

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

Cholesterol (mg) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.000
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	0.000
09004	Apples, raw, without skin	110	1 cup	0.000
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.000
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.000
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.000
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.000
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.000
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.000
09021	Apricots, raw	35	1 apricot	0.000
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.000
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.000
11015	Asparagus, canned, drained solids	72	4 spears	0.000
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.000
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.000
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.000
09038	Avocados, raw, California	28.35	1 oz	0.000
09039	Avocados, raw, Florida	28.35	1 oz	0.000
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.000
18005	Bagels, cinnamon-raisin	89	4" bagel	0.000
18003	Bagels, egg	89	4" bagel	21.360
18003	Bagels, egg	71	3-1/2" bagel	17.040
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.000
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.000
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.000
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.000
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.000
09040	Bananas, raw	118	1 banana	0.000

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09040	Bananas, raw	150	1 cup	0.000
20006	Barley, pearled, cooked	157	1 cup	0.000
20005	Barley, pearled, raw	200	1 cup	0.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.000
16008	Beans, baked, canned, with franks	259	1 cup	15.540
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	17.710
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	17.710
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.000
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.000
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.000
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.000
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.000
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.000
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.000
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.000
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.000
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.000
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.000
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.000
16051	Beans, white, mature seeds, canned	262	1 cup	0.000
22905	Beef stew, canned entree	232	1 cup	37.120
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	88.400
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	90.100
13348	Beef, cured, corned beef, canned	85.05	3 oz	73.143
13350	Beef, cured, dried	28.35	1 oz	22.397
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	75.650
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	77.350
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	76.500
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	71.400
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	68.000
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	81.600
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	81.600
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	61.200
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	58.650
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	76.500
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	75.650
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	323.850
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.000

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11084	Beets, canned, drained solids	170	1 cup	0.000
11084	Beets, canned, drained solids	24	1 beet	0.000
11081	Beets, cooked, boiled, drained	50	1 beet	0.000
11081	Beets, cooked, boiled, drained	170	1 cup	0.000
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	1.800
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	3.030
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.000
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.000
09042	Blackberries, raw	144	1 cup	0.000
09055	Blueberries, frozen, sweetened	230	1 cup	0.000
09050	Blueberries, raw	145	1 cup	0.000
07008	Bologna, beef and pork	56.7	2 slices	34.020
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	102.060
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.000
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.200
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.000
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	25.800
18023	Bread, cornbread, dry mix, prepared	60	1 piece	36.600
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	26.000
18025	Bread, cracked-wheat	25	1 slice	0.000
18027	Bread, egg	40	1/2" slice	20.400
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.000
18031	Bread, indian (navajo) fry	160	10-1/2" bread	0.000
18031	Bread, indian (navajo) fry	90	5" bread	0.000
18033	Bread, italian	20	1 slice	0.000
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.000
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.000
18039	Bread, oatmeal	27	1 slice	0.000
18040	Bread, oatmeal, toasted	25	1 slice	0.000
18041	Bread, pita, white, enriched	28	4" pita	0.000
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.000
18044	Bread, pumpernickel	32	1 slice	0.000
18045	Bread, pumpernickel, toasted	29	1 slice	0.000
18047	Bread, raisin, enriched	26	1 slice	0.000
18048	Bread, raisin, toasted, enriched	24	1 slice	0.000
18053	Bread, reduced-calorie, rye	23	1 slice	0.000
18055	Bread, reduced-calorie, wheat	23	1 slice	0.000
18057	Bread, reduced-calorie, white	23	1 slice	0.000
18060	Bread, rye	32	1 slice	0.000
18061	Bread, rye, toasted	24	1 slice	0.000
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.000
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.000
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.000

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.000
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.220
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.000
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.000
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	302.400
21023	Breakfast items, french toast with butter	135	2 slices	116.100
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.000
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.000
11740	Broccoli, flower clusters, raw	11	1 floweret	0.000
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.000
11090	Broccoli, raw	88	1 cup	0.000
11090	Broccoli, raw	31	1 spear	0.000
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.000
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.000
20011	Buckwheat flour, whole-groat	120	1 cup	0.000
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.000
20013	Bulgur, cooked	182	1 cup	0.000
20012	Bulgur, dry	140	1 cup	0.000
01001	Butter, salted	14.2	1 tbsp	30.530
01145	Butter, without salt	14.2	1 tbsp	30.530
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.000
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.000
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.000
11109	Cabbage, raw	70	1 cup	0.000
11112	Cabbage, red, raw	70	1 cup	0.000
11114	Cabbage, savoy, raw	70	1 cup	0.000
18086	Cake, angelfood, commercially prepared	28	1 piece	0.000
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.000
18090	Cake, boston cream pie, commercially prepared	92	1 piece	34.040
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	26.880
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	55.100
18110	Cake, fruitcake, commercially prepared	43	1 piece	2.150
18116	Cake, gingerbread, prepared from recipe	74	1 piece	23.680
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	25.300
18120	Cake, pound, commercially prepared, butter	28	1 piece	61.880
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.000
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	1.950
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	8.500
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	6.800
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.000
18133	Cake, sponge, commercially prepared	30	1 shortcake	30.600
18134	Cake, sponge, prepared from recipe	63	1 piece	107.100
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.120

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	1.480
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	35.200
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	35.200
19074	Candies, caramels	10.1	1 piece	0.707
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.070
19071	Candies, carob	28.35	1 oz	0.851
19087	Candies, confectioner's coating, white	170	1 cup	8.500
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	2.380
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	2.280
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	1.950
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	2.400
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	3.780
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.980
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	1.800
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	8.540
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	2.520
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	7.410
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
19116	Candies, marshmallows	50	1 cup	0.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	10.120
19126	Candies, milk chocolate coated peanuts	40	10 pieces	3.600
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.300
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	7.790
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	4.900
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.000
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	5.720
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.700
19080	Candies, semisweet chocolate	168	1 cup	0.000
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.420
09060	Carambola, (starfruit), raw	108	1 cup	0.000
09060	Carambola, (starfruit), raw	91	1 fruit	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.000
11655	Carrot juice, canned	236	1 cup	0.000
11960	Carrots, baby, raw	10	1 medium	0.000
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.000
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.000
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.000
11124	Carrots, raw	72	1 carrot	0.000
11124	Carrots, raw	110	1 cup	0.000
11935	Catsup	15	1 tbsp	0.000
11935	Catsup	6	1 packet	0.000
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.000
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.000
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.000
11135	Cauliflower, raw	100	1 cup	0.000
11135	Cauliflower, raw	13	1 floweret	0.000
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.000
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.000
11143	Celery, raw	40	1 stalk	0.000
11143	Celery, raw	120	1 cup	0.000
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.000
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.000
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.000
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.000
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.000
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.000
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.000
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.000
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.000
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.000
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.000
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.000
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.000
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.000
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.000
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.000
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.000
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.000

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.000
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.000
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.000
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.000
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.000
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.000
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.000
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.000
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.000
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.000
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.000
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.000
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.000
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.000
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.000
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.000
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.000
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.000
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.000
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	0.000
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.000
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.000
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.000
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.000
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.500
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.020
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.000
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.000
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.000
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.000
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.000
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.000
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.000
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.000
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.000
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.000
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.000
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.000
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.000
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.000
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.000
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	22.680
01164	Cheese sauce, prepared from recipe	243	1 cup	92.340
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	15.593
01004	Cheese, blue	28.35	1 oz	21.263
01007	Cheese, camembert	38	1 wedge	27.360
01009	Cheese, cheddar	28.35	1 oz	29.768
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	31.500
01013	Cheese, cottage, creamed, with fruit	226	1 cup	29.380
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	9.040
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	18.080
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	10.150
01017	Cheese, cream	14.5	1 tbsp	15.950
01186	Cheese, cream, fat free	15.6	1 tbsp	1.248
01019	Cheese, feta	28.35	1 oz	25.232
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	5.954
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	15.309
01026	Cheese, mozzarella, whole milk	28.35	1 oz	22.397
01030	Cheese, muenster	28.35	1 oz	27.216
01031	Cheese, neufchatel	28.35	1 oz	21.546
01032	Cheese, parmesan, grated	5	1 tbsp	4.400
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	26.649
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	24.098
01035	Cheese, provolone	28.35	1 oz	19.562
01037	Cheese, ricotta, part skim milk	246	1 cup	76.260
01036	Cheese, ricotta, whole milk	246	1 cup	125.460
01040	Cheese, swiss	28.35	1 oz	26.082
18147	Cheesecake commercially prepared	80	1 piece	44.000
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.000
09070	Cherries, sweet, raw	68	10 cherries	0.000
22906	Chicken pot pie, frozen entree	217	1 small pie	41.230
07017	Chicken roll, light meat	56.7	2 slices	28.350

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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	119.000
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	87.220
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	73.100
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	80.640
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	61.920
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	44.100
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	40.920
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	640.900
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	75.600
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	14.220
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	79.980
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	49.400
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	38.710
05277	Chicken, canned, meat only, with broth	142	5 oz	88.040
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	110.348
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	116.200
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.000
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.000
22904	Chili con carne with beans, canned entree	222	1 cup	24.420
11156	Chives, raw	3	1 tbsp	0.000
14181	Chocolate syrup	18.75	1 tbsp	0.000
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.000
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	23.940
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.900
14192	Cocoa mix, powder	28.35	3 heaping tsp	1.701
14194	Cocoa mix, powder, prepared with water	206	1 serving	2.060
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.000
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.000
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
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	20.160
11159	Coleslaw, home-prepared	120	1 cup	9.600
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.000
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.000
18151	Cookies, brownies, commercially prepared	56	1 brownie	9.520
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.000
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	5.850
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.000
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	5.120
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	7.020
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.000
18170	Cookies, fig bars	16	1 cookie	0.000
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.000
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.000
18177	Cookies, molasses	15	1 cookie, medium	0.000
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.000
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.000
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.000
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.750
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	4.950
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.150
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	6.200
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	4.620
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.600
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	7.650
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.640
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	4.800
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.000
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.000
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2.040
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.000
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.000
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.000
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.000
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.000
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.000
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.000
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.000
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.000
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.000
20028	Couscous, dry	173	1 cup	0.000
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.000
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.000
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.000
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.000
18214	Crackers, cheese, regular	10	10 crackers	1.300
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	0.000
18220	Crackers, melba toast, plain	20	4 pieces	0.000
18226	Crackers, rye, wafers, plain	11	1 wafer	0.000
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.000
18229	Crackers, standard snack-type, regular	12	4 crackers	0.000
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.140
18232	Crackers, wheat, regular	8	4 crackers	0.000
18235	Crackers, whole-wheat	16	4 crackers	0.000
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.000
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	5.550
01053	Cream, fluid, heavy whipping	15	1 tbsp	20.550
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	9.900
01052	Cream, fluid, light whipping	15	1 tbsp	16.650
01056	Cream, sour, cultured	12	1 tbsp	5.280
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	5.850
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	2.280
18239	Croissants, butter	57	1 croissant	38.190
18243	Croutons, seasoned	40	1 cup	2.800
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	45.050
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	17.000
15141	Crustaceans, crab, blue, canned	135	1 cup	120.150
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	85.000
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	90.000
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	61.200
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	147.137
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	150.450
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	79.650
11206	Cucumber, peeled, raw	280	1 large	0.000
11206	Cucumber, peeled, raw	119	1 cup	0.000
11205	Cucumber, with peel, raw	301	1 large	0.000
11205	Cucumber, with peel, raw	104	1 cup	0.000
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.000
18245	Danish pastry, cheese	71	1 danish	11.360
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	80.940
09087	Dates, deglet noor	41.5	5 dates	0.000
09087	Dates, deglet noor	178	1 cup	0.000
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.400
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02045	Dill weed, fresh	1	5 sprigs	0.000
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	17.390
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	5.180
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.780
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	3.600
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	196.690
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	127.000
01143	Egg substitute, liquid	62.75	1/4 cup	0.628
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	210.220
01129	Egg, whole, cooked, hard-boiled	50	1 large	212.000
01131	Egg, whole, cooked, poached	50	1 large	211.000
01132	Egg, whole, cooked, scrambled	61	1 large	214.720
01123	Egg, whole, raw, fresh	50	1 large	211.500
01123	Egg, whole, raw, fresh	58	1 extra large	245.340
01123	Egg, whole, raw, fresh	44	1 medium	186.120
01125	Egg, yolk, raw, fresh	16.6	1 large	204.844
01057	Eggnog	254	1 cup	149.860
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.000
11213	Endive, raw	50	1 cup	0.000
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.000
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.000
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	30.940
21049	Entrees, pizza with cheese	63	1 slice	9.450
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	20.540
21051	Entrees, pizza with pepperoni	71	1 slice	14.200
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	13.950
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	24.255
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	87.600
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	80.000
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	110.050
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	59.760
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	37.290
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	60.060
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	61.480
21042	Fast foods, chili con carne	253	1 cup	134.090
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	8.700
21043	Fast foods, clams, breaded and fried	115	3/4 cup	87.400
21127	Fast foods, coleslaw	99	3/4 cup	4.950
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	215.430
21015	Fast foods, danish pastry, cheese	91	1 pastry	20.020
21017	Fast foods, danish pastry, fruit	94	1 pastry	18.800

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21074	Fast foods, enchilada, with cheese	163	1 enchilada	44.010
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	234.270
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	67.710
21024	Fast foods, french toast sticks	141	5 sticks	74.730
21077	Fast foods, frijoles with cheese	167	1 cup	36.740
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	122.040
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	103.200
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	29.680
21118	Fast foods, hotdog, plain	98	1 sandwich	44.100
21119	Fast foods, hotdog, with chili	114	1 sandwich	51.300
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	78.750
21129	Fast foods, hush puppies	78	5 pieces	134.940
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	27.810
21078	Fast foods, nachos, with cheese	113	6-8 nachos	18.080
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	14.110
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	58.000
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.000
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.000
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.000
21139	Fast foods, potato, mashed	80	1/3 cup	1.600
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	9.360
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	51.430
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	97.650
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	71.940
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	200.080
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	36.480
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	73.440
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	48.640
21033	Fast foods, sundae, hot fudge	158	1 sundae	20.540
21082	Fast foods, taco	171	1 small	56.430
21082	Fast foods, taco	263	1 large	86.790
21083	Fast foods, taco salad	198	1-1/2 cups	43.560
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	74.250
09094	Figs, dried, uncooked	38	2 figs	0.000
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	68.850
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	46.750
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	39.950
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	63.840
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	31.360
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	86.360
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	57.800
15034	Fish, haddock, cooked, dry heat	85	3 oz	62.900

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15034	Fish, haddock, cooked, dry heat	150	1 fillet	111.000
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	65.190
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	34.850
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	11.057
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	45.900
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	27.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	81.600
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	57.600
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	65.560
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	37.400
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	22.100
15077	Fish, salmon, chinook, smoked	85.05	3 oz	19.562
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	46.750
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	134.850
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	73.950
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	120.771
15111	Fish, swordfish, cooked, dry heat	85	3 oz	42.500
15111	Fish, swordfish, cooked, dry heat	106	1 piece	53.000
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	57.800
15128	Fish, tuna salad	205	1 cup	26.650
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	15.309
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	25.500
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	35.700
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	49.300
07022	Frankfurter, beef	45	1 frank	23.850
07023	Frankfurter, beef and pork	45	1 frank	22.500
07024	Frankfurter, chicken	45	1 frank	45.450
18268	French toast, frozen, ready-to-heat	59	1 slice	48.380
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	75.400
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.000
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	3.600
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	1.440
19294	Fruit butters, apple	17	1 tbsp	0.000
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.000
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.000
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.000
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.000
11215	Garlic, raw	3	1 clove	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.000
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.000
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.000
09404	Grapefruit juice, pink, raw	247	1 cup	0.000
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.000
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.000
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.000
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.000
09128	Grapefruit juice, white, raw	247	1 cup	0.000
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.000
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.000
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.000
06116	Gravy, beef, canned	58.25	1/4 cup	1.748
06119	Gravy, chicken, canned	59.5	1/4 cup	1.190
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.000
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	13.020
06125	Gravy, turkey, canned	59.6	1/4 cup	1.192
07027	Ham, chopped, not canned	21	2 slices	10.710
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	26.649
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	32.319
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	14.400
11961	Hearts of palm, canned	33	1 piece	0.000
19296	Honey	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.000
16158	Hummus, commercial	14	1 tbsp	0.000
19270	Ice creams, chocolate	66	1/2 cup	22.440
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	78.260
19095	Ice creams, vanilla	66	1/2 cup	29.040
19088	Ice creams, vanilla, light	66	1/2 cup	16.500
19089	Ice creams, vanilla, rich	74	1/2 cup	68.080
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.000
19300	Jellies	19	1 tbsp	0.000
11226	Jerusalem-artichokes, raw	150	1 cup	0.000
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.000
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	8.750
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.000
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.000
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	79.050
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	75.650
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	85.000
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	80.750
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	82.450
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	74.800
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	102.000
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	102.850
04002	Lard	12.8	1 tbsp	12.160
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.000
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.000
09153	Lemon juice, canned or bottled	244	1 cup	0.000
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.000
09152	Lemon juice, raw	47	juice of 1 lemon	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.000
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	0.000
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.000
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.000
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.000
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.000
11251	Lettuce, cos or romaine, raw	56	1 cup	0.000
11253	Lettuce, green leaf, raw	56	1 cup	0.000
11253	Lettuce, green leaf, raw	10	1 leaf	0.000
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.000
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.000
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.000
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.000
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.000
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.000
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.000
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.000
09160	Lime juice, raw	38	juice of 1 lime	0.000
22247	Macaroni and Cheese, canned entree	252	1 cup	7.560
20100	Macaroni, cooked, enriched	140	1 cup	0.000
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.210
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	26.500
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	4.200
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	29.150
09176	Mangos, raw	165	1 cup	0.000
09176	Mangos, raw	207	1 mango	0.000
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.000
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.000
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.000
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.048
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	12.496
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.000
09181	Melons, cantaloupe, raw	160	1 cup	0.000
09181	Melons, cantaloupe, raw	69	1/8 melon	0.000
09184	Melons, honeydew, raw	160	1/8 melon	0.000
09184	Melons, honeydew, raw	170	1 cup	0.000
01110	Milk shakes, thick chocolate	300	10.6 fl oz	33.000
01111	Milk shakes, thick vanilla	313	11 fl oz	37.560
01094	Milk, buttermilk, dried	6.5	1 tbsp	4.485
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	9.800
01095	Milk, canned, condensed, sweetened	306	1 cup	104.040
01097	Milk, canned, evaporated, nonfat	256	1 cup	10.240
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	73.080
01102	Milk, chocolate, fluid, commercial,	250	1 cup	30.000
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	7.500
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	17.500
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	4.140
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	4.900
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	19.520

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01077	Milk, whole, 3.25% milkfat	244	1 cup	24.400
16112	Miso	68.75	1 cup	0.000
19305	Molasses, blackstrap	20	1 tbsp	0.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	56.950
15157	Mollusks, clam, mixed species, raw	85	3 oz	28.900
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	68.850
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	44.520
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	56.730
18274	Muffins, blueberry, commercially prepared	57	1 muffin	17.100
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	21.090
18279	Muffins, corn, commercially prepared	57	1 muffin	14.820
18280	Muffins, corn, dry mix, prepared	50	1 muffin	31.000
18283	Muffins, oat bran	57	1 muffin	0.000
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	3.060
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.000
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.000
11264	Mushrooms, canned, drained solids	156	1 cup	0.000
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.000
11260	Mushrooms, raw	70	1 cup	0.000
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.000
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.000
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.000
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.000
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.000
09191	Nectarines, raw	136	1 nectarine	0.000
20113	Noodles, chinese, chow mein	45	1 cup	0.000
20110	Noodles, egg, cooked, enriched	160	1 cup	52.800
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	52.800
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.000
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.000
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.000
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.000
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.000
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.000
12104	Nuts, coconut meat, raw	45	1 piece	0.000
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.000
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.000
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.000
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.000
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.000
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	0.000
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.000

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12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.000
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.000
20034	Oat bran, cooked	219	1 cup	0.000
20033	Oat bran, raw	94	1 cup	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.000
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.000
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	0.000
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.000
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.000
11284	Onions, dehydrated flakes	5	1 tbsp	0.000
11282	Onions, raw	110	1 whole	0.000
11282	Onions, raw	14	1 slice	0.000
11282	Onions, raw	160	1 cup	0.000
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.000
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.000
09207	Orange juice, canned, unsweetened	249	1 cup	0.000
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.000
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.000
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.000
09206	Orange juice, raw	86	juice from 1 orange	0.000
09206	Orange juice, raw	248	1 cup	0.000
09200	Oranges, raw, all commercial varieties	131	1 orange	0.000
09200	Oranges, raw, all commercial varieties	180	1 cup	0.000
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	3.240
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	4.560
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	26.980
09226	Papayas, raw	304	1 papaya	0.000
09226	Papayas, raw	140	1 cup	0.000
11297	Parsley, raw	10	10 sprigs	0.000
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.000
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	20.160
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.000
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.000

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09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.000
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.000
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.000
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.000
09236	Peaches, raw	98	1 peach	0.000
09236	Peaches, raw	170	1 cup	0.000
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.000
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.000
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.000
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.000
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.000
09340	Pears, asian, raw	122	1 pear	0.000
09340	Pears, asian, raw	275	1 pear	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.000
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.000
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.000
09252	Pears, raw	166	1 pear	0.000
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.000
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.000
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.000
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.000
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.000
11670	Peppers, hot chili, green, raw	45	1 pepper	0.000
11819	Peppers, hot chili, red, raw	45	1 pepper	0.000
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.000
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.000
11333	Peppers, sweet, green, raw	149	1 cup	0.000
11333	Peppers, sweet, green, raw	10	1 ring	0.000
11333	Peppers, sweet, green, raw	119	1 pepper	0.000
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.000
11821	Peppers, sweet, red, raw	119	1 pepper	0.000
11821	Peppers, sweet, red, raw	149	1 cup	0.000
11945	Pickle relish, sweet	15	1 tbsp	0.000
11937	Pickles, cucumber, dill	65	1 pickle	0.000
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.000
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.000
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.000
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.000
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.000
18302	Pie, apple, prepared from recipe	155	1 piece	0.000
18305	Pie, blueberry, commercially prepared	117	1 piece	0.000

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18306	Pie, blueberry, prepared from recipe	147	1 piece	0.000
18308	Pie, cherry, commercially prepared	117	1 piece	0.000
18309	Pie, cherry, prepared from recipe	180	1 piece	0.000
18310	Pie, chocolate creme, commercially prepared	113	1 piece	5.650
18316	Pie, coconut custard, commercially prepared	104	1 piece	36.400
18444	Pie, fried pies, cherry	128	1 pie	0.000
18319	Pie, fried pies, fruit	128	1 pie	0.000
18320	Pie, lemon meringue, commercially prepared	113	1 piece	50.850
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	67.310
18324	Pie, pecan, commercially prepared	113	1 piece	36.160
18325	Pie, pecan, prepared from recipe	122	1 piece	106.140
18326	Pie, pumpkin, commercially prepared	109	1 piece	21.800
18327	Pie, pumpkin, prepared from recipe	155	1 piece	65.100
11943	Pimento, canned	12	1 tbsp	0.000
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.000
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.000
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.000
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.000
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.000
09266	Pineapple, raw, all varieties	155	1 cup	0.000
09278	Plantains, cooked	154	1 cup	0.000
09277	Plantains, raw	179	1 medium	0.000
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.000
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.000
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.000
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.000
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.000
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.000
09279	Plums, raw	66	1 plum	0.000
07065	Pork and beef sausage, fresh, cooked	26	2 links	18.460
07064	Pork sausage, fresh, cooked	26	2 links	21.840
07064	Pork sausage, fresh, cooked	27	1 patty	22.680
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	20.900
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	26.970
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	34.850
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	52.700
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	46.750
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	100.300
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	79.900
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	79.900
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	69.700

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	78.200
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	69.700
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	78.200
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	62.050
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	60.350
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	73.950
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	92.650
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	96.900
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	102.850
11672	Potato pancakes, home-prepared	76	1 pancake	72.960
11399	Potato puffs, frozen, prepared	79	10 puffs	0.000
11414	Potato salad, home-prepared	250	1 cup	170.000
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.000
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	36.750
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	56.350
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.000
11364	Potatoes, baked, skin, without salt	58	1 skin	0.000
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.000
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.000
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.000
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.000
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.000
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	29.400
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	4.200
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.100
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	26.950
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	29.400
05306	Poultry food products, ground turkey, cooked	82	1 patty	83.640
09294	Prune juice, canned	256	1 cup	0.000
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	8.820
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	9.940
19183	Puddings, chocolate, ready-to-eat	113	4 oz	3.390
19193	Puddings, rice, ready-to-eat	113.4	4 oz	1.134
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.130
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	9.800
19201	Puddings, vanilla, ready-to-eat	113	4 oz	7.910
11424	Pumpkin, canned, without salt	245	1 cup	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.000
11429	Radishes, raw	4.5	1 radish	0.000
09298	Raisins, seedless	145	1 cup	0.000
09298	Raisins, seedless	14	1 packet	0.000
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.000
09302	Raspberries, raw	123	1 cup	0.000
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	20.160
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.000
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.000
20037	Rice, brown, long-grain, cooked	195	1 cup	0.000
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.000
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.000
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.000
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.000
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.280
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.000
18353	Rolls, hard (includes kaiser)	57	1 roll	0.000
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.000
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	2.601
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.000
04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
04134	Salad dressing, home recipe, cooked	16	1 tbsp	9.120
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	0.900
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5.244
04015	Salad dressing, russian dressing	15.3	1 tbsp	2.754
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.978
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.153
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	4.056
07069	Salami, cooked, beef and pork	56.7	2 slices	36.855
07072	Salami, dry or hard, pork, beef	20	2 slices	15.800
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	5.700
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	111.150
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	49.980
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	87.200
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.000
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	18.270

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.480
06166	Sauce, homemade, white, medium	250	1 cup	17.500
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	20.160
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.000
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.000
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.000
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	8.320
11445	Seaweed, kelp, raw	10	2 tbsp	0.000
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.000
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.000
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.000
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.000
14346	Shake, fast food, chocolate	333	16 fl oz	43.290
14347	Shake, fast food, vanilla	333	16 fl oz	36.630
11677	Shallots, raw	10	1 tbsp	0.000
19097	Sherbet, orange	74	1/2 cup	0.000
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	9.504
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.000
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.000
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.000
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.134
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.000
19014	Snacks, fruit leather, rolls	21	1 large	0.000
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.000
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	3.402
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.284
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.284
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.000
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.000
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.000
19034	Snacks, popcorn, air-popped	8	1 cup	0.000
19036	Snacks, popcorn, cakes	10	1 cake	0.000
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.000
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.760
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.210
19035	Snacks, popcorn, oil-popped	11	1 cup	0.000
19041	Snacks, pork skins, plain	28.35	1 oz	26.933

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19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.000
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.000
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.000
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.851
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.000
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.000
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.000
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.985
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.000
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.000
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.851
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.851
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.000
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	5.840
19061	Snacks, trail mix, tropical	140	1 cup	0.000
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	21.870
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	2.530
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.600
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0.000
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	4.880
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	19.200
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	7.230
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	10.092
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	16.800
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	7.230
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	2.440
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	22.320
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	9.760
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	27.280
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	19.840
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	2.440
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	2.410
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.950
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.000
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.000
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	18.960

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06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	16.730
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.000
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	0.000
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	4.880
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	4.760
06174	Soup, stock, fish, home-prepared	233	1 cup	2.330
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	0.000
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	4.880
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0.000
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.000
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.600
16120	Soy milk, fluid	245	1 cup	0.000
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.000
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.000
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	16.980
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.000
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.000
02007	Spices, celery seed	2	1 tsp	0.000
02009	Spices, chili powder	2.6	1 tsp	0.000
02010	Spices, cinnamon, ground	2.3	1 tsp	0.000
02015	Spices, curry powder	2	1 tsp	0.000
02020	Spices, garlic powder	2.8	1 tsp	0.000
02026	Spices, onion powder	2.1	1 tsp	0.000
02027	Spices, oregano, dried	1.5	1 tsp	0.000
02028	Spices, paprika	2.1	1 tsp	0.000
02029	Spices, parsley, dried	1.3	1 tbsp	0.000
02030	Spices, pepper, black	2.1	1 tsp	0.000
11658	Spinach souffle, home-prepared	136	1 cup	183.600
11461	Spinach, canned, drained solids	214	1 cup	0.000
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.000
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.000
11457	Spinach, raw	30	1 cup	0.000
11457	Spinach, raw	10	1 leaf	0.000
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.000
11641	Squash, summer, all varieties, raw	113	1 cup	0.000
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.000
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.000
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.000

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09316	Strawberries, raw	166	1 cup	0.000
09316	Strawberries, raw	12	1 strawberry	0.000
09316	Strawberries, raw	18	1 strawberry	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	39.600
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.000
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.000
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.000
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.000
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.000
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	8.400
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.380
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
18360	Taco shells, baked	13.3	1 medium	0.000
09223	Tangerine juice, canned, sweetened	249	1 cup	0.000
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.000
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.000
20068	Tapioca, pearl, dry	152	1 cup	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.000
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.000
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.000
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.000
11954	Tomatillos, raw	34	1 medium	0.000
11540	Tomato juice, canned, with salt added	243	1 cup	0.000
11546	Tomato products, canned, paste, without salt added	262	1 cup	5.240
11547	Tomato products, canned, puree, without salt added	250	1 cup	5.000
11549	Tomato products, canned, sauce	245	1 cup	0.000
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.000
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.000

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11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.000
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.000
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.000
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.000
11955	Tomatoes, sun-dried	2	1 piece	0.000
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.000
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.000
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.000
21088	Tostada with guacamole	130.5	1 tostada	19.575
05286	Turkey and gravy, frozen	142	5-oz package	25.560
05292	Turkey patties, breaded, battered, fried	64	1 patty	39.680
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	45.077
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	71.400
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	419.050
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	57.960
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	106.400
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	185.440
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.000
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.000
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.000
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	113.900
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	93.500
11578	Vegetable juice cocktail, canned	242	1 cup	0.000
04582	Vegetable oil, canola	14	1 tbs	0.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.000
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.000
02048	Vinegar, cider	15	1 tbs	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	7.920
18367	Waffles, plain, prepared from recipe	75	1 waffle	51.750
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.000
09326	Watermelon, raw	152	1 cup	0.000
09326	Watermelon, raw	286	1 wedge	0.000
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.000
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.000
20083	Wheat flour, white, bread, enriched	137	1 cup	0.000
20084	Wheat flour, white, cake, enriched	137	1 cup	0.000
20080	Wheat flour, whole-grain	120	1 cup	0.000
20089	Wild rice, cooked	164	1 cup	0.000
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.000
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.000

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Cholesterol (mg) Content of Selected Foods per Common Measure, sorted alphabetically

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	9.080
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	13.620
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	4.540
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	29.510