 cup19095Ice creams, vanilla, light661/2 cup19088Ice creams, vanilla, light661/2 cup19089Ice creams, vanilla, rich741/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup19283Ice novelties, pop591 bar (2 fl oz)19297Jams and preserves201 tbsp19300Jellies191 tbsp11226Jerusalem-artichokes, raw1501 cup	9296	Honey	21	1 tbsp	0.025
19270Ice creams, chocolate661/2 cup9090Ice creams, french vanilla, soft-serve861/2 cup9095Ice creams, vanilla661/2 cup9088Ice creams, vanilla, light661/2 cup9089Ice creams, vanilla, rich741/2 cup9089Ice creams, vanilla, rich1161/2 cup9281Ice novelties, italian, restaurant-prepared1161/2 cup9283Ice novelties, pop591 bar (2 fl oz)92970Jams and preserves201 tbsp9300Jellies191 tbsp1226Jerusalem-artichokes, raw1501 cup	02055	Horseradish, prepared	5	1 tsp	0.019
19090Ice creams, french vanilla, soft-serve861/2 cup19095Ice creams, vanilla661/2 cup19084Ice creams, vanilla, light661/2 cup19089Ice creams, vanilla, rich741/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup19283Ice novelties, pop591 bar (2 fl oz)19297Jams and preserves201 tbsp19200Jellies191 tbsp19201Jeusen-artichokes, raw1501 cup	6158	Hummus, commercial	14	1 tbsp	0.081
19095Ice creams, vanilla661/2 cup19088Ice creams, vanilla, light661/2 cup19089Ice creams, vanilla, rich741/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup19283Ice novelties, pop591 bar (2 fl oz)19297Jams and preserves201 tbsp19300Jellies191 tbsp11226Jerusalem-artichokes, raw1501 cup	19270	Ice creams, chocolate	66	1/2 cup	0.149
19088Ice creams, vanilla, light661/2 cup19089Ice creams, vanilla, rich741/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup19283Ice novelties, pop591 bar (2 fl oz)19297Jams and preserves201 tbsp19300Jellies191 tbsp11226Jerusalem-artichokes, raw1501 cup	19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.082
19089Ice creams, vanilla, rich741/2 cup19281Ice novelties, italian, restaurant-prepared1161/2 cup19283Ice novelties, pop591 bar (2 fl oz)19297Jams and preserves201 tbsp19300Jellies191 tbsp11226Jerusalem-artichokes, raw1501 cup	9095	Ice creams, vanilla	66	1/2 cup	0.077
19281Ice novelties, italian, restaurant-prepared1161/2 cup19283Ice novelties, pop591 bar (2 fl oz)19297Jams and preserves201 tbsp19300Jellies191 tbsp11226Jerusalem-artichokes, raw1501 cup	9088	Ice creams, vanilla, light	66	1/2 cup	0.063
19283Ice novelties, pop591 bar (2 fl oz)19297Jams and preserves201 tbsp19300Jellies191 tbsp11226Jerusalem-artichokes, raw1501 cup	9089	Ice creams, vanilla, rich	74	1/2 cup	0.061
9297Jams and preserves201 tbsp9300Jellies191 tbsp11226Jerusalem-artichokes, raw1501 cup	9281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.829
19300Jellies191 tbsp11226Jerusalem-artichokes, raw1501 cup	9283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
1226 Jerusalem-artichokes, raw 150 1 cup	9297	Jams and preserves	20	1 tbsp	0.007
	9300	Jellies	19	1 tbsp	0.007
1234Kale, cooked, boiled, drained, without salt1301 cup	1226	Jerusalem-artichokes, raw	150	1 cup	1.950
	11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.650

11236			Common Measure	Measure
	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.874
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	2.594
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.259
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.644
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.602
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.389
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	6.035
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	5.823
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.738
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.236
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.661
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.381
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	2.783
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1.590
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	2.091
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.208
09153	Lemon juice, canned or bottled	244	1 cup	0.481
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.030
09152	Lemon juice, raw	47	juice of 1 lemon	0.047
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.055
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	0.058
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	2.099
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.582
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.027
11251	Lettuce, cos or romaine, raw	56	1 cup	0.175
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.031
11253	Lettuce, green leaf, raw	10	1 leaf	0.038
11253	Lettuce, green leaf, raw	56	1 cup	0.210
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.068
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.010

11040Line beams, immature seeds, forzen, bay, cooked, boiled, drained, without salt1 cup1.38611088Line beams, immature seeds, forzen, fordhook, etoked, holled, drained, without salt1 cup0.62916073Line beams, large, mature seeds, cooked, holled, without salt1 sup0.62916072Line beams, large, mature seeds, cooked, holled, without salt1 sup1 cup0.62916072Line beams, large, mature seeds, cooked, holled, without salt1 sup1 cup0.62916074Line juice, canned or hotticd, unsweetened2461 cup2.51917016Line, juice, raw38juice of 1 line0.03817315Malted drink mix, choostate, with added nutrients, powder, prepared2651 cup2.544174316Malted drink mix, choostate, with added nutrients, powder, prepared2651 cup10.581174316Malted drink mix, natural, with added nutrients, powder, prepared2651 cup0.581174316Malted drink mix, natural, with added nutrients, powder, prepared2651 cup0.581174517Mangerine, regular, tub, composite, 80% for, with salt14.21 thsp0.00017451Margarine, regular, tub, composite, 80% for, with salt14.21 thsp0.00017452Margarine, regular, tub, composite, 80% for, with salt14.21 thsp0.00017452Margarine, regular, tub, composite, 80% for, with salt14.21 thsp0.00017452Margarine, regular, tub, composite, 80% for, with salt </th <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
without saftwith a data set of the set of	11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.668
drained, without shi integer, matrix seeds, cancel 241 1 cup 0.029 16073 Linn beans, large, matrix seeds, cooked, boiled, without shi 188 1 cup 0.021 19161 Line juice, canned or bortled, unsweetened 15.4 1 tbp 0.031 19161 Line juice, canned or bortled, unsweetened 252 1 cup 2.520 22247 Macaroni, cooked, orriched 140 1 cup 0.037 22411 Maled drink mix, chocolate, with added nutrients, powder 21 3 beaping tap 10.0497 14315 Malted drink mix, chocolate, with added nutrients, powder 21 4-5 heaping tap 10.244 14316 Malted drink mix, chocolate, with added nutrients, powder 21 4-5 heaping tap 10.244 14310 Malted drink mix, nutral, with added nutrients, powder 21 4-5 heaping tap 10.244 14310 Margos, raw 207 1 mago 12.09 14310 Margos, raw 165 1 cup 0.003 14312 Margorine, regular, ub, composite, 80% fat, with salt 142 1 bap	11040		180	1 cup	1.386
InterpretationLink beams, large matter seeds, cooked, boiled, without salt188Lep0.79119161Line juice, canned or bottled, unsweetened2461 cup0.40119161Line juice, canned or bottled, unsweetened15.41 thep0.02519161Line juice, canned or bottled, unsweetened2521 cup2.52020100Macaroni, cooked, enriched1401 cup2.34114315Malted drink mix, chocolate, with added nutrients, powder213 beaping top10.02714309Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup10.2414310Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup10.2414310Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup10.2414310Malted drink mix, nutral, with added nutrients, powder214.5 heaping top0.02414310Malgos, raw2071 mango1.29919176Margos, raw1651 cup0.03114121Margorine, regular, unspecified oils, with salt added1.111 thep0.00214122Margarine, regular, unspecified oils, with salt added1.431 thep0.00114131Margarine, regular, unspecified oils, with salt added1.431 thep0.00114142Margarine, regular, unspecified oils, with salt added1.431 thep0.00114152Margarine, regular, unspecified oils, with salt added1.43 <td>11038</td> <td></td> <td>170</td> <td>1 cup</td> <td>1.817</td>	11038		170	1 cup	1.817
pp161Lime juice, canned or bottled, unsweetened2461 cup0.40119161Lime juice, canned or bottled, unsweetened15.41 thsp0.02519160Lime juice, raw38juice of 1 line0.03222277Macaroni, cooked, orniched1401 cup2.34114315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp10.649714316Wilde drink mix, chocolate, with added nutrients, powder214.5 heaping tsp10.24414310Malted drink mix, naturil, with added nutrients, powder, prepared2651 cup10.24414310Malted drink mix, naturil, with added nutrients, powder, prepared2651 cup10.24414310Malted drink mix, naturil, with added nutrients, powder, prepared2651 cup0.03414310Malted drink mix, naturil, with added nutrients, powder, prepared2651 cup0.03414310Margarine, regular, unspecified oils, with sult14.21 thsp0.0031412Margarine, regular, unspecified oils, with sult added14.11 thsp0.00114612Margarine, vegetable oil spread, 60% fat, tabbottle4.81 tsp0.0011418Margarine, vegetable oil spread	16073	Lima beans, large, mature seeds, canned	241	1 cup	0.629
bp161 Line juice, canned or bottled, unsweetened 15.4 1 thsp 0.025 99160 Line juice, raw 38 juice of 1 line 0.038 22247 Macaroni and Cheese, canned entree 252 1 cup 2.340 00100 Macaroni and Cheese, canned entree 252 1 cup 2.341 Malted drink mix, chocolate, with added nutrients, powder 21 3 heaping tsp 10.687 44315 Malted drink mix, chocolate, with added nutrients, powder, prepared 265 1 cup 10.204 44300 Malted drink mix, natural, with added nutrients, powder, prepared 265 1 cup 10.204 44310 Malted drink mix, natural, with added nutrients, powder, prepared 265 1 cup 0.814 19176 Mangos, raw 165 1 cup 0.001 44611 Margarine, regular, unspecified oils, with salt added 14.1 1 thsp 0.001 44612 Margarine, regular, unspecified oils, with salt added 14.1 1 thsp 0.001 44613 Margarine, regular, unspecified oils, with salt added 14.2 1 thsp	16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.791
pp160Line juice, raw38juice of 1 line0.03822247Mearonia (coked, enriched2521 cup2.5200100Maaroni, coked, enriched1401 cup2.34141315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp10.6974316Malted drink mix, chocolate, with added nutrients, powder214.5 heaping tsp10.2044310Malted drink mix, natural, with added nutrients, powder214.5 heaping tsp10.2044310Malted drink mix, natural, with added nutrients, powder, prepared2651 cup10.2049176Mangos, raw2071 mango1.2099176Mangarine, regular, tub, composite, 80% fat, with salt14.21 thsp0.00344611Margarine, regular, tub, composite, 80% fat, with salt14.21 thsp0.00144612Margarine, regular, tub, composite, 80% fat, stick14.31 thsp0.00144613Margarine, regular, tub, composite, 80% fat, stick14.31 thsp0.00144614Medens, canadoupe, raw1601 cup1.17444614Mar	9161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.401
Hararoni and Cheese, anned entree 252 I cup 2520 00100 Macaroni, cooked, enriched 140 I cup 2.341 4315 Malted drink mix, chocolate, with added nutrients, powder, prepared 265 I cup 11.082 4316 Mathed drink mix, chocolate, with added nutrients, powder, prepared 265 I cup 10.82 4310 Mathed drink mix, natural, with added nutrients, powder, prepared 265 I cup 10.581 9176 Mangos, raw 207 I mango 1209 9176 Mangos, raw 207 I mango 0.003 4411 Margarine, regular, tub, composite, 80% fat, with sult 14.2 1 thsp 0.003 4412 Margarine, regular, unspecified oils, with sult added 14.1 1 thsp 0.001 44612 Margarine, regetable oil spread, 60% fat, tick 4.8 1 tsp 0.001 4452 Margarine-butter blend, 60% cur, oil margarine and 40% butter 14.2 1 thsp 0.001 44613 Margarine-butter blend, 60% cur, oil margarine and 40% butter 14.2 1 thsp 0.001	9161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.025
D0100Macaroni, cooked, enriched1401 cup2.3414315Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp10.6974316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup11.8244090Malted drink mix, natural, with added nutrients, powder, prepared2651 cup10.844310Malted drink mix, natural, with added nutrients, powder, prepared2651 cup0.859176Margos, raw2071 margo1.2099176Margos, raw1651 cup0.9644411Margarine, regular, tub, composite, 80% fat, with salt14.21 thsp0.0034412Margarine, regular, tub, composite, 80% fat, with salt14.31 tbp0.0034412Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.0014413Margarine, vegetable oil spread, 60% fat, tub/butte4.81 tsp0.0014414Margarine, vegetable oil spread, 60% fat, tub/butte4.81 tsp0.0014415Margarine-butter blend, 60% corn oil margarine and 40% butter14.21 tbsp0.0014418Margarine-like, spread, (approximately 40% fat), unspecified oils4.81 tsp0.0014418Margarine-like, spread, (approximately 40% fat), unspecified oils4.81 tsp0.0014418Melons, cantaloupe, raw691.8 melon0.6694110Mik, shakes, thick chocolate30010.61 oz0.372	9160	Lime juice, raw	38	juice of 1 lime	0.038
HaltedMalted drink mix, chocolate, with added nutrients, powder, prepared with whole milk213 heaping tsp10.697H316Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup11.082H4300Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup10.204H4310Malted drink mix, natural, with added nutrients, powder, prepared 	22247	Macaroni and Cheese, canned entree	252	1 cup	2.520
dataMalted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup11.0824300Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup10.5814310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup0.96490176Mangos, raw2071 mango1.20990176Mangos, raw1651 cup0.96444611Margarine, regular, tub, composite, 80% fat, with salt14.21 fbsp0.00344612Margarine, regular, tus, composite, 80% fat, stick4.81 tsp0.00144613Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp0.00244614Margarine-buer blend, 60% fat, stick14.31 tbsp0.00144613Margarine-buer blend, 60% corn oil margarine and 40% butter14.21 lbsp0.0014458Margarine-buer blend, 60% corn oil margarine and 40% butter14.21 lbsp0.0014458Margarine-buer blend, 60% corn oil margarine and 40% butter14.21 lbsp0.00119181Melons, cantaloupe, raw691 & melon0.50619181Melons, honeydew, raw1601 cup0.71119184Melons, honeydew, raw1601 kmelon0.6691110Milk shakes, thick chocolate30010.6 fl oz0.37210104Milk, buttermilk, fhid, cultured, lowfat2551 cup0.44510105 <td>20100</td> <td>Macaroni, cooked, enriched</td> <td>140</td> <td>1 cup</td> <td>2.341</td>	20100	Macaroni, cooked, enriched	140	1 cup	2.341
with whole milk with while milk with whole milk (4309) Malted drink mix, natural, with added nutrients, powder 21 4-5 heaping tsp 10.204 (4310) Malted drink mix, natural, with added nutrients, powder, prepared 265 1 cup 10.581 19176 Mangos, raw 207 1 mango 1.209 19176 Mangos, raw 165 1 cup 0.903 14132 Margarine, regular, tub, composite, 80% fat, with salt 14.2 1 tbsp 0.003 14132 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 0.001 14612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0.002 14613 Margarine-like spread, 60% fat, stick 4.8 1 tsp 0.001 14613 Margarine-like spread, 60% fat, tubbottle 4.8 1 tsp 0.001 14618 Margarine-like spread, 60% fat, tubbottle 4.8 1 tsp 0.001 1458 Margarine-like spread, 60% fat, tubbottle 4.8 1 tsp 0.001 19181 Melons, honeydew,	14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	10.697
H4310Malted drink mix, natural, with added nutrients, powder, prepared with whole milkLep10.51199176Mangos, raw2071 mango1.20999176Mangos, raw1651 cup0.96444611Margarine, regular, tub, composite, 80% fat, with salt14.21 thsp0.00314132Margarine, regular, tub, composite, 80% fat, stick4.81 tsp0.00114612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.00114612Margarine, vegetable oil spread, 60% fat, stick14.31 tbsp0.00114613Margarine, vegetable oil spread, 60% fat, stick14.21 tbsp0.00114614Margarine, vegetable oil spread, 60% fat, ubbottle4.81 tsp0.00114618Margarine-like spread, 60% fat, ubbottle4.81 tsp0.00114718Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp0.00119181Melons, cantaloupe, raw1601 cup0.71119184Melons, honeydew, raw1601 cup0.71219184Melons, honeydew, raw1601.8 melon0.66601110Milk shakes, thick chocolate30010.6 fl oz0.37201188Milk, buttermilk, dried6.51 tbsp0.07701084Milk, buttermilk, dried2561 cup0.44301097Milk, canned, evaporated, nonfat2561 cup0.44301095Milk, chocolate, fluid, commercial, el	14316		265	1 cup	11.082
with whole milk interaction interaction 19076 Mangos, raw 207 1 mango 1.209 19076 Mangos, raw 165 1 cup 0.964 4411 Margarine, regular, tub, composite, 80% fat, with salt 14.2 1 fbsp 0.003 34132 Margarine, regular, unspecified oils, with salt added 14.1 1 fbsp 0.001 34612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 0.001 34613 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0.001 34585 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 0.001 34585 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 0.001 3458 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 0.001 3458 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 0.001 3418 Melons, honeydew, raw 160 1 cup 0.711 39184	14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	10.204
Margos, raw 165 1 cup 0.964 M4611 Margorine, regular, tub, composite, 80% fat, with salt 14.2 1 thsp 0.003 M412 Margarine, regular, unspecified oils, with salt added 14.1 1 thsp 0.003 M412 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 0.001 M612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0.002 M613 Margarine, vegetable oil spread, 60% fat, stick 14.8 1 tsp 0.001 M4128 Margarine, vegetable oil spread, 60% fat, tub/bottle 4.8 1 tsp 0.001 M4128 Margarine-bitte spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 0.001 M4128 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 0.001 M418 Melons, cantaloupe, raw 69 1/8 melon 0.506 M9181 Melons, honeydew, raw 170 1 cup 0.711 M184 shakes, thick chocolate 300 10.6 fl oz 0.372 M1104	14310		265	1 cup	10.581
Margarine, regular, tub, composite, 80% fat, with salt 14.2 1 br 0.003 Margarine, regular, unspecified oils, with salt added 14.1 1 tbsp 0.003 M412 Margarine, regular, unspecified oils, with salt added 14.1 1 tbsp 0.001 M4612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 0.001 M4613 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0.001 M4614 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.001 M418 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.001 M418 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.001 M418 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.001 M418 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.001 M418 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 cup 0.17 M418 Melons, honeydew, ra	09176	Mangos, raw	207	1 mango	1.209
Margarine, regular, unspecified oils, with salt added 14.1 1 tbsp 0.003 M4612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 0.001 M4612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0.002 M4613 Margarine, vegetable oil spread, 60% fat, tub/bottle 4.8 1 tsp 0.001 M4585 Margarine, vegetable oil spread, 60% fat, tub/bottle 4.8 1 tsp 0.001 M4585 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.001 M4585 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 0.001 99181 Melons, cantaloupe, raw 69 1/8 melon 0.506 99184 Melons, honeydew, raw 160 1 cup 0.711 99184 Melons, honeydew, raw 160 1 /8 melon 0.669 91110 Milk shakes, thick colate 300 10.6 fl oz 0.372 91111 Milk buttermilk, dried 6.5 1 tbsp 0.057 91010 Milk, butermilk, fluid, cultured, lowfat 256 1 cup 0.445 </td <td>9176</td> <td>Mangos, raw</td> <td>165</td> <td>1 cup</td> <td>0.964</td>	9176	Mangos, raw	165	1 cup	0.964
44612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 0.001 44612 Margarine, vegetable oil spread, 60% fat, stick 14.3 1 tbsp 0.002 44613 Margarine, vegetable oil spread, 60% fat, tub/bottle 4.8 1 tsp 0.001 44585 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.004 44585 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 0.001 99181 Melons, cantaloupe, raw 69 1/8 melon 0.506 99181 Melons, cantaloupe, raw 160 1 cup 0.711 99184 Melons, honeydew, raw 160 1/8 melon 0.669 91110 Milk shakes, thick chocolate 300 10.6 fl oz 0.372 91111 Milk buttermilk, fuid, cultured, lowfat 245 1 cup 0.445 91095 Milk, buttermilk, fuid, cultured, lowfat 256 1 cup 0.445 91096 Milk, canned, evaporated, without added vitamin A 252 1 cup 0.313 91096 Milk, chocolate, fluid, commercial, neduced fat 250 <t< td=""><td>4611</td><td>Margarine, regular, tub, composite, 80% fat, with salt</td><td>14.2</td><td>1 tbsp</td><td>0.003</td></t<>	4611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.003
Hard Hard <thhard< th=""> Hard Hard <thh< td=""><td>4132</td><td>Margarine, regular, unspecified oils, with salt added</td><td>14.1</td><td>1 tbsp</td><td>0.003</td></thh<></thhard<>	4132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.003
Margarine, vegetable oi spread, 60% fat, tub/bottle 4.8 1 tsp 0.001 44535 Margarine, vegetable oi spread, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.004 44585 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.004 44128 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.004 44128 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.004 44128 Margarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.004 9181 Melons, cantaloupe, raw 69 1/8 melon 0.506 9184 Melons, honeydew, raw 160 1 cup 0.711 9184 Melons, honeydew, raw 160 1/8 melon 0.669 91110 Mik shakes, thick chocolate 300 10.6 fl oz 0.372 91111 Mik shakes, thick vanilla 313 11 fl oz 0.457 91034 Mik, buttermilk, fluid, cultured, lowfat 245 1 cup 0.643	4612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.001
Hargarine-butter blend, 60% corn oil margarine and 40% butter 14.2 1 tbsp 0.004 M4285 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 0.001 19181 Melons, cantaloupe, raw 69 1/8 melon 0.506 19181 Melons, cantaloupe, raw 160 1 cup 1.174 19184 Melons, boneydew, raw 160 1 cup 0.711 19184 Melons, honeydew, raw 160 1/8 melon 0.669 1010 Milk shakes, thick chocolate 300 10.6 fl oz 0.372 1010 Milk shakes, thick vanilla 313 11 fl oz 0.457 1010 Milk shakes, thick vanilla 313 1 fl oz 0.457 10104 Milk buttermilk, fluid, cultured, lowfat 245 1 cup 0.445 10105 Milk, canned, condensed, sweetened 306 1 cup 0.445 10105 Milk, canned, evaporated, nonfat 250 1 cup 0.313 10104 Milk, chocolate, fluid, commercial, reduced fat 250 <t< td=""><td>04612</td><td>Margarine, vegetable oil spread, 60% fat, stick</td><td>14.3</td><td>1 tbsp</td><td>0.002</td></t<>	04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.002
Hargarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tr 19181 Melons, cantaloupe, raw 69 1/8 melon 0.506 19181 Melons, cantaloupe, raw 160 1 cup 1.174 19184 Melons, honeydew, raw 170 1 cup 0.711 19184 Melons, honeydew, raw 160 1/8 melon 0.669 1010 Milk shakes, thick chocolate 300 10.6 fl oz 0.372 1011 Milk shakes, thick vanilla 313 11 fl oz 0.457 1010 Milk, buttermilk, dried 6.5 1 btsp 0.057 10104 Milk, buttermilk, dried 0.651 1 cup 0.445 10105 Milk, buttermilk, dried 6.5 1 cup 0.445 10105 Milk, buttermilk, fluid, cultured, lowfat 256 1 cup 0.445 10107 Milk, canned, evaporated, nonfat 250 1 cup 0.313 10105 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 0.318 10104	04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.001
99181 Melons, cantaloupe, raw 69 1/8 melon 0.506 99181 Melons, cantaloupe, raw 160 1 cup 1.174 99184 Melons, honeydew, raw 170 1 cup 0.511 99184 Melons, honeydew, raw 160 1 /8 melon 0.669 9110 Milk shakes, thick chocolate 300 10.6 fl oz 0.372 91110 Milk shakes, thick vanilla 313 11 fl oz 0.457 91040 Milk, buttermilk, dried 6.5 1 tbsp 0.057 91050 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 0.445 91097 Milk, canned, condensed, sweetened 306 1 cup 0.445 91096 Milk, canned, evaporated, nonfat 252 1 cup 0.4313 91012 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 0.313 91194 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 0.313 91194 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup)4585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.004
109181 Melons, cantaloupe, raw 160 1 cup 1.174 199184 Melons, honeydew, raw 170 1 cup 0.711 199184 Melons, honeydew, raw 160 1/8 melon 0.669 01110 Milk shakes, thick chocolate 300 10.6 fl oz 0.372 01111 Milk shakes, thick chocolate 300 10.6 fl oz 0.372 01111 Milk shakes, thick vanilla 313 11 fl oz 0.457 01094 Milk, buttermilk, dried 6.5 1 tbsp 0.057 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 0.142 01095 Milk, canned, evaporated, nonfat 256 1 cup 0.445 01096 Milk, canned, evaporated, without added vitamin A 252 1 cup 0.313 01102 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 0.318 01103 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 0.315 01103 Milk, dry, nonfat, instant, with added vitamin A 23	04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.001
Melons, honeydew, raw 170 1 cup 0.711 199184 Melons, honeydew, raw 160 1/8 melon 0.669 01110 Milk shakes, thick chocolate 300 10.6 fl oz 0.372 01111 Milk shakes, thick chocolate 300 10.6 fl oz 0.372 01111 Milk shakes, thick chocolate 300 10.6 fl oz 0.457 01094 Milk, buttermilk, dried 6.5 1 tbsp 0.057 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 0.142 01095 Milk, canned, condensed, sweetened 306 1 cup 0.643 01097 Milk, canned, evaporated, nonfat 256 1 cup 0.445 01096 Milk, canned, evaporated, without added vitamin A 252 1 cup 0.313 01102 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 0.318 01103 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 0.315 01092 Milk, dry, nonfat, instant, with added vitamin A 23 <t< td=""><td>9181</td><td>Melons, cantaloupe, raw</td><td>69</td><td>1/8 melon</td><td>0.506</td></t<>	9181	Melons, cantaloupe, raw	69	1/8 melon	0.506
Melons, honeydew, raw 160 1/8 melon 0.669 01110 Milk shakes, thick chocolate 300 10.6 fl oz 0.372 01111 Milk shakes, thick vanilla 313 11 fl oz 0.457 01094 Milk, buttermilk, dried 6.5 1 tbsp 0.057 01088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 0.142 01095 Milk, canned, condensed, sweetened 306 1 cup 0.643 01097 Milk, canned, evaporated, nonfat 256 1 cup 0.445 01096 Milk, canned, evaporated, without added vitamin A 252 1 cup 0.433 01104 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 0.318 01103 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 0.318 01103 Milk, dry, nonfat, instant, with added vitamin A 23 1/3 cup 0.205 01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A 244 1 cup 0.227 01085 Milk, nonfat, fluid, with added vitamin A	09181	Melons, cantaloupe, raw	160	1 cup	1.174
D1110 Milk shakes, thick chocolate 300 10.6 fl oz 0.372 D1111 Milk shakes, thick vanilla 313 11 fl oz 0.457 D1094 Milk, buttermilk, dried 6.5 1 tbsp 0.057 D1088 Milk, buttermilk, fluid, cultured, lowfat 245 1 cup 0.142 D1095 Milk, canned, condensed, sweetened 306 1 cup 0.643 D1097 Milk, canned, evaporated, nonfat 256 1 cup 0.445 D1096 Milk, chocolate, fluid, commercial, 250 1 cup 0.431 D1102 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 0.313 D1104 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 0.318 D1103 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 0.315 D1095 Milk, lowfat, fluid, 1% milkfat, with added vitamin A 23 1/3 cup 0.227 D1082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A 244 1 cup 0.227 D1085 Milk, nonfat, fluid, with added vitamin A (fat free or skim) 245 1 cup 0.230 <td>09184</td> <td>Melons, honeydew, raw</td> <td>170</td> <td>1 cup</td> <td>0.711</td>	09184	Melons, honeydew, raw	170	1 cup	0.711
Milk shakes, thick vanilla31311 fl oz0.45701094Milk, buttermilk, dried6.51 tbsp0.05701088Milk, buttermilk, fluid, cultured, lowfat2451 cup0.14201095Milk, canned, condensed, sweetened3061 cup0.64301097Milk, canned, evaporated, nonfat2561 cup0.44501096Milk, canned, evaporated, without added vitamin A2521 cup0.44501102Milk, chocolate, fluid, commercial, lowfat2501 cup0.31301104Milk, chocolate, fluid, commercial, lowfat2501 cup0.31801103Milk, chocolate, fluid, commercial, reduced fat2501 cup0.31501092Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup0.22701085Milk, nonfat, fluid, 1% milkfat, with added vitamin A2451 cup0.22701085Milk, nonfat, fluid, with added vitamin A2451 cup0.23001085Milk, nonfat, fluid, with added vitamin A2451 cup0.23001085M	9184	Melons, honeydew, raw	160	1/8 melon	0.669
N1094Milk, buttermilk, dried6.51 tbsp0.05701088Milk, buttermilk, fluid, cultured, lowfat2451 cup0.14201095Milk, canned, condensed, sweetened3061 cup0.64301097Milk, canned, evaporated, nonfat2561 cup0.44501096Milk, canned, evaporated, without added vitamin A2521 cup0.48901102Milk, chocolate, fluid, commercial,2501 cup0.31301104Milk, chocolate, fluid, commercial, lowfat2501 cup0.31801103Milk, chocolate, fluid, commercial, reduced fat2501 cup0.31501092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.22701082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2451 cup0.22701085Milk, nonfat, fluid, with added vitamin A2451 cup0.218	01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.372
DitURMilk, buttermilk, fluid, cultured, lowfat2451 cup0.142DitURMilk, canned, condensed, sweetened3061 cup0.643DitURMilk, canned, evaporated, nonfat2561 cup0.445DitURMilk, canned, evaporated, without added vitamin A2521 cup0.489DitURMilk, chocolate, fluid, commercial,2501 cup0.313DitURMilk, chocolate, fluid, commercial, lowfat2501 cup0.318DitURMilk, chocolate, fluid, commercial, reduced fat2501 cup0.315DitURMilk, chocolate, fluid, commercial, reduced fat2501 cup0.315DitURMilk, dry, nonfat, instant, with added vitamin A231/3 cup0.205DitURMilk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup0.227DitURMilk, nonfat, fluid, with added vitamin A2451 cup0.230)1111	Milk shakes, thick vanilla	313	11 fl oz	0.457
Milk, canned, condensed, sweetened3061 cup0.64301097Milk, canned, evaporated, nonfat2561 cup0.44501096Milk, canned, evaporated, without added vitamin A2521 cup0.48901102Milk, chocolate, fluid, commercial,2501 cup0.31301104Milk, chocolate, fluid, commercial, lowfat2501 cup0.31801103Milk, chocolate, fluid, commercial, reduced fat2501 cup0.31501092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.20501082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup0.22701085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup0.230)1094	Milk, buttermilk, dried	6.5	1 tbsp	0.057
DillogMilk, canned, evaporated, nonfat2561 cup0.445Dillog6Milk, canned, evaporated, without added vitamin A2521 cup0.489Dillo2Milk, chocolate, fluid, commercial,2501 cup0.313Dillo4Milk, chocolate, fluid, commercial, lowfat2501 cup0.318Dillo3Milk, chocolate, fluid, commercial, reduced fat2501 cup0.315Dillo3Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.205Dillo2Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup0.227Dillo5Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup0.230	01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.142
DitudeMilk, canned, evaporated, without added vitamin A2521 cup0.489DitudeMilk, chocolate, fluid, commercial,2501 cup0.313DitudeMilk, chocolate, fluid, commercial, lowfat2501 cup0.318DitudeMilk, chocolate, fluid, commercial, lowfat2501 cup0.318DitudeMilk, chocolate, fluid, commercial, reduced fat2501 cup0.315DitudeMilk, dry, nonfat, instant, with added vitamin A231/3 cup0.205DitudeMilk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup0.227DitudeMilk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup0.230	01095	Milk, canned, condensed, sweetened	306	1 cup	0.643
DillocMilk, chocolate, fluid, commercial,2501 cup0.313DillodMilk, chocolate, fluid, commercial, lowfat2501 cup0.318DillodMilk, chocolate, fluid, commercial, reduced fat2501 cup0.318Dillo2Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.205Dillo2Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup0.227Dillo5Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup0.230	01097	Milk, canned, evaporated, nonfat	256	1 cup	0.445
Milk, chocolate, fluid, commercial, lowfat2501 cup0.31801103Milk, chocolate, fluid, commercial, reduced fat2501 cup0.31501092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.20501082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup0.22701085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup0.230	01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.489
Milk, chocolate, fluid, commercial, reduced fat2501 cup0.31511092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.2051082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup0.2271085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup0.230	1102	Milk, chocolate, fluid, commercial,	250	1 cup	0.313
1092Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.2051082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup0.2271085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup0.230	1104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.318
Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup0.227Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup0.230	01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.315
Milk, nonfat, fluid, with added vitamin A (fat free or skim) 245 1 cup 0.230	1092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.205
1085Milk, nonfat, fluid, with added vitamin A (fat free or skim)2451 cup0.230	1082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.227
			245	*	0.230
				*	0.224

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.261
16112	Miso	68.75	1 cup	0.591
19305	Molasses, blackstrap	20	1 tbsp	0.216
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	2.851
15157	Mollusks, clam, mixed species, raw	85	3 oz	1.500
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	1.403
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	1.159
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	1.400
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	1.260
18279	Muffins, corn, commercially prepared	57	1 muffin	1.161
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.051
18283	Muffins, oat bran	57	1 muffin	0.239
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.788
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	1.013
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.779
11264	Mushrooms, canned, drained solids	156	1 cup	2.485
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	6.958
11260	Mushrooms, raw	70	1 cup	2.698
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	2.175
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.508
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.606
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.023
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.215
09191	Nectarines, raw	136	1 nectarine	1.530
20113	Noodles, chinese, chow mein	45	1 cup	2.678
20110	Noodles, egg, cooked, enriched	160	1 cup	2.379
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	2.358
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.113
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.084
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.397
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.492
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.919
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.441
12104	Nuts, coconut meat, raw	45	1 piece	0.243
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.510
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.645
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.332
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.435
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.331
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.244
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.377

12652Nuts, pistachio nats, dry roasted, with salt added28.35I oz (14 muto)12155Nuts, walnuts, english28.35I oz (14 hulves)20034Oat bran, cooked219I cup20035Oat bran, naw13.5I thep40635Oll, enw, salad or cooking13.5I thep40442Oll, seame, salad or cooking, (hydrogenated)13.6I thep40434Oll, soybean, salad or cooking, (hydrogenated)13.6I thep40434Oll, soybean, salad or cooking, (oldrogenated)13.6I thep40518Oll, vegetable corn, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.6I thep40511Oll, vegetable carllower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.6I thep4056Oll, vegetable, safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.6I thep11281Okra, cooked, boiled, drained, without salt166I cup11283Oriors, rowed, boiled, drained, without salt210I cup11284Oriors, cooked, boiled, drained, without salt210I cup11283Oriors, cooked, boiled, drained, without salt216I cup11284Oriors, cooked, boiled, drained, without salt216I cup11282Oriors, raw160I cup11283Oriors, cooked, boiled, drained, without salt216I cup11284Oriors, pring or scalifors (includes tops and bulb), raw15I whole <t< th=""><th>B_No</th><th>Description</th><th>Weight (g)</th><th>Common Measure</th><th>Content per Measure</th></t<>	B_No	Description	Weight (g)	Common Measure	Content per Measure
2014Oat bran, cooked219tup20031Oat bran, now94Lup20032Oat bran, now94Lup200433Oil, olive, salad or cooking13.51.6 sp200442Oil, sextme, salad or cooking13.61.6 sp200438Oil, soybean, salad or cooking, (hydrogenated)13.61.6 sp200439Oil, soybean, salad or cooking, (hydrogenated) and cotonsced13.61.6 sp201430Oil, vogetable com, salad or cooking, olivic, over 70% (primary stiffboor oil of commerce)13.61.6 sp201430Oil, vogetable, snallower, inoleic, (60% and over)13.61.6 sp201430Oil, vogetable, snallower, inoleic, (60% and over)13.61.6 sp201430Oin, cooked, boiled, drained, without salt1601.0 cap201430Oinon, cooked, boiled, drained, without salt1201.6 sp201430Oinon, cooked, boiled, drained, without salt2101.6 sp201430Oinons, cooked, boiled, drained, without salt2101.6 sp201430Oinons, cooked, boiled, drained, without salt1601.6 sp201430Oinons, cooked, boiled, drained, without salt1001.6 sp<	2	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.404
20033Oat bran, raw94requirement200343Oil, olive, salad or cooking13.51 hsp040453Oil, sesame, salad or cooking13.61 hsp040454Oil, sesame, salad or cooking, (hydrogenated)13.61 hsp040454Oil, seybean, salad or cooking, (hydrogenated) and cottomseed13.61 hsp040454Oil, vegetable strinkower, salad or cooking, ole; over 70% (primary13.61 hsp041518Oil, vegetable strinkower, salad or cooking, ole; over 70% (primary13.61 hsp041518Oil, vegetable strinkower, salad or cooking, ole; over 70% (primary13.61 hsp041519Okra, encode, boiled, drained, without salt1601 cap041520Okra, encode, boiled, drained, without salt1601 cap11281Okra, frozen, cooked, boiled, drained, without salt1201 cap11283Onions, cooked, boiled, drained, without salt2101 eup11284Onions, cooked, boiled, drained, without salt941 sec11282Onions, cooked, boiled, drained, without salt1601 eup11282Onions, raw1001 eup11284Onions, raw1601 eup11284Onions, raw1001 eup11285Onions, raw1001 eup11296Onions, raw1001 eup11297Onions, raw1001 eup11298Onions, raw1001 eup11299Orange juice, frozen concentrate, unsweetened, dilut	;	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.319
D4033Oil div, salad or cooking13.5I theyD4042Oil, peamu, salad or cooking13.6I theyD4043Oil, soybean, salad or cooking13.6I theyD4043Oil, soybean, salad or cooking13.6I theyD4543Oil, soybean, salad or cooking13.6I theyD4544Oil, soybean, salad or cooking13.6I theyD4545Oil, soybean, salad or cooking, olici, over 70% (primary13.6I theyD4546Oil, vegetable carn, salad or cooking, olici, over 70% (primary13.6I theyD4547Oil, vegetable safflower, isolad or cooking, olici, over 70% (primary13.6I theyD4546Oil, vegetable, sunflower, linolosi, (d% and over)13.6I theyD4547Oir, forzer, cooked, boiled, drained, without salt184I cupD41128Oiroins, fixer, cooked, boiled, drained, without salt184I cupD11283Onions, cooked, boiled, drained, without salt94I mediumD1284Onions, cooked, boiled, drained, without salt14I slaceD1284Onions, raw100I subcD1284Onions, raw100I subcD1284Onions, raw100I subcD1295Orange juice, camud, unsweetened249I cupD2014Orange juice, raw240I cupD2015Orange juice, raw136I cupD2016Orange juice, raw136I cupD2017Orange juice, raw136I cup </td <td>Ļ</td> <td>Oat bran, cooked</td> <td>219</td> <td>1 cup</td> <td>0.315</td>	Ļ	Oat bran, cooked	219	1 cup	0.315
D4042Öil, peant, salad or cooking13.5I thenD40488Öil, sexime, salad or cooking13.6I thenD40494Öil, soyhean, salad or cooking, (hydrogenated) and cottonseed13.6I thenD45433Öil, soyhean, salad or cooking, (hydrogenated) and cottonseed13.6I thenD4543Öil, vegetable curflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.6I thenD4560Öil, vegetable, sunflower, inoleic, (60% and over)13.6I thenD4560Öil, vegetable, sunflower, inoleic, (60% and over)13.6I thenD4560Öil, vegetable, sunflower, inoleic, (60% and over)13.6I thenD4570Ökra, forzen, cooked, boiled, drained, without salt160I cupD1284Okra, forzen, cooked, boiled, drained, without salt210I cupD1285Onions, cooked, boiled, drained, without salt210I cupD1284Onions, cooked, boiled, drained, without salt210I cupD1284Onions, cooked, boiled, drained, without salt210I cupD1282Onions, raw160I cupD1282Onions, raw100I cupD1282Onions, spring or scallions (includes tops and bulb), raw15I wholeD1291Onions, spring or scallions (includes tops and bulb), raw160I cupD1291Onions, gring or scallions (includes tops and bulb), raw15I cupD1291Orange juice, forzen concentrate, unsweetened, diluted with 3 volum214I cup <td>;</td> <td>Oat bran, raw</td> <td>94</td> <td>1 cup</td> <td>0.878</td>	;	Oat bran, raw	94	1 cup	0.878
DubbsDisseme salad or cooking13.61 the04034Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 thep04543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 thep04518Oil, vegetable simfower, salad or cooking, oleic, over 70% (primary saffower oil of commerce)13.61 thep04511Oil, vegetable simfower, salad or cooking, oleic, over 70% (primary saffower, incoleic, (60% and over)13.61 thep04506Oil, vegetable simfower, linoleic, (60% and over)13.61 cup11270Okra, cooked, boiled, drained, without salt1601 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 cup11283Onions, cooked, boiled, drained, without salt2101 cup11284Onions, cooked, boiled, drained, without salt941 medium11282Onions, cooked, boiled, drained, without salt941 subp11282Onions, cooked, boiled, drained, without salt1001 cup11282Onions, raw1001 cup11282Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw151 cup11292Onions, spring or scallions (includes tops and bulb), raw151 cup11291Onions, spring or scallions (includes tops and bulb), raw151 cup11292Onions, pring or scallions (includes tops and bulb), raw151 cup11292	;	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
D4044Oil, soybean, salad or cooking, (hydrogenated)13.6I tsp04543Oil, vogetable corn, salad or cooking13.6I thsp04518Oil, vogetable corn, salad or cooking, oleic, over 70% (primary afflower oil of commerce)13.6I thsp04511Oil, vogetable simflower, inholeic, (60% and over)13.6I thsp04506Oil, vogetable simflower, inholeic, (60% and over)13.6I thsp11279Okra, cooked, boiled, drained, without salt1601 cap11281Okra, frozen, cooked, boiled, drained, without salt1841 cup10913Olives, ripe, canned (small-extra large)225 large11283Onions, cooked, boiled, drained, without salt2101 cup11283Onions, cooked, boiled, drained, without salt2101 cup11284Onions, cooked, boiled, drained, without salt2101 cup11284Onions, cooked, boiled, drained, without salt2101 cup11282Onions, raw141 slice11282Onions, raw1001 cup11282Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw1601 cup11292Orange juice, chiled, includes from concentrate2491 cup11291Onions, gring or scallions (includes tops and bulb), raw151 whole11291Onions, gring or scallions (includes tops and bulb), raw2136-fo-c can11291Onionge, it	!	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
M443Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.6I thsp04518Oil, vegetable corn, salad or cooking, oleic, over 70% (primary 13.613.6I thsp04511Oil, vegetable saflower, salad or cooking, oleic, over 70% (primary 13.613.6I thsp04506Oil, vegetable, sunflower, linoleic, (60% and over)13.6I thsp11279Okra, cooked, boiled, drained, without salt160I cup11281Okra, frozan, cooked, boiled, drained, without salt184I sup11283Onion rings, breaded, par fried, frozan, prepared, heated in oven6010 rings11284Onions, cooked, boiled, drained, without salt210I cup11283Onions, cooked, boiled, drained, without salt210I cup11284Onions, cooked, boiled, drained, without salt14I slice11282Onions, raw14I slice11282Onions, primg or scallions (includes tops and bulb), raw100I cup11284Onions, spring or scallions (includes tops and bulb), raw100I cup11291Onions, spring or scallions (includes tops and bulb), raw124I cup11291Onions, pring or scallions (includes tops and bulb), raw124I cup11291Orions, pring or scallions (includes tops and bulb), raw124I cup11291Orions, pring or scallions (includes tops and bulb), raw124I cup11291Orions, pring or scallions (includes tops and bulb), raw136I cup11291Or	3	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
ValueOil, vegetable corn, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.61 thsp14516Oil, vegetable, sufflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.61 thsp14566Oil, vegetable, sufflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.61 thsp11279Okra, cooked, boiled, drained, without salt1601 cup11281Okra, frezer, ecoked, boiled, drained, without salt1841 cup11283Onions, cooked, boiled, drained, without salt2101 cup11284Onions, cooked, boiled, drained, without salt941 medium11283Onions, cooked, boiled, drained, without salt941 medium11284Onions, cooked, boiled, drained, without salt941 slice11282Onions, raw1601 cup11282Onions, raw1001 whole11282Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw2491 cup129206Orange juice, frozen concentrate, unsweetened, undiluted with 3 volume water2481 cup129214Orange, juice, frozen concentrate, unsweetened, undiluted with 3 volume water2481 cup129206Orange, juice, raw, all commercial varieties1311 orange129216Orange, juice, raw2481 c	ļ	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
PM-511Oil, vegetable sufflower, salad or cooking, oleic, over 70% (primary sufflower oil of commerces)13.6I theyPM-516Oil, vegetable, sunflower, linoleic, (60% and over)13.6I theyPM-517Okra, cooked, boiled, drained, without salt160I cupPM-518Okra, cooked, boiled, drained, without salt184I cupPM-519Oiron rings, breaded, par fried, frozen, prepared, heated in oven6010 ringsPM-518Onions, cooked, boiled, drained, without salt210I cupPM-518Onions, cooked, boiled, drained, without salt94I mediumPM-518Onions, cooked, boiled, drained, without salt94I mediumPM-518Onions, cooked, boiled, drained, without salt94I slicePM-518Onions, raw160I cupPM-518Onions, raw100I wholePM-519Onions, raw100I wholePM-519Onions, gring or scallions (includes tops and bulb), raw15I wholePM-519Orange juice, chiled, includes from concentrate249I cupPM-519Orange juice, chiled, includes from concentrate249I cupPM-510Orange, juice, frozen concentrate, unsweetened, undiluted with 3 volume249I cupPM-510Orange, juice, raw248I cupPM-510Orange, juice, raw131I cangePM-510Orange, juice, raw, all commercial varieties131I cangePM-510Orange, juice, raw248I cup	;	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
safflower of of commerce)13.61 thesp04506Oil, vegetable, surflower, inoleie, (60% and over)13.61 thesp11279Okra, cooked, boiled, drained, without salt1601 cup11281Okra, frozen, cooked, boiled, drained, without salt1841 eup09193Olives, ripe, canned (small-extr large)225 large11284Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup11284Onions, cooked, boiled, drained, without salt941 medium11282Onions, cooked, boiled, drained, without salt51 thesp11282Onions, cooked, boiled, drained, without salt1001 cup11282Onions, raw1601 cup11282Onions, raw1001 cup11282Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, pring or scallions (includes tops and bulb), raw1601 cup11291Onions, concentrate, unsweetened, uldited with 3 volume2491 cup1092016Orange juice, frozen concentrate, unsweetened, uldited with 3 volume1 cup1092016Orange juice, frozen concentrate, unsweetened, uldited with 3 volume1 cup1092016Orange, raw, all commercial varieties <td>;</td> <td>Oil, vegetable corn, salad or cooking</td> <td>13.6</td> <td>1 tbsp</td> <td>0.000</td>	;	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
11129Okra, cooked, boiled, drained, without salt160I eup11281Okra, frozen, cooked, boiled, drained, without salt184I cup00193Olives, ripe, canned (small-extra large)225 large11284Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup11284Onions, cooked, boiled, drained, without salt941 sloce11284Onions, cooked, boiled, drained, without salt141 sloce11284Onions, cooked, boiled, drained, without salt1601 cup11284Onions, canded, bailed, chained, without salt1001 cup11285Onions, sraw1001 cup11286Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw1601 cup11292Onions, spring or scallions (includes tops and bulb), raw1601 cup11294Orange juice, cinzen concentrate, unsweetened, diluted with 3 volume2491 cup11295Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2401 cup11296Orange juice, raw2481 cup11297Orange juice, raw1 cup1 cup11298Orange juice, raw2481 cup11299Orange juice, raw2481 cup11291Orange, juice, naw2481 cup11292Orange, juice, naw </td <td></td> <td></td> <td>13.6</td> <td>1 tbsp</td> <td>0.000</td>			13.6	1 tbsp	0.000
11121111Okra, frozen, cooked, boiled, drained, without salt184I eup0019321Olives, ripe, canned (small-extra large)23 large1112342Onion rings, breaded, par fried, frozen, prepared, heated in oven601 cup1112343Onions, cooked, boiled, drained, without salt2101 cup111234Onions, cooked, boiled, drained, without salt941 cup111234Onions, cooked, boiled, drained, without salt941 slice111234Onions, cooked, boiled, drained, without salt1601 slice111234Onions, raw1001 cup111234Onions, raw1001 cup111234Onions, spring or scallions (includes tops and bulb), raw1001 cup111234Onions, spring or scallions (includes tops and bulb), raw1001 cup111234Onions, spring or scallions (includes tops and bulb), raw1001 cup111234Onions, spring or scallions (includes tops and bulb), raw151 cup111234Onions, spring or scallions (includes tops and bulb), raw2491 cup111234Orange juice, choreen concentrate, unsweetened, diluted with 3 volue2491 cup111234Orange juice, frozen concentrate, unsweetened, diluted with 3 volue2481 cup111234Orange juice, raw2481 cup111234Orange juice, raw2481 cup11234Orange juice, raw361 paneake11234Paneakes plain, frozen, ready-to-beat (includes butermilk)<)	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
Olives, ripe, canned (small-extra large)225 large11260Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup11284Onions, cooked, boiled, drained, without salt941 medium11284Onions, cooked, boiled, drained, without salt941 fuedium11284Onions, cooked, boiled, drained, without salt941 stice11282Onions, raw141 stice11282Onions, raw1601 cup11282Onions, raw1001 cup11284Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole09207Orange juice, chilled, includes from concentrate2491 cup09214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2491 cup09214Orange juice, raw2481 cup09206Orange juice, raw2481 cup09206Orange juice, raw1311 orange18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18294Parayas, raw1041 papaya </td <td>)</td> <td>Okra, cooked, boiled, drained, without salt</td> <td>160</td> <td>1 cup</td> <td>1.394</td>)	Okra, cooked, boiled, drained, without salt	160	1 cup	1.394
DefinitionDefinitionDefinition11286Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings11283Onions, cooked, boiled, drained, without salt2101 cup11284Onions, cooked, boiled, drained, without salt941 medium11284Onions, cooked, boiled, drained, without salt941 slice11282Onions, raw141 slice11282Onions, raw1601 cup11282Onions, saw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole090207Orange juice, canned, unsweetened2491 cup09215Orange juice, frozen concentrate2491 cup09216Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can09206Orange juice, raw86juice from 1 orange09206Orange juice, raw2481 cup09206Orange juice, raw1311 orange09206Orange, juice, raw381 pancake18288Pancakes, plain, frozen, ready-to-heat (includes buttermilk)361 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake09226Papayas, raw3041 papaya11291Parsley, raw101 sprigs11292Parsley, raw101 sprigs11294Parsley		Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.444
DefinitionContons, cooked, boiled, drained, without salt2101 cup11283Onions, cooked, boiled, drained, without salt941 medium11284Onions, cooked, boiled, drained, without salt941 medium11282Onions, raw141 slice11282Onions, raw1601 cup11282Onions, raw1101 whole11282Onions, raw1001 cup11282Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole11291Onions, spring or scallions (includes tops and bulb), raw151 cup090207Orange juice, canned, unsweetened2491 cup09215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cup09214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2481 cup09206Orange juice, raw2481 cup09206Orange juice, raw2481 cup09206Orange, raw, all commercial varieties1311 orange18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake19256Papayas, raw1001 cup19297Parsiley, raw101 cup192		Olives, ripe, canned (small-extra large)	22	5 large	0.008
11283Onions, cooked, boiled, drained, without salt94Inedium11284Onions, dehydrated flakes51 thsp11282Onions, raw141 slice11282Onions, raw1601 cup11282Onions, raw1101 whole11282Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole09207Orange juice, canned, unsweetened2491 cup09209Orange juice, chilled, includes from concentrate2491 cup09214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cup09206Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can09206Orange juice, raw2481 cup09206Orange juice, raw1311 orange09206Orange juice, raw361 pancake1828Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake1829Pancakes plain, dry mix, complete, prepared381 pancake1829Pancakes, plain, dry mix, incomplete, prepared3841 pancake19226Papaya, raw1041 cup19226Papaya, raw3041 papaya1923Parsley, raw1010 sprigs1924Parsley, raw101 orange1925Parsley, raw1010 sprigs1926Papaya, raw1)	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	2.166
11284Onions, dehydrated flakes5I thsp11282Onions, raw141 slice11282Onions, raw160I cup11282Onions, raw110I whole11282Onions, spring or scallions (includes tops and bulb), raw100I cup11291Onions, spring or scallions (includes tops and bulb), raw15I whole11291Onions, spring or scallions (includes tops and bulb), raw15I whole10907Orange juice, canned, unsweetened249I cup10929Orange juice, chilled, includes from concentrate249I cup109214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can109206Orange juice, raw248I cup109206Orange juice, raw140I cup109200Orange, raw, all commercial varieties180I cup11828Pancakes plain, frozen, ready-to-heat (includes buttermilk)36I pancake11829Pancakes plain, dry mix, complete, prepared38I pancake11829Pancakes, plain, dry mix, incomplete, prepared38I pancake11920Panyas, raw104I cup11921Parsley, raw1010 sprigs11929Parsley, raw1010 sprigs11290Parsley, raw15I cup11291Parsley, raw1010 sprigs11292Parsley, raw1010 sprigs11294Parsley, coked, boiled, drained, without salt		Onions, cooked, boiled, drained, without salt	210	1 cup	0.347
11282Onions, raw14I slice11282Onions, raw1601 cup11282Onions, raw1101 whole11282Onions, raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole19207Orange juice, canned, unsweetened2491 cup19208Orange juice, frozen concentrate2491 cup19215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cup19214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can19206Orange juice, raw2481 cup19200Orange juice, raw2481 cup19200Orange, raw, all commercial varieties1311 orange18280Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake19226Papaya, raw1401 cup19226Papaya, raw3041 papaya1129Parsley, raw101 orapics1129Parsley, raw151 cup11290Parsnip, cooked, boiled, drained, without salt1561 cup12207Past with meatballs in tomato sauce, canned entree2521 cup		Onions, cooked, boiled, drained, without salt	94	1 medium	0.155
11282Now, raw1601 cup11282Onions, raw1001 whole11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole10207Orange juice, canned, unsweetened2491 cup10218Orange juice, friozen concentrate, unsweetened, diluted with 3 volume2491 cup10214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2496 cl-lo-c can10214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2486 cl-lo-c can10214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2481 cup10214Orange juice, raw2481 cup10205Orange juice, raw2481 cup10206Orange, raw, all commercial varieties1801 cup10207Oranges, raw, all commercial varieties1311 cup11828Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake11829Pancakes, plain, dry mix, noomplete, prepared381 pancake11924Papaya, raw1401 cup1125Papaya, raw101 papaya1126Papaya, raw101 papaya1127Parsiey, cowcle, boiled, drained, without salt1561 cup1128Parsiey, cowcle, boiled, drained, without salt2521 cup	ļ	Onions, dehydrated flakes	5	1 tbsp	0.050
11282Onions, raw110I whole11291Onions, spring or scallions (includes tops and bulb), raw1001 cup11291Onions, spring or scallions (includes tops and bulb), raw151 whole09007Orange juice, canned, unsweetened2491 cup09010Orange juice, chilled, includes from concentrate2491 cup09214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2491 cup09214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can09206Orange juice, raw86juice from 1 orange09207Orange juice, raw2481 cup09208Orange, raw, all commercial varieties1311 orange09209Oranges, raw, all commercial varieties1311 orange18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared3841 pancake19205Papaya, raw1041 cup19226Papaya, raw3041 papaya19237Parsley, raw3041 papaya19248Parsley, raw101 org19259Parsley, raw101 cup19260Papaya, raw3041 papaya19270Parsley, raw3041 cup19280Parsley, raw101 cup19292Parsley, raw <td>2</td> <td>Onions, raw</td> <td>14</td> <td>1 slice</td> <td>0.012</td>	2	Onions, raw	14	1 slice	0.012
11291Onions, spring or scallions (includes tops and bulb), raw100I cup11291Onions, spring or scallions (includes tops and bulb), raw15I whole090207Orange juice, canned, unsweetened249I cup090208Orange juice, chilled, includes from concentrate249I cup09214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water249I cup09214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can09205Orange juice, frozen concentrate, unsweetened, undiluted248I cup09206Orange juice, raw248I cup09207Orange juice, raw151 cup09206Orange, raw, all commercial varieties180I cup09207Oranges, raw, all commercial varieties131I orange18288Pancakes plain, forzen, ready-to-heat (includes buttermilk)36I pancake18290Pancakes, plain, dry mix, complete, prepared38I pancake18292Pancakes, plain, dry mix, incomplete, prepared38I cup09226Papaya, raw140I cup09226Papaya, raw304I papaya11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt156I cup2297Pata with meaballs in tomato sauce, canned entree252I cup	2	Onions, raw	160	1 cup	0.133
11291Onions, spring or scallions (includes tops and bulb), raw151 whole09207Orange juice, canned, unsweetened2491 cup09209Orange juice, chilled, includes from concentrate2491 cup09215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cup09214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can09206Orange juice, raw86juice from 1 orange09206Orange juice, raw2481 cup09200Orange, raw, all commercial varieties1801 cup09200Oranges, raw, all commercial varieties1311 orange18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, incomplete, prepared381 pancake19226Papayas, raw1401 cup19226Papayas, raw101 oraprigs11297Parsley, raw101 org11299Parsnips, cooked, boiled, drained, without salt1561 cup22207Past with meatballs in tomato sauce, canned entree2521 cup	2	Onions, raw	110	1 whole	0.091
DescriptionDescriptionDescriptionDescriptionOrange juice, canned, unsweetened2491 cupDescriptionOrange juice, chilled, includes from concentrate2491 cupDescriptionOrange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cupDescriptionOrange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz canDescriptionOrange juice, frozen concentrate, unsweetened, undiluted2481 cupDescriptionOrange juice, raw86juice from 1 orangeDescriptionOrange juice, raw2481 cupDescriptionOrange, raw, all commercial varieties1801 cupDescriptionOranges, raw, all commercial varieties1311 orangeDescriptionOranges, raw, all commercial varieties361 pancake1828Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake19226Papayas, raw1401 cup19226Papayas, raw1010 sprigs11297Parsley, raw101 orange11299Parsnips, cooked, boiled, drained, without salt1561 cup22207Past with meatballs in tomato sauce, canned entree2521 cup		Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.525
DescriptionDescriptionDescriptionD9209Orange juice, chilled, includes from concentrate2491 cupD9215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cupD9214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz canD9206Orange juice, raw86juice from 1 orangeD9206Orange, raw, all commercial varieties1801 cupD9200Oranges, raw, all commercial varieties1311 orangeD9200Oranges, raw, all commercial varieties1311 orangeD9200Oranges, raw, all commercial varieties361 pancakeD9201Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancakeD9226Pancakes, plain, dry mix, complete, prepared381 pancakeD9226Papayas, raw1401 cupD9226Papayas, raw3041 papayaD9226Papayas, raw1010 sprigsD1297Parsley, raw1010 sprigsD1297Parsley, raw1561 cupD9297Past with meatballs in tomato sauce, canned entree2521 cup		Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.079
Op215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume249I cup09214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can09206Orange juice, raw86juice from 1 orange09206Orange, juice, raw2481 cup09200Oranges, raw, all commercial varieties1801 cup09200Oranges, raw, all commercial varieties1311 orange18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake09226Papayas, raw1401 cup09226Papayas, raw3041 papaya11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22007Pasta with meatballs in tomato sauce, canned entree2521 cup	7	Orange juice, canned, unsweetened	249	1 cup	0.782
waterinterval and interval and i)	Orange juice, chilled, includes from concentrate	249	1 cup	0.697
09206Orange juice, raw86juice from 1 orange09206Orange juice, raw2481 cup09200Oranges, raw, all commercial varieties1801 cup09200Oranges, raw, all commercial varieties1311 orange18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake09226Papayas, raw1401 cup09226Papayas, raw3041 papaya11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22007Pata with meatballs in tomato sauce, canned entree2521 cup	;	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.503
09206Orange juice, raw2481 cup09200Oranges, raw, all commercial varieties1801 cup09200Oranges, raw, all commercial varieties1311 orange09200Oranges, raw, all commercial varieties1311 orange18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake09226Papayas, raw1401 cup09226Papayas, raw3041 papaya11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22007Pasta with meatballs in tomato sauce, canned entree2521 cup	Ļ	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.525
D9200Oranges, raw, all commercial varieties1801 cupD9200Oranges, raw, all commercial varieties1311 orangeD9200Oranges, raw, all commercial varieties1311 orange18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Papayas, raw1401 cup09226Papayas, raw3041 papaya11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22007Pasta with meatballs in tomato sauce, canned entree2521 cup)	Orange juice, raw	86	juice from 1 orange	0.344
D9200Oranges, raw, all commercial varieties1311 orange18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Papayas, raw1401 cup19226Papayas, raw3041 papaya11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup)	Orange juice, raw	248	1 cup	0.992
18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake19226Papayas, raw1401 cup19226Papayas, raw3041 papaya11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22007Pasta with meatballs in tomato sauce, canned entree2521 cup)	Oranges, raw, all commercial varieties	180	1 cup	0.508
18290Pancakes, plain, dry mix, complete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Pancakes, plain, dry mix, incomplete, prepared381 pancake18292Papayas, raw1401 cup19226Papayas, raw3041 papaya11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup)	Oranges, raw, all commercial varieties	131	1 orange	0.369
18292Pancakes, plain, dry mix, incomplete, prepared381 pancake09226Papayas, raw1401 cup09226Papayas, raw3041 papaya11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup	3	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.444
D9226Papayas, raw1401 cupD9226Papayas, raw3041 papayaD9226Papayas, raw3041 papaya11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup)	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.650
D9226Papayas, raw3041 papaya11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup	2	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.468
11297Parsley, raw1010 sprigs11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup	5	Papayas, raw	140	1 cup	0.473
11299Parsnips, cooked, boiled, drained, without salt1561 cup22907Pasta with meatballs in tomato sauce, canned entree2521 cup	,	Papayas, raw	304	1 papaya	1.028
22907Pasta with meatballs in tomato sauce, canned entree2521 cup	,	Parsley, raw	10	10 sprigs	0.131
)	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.129
19241 Peaches canned heavy syrup pack solids and liquids 262 Loup	7	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	3.314
202 reactions, cannod, nearly syrup pack, somes and inquites 202 reaction		Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	1.609
09241Peaches, canned, heavy syrup pack, solids and liquids981 half		Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.602

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	1.443
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.570
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.706
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.633
09236	Peaches, raw	98	1 peach	0.790
09236	Peaches, raw	170	1 cup	1.370
16097	Peanut butter, chunk style, with salt	16	1 tbsp	2.190
16098	Peanut butter, smooth style, with salt	16	1 tbsp	2.144
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	3.834
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	3.834
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	3.919
09340	Pears, asian, raw	122	1 pear	0.267
09340	Pears, asian, raw	275	1 pear	0.602
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.644
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.184
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.496
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.152
09252	Pears, raw	166	1 pear	0.261
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.862
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.901
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	1.244
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	2.368
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.744
11670	Peppers, hot chili, green, raw	45	1 pepper	0.428
11819	Peppers, hot chili, red, raw	45	1 pepper	0.560
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.105
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.649
11333	Peppers, sweet, green, raw	119	1 pepper	0.571
11333	Peppers, sweet, green, raw	10	1 ring	0.048
11333	Peppers, sweet, green, raw	149	1 cup	0.715
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.649
11821	Peppers, sweet, red, raw	149	1 cup	1.459
11821	Peppers, sweet, red, raw	119	1 pepper	1.165
11945	Pickle relish, sweet	15	1 tbsp	0.035
11937	Pickles, cucumber, dill	65	1 pickle	0.039
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.098
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	3.069
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	5.953
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.026
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.104
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.308
18302	Pie, apple, prepared from recipe	155	1 piece	1.907
18305	Pie, blueberry, commercially prepared	117	1 piece	0.351

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18306	Pie, blueberry, prepared from recipe	147	1 piece	1.755
18308	Pie, cherry, commercially prepared	117	1 piece	0.234
18309	Pie, cherry, prepared from recipe	180	1 piece	2.297
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.766
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.419
18444	Pie, fried pies, cherry	128	1 pie	1.824
18319	Pie, fried pies, fruit	128	1 pie	1.824
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.733
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	1.199
18324	Pie, pecan, commercially prepared	113	1 piece	0.281
18325	Pie, pecan, prepared from recipe	122	1 piece	1.033
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.204
18327	Pie, pumpkin, prepared from recipe	155	1 piece	1.212
11943	Pimento, canned	12	1 tbsp	0.074
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.668
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.518
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.643
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.141
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.729
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.707
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.133
09266	Pineapple, raw, all varieties	155	1 cup	0.758
09278	Plantains, cooked	154	1 cup	1.164
09277	Plantains, raw	179	1 medium	1.228
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.751
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.134
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	1.192
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.218
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	1.793
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.790
09279	Plums, raw	66	1 plum	0.275
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.875
07064	Pork sausage, fresh, cooked	27	1 patty	1.690
07064	Pork sausage, fresh, cooked	26	2 links	1.627
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.109
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	3.215
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	4.277
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	3.792
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	4.267
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	3.018
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	3.888
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	4.195
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	4.455

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
0179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	4.761
0042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	4.711
0176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	5.097
0047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.199
0051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	5.456
0205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	3.268
0075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	4.432
0078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	5.049
0089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	4.654
1672	Potato pancakes, home-prepared	76	1 pancake	1.629
1399	Potato puffs, frozen, prepared	79	10 puffs	1.708
1414	Potato salad, home-prepared	250	1 cup	2.225
1674	Potato, baked, flesh and skin, without salt	202	1 potato	2.848
1385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.301
1373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	2.433
1363	Potatoes, baked, flesh, without salt	156	1 potato	2.176
1364	Potatoes, baked, skin, without salt	58	1 skin	1.778
1365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	1.957
1367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	1.771
1367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.047
1403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	1.044
1391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.702
1370	Potatoes, hashed brown, home-prepared	156	1 cup	3.591
1379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	1.609
1657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	2.354
1371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.470
1387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.521
1372	Potatoes, scalloped, home-prepared with butter	245	1 cup	2.580
5306	Poultry food products, ground turkey, cooked	82	1 patty	3.952
9294	Prune juice, canned	256	1 cup	2.010
9123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.159
9190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.149
9183	Puddings, chocolate, ready-to-eat	113	4 oz	0.392
9193	Puddings, rice, ready-to-eat	113.4	4 oz	0.183
9218	Puddings, tapioca, ready-to-eat	113	4 oz	0.353
9212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.105
9201	Puddings, vanilla, ready-to-eat	113	4 oz	0.285
1424	Pumpkin, canned, without salt	245	1 cup	0.899

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.012
11429	Radishes, raw	4.5	1 radish	0.011
09298	Raisins, seedless	145	1 cup	1.111
09298	Raisins, seedless	14	1 packet	0.107
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.575
09302	Raspberries, raw	123	1 cup	0.736
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.794
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.480
14342	Rice beverage, RICE DREAM, canned	245	1 cup	1.909
20037	Rice, brown, long-grain, cooked	195	1 cup	2.980
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	2.450
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	6.719
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	1.452
20045	Rice, white, long-grain, regular, cooked	158	1 cup	2.332
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	7.755
18342	Rolls, dinner, plain, commercially prepared (includes brown-and- serve)	28	1 roll	1.130
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.786
18353	Rolls, hard (includes kaiser)	57	1 roll	2.416
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	1.216
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.015
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.029
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.076
04133	Salad dressing, french, home recipe	14	1 tbsp	0.018
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.040
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	0.001
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.092
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	0.067
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.065
07069	Salami, cooked, beef and pork	56.7	2 slices	2.015
07072	Salami, dry or hard, pork, beef	20	2 slices	0.973
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.260
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	6.630
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	3.703
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	7.281
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.142
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.015

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.187
06166	Sauce, homemade, white, medium	250	1 cup	1.005
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.016
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	2.655
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.012
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.133
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.229
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.337
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.258
11445	Seaweed, kelp, raw	10	2 tbsp	0.047
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.119
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.494
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.818
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.375
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.253
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.996
14346	Shake, fast food, chocolate	333	16 fl oz	0.536
14347	Shake, fast food, vanilla	333	16 fl oz	0.616
11677	Shallots, raw	10	1 tbsp	0.020
19097	Sherbet, orange	74	1/2 cup	0.056
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	0.343
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	4.774
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.466
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.335
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.916
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.028
19014	Snacks, fruit leather, rolls	21	1 large	0.021
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.448
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.933
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.271
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.312
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	4.995
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	3.583
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.873
19034	Snacks, popcorn, air-popped	8	1 cup	0.156
19036	Snacks, popcorn, cakes	10	1 cake	0.601
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.836
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.774
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.160
19035	Snacks, popcorn, oil-popped	11	1 cup	0.171
19041	Snacks, pork skins, plain	28.35	1 oz	0.439

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19042	Snacks, potato chips, barbecue-flavor	28.35	l oz	1.330
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.191
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.893
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.709
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.085
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.085
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.985
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.142
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	3.151
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.703
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.406
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.118
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.363
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	6.431
19061	Snacks, trail mix, tropical	140	1 cup	2.075
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	1.701
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.567
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.268
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.711
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.066
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	4.320
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	1.386
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	1.087
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	3.290
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	1.125
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.817
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	1.032
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.820
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.923
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.913
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.725
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.942
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.989
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.482
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.240
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	3.444

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	2.591
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	0.704
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	1.034
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.861
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	1.825
06174	Soup, stock, fish, home-prepared	233	1 cup	2.763
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.520
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	1.418
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.032
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.200
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.916
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.009
16120	Soy milk, fluid	245	1 cup	0.360
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.538
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	2.250
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.686
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	0.501
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	2.341
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.990
02007	Spices, celery seed	2	1 tsp	0.061
02009	Spices, chili powder	2.6	1 tsp	0.205
02010	Spices, cinnamon, ground	2.3	1 tsp	0.030
02015	Spices, curry powder	2	1 tsp	0.069
02020	Spices, garlic powder	2.8	1 tsp	0.019
02026	Spices, onion powder	2.1	1 tsp	0.014
02027	Spices, oregano, dried	1.5	1 tsp	0.093
02028	Spices, paprika	2.1	1 tsp	0.322
02029	Spices, parsley, dried	1.3	1 tbsp	0.103
02030	Spices, pepper, black	2.1	1 tsp	0.024
11658	Spinach souffle, home-prepared	136	1 cup	0.477
11461	Spinach, canned, drained solids	214	1 cup	0.830
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.882
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.834
11457	Spinach, raw	30	1 cup	0.217
11457	Spinach, raw	10	1 leaf	0.072
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.923
11641	Squash, summer, all varieties, raw	113	1 cup	0.550
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	1.015
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	1.114
09320	Strawberries, frozen, sweetened, sliced	255	l cup	1.023

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09316	Strawberries, raw	12	1 strawberry	0.046
09316	Strawberries, raw	166	1 cup	0.641
09316	Strawberries, raw	18	1 strawberry	0.069
19334	Sugars, brown	3.2	1 tsp	0.003
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	1.430
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1.087
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.666
11512	Sweetpotato, canned, vacuum pack	255	1 cup	1.890
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	2.171
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.839
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.414
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.070
19350	Syrups, corn, light	20	1 tbsp	0.004
19353	Syrups, maple	20	1 tbsp	0.006
19129	Syrups, table blends, pancake	20	1 tbsp	0.002
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.003
18360	Taco shells, baked	13.3	1 medium	0.180
09223	Tangerine juice, canned, sweetened	249	1 cup	0.249
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.121
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.134
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	0.047
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.093
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.088
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	2.287
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.050
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	1.976
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.008
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.642
11954	Tomatillos, raw	34	1 medium	0.629
11540	Tomato juice, canned, with salt added	243	1 cup	1.635
11546	Tomato products, canned, paste, without salt added	262	1 cup	8.059
11547	Tomato products, canned, puree, without salt added	250	1 cup	3.665
11549	Tomato products, canned, sauce	245	1 cup	2.389
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	1.821
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	1.764

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	1.069
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.101
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.119
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.731
11955	Tomatoes, sun-dried	2	1 piece	0.181
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.109
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.389
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.143
21088	Tostada with guacamole	130.5	1 tostada	0.992
05286	Turkey and gravy, frozen	142	5-oz package	2.555
05292	Turkey patties, breaded, battered, fried	64	1 patty	1.472
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	5.333
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.065
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	10.147
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	5.744
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	7.620
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	2.590
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.592
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.768
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.466
02050	Vanilla extract	4.2	1 tsp	0.018
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	8.976
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	5.933
11578	Vegetable juice cocktail, canned	242	1 cup	1.757
04582	Vegetable oil, canola	14	1 tbsp	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.941
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	1.549
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	1.464
18367	Waffles, plain, prepared from recipe	75	1 waffle	1.555
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.504
09326	Watermelon, raw	152	1 cup	0.271
09326	Watermelon, raw	286	1 wedge	0.509
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	7.380
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	7.290
20083	Wheat flour, white, bread, enriched	137	1 cup	10.349
20084	Wheat flour, white, cake, enriched	137	1 cup	9.302
20080	Wheat flour, whole-grain	120	1 cup	7.638
20089	Wild rice, cooked	164	1 cup	2.111
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	2.981
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	4.113

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.216
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.259
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.281
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.170