

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

Folate, DFE (µg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	14.160
14003	Alcoholic beverage, beer, regular	355	12 fl oz	21.300
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1.200
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	16.920
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	2.060
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	11.880
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.000
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.000
09003	Apples, raw, with skin	138	1 apple	4.140
09004	Apples, raw, without skin	110	1 cup	0.000
09020	Applesauce, canned, sweetened, without salt	255	1 cup	2.550
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	2.440
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	2.510
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	5.160
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	4.880
09032	Apricots, dried, sulfured, uncooked	35	10 halves	3.500
09021	Apricots, raw	35	1 apricot	3.150
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	61.200
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	85.680
11015	Asparagus, canned, drained solids	72	4 spears	69.120
11012	Asparagus, cooked, boiled, drained	60	4 spears	89.400
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	243.000
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	81.000
09038	Avocados, raw, California	28.35	1 oz	17.577
09039	Avocados, raw, Florida	28.35	1 oz	9.923
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	123.540
18005	Bagels, cinnamon-raisin	89	4" bagel	154.860
18003	Bagels, egg	71	3-1/2" bagel	95.140
18003	Bagels, egg	89	4" bagel	119.260
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	117.150
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	146.850
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	5.387
19078	Baking chocolate, unsweetened, squares	28.35	1 square	7.938
11028	Bamboo shoots, canned, drained solids	131	1 cup	3.930
09040	Bananas, raw	118	1 banana	23.600

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09040	Bananas, raw	150	1 cup	30.000
20006	Barley, pearled, cooked	157	1 cup	25.120
20005	Barley, pearled, raw	200	1 cup	46.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	60.960
16008	Beans, baked, canned, with franks	259	1 cup	77.700
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	93.610
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	58.190
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	256.280
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	180.540
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	130.560
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	230.100
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	254.800
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	294.120
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	43.200
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	41.250
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	31.050
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	43.200
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	41.250
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	31.050
16051	Beans, white, mature seeds, canned	262	1 cup	170.300
22905	Beef stew, canned entree	232	1 cup	25.520
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4.250
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	5.100
13348	Beef, cured, corned beef, canned	85.05	3 oz	7.655
13350	Beef, cured, dried	28.35	1 oz	2.268
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	9.350
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	8.500
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	7.650
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	5.950
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	6.800
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	8.500
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	9.350
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	5.950
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	5.950
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	7.650
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	8.500
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	221.000
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	20.160

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11084	Beets, canned, drained solids	24	1 beet	7.200
11084	Beets, canned, drained solids	170	1 cup	51.000
11081	Beets, cooked, boiled, drained	50	1 beet	40.000
11081	Beets, cooked, boiled, drained	170	1 cup	136.000
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	95.950
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	57.000
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	37.260
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	28.980
09042	Blackberries, raw	144	1 cup	36.000
09055	Blueberries, frozen, sweetened	230	1 cup	16.100
09050	Blueberries, raw	145	1 cup	8.700
07008	Bologna, beef and pork	56.7	2 slices	3.402
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	24.948
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	46.494
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	205.200
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	53.000
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	28.800
18023	Bread, cornbread, dry mix, prepared	60	1 piece	51.600
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	76.700
18025	Bread, cracked-wheat	25	1 slice	19.000
18027	Bread, egg	40	1/2" slice	52.000
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	57.500
18031	Bread, indian (navajo) fry	90	5" bread	105.300
18031	Bread, indian (navajo) fry	160	10-1/2" bread	187.200
18033	Bread, italian	20	1 slice	60.800
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	43.420
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	42.000
18039	Bread, oatmeal	27	1 slice	23.490
18040	Bread, oatmeal, toasted	25	1 slice	18.750
18041	Bread, pita, white, enriched	60	6-1/2" pita	99.000
18041	Bread, pita, white, enriched	28	4" pita	46.200
18044	Bread, pumpernickel	32	1 slice	42.880
18045	Bread, pumpernickel, toasted	29	1 slice	37.120
18047	Bread, raisin, enriched	26	1 slice	40.560
18048	Bread, raisin, toasted, enriched	24	1 slice	35.520
18053	Bread, reduced-calorie, rye	23	1 slice	19.090
18055	Bread, reduced-calorie, wheat	23	1 slice	31.050
18057	Bread, reduced-calorie, white	23	1 slice	31.740
18060	Bread, rye	32	1 slice	48.320
18061	Bread, rye, toasted	24	1 slice	35.520
18064	Bread, wheat (includes wheat berry)	25	1 slice	31.500
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	27.370
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	76.950

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	42.750
18070	Bread, white, commercially prepared, toasted	22	1 slice	34.980
18075	Bread, whole-wheat, commercially prepared	28	1 slice	14.000
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	9.750
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	82.800
21023	Breakfast items, french toast with butter	135	2 slices	102.600
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	168.480
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	39.960
11740	Broccoli, flower clusters, raw	11	1 floweret	7.810
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	103.040
11090	Broccoli, raw	31	1 spear	19.530
11090	Broccoli, raw	88	1 cup	55.440
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	93.600
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	156.550
20011	Buckwheat flour, whole-groat	120	1 cup	64.800
20010	Buckwheat groats, roasted, cooked	168	1 cup	23.520
20013	Bulgur, cooked	182	1 cup	32.760
20012	Bulgur, dry	140	1 cup	37.800
01001	Butter, salted	14.2	1 tbsp	0.426
01145	Butter, without salt	14.2	1 tbsp	0.426
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	69.700
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	63.070
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	30.000
11109	Cabbage, raw	70	1 cup	30.100
11112	Cabbage, red, raw	70	1 cup	12.600
11114	Cabbage, savoy, raw	70	1 cup	56.000
18086	Cake, angelfood, commercially prepared	28	1 piece	15.960
18088	Cake, angelfood, dry mix, prepared	50	1 piece	14.500
18090	Cake, boston cream pie, commercially prepared	92	1 piece	16.560
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	14.720
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	37.050
18110	Cake, fruitcake, commercially prepared	43	1 piece	13.760
18116	Cake, gingerbread, prepared from recipe	74	1 piece	37.740
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	44.850
18120	Cake, pound, commercially prepared, butter	28	1 piece	17.360
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	19.600
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	53.950
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	31.500
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	27.625
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	9.460
18133	Cake, sponge, commercially prepared	30	1 shortcake	21.300
18134	Cake, sponge, prepared from recipe	63	1 piece	33.390
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	57.120

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	44.400
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	20.480
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	25.600
19074	Candies, caramels	10.1	1 piece	0.505
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.350
19071	Candies, carob	28.35	1 oz	5.954
19087	Candies, confectioner's coating, white	170	1 cup	13.600
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.680
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	3.040
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	1.800
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.160
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	1.260
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.420
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	7.600
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.080
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	3.660
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	17.100
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.500
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	5.280
19126	Candies, milk chocolate coated peanuts	40	10 pieces	3.200
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.700
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	5.740
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	18.620
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	2.240
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	22.500
19080	Candies, semisweet chocolate	168	1 cup	5.040
09060	Carambola, (starfruit), raw	91	1 fruit	12.740
09060	Carambola, (starfruit), raw	108	1 cup	15.120
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000

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14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	2.320
11655	Carrot juice, canned	236	1 cup	9.440
11960	Carrots, baby, raw	10	1 medium	3.300
11128	Carrots, canned, regular pack, drained solids	146	1 cup	13.140
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	21.840
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	16.060
11124	Carrots, raw	72	1 carrot	13.680
11124	Carrots, raw	110	1 cup	20.900
11935	Catsup	15	1 tbsp	2.250
11935	Catsup	6	1 packet	0.900
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	23.760
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	54.560
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	73.800
11135	Cauliflower, raw	13	1 floweret	7.410
11135	Cauliflower, raw	100	1 cup	57.000
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	8.250
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	33.000
11143	Celery, raw	40	1 stalk	14.400
11143	Celery, raw	120	1 cup	43.200
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	336.300
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	126.500
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	165.900
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	336.300
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	165.900
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	165.900
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	336.300
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	675.900
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	165.900
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	336.300
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	165.900
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	162.800
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	336.300
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	336.300
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	162.800
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	165.900
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	350.610
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	675.900
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	672.650
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	165.900

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08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	404.100
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	336.300
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	675.900
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	659.400
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	154.200
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	172.670
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	681.500
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	169.960
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	169.260
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	471.830
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	155.700
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	168.330
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	176.000
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	675.900
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	168.360
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	175.890
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	345.900
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	168.480
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	675.800
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	163.200
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	710.640
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	684.320
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	710.640
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	735.490
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	12.000
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	19.380
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	703.040
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	703.040
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	2.660
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	25.059
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	3.840
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	135.520
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	135.520
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	164.720
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	176.860
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	45.180
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	4.800

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	123.900
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	9.360
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	78.090
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	137.950
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	140.060
08143	Cereals, WHEATENA, cooked with water	243	1 cup	17.010
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	1.985
01164	Cheese sauce, prepared from recipe	243	1 cup	26.730
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	1.985
01004	Cheese, blue	28.35	1 oz	10.206
01007	Cheese, camembert	38	1 wedge	23.560
01009	Cheese, cheddar	28.35	1 oz	5.103
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	25.200
01013	Cheese, cottage, creamed, with fruit	226	1 cup	24.860
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	27.120
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	29.380
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	21.750
01017	Cheese, cream	14.5	1 tbsp	1.885
01186	Cheese, cream, fat free	15.6	1 tbsp	5.772
01019	Cheese, feta	28.35	1 oz	9.072
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	3.119
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	2.835
01026	Cheese, mozzarella, whole milk	28.35	1 oz	1.985
01030	Cheese, muenster	28.35	1 oz	3.402
01031	Cheese, neufchatel	28.35	1 oz	3.119
01032	Cheese, parmesan, grated	5	1 tbsp	0.500
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	2.268
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	1.701
01035	Cheese, provolone	28.35	1 oz	2.835
01037	Cheese, ricotta, part skim milk	246	1 cup	31.980
01036	Cheese, ricotta, whole milk	246	1 cup	29.520
01040	Cheese, swiss	28.35	1 oz	1.701
18147	Cheesecake commercially prepared	80	1 piece	16.000
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	19.520
09070	Cherries, sweet, raw	68	10 cherries	2.720
22906	Chicken pot pie, frozen entree	217	1 small pie	58.590
07017	Chicken roll, light meat	56.7	2 slices	1.134
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	29.400
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	6.860
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	3.440

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	7.560
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	17.280
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	5.390
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	3.960
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	372.650
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	3.360
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	1.080
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	22.360
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	4.160
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	12.740
05277	Chicken, canned, meat only, with broth	142	5 oz	5.680
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	113.288
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	8.400
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	160.800
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	282.080
22904	Chili con carne with beans, canned entree	222	1 cup	57.720
11156	Chives, raw	3	1 tbsp	3.150
14181	Chocolate syrup	18.75	1 tbsp	0.375
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	1.512
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	13.300
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	2.250
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.000
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.000
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	1.920
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1.728
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	3.560
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.600
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	51.030
11159	Coleslaw, home-prepared	120	1 cup	32.400
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	176.700
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	129.200
18151	Cookies, brownies, commercially prepared	56	1 brownie	40.320
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	15.840
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6.250
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	9.200
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	11.500
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	7.520
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	18.200
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	8.300

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18170	Cookies, fig bars	16	1 cookie	8.480
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	55.440
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	9.240
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	46.720
18177	Cookies, molasses	15	1 cookie, medium	21.900
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	7.810
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	23.750
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	7.800
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	6.450
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	15.000
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	16.200
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	14.280
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	9.040
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	12.300
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	13.720
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	17.250
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	8.200
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	12.300
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	3.840
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	35.420
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	115.200
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	102.900
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	35.420
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	57.400
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	19.530
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	500.940
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	517.500
20020	Cornmeal, whole-grain, yellow	122	1 cup	30.500
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	23.550
20028	Couscous, dry	173	1 cup	34.600
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	209.550
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	239.700
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	122.400
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	357.760
18214	Crackers, cheese, regular	10	10 crackers	24.100
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	9.940
18217	Crackers, matzo, plain	28.35	1 matzo	4.820
18220	Crackers, melba toast, plain	20	4 pieces	38.600
18226	Crackers, rye, wafers, plain	11	1 wafer	4.950

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18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	22.680
18229	Crackers, standard snack-type, regular	12	4 crackers	17.160
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	11.200
18232	Crackers, wheat, regular	8	4 crackers	14.880
18235	Crackers, whole-wheat	16	4 crackers	4.480
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.570
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.450
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.600
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.300
01052	Cream, fluid, light whipping	15	1 tbsp	0.600
01056	Cream, sour, cultured	12	1 tbsp	1.320
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	1.650
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.090
18239	Croissants, butter	57	1 croissant	74.100
18243	Croutons, seasoned	40	1 cup	60.400
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	43.350
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	1.700
15141	Crustaceans, crab, blue, canned	135	1 cup	58.050
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	43.350
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	36.600
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	9.350
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	1.701
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	20.400
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	10.800
11206	Cucumber, peeled, raw	119	1 cup	16.660
11206	Cucumber, peeled, raw	280	1 large	39.200
11205	Cucumber, with peel, raw	104	1 cup	7.280
11205	Cucumber, with peel, raw	301	1 large	21.070
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	13.650
18245	Danish pastry, cheese	71	1 danish	60.350
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	48.990
09087	Dates, deglet noor	41.5	5 dates	7.885
09087	Dates, deglet noor	178	1 cup	33.820
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.160
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
02045	Dill weed, fresh	1	5 sprigs	1.500
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	39.010
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	11.620

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18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	40.800
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	8.840
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	22.100
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	63.000
01143	Egg substitute, liquid	62.75	1/4 cup	9.413
01124	Egg, white, raw, fresh	33.4	1 large	1.336
01128	Egg, whole, cooked, fried	46	1 large	23.460
01129	Egg, whole, cooked, hard-boiled	50	1 large	22.000
01131	Egg, whole, cooked, poached	50	1 large	23.500
01132	Egg, whole, cooked, scrambled	61	1 large	18.300
01123	Egg, whole, raw, fresh	50	1 large	23.500
01123	Egg, whole, raw, fresh	44	1 medium	20.680
01123	Egg, whole, raw, fresh	58	1 extra large	27.260
01125	Egg, yolk, raw, fresh	16.6	1 large	24.236
01057	Eggnog	254	1 cup	2.540
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	13.860
11213	Endive, raw	50	1 cup	71.000
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	77.520
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	65.000
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	18.200
21049	Entrees, pizza with cheese	63	1 slice	43.470
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	36.340
21051	Entrees, pizza with pepperoni	71	1 slice	46.150
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	52.080
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	72.765
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	118.260
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	94.400
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	96.100
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	87.980
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	79.100
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	149.240
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	44.520
21042	Fast foods, chili con carne	253	1 cup	55.660
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	120.060
21043	Fast foods, clams, breaded and fried	115	3/4 cup	65.550
21127	Fast foods, coleslaw	99	3/4 cup	38.610
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	52.890
21015	Fast foods, danish pastry, cheese	91	1 pastry	82.810
21017	Fast foods, danish pastry, fruit	94	1 pastry	42.300
21074	Fast foods, enchilada, with cheese	163	1 enchilada	86.390
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	86.310
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	133.590

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21024	Fast foods, french toast sticks	141	5 sticks	274.950
21077	Fast foods, frijoles with cheese	167	1 cup	111.890
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	110.740
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	111.800
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	74.200
21118	Fast foods, hotdog, plain	98	1 sandwich	60.760
21119	Fast foods, hotdog, with chili	114	1 sandwich	88.920
21120	Fast foods, hotdog, with corn flour coating (corn dog)	175	1 corn dog	134.750
21129	Fast foods, hush puppies	78	5 pieces	83.460
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	17.510
21078	Fast foods, nachos, with cheese	113	6-8 nachos	10.170
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	84.660
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	62.640
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	5.950
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	11.830
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	9.380
21139	Fast foods, potato, mashed	80	1/3 cup	6.400
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	7.920
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	68.110
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	84.630
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	67.580
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	136.120
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	109.440
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	88.560
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	135.680
21033	Fast foods, sundae, hot fudge	158	1 sundae	9.480
21082	Fast foods, taco	263	1 large	152.540
21082	Fast foods, taco	171	1 small	99.180
21083	Fast foods, taco salad	198	1-1/2 cups	112.860
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	85.500
09094	Figs, dried, uncooked	38	2 figs	3.420
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	33.150
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	6.800
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	6.800
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	34.770
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	17.080
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	11.430
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	7.650
15034	Fish, haddock, cooked, dry heat	150	1 fillet	19.500
15034	Fish, haddock, cooked, dry heat	85	3 oz	11.050
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	11.900
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	22.260

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15041	Fish, herring, Atlantic, pickled	85.05	3 oz	1.701
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	8.500
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	5.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	3.400
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	2.400
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	8.500
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	14.900
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	6.800
15077	Fish, salmon, chinook, smoked	85.05	3 oz	1.701
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	12.750
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	7.750
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	4.250
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	10.206
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.700
15111	Fish, swordfish, cooked, dry heat	106	1 piece	2.120
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	20.400
15128	Fish, tuna salad	205	1 cup	16.400
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	4.253
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	3.400
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	1.700
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	1.700
07022	Frankfurter, beef	45	1 frank	2.250
07023	Frankfurter, beef and pork	45	1 frank	1.800
07024	Frankfurter, chicken	45	1 frank	1.800
18268	French toast, frozen, ready-to-heat	59	1 slice	42.480
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	37.050
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.380
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	3.040
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	5.390
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	7.920
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	4.320
19294	Fruit butters, apple	17	1 tbsp	0.170
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	7.440
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	7.110
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	9.920
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	20.000
11215	Garlic, raw	3	1 clove	0.090
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1.350
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	7.590

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09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	2.500
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	8.640
09404	Grapefruit juice, pink, raw	247	1 cup	24.700
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	25.000
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	24.700
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	9.880
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	26.910
09128	Grapefruit juice, white, raw	247	1 cup	24.700
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	15.990
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	11.800
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	22.860
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	1.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	3.200
06116	Gravy, beef, canned	58.25	1/4 cup	1.165
06119	Gravy, chicken, canned	59.5	1/4 cup	1.190
06121	Gravy, mushroom, canned	59.6	1/4 cup	7.152
06125	Gravy, turkey, canned	59.6	1/4 cup	1.192
07027	Ham, chopped, not canned	21	2 slices	0.210
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	2.268
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	3.969
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	158.400
11961	Hearts of palm, canned	33	1 piece	12.870
19296	Honey	21	1 tbsp	0.420
02055	Horseradish, prepared	5	1 tsp	2.850
16158	Hummus, commercial	14	1 tbsp	11.620
19270	Ice creams, chocolate	66	1/2 cup	10.560
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	7.740
19095	Ice creams, vanilla	66	1/2 cup	3.300
19088	Ice creams, vanilla, light	66	1/2 cup	3.300
19089	Ice creams, vanilla, rich	74	1/2 cup	5.920
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	5.800
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	2.200
19300	Jellies	19	1 tbsp	0.380
11226	Jerusalem-artichokes, raw	150	1 cup	19.500
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	16.900
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	18.200
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	19.000
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	19.800
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	17.000

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17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	19.550
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	15.300
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	20.400
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	12.750
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	18.700
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	15.300
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	18.700
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	163.800
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	93.600
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	133.450
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	24.960
09153	Lemon juice, canned or bottled	244	1 cup	24.400
09153	Lemon juice, canned or bottled	15.2	1 tbsp	1.520
09152	Lemon juice, raw	47	juice of 1 lemon	6.110
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	2.480
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
09150	Lemons, raw, without peel	58	1 lemon	6.380
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	358.380
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	118.990
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	5.475
11251	Lettuce, cos or romaine, raw	10	1 leaf	13.600
11251	Lettuce, cos or romaine, raw	56	1 cup	76.160
11253	Lettuce, green leaf, raw	10	1 leaf	3.800
11253	Lettuce, green leaf, raw	56	1 cup	21.280
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	30.800
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	4.480
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	301.840
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	28.800
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	35.700
16073	Lima beans, large, mature seeds, canned	241	1 cup	120.500
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	156.040

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09161	Lime juice, canned or bottled, unsweetened	246	1 cup	19.680
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.232
09160	Lime juice, raw	38	juice of 1 lime	3.040
20100	Macaroni, cooked, enriched	140	1 cup	172.200
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	5.460
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	18.550
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	3.150
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	15.900
09176	Mangos, raw	165	1 cup	23.100
09176	Mangos, raw	207	1 mango	28.980
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.142
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.141
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.143
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.048
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.048
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.284
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.048
09181	Melons, cantaloupe, raw	160	1 cup	33.600
09181	Melons, cantaloupe, raw	69	1/8 melon	14.490
09184	Melons, honeydew, raw	170	1 cup	32.300
09184	Melons, honeydew, raw	160	1/8 melon	30.400
01110	Milk shakes, thick chocolate	300	10.6 fl oz	15.000
01111	Milk shakes, thick vanilla	313	11 fl oz	21.910
01094	Milk, buttermilk, dried	6.5	1 tbsp	3.055
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	12.250
01095	Milk, canned, condensed, sweetened	306	1 cup	33.660
01097	Milk, canned, evaporated, nonfat	256	1 cup	23.040
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	20.160
01102	Milk, chocolate, fluid, commercial,	250	1 cup	12.500
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	12.500
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	12.500
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	11.500
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	12.200
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	12.250
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	12.200
01077	Milk, whole, 3.25% milkfat	244	1 cup	12.200
16112	Miso	68.75	1 cup	22.688
19305	Molasses, blackstrap	20	1 tbsp	0.200
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	24.650
15157	Mollusks, clam, mixed species, raw	85	3 oz	13.600
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	36.550
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	8.400

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	46.500
18274	Muffins, blueberry, commercially prepared	57	1 muffin	65.550
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	41.610
18279	Muffins, corn, commercially prepared	57	1 muffin	63.840
18280	Muffins, corn, dry mix, prepared	50	1 muffin	44.500
18283	Muffins, oat bran	57	1 muffin	79.230
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	15.640
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	35.960
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	63.440
11264	Mushrooms, canned, drained solids	156	1 cup	18.720
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	28.080
11260	Mushrooms, raw	70	1 cup	11.200
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	30.450
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	5.868
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	102.200
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.400
09191	Nectarines, raw	136	1 nectarine	6.800
20113	Noodles, chinese, chow mein	45	1 cup	62.100
20110	Noodles, egg, cooked, enriched	160	1 cup	166.400
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	150.400
12061	Nuts, almonds	28.35	1 oz (24 nuts)	8.222
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	6.237
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	19.562
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	7.088
12167	Nuts, chestnuts, european, roasted	143	1 cup	100.100
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	7.440
12104	Nuts, coconut meat, raw	45	1 piece	11.700
12120	Nuts, hazelnuts or filberts	28.35	1 oz	32.036
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	2.835
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	14.175
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	23.531
12142	Nuts, pecans	28.35	1 oz (20 halves)	6.237
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	5.762
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	18.995
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	14.175
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	27.783
20034	Oat bran, cooked	219	1 cup	13.140
20033	Oat bran, raw	94	1 cup	48.880
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000

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04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	73.600
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	268.640
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.000
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	61.800
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	31.500
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	14.100
11284	Onions, dehydrated flakes	5	1 tbsp	8.300
11282	Onions, raw	160	1 cup	30.400
11282	Onions, raw	14	1 slice	2.660
11282	Onions, raw	110	1 whole	20.900
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	9.600
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	64.000
09207	Orange juice, canned, unsweetened	249	1 cup	44.820
09209	Orange juice, chilled, includes from concentrate	249	1 cup	44.820
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	109.560
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	330.150
09206	Orange juice, raw	248	1 cup	74.400
09206	Orange juice, raw	86	juice from 1 orange	25.800
09200	Oranges, raw, all commercial varieties	131	1 orange	39.300
09200	Oranges, raw, all commercial varieties	180	1 cup	54.000
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	24.120
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	21.660
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	20.520
09226	Papayas, raw	140	1 cup	53.200
09226	Papayas, raw	304	1 papaya	115.520
11297	Parsley, raw	10	10 sprigs	15.200
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	90.480
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	93.240
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	2.940
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	7.860
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	2.940
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	7.440
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.000
09250	Peaches, frozen, sliced, sweetened	250	1 cup	7.500
09236	Peaches, raw	98	1 peach	3.920
09236	Peaches, raw	170	1 cup	6.800
16097	Peanut butter, chunk style, with salt	16	1 tbsp	14.720
16098	Peanut butter, smooth style, with salt	16	1 tbsp	11.840

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16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	41.108
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	41.108
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	34.020
09340	Pears, asian, raw	275	1 pear	22.000
09340	Pears, asian, raw	122	1 pear	9.760
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.760
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	2.660
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.760
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	2.480
09252	Pears, raw	166	1 pear	11.620
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	46.400
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	56.000
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	74.800
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	94.400
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	127.400
11670	Peppers, hot chili, green, raw	45	1 pepper	10.350
11819	Peppers, hot chili, red, raw	45	1 pepper	10.350
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	3.640
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	21.760
11333	Peppers, sweet, green, raw	119	1 pepper	13.090
11333	Peppers, sweet, green, raw	10	1 ring	1.100
11333	Peppers, sweet, green, raw	149	1 cup	16.390
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	21.760
11821	Peppers, sweet, red, raw	149	1 cup	26.820
11821	Peppers, sweet, red, raw	119	1 pepper	21.420
11945	Pickle relish, sweet	15	1 tbsp	0.150
11937	Pickles, cucumber, dill	65	1 pickle	0.650
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	86.040
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	110.880
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	190.800
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	2.960
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	50.310
18302	Pie, apple, prepared from recipe	155	1 piece	58.900
18305	Pie, blueberry, commercially prepared	117	1 piece	50.310
18306	Pie, blueberry, prepared from recipe	147	1 piece	52.920
18308	Pie, cherry, commercially prepared	117	1 piece	46.800
18309	Pie, cherry, prepared from recipe	180	1 piece	73.800
18310	Pie, chocolate creme, commercially prepared	113	1 piece	19.210
18316	Pie, coconut custard, commercially prepared	104	1 piece	19.760
18444	Pie, fried pies, cherry	128	1 pie	37.120
18319	Pie, fried pies, fruit	128	1 pie	37.120
18320	Pie, lemon meringue, commercially prepared	113	1 piece	39.550

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18321	Pie, lemon meringue, prepared from recipe	127	1 piece	45.720
18324	Pie, pecan, commercially prepared	113	1 piece	61.020
18325	Pie, pecan, prepared from recipe	122	1 piece	41.480
18326	Pie, pumpkin, commercially prepared	109	1 piece	34.880
18327	Pie, pumpkin, prepared from recipe	155	1 piece	43.400
11943	Pimento, canned	12	1 tbsp	0.720
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	22.500
14341	Pineapple and orange juice drink, canned	250	8 fl oz	22.500
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	57.500
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	2.450
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	12.700
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	2.350
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	12.450
09266	Pineapple, raw, all varieties	155	1 cup	23.250
09278	Plantains, cooked	154	1 cup	40.040
09277	Plantains, raw	179	1 medium	39.380
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	1.380
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	7.740
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	1.380
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	7.560
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.000
09291	Plums, dried (prunes), uncooked	42	5 prunes	1.680
09279	Plums, raw	66	1 plum	3.300
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.520
07064	Pork sausage, fresh, cooked	26	2 links	0.780
07064	Pork sausage, fresh, cooked	27	1 patty	0.810
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.380
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	1.860
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	4.250
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	2.550
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	3.400
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	2.550
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	8.500
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	10.200
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	5.100
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	5.100
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	5.100
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	5.100
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	2.550
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	2.550

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	2.550
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	3.400
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4.250
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	3.400
11672	Potato pancakes, home-prepared	76	1 pancake	17.480
11399	Potato puffs, frozen, prepared	79	10 puffs	13.430
11414	Potato salad, home-prepared	250	1 cup	17.500
11674	Potato, baked, flesh and skin, without salt	202	1 potato	56.560
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	17.150
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	31.850
11363	Potatoes, baked, flesh, without salt	156	1 potato	14.040
11364	Potatoes, baked, skin, without salt	58	1 skin	12.760
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	13.600
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	12.150
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	14.040
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	6.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	2.030
11370	Potatoes, hashed brown, home-prepared	156	1 cup	24.960
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	12.600
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	16.800
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	18.900
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	24.500
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	31.850
05306	Poultry food products, ground turkey, cooked	82	1 patty	5.740
09294	Prune juice, canned	256	1 cup	0.000
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	7.350
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	5.680
19183	Puddings, chocolate, ready-to-eat	113	4 oz	3.390
19193	Puddings, rice, ready-to-eat	113.4	4 oz	3.402
19218	Puddings, tapioca, ready-to-eat	113	4 oz	3.390
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	5.600
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.000
11424	Pumpkin, canned, without salt	245	1 cup	29.400
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	22.050
11429	Radishes, raw	4.5	1 radish	1.125
09298	Raisins, seedless	145	1 cup	7.250
09298	Raisins, seedless	14	1 packet	0.700
09306	Raspberries, frozen, red, sweetened	250	1 cup	65.000
09302	Raspberries, raw	123	1 cup	25.830
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	27.720

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	12.000
14342	Rice beverage, RICE DREAM, canned	245	1 cup	90.650
20037	Rice, brown, long-grain, cooked	195	1 cup	7.800
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	222.250
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	797.350
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	194.700
20045	Rice, white, long-grain, regular, cooked	158	1 cup	153.260
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	715.950
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	40.880
18350	Rolls, hamburger or hotdog, plain	43	1 roll	73.100
18353	Rolls, hard (includes kaiser)	57	1 roll	86.070
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	25.500
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4.284
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.326
04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
04134	Salad dressing, home recipe, cooked	16	1 tbsp	3.520
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	1.104
04015	Salad dressing, russian dressing	15.3	1 tbsp	1.530
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.489
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.000
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.000
07069	Salami, cooked, beef and pork	56.7	2 slices	1.134
07072	Salami, dry or hard, pork, beef	20	2 slices	0.400
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.300
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	122.850
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	73.440
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	115.540
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.630
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	2.520
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	3.680
06166	Sauce, homemade, white, medium	250	1 cup	25.000
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	27.500
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.282
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	2.560
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	3.600
11439	Sauerkraut, canned, solids and liquids	236	1 cup	56.640

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.640
11445	Seaweed, kelp, raw	10	2 tbsp	18.000
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.874
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	16.160
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	14.700
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	7.680
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	67.190
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	75.840
14346	Shake, fast food, chocolate	333	16 fl oz	16.650
14347	Shake, fast food, vanilla	333	16 fl oz	16.650
11677	Shallots, raw	10	1 tbsp	3.400
19097	Sherbet, orange	74	1/2 cup	5.180
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	26.532
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	24.098
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	11.057
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	5.670
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	51.030
19013	Snacks, fruit leather, pieces	28.35	1 oz	1.134
19014	Snacks, fruit leather, rolls	21	1 large	0.840
19015	Snacks, granola bars, hard, plain	28.35	1 bar	6.521
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	7.088
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	6.237
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	5.954
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	39.960
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	37.840
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	10.773
19034	Snacks, popcorn, air-popped	8	1 cup	1.840
19036	Snacks, popcorn, cakes	10	1 cake	1.800
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	6.720
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.760
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.210
19035	Snacks, popcorn, oil-popped	11	1 cup	1.870
19041	Snacks, pork skins, plain	28.35	1 oz	0.000
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	23.531
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	7.655
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	1.985
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	6.521
19411	Snacks, potato chips, plain, salted	28.35	1 oz	12.758
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	12.758
19422	Snacks, potato chips, reduced fat	28.35	1 oz	7.655

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19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	17.577
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	139.800
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	1.890
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	3.969
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	7.371
19056	Snacks, tortilla chips, plain	28.35	1 oz	2.835
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	94.900
19061	Snacks, trail mix, tropical	140	1 cup	58.800
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	29.160
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	32.890
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1.920
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	2.410
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	29.280
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	62.400
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	36.150
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	27.753
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	12.000
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.000
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	9.760
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	9.920
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	2.440
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	7.440
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	9.920
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	4.880
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	50.610
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	6.240
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	2.460
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	2.500
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	52.140
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	45.410
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	101.640
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	62.660
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	29.280
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	28.560

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06174	Soup, stock, fish, home-prepared	233	1 cup	4.660
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	17.360
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	14.640
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	9.760
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	16.800
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	9.640
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.440
16120	Soy milk, fluid	245	1 cup	4.900
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	2.560
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	199.800
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	92.880
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	203.760
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	172.200
20125	Spaghetti, whole-wheat, cooked	140	1 cup	7.000
02007	Spices, celery seed	2	1 tsp	0.200
02009	Spices, chili powder	2.6	1 tsp	2.600
02010	Spices, cinnamon, ground	2.3	1 tsp	0.667
02015	Spices, curry powder	2	1 tsp	3.080
02020	Spices, garlic powder	2.8	1 tsp	0.056
02026	Spices, onion powder	2.1	1 tsp	3.486
02027	Spices, oregano, dried	1.5	1 tsp	4.110
02028	Spices, paprika	2.1	1 tsp	2.226
02029	Spices, parsley, dried	1.3	1 tbsp	2.340
02030	Spices, pepper, black	2.1	1 tsp	0.210
11658	Spinach souffle, home-prepared	136	1 cup	92.480
11461	Spinach, canned, drained solids	214	1 cup	209.720
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	262.800
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	229.900
11457	Spinach, raw	10	1 leaf	19.400
11457	Spinach, raw	30	1 cup	58.200
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	36.000
11641	Squash, summer, all varieties, raw	113	1 cup	32.770
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	41.000
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	38.400
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	38.250
09316	Strawberries, raw	18	1 strawberry	4.320
09316	Strawberries, raw	12	1 strawberry	2.880
09316	Strawberries, raw	166	1 cup	39.840
19334	Sugars, brown	3.2	1 tsp	0.032
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	63.600
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	26.700

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11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	15.680
11512	Sweetpotato, canned, vacuum pack	255	1 cup	43.350
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	8.760
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	9.360
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	11.550
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.950
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	29.127
09223	Tangerine juice, canned, sweetened	249	1 cup	12.450
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	12.600
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	16.800
20068	Tapioca, pearl, dry	152	1 cup	6.080
14355	Tea, brewed, prepared with tap water	178	6 fl oz	8.900
14545	Tea, herb, chamomile, brewed	178	6 fl oz	1.780
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	1.780
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	21.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	63.960
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	26.730
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	52.800
11954	Tomatillos, raw	34	1 medium	2.380
11540	Tomato juice, canned, with salt added	243	1 cup	48.600
11546	Tomato products, canned, paste, without salt added	262	1 cup	31.440
11547	Tomato products, canned, puree, without salt added	250	1 cup	27.500
11549	Tomato products, canned, sauce	245	1 cup	22.050
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	12.750
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	19.200
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	2.550
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	3.000
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	27.000
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	18.450
11955	Tomatoes, sun-dried	2	1 piece	1.360
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.690
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	41.600
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	53.760
21088	Tostada with guacamole	130.5	1 tostada	58.725

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05286	Turkey and gravy, frozen	142	5-oz package	5.680
05292	Turkey patties, breaded, battered, fried	64	1 patty	26.880
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	4.253
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	7.560
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	485.750
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	5.040
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	9.800
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	12.160
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	169.920
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	63.960
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	14.040
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	15.300
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	11.050
11578	Vegetable juice cocktail, canned	242	1 cup	50.820
04582	Vegetable oil, canola	14	1 tbs	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	39.120
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	34.580
02048	Vinegar, cider	15	1 tbs	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	22.110
18367	Waffles, plain, prepared from recipe	75	1 waffle	51.000
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	8.400
09326	Watermelon, raw	152	1 cup	4.560
09326	Watermelon, raw	286	1 wedge	8.580
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	363.750
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	383.750
20083	Wheat flour, white, bread, enriched	137	1 cup	394.560
20084	Wheat flour, white, cake, enriched	137	1 cup	386.340
20080	Wheat flour, whole-grain	120	1 cup	52.800
20089	Wild rice, cooked	164	1 cup	42.640
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	245.650
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	20.430
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	24.970
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	27.240
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	15.890