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	0.004
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	0.055
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	2.307
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	0.023
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.047
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.017
09003	Apples, raw, with skin	138	1 apple	0.039
09004	Apples, raw, without skin	110	1 cup	0.023
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.077
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.020
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.015
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.013
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.007
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.006
09021	Apricots, raw	35	1 apricot	0.009
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.062
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.044
11015	Asparagus, canned, drained solids	72	4 spears	0.106
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.043
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.171
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.057
09038	Avocados, raw, California	28.35	1 oz	0.603
09039	Avocados, raw, Florida	28.35	1 oz	0.556
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.195
18005	Bagels, cinnamon-raisin	89	4" bagel	0.244
18003	Bagels, egg	89	4" bagel	0.375
18003	Bagels, egg	71	3-1/2" bagel	0.299
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.156
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.196
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	7.170
19078	Baking chocolate, unsweetened, squares	28.35	1 square	9.172
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.121
09040	Bananas, raw	118	1 banana	0.132

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09040	Bananas, raw	150	1 cup	0.168
20006	Barley, pearled, cooked	157	1 cup	0.146
20005	Barley, pearled, raw	200	1 cup	0.488
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.295
16008	Beans, baked, canned, with franks	259	1 cup	6.092
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	1.424
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.999
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.239
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.248
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.128
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.127
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.269
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.186
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.030
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.080
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.059
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.030
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.080
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.059
16051	Beans, white, mature seeds, canned	262	1 cup	0.194
22905	Beef stew, canned entree	232	1 cup	5.150
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	8.696
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4.318
13348	Beef, cured, corned beef, canned	85.05	3 oz	5.256
13350	Beef, cured, dried	28.35	1 oz	0.270
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	6.199
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	5.733
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	4.983
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	9.945
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.233
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	5.415
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	2.355
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.233
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.513
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	5.219
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.380
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	1.269
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.045

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11084	Beets, canned, drained solids	24	1 beet	0.006
11084	Beets, canned, drained solids	170	1 cup	0.039
11081	Beets, cooked, boiled, drained	50	1 beet	0.014
11081	Beets, cooked, boiled, drained	170	1 cup	0.048
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	4.367
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	2.594
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	1.000
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.272
09042	Blackberries, raw	144	1 cup	0.020
09055	Blueberries, frozen, sweetened	230	1 cup	0.025
09050	Blueberries, raw	145	1 cup	0.041
07008	Bologna, beef and pork	56.7	2 slices	5.484
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	5.194
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.341
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.871
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.734
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	1.342
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.643
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.011
18025	Bread, cracked-wheat	25	1 slice	0.229
18027	Bread, egg	40	1/2" slice	0.637
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.160
18031	Bread, indian (navajo) fry	90	5" bread	2.082
18031	Bread, indian (navajo) fry	160	10-1/2" bread	3.701
18033	Bread, italian	20	1 slice	0.171
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.210
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.211
18039	Bread, oatmeal	27	1 slice	0.190
18040	Bread, oatmeal, toasted	25	1 slice	0.191
18041	Bread, pita, white, enriched	28	4" pita	0.046
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.100
18044	Bread, pumpernickel	32	1 slice	0.140
18045	Bread, pumpernickel, toasted	29	1 slice	0.139
18047	Bread, raisin, enriched	26	1 slice	0.281
18048	Bread, raisin, toasted, enriched	24	1 slice	0.282
18053	Bread, reduced-calorie, rye	23	1 slice	0.085
18055	Bread, reduced-calorie, wheat	23	1 slice	0.079
18055	Bread, reduced calorie, whete	23	1 slice	0.126
18060	Bread, reduced calorie, white Bread, rye	32	1 slice	0.200
18061	Bread, rye, toasted	24	1 slice	0.200
18064	Bread, wheat (includes wheat berry)	24	1 slice	0.224
18065	Bread, wheat (includes wheat berry) Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.224
18065	Bread, white, commercially prepared (includes soft bread crumbs)	23 25	1 slice	0.224

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
8069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.323
8070	Bread, white, commercially prepared, toasted	22	1 slice	0.127
8075	Bread, whole-wheat, commercially prepared	28	1 slice	0.257
8076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.258
1005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	14.976
1023	Breakfast items, french toast with butter	135	2 slices	7.749
1091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.123
1091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.029
1740	Broccoli, flower clusters, raw	11	1 floweret	0.006
1093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.033
1090	Broccoli, raw	31	1 spear	0.012
1090	Broccoli, raw	88	1 cup	0.034
1099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.164
1101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.126
0011	Buckwheat flour, whole-groat	120	1 cup	0.812
0010	Buckwheat groats, roasted, cooked	168	1 cup	0.225
0013	Bulgur, cooked	182	1 cup	0.076
0012	Bulgur, dry	140	1 cup	0.325
1001	Butter, salted	14.2	1 tbsp	7.294
01145	Butter, without salt	14.2	1 tbsp	7.294
1117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.036
1120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.043
1110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.080
1109	Cabbage, raw	70	1 cup	0.011
1112	Cabbage, red, raw	70	1 cup	0.024
1114	Cabbage, savoy, raw	70	1 cup	0.009
8086	Cake, angelfood, commercially prepared	28	1 piece	0.034
8088	Cake, angelfood, dry mix, prepared	50	1 piece	0.022
8090	Cake, boston cream pie, commercially prepared	92	1 piece	2.249
8096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	3.053
8101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	5.159
8110	Cake, fruitcake, commercially prepared	43	1 piece	0.451
8116	Cake, gingerbread, prepared from recipe	74	1 piece	3.050
8119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	3.352
8120	Cake, pound, commercially prepared, butter	28	1 piece	3.237
8451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.073
8126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	2.452
8127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.429
8128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.088
8452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.466
8133	Cake, sponge, commercially prepared	30	1 shortcake	0.241
8134	Cake, sponge, prepared from recipe	63	1 piece	0.820
8102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.365

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18139	Cake, white, prepared from recipe without frosting	74	1 piece	2.419
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	2.980
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	1.517
19074	Candies, caramels	10.1	1 piece	0.665
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.085
19071	Candies, carob	28.35	1 oz	8.227
19087	Candies, confectioner's coating, white	170	1 cup	33.000
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.006
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.146
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.498
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.449
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19107	Candies, hard	3	1 small piece	0.000
19107	Candies, hard	6	1 piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	7.346
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.916
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	2.066
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.402
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	4.752
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	5.127
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.062
19116	Candies, marshmallows	50	1 cup	0.028
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	6.271
19126	Candies, milk chocolate coated peanuts	40	10 pieces	5.840
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.880
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	6.962
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	6.924
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.717
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	6.684
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	4.829
19080	Candies, semisweet chocolate	168	1 cup	29.820
09060	Carambola, (starfruit), raw	91	1 fruit	0.021
09060	Carambola, (starfruit), raw	108	1 cup	0.025
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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.258
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
6055	Carob flour	8	1 tbsp	0.007
1655	Carrot juice, canned	236	1 cup	0.064
1960	Carrots, baby, raw	10	1 medium	0.002
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.053
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.058
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.175
11124	Carrots, raw	72	1 carrot	0.023
11124	Carrots, raw	110	1 cup	0.035
1935	Catsup	6	1 packet	0.005
11935	Catsup	15	1 tbsp	0.012
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.038
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.087
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.059
1135	Cauliflower, raw	100	1 cup	0.032
11135	Cauliflower, raw	13	1 floweret	0.004
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.060
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.015
11143	Celery, raw	40	1 stalk	0.017
11143	Celery, raw	120	1 cup	0.052
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.297
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.440
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.210
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.360
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.540
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.210
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.060
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.060
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.180
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.240
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.120
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.330
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.150
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.240
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.770
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.570
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.124
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.120
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.220

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.180
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.120
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.180
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.159
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.162
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.120
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.617
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.116
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.053
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.071
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.058
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.456
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.053
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.198
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.090
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.336
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.122
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.420
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.081
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.109
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.184
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	0.092
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.405
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.372
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.548
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.534
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.695
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	3.555
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.234
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.259
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.018
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.130
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.024
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.061
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.061
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.048
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.081

08103 Cacela, CREAM OF WHEAT, regular, cooked with water, without 251 1 cup 08117 Cacela, MALT-O-MEAT, plain and chocolare, cooked with water, without 240 1 cup 08123 Careals, out, instant, fortified, plain, prepared with water 177 1 packet 08121 Careals, out, instant, fortified, plain, prepared with water 137 1 packet 08121 Careals, OLIAKER, cong grits, instant, plain, prepared with water 137 1 packet 08131 Careals, QUAKER, Instant Otmeal, apples and cinnamon, prepared 149 1 packet 08143 Careals, QUAKER, Instant Otmeal, apples and cinnamon, prepared 149 1 packet 08143 Careals, WILATENA, cooked with water 243 1 cup 0164 Cheese spread, pastavrized process, american, without di sodium 28.35 1 oz 0164 Cheese, spread, pastavrized process, american, without di sodium 28.35 1 oz 01040 Cheese, spread, pastavrized process, american, without di sodium 28.35 1 oz 01041 Cheese, spread, pastavrized process, american, without di sodium 28.35 1 oz 01041 Cheese, contag, creamed, king e or small curd 210 1 cup 01051 Cheese, contag, creamed, with frait 226 1 cup 01061 Cheese, co	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
8817Cereals, Mat., Tor.MEAL, plain and chocolate, cooked with water, without stain2401 cop88120Cereals, outs, instant, fortified, plain, prepared with water1771 packet88171Cereals, outs, instant, fortified, plain, prepared with water1771 packet88181Cereals, QUAKER, regular and quick and instant, unerriched, cooked with prepared with builing water1731 packet88172Cereals, QUAKER, Instant Oatmeal, apples and cinnanon, prepared1491 packet88183Cereals, QUAKER, Instant Oatmeal, apples and cinnanon, prepared2431 or88144Cereals, WIEATENA, cooked with water2431 or88145Cereals, SURAER, Instant Oatmeal, apples and cinnanon, prepared2431 or88146Cheese fordon, pareturized process, american, without di sodium28351 or98166Cheese spread, pareturized process, american, without di sodium28351 or910164Cheese, contage, compared from recipe2431 or910165Cheese, contage, compared from recipe28351 or910166Cheese, contage, contage, coreand, large or small card28351 or91017Cheese, contage, contage, coreand, diry, large or small card2261 cap91018Cheese, contage, contage, low fit, 1% milkfat2351 or91019Cheese, contage, low fit, 1% milkfat28351 or91019Cheese, recontage, low fit, hew distard mill, low moisture28,351 or9118Cheese, pareunfer trooperses, americ	08103		251	1 cup	0.075
OBSETCereals, outs, regular and quick and instant, unenriched, cooked with water, without shill.2141 cop08099Cereals, QUAKER, com grits, instant, plain, prepared with water1371 packet08131Cycreals, QUAKER, instant Outmeal, apples and cinnamon, prepared with builing water1491 packet08143Cereals, QUAKER, instant Outmeal, apples and cinnamon, prepared with builing water2431 cop08144Cereals, QUAKER, instant Outmeal, apples and cinnamon, prepared with builing water2431 cop08145Cereals, QUAKER, instant Outmeal, apples and cinnamon, prepared with builing water2431 cop08146Cheese source, prepared from recipe2431 cop01046Cheese source, prepared from recipe2431 cop01047Cheese, contage, pasteurized process, american, without di sodium28.351 oz01048Cheese, ender pasteurized process, american, without di sodium28.351 oz01040Cheese, contage, creamed, large or small curd2101 cop01041Cheese, contage, creamed, large or small curd2101 cop01042Cheese, contage, nonfat, uncreamed, dry, large or small curd1451 cop01044Cheese, contage, lowfat, 2% milkfat2261 cop01045Cheese, contage, notaft, uncreamed, dry, large or small curd1451 cop01046Cheese, novzarella, part skim milk, low moisture28.351 oz01047Cheese, novzarella, part skim milk, low moisture28.351 oz<	08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water,	240	1 cup	0.101
water, without shitinterparted with water137interpart68093Cereals, QUAKER, corr grits, instant, paple and brown sugar, prepared with boiling water1551 packet68132Cereals, QUAKER, instant Oatmaal, apples and cimamon, prepared1491 packet68143Cereals, WHEATENA, cooked with water2431 cup01046Cheese food, pasteurized process, american, without di sodium phosphate28.351 oz01046Cheese spread, pasteurized process, american, without di sodium phosphate28.351 oz01040Cheese, paread from recipe28.351 oz01041Cheese, pasteurized process, american, without di sodium phosphate28.351 oz01040Cheese, chedar28.351 oz01041Cheese, chedar28.351 oz01042Cheese, chedar28.351 oz01043Cheese, chedar2261 cup01044Cheese, cottage, creamed, with fruit2261 cup01045Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 tup01046Cheese, cottage, nonfat, without di sodium28.351 oz01047Cheese, cottage, nonfat, without and cure28.351 oz01048Cheese, cottage, nonfat, 18m2261 cup01049Cheese, cottage, nonfat, 18m28.351 oz01040Cheese, cottage, nonfat, 18m28.351 oz01041Cheese, nonzertell, part skim milk, low moistarc28.351 oz01042 </td <td>08123</td> <td>Cereals, oats, instant, fortified, plain, prepared with water</td> <td>177</td> <td>1 packet</td> <td>0.264</td>	08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.264
08131Cereals, QUAKER, Instant Oatmeal, apples and irown sugar, prepared with boiling water1551 packet08125Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water1491 packet08143Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water2431 cup01046Cheese food, pasteurized process, american, without di sodium phosphare28.351 oz01047Cheese prepared from recipe2431 cup01048Cheese suce, prepared from recipe28.351 oz01049Cheese, chee phare, creamed, pasteurized process, american, without di sodium phosphare28.351 oz01040Cheese, chee cheese, cheed ar28.351 oz01041Cheese, cheed ar2101 cup01042Cheese, contage, creamed, large or small curd2161 cup01013Cheese, contage, creamed, with finit2261 cup01014Cheese, contage, nonfat, uncreamed, dry, large or small curd1451 cup01014Cheese, cream, fat free15.61 bsp01015Cheese, cream, fat free28.351 oz01016Cheese, nozzerella, whole milk28.351 oz01017Cheese, mozzerella, whole milk28.351 oz01018Cheese, norzerella, whole milk28.351 oz01019Cheese, norzerella, whole milk28.351 oz01020Cheese, partecar, grated28.351 oz01031Cheese, norzerella, whole	08121		234	1 cup	0.374
prepared with boting waterthe transmission of the transmission of the transmission of the transmission of transmissio	08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.026
with boiling water2431 cup08143Creaks, WIIEATENA, cooked with water2431 cup01046Cheese food, pateurized process, american, without di sodium28.351 oz01048Cheese spread, from recipe2431 cup01048Cheese spread, pasteurized process, american, without di sodium28.351 oz01044Cheese, pinzeurized process, american, without di sodium28.351 oz01044Cheese, cheese, cheeddar28.351 oz01057Cheese, cinzemebert28.351 oz01016Cheese, cottage, creamed, large or small curd2101 cup01015Cheese, cottage, reamed, with fuit2261 cup01016Cheese, cottage, norfit, uncreamed, dry, large or small curd1451 cup01017Cheese, cottage, norfit, uncreamed, dry, large or small curd1451 oz01018Cheese, cream, fuit free15.61 bsp01019Cheese, tream, fuit free28.351 oz01019Cheese, indit, huce noiby28.351 oz01019Cheese, indit, huce noiby28.351 oz01020Cheese, mozzarella, part skim milk, low moisture28.351 oz01031Cheese, mozzarella, part skim milk, low moisture28.351 oz01032Cheese, pread, merister28.351 oz01034Cheese, pread, swiss, with di sodium phosphate28.351 oz01035Cheese, pread, swiss, with di sodium phosphate28.351 oz010	08131		155	l packet	0.344
01046Cheese food, pasteurized process, american, without di sodium28.351 oz01164Cheese suce, prepared from recipe2431 cup01048Cheese spread, pasteurized process, american, without di sodium28.351 oz01004Cheese, blue28.351 oz01007Cheese, chue28.351 oz01009Cheese, chue28.351 oz010107Cheese, cottage, creamed, large or small curd2101 cup01018Cheese, cottage, creamed, with futi2261 cup01016Cheese, cottage, lowfat, 1% milkfat2261 cup01017Cheese, cottage, lowfat, 1% milkfat2261 cup01018Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01019Cheese, cortage, lowfat, 1% milkfat28.351 oz01019Cheese, cream14.51 cup01019Cheese, fera28.351 oz01019Cheese, fera28.351 oz01019Cheese, lowfat, cheldar or colby28.351 oz01020Cheese, mozzarella, whole milk28.351 oz01031Cheese, nucreatella, whole milk, low moisture28.351 oz01032Cheese, parterized process, american, with di sodium phosphate28.351 oz01034Cheese, parterized process, american, with di sodium phosphate28.351 oz01035Cheese, parterized process, american, with di sodium phosphate28.351 oz01036Cheese, provol	08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.249
phosphate2431 cup01164Cheses grade from recipe2431 cup01048Cheses preared from recipe28.351 oz01004Cheses, end, pasteurized process, american, without di sodium28.351 oz01007Cheses, chue28.351 oz01009Cheses, chue28.351 oz01009Cheses, chue28.351 oz010102Cheses, chue, creamed, large or small curd2101 cup01013Cheses, cottage, creamed, with fruit2261 cup01014Cheses, cottage, lowfat, 2% milkfat2261 cup01015Cheses, cottage, lowfat, 2% milkfat2261 cup01016Cheses, cottage, lowfat, 2% milkfat2261 cup01017Cheses, cottage, lowfat, 2% milkfat2261 cup01018Cheses, cottage, lowfat, 1% milkfat2261 cup01019Cheses, cottage, lowfat, 1% milkfat2261 cup010101Cheses, cottage, lowfat, 1% milkfat2261 cup01017Cheses, curam, faf free15.61 bsp01018Cheses, mozzarella, part skim milk, low moistre28.351 oz01020Cheses, mozzarella, part skim milk, low moistre28.351 oz01031Cheses, mozzarella, whole milk28.351 oz01032Cheses, mozzarella, whole milk28.351 oz01034Cheses, parteurized process, american, with di sodium phosphate28.351 oz01035Cheses, provolone	08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.182
01048Cheese spread pasteurized process, american, without di sodium phosphale28.351 oz01004Cheese, plue28.351 oz01007Cheese, canembert381 vedge01009Cheese, canembert28.351 oz01012Cheese, canembert2101 cup01013Cheese, cottage, creamed, large or small curd2101 cup01014Cheese, cottage, creamed, with fruit2261 cup01015Cheese, cottage, lowfat, 1% milkfat2261 cup01016Cheese, cottage, lowfat, 2% milkfat2261 cup01017Cheese, cottage, lowfat, 2% milkfat2261 cup01018Cheese, cottage, lowfat, 2% milkfat2261 cup01019Cheese, cottage, lowfat, 2% milkfat2261 cup01017Cheese, cottage, lowfat, 2% milkfat2261 cup01018Cheese, cottage, lowfat, 2% milkfat2261 cup01019Cheese, cottage, lowfat, 2% milkfat28.351 oz01019Cheese, cottage, lowfat, 2% milkfat28.351 oz01020Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, mozzarella, part skim milk, low moisture28.351 oz01031Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01032Cheese, porolone28.351 oz01034Cheese, porolone28.351 oz01035Cheese, porolone28.351 oz	01046		28.35	1 oz	4.223
phosphate phosphate 01004 Cheese, blue 28.35 1 oz 01007 Cheese, chudar 38 1 wedge 01009 Cheese, chudar 28.35 1 oz 01012 Cheese, chudag, eranned, large or small curd 210 1 cup 01013 Cheese, cottage, creaned, with fluit 226 1 cup 01014 Cheese, cottage, lowfat, 1% milkfat 226 1 cup 01015 Cheese, cottage, lowfat, 1% milkfat 226 1 cup 01014 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 01014 Cheese, cream 14.5 1 dup 01015 Cheese, cream, fat free 15.6 1 bsp 01016 Cheese, forzarella, part skim milk, low moisture 28.35 1 oz 01020 Cheese, mozzarella, whole milk 28.35 1 oz 01031 Cheese, partenized process, anerican, with di sodium phosphate 28.35 1 oz 01032 Cheese, partenized process, anerican, with di sodium phosphate 28.35 1 oz <	01164	Cheese sauce, prepared from recipe	243	1 cup	19.523
N1007Cheese, camembert381 wedge01009Cheese, cheddar28.351 oz01012Cheese, cottage, creamed, large or small curd2101 cup01013Cheese, cottage, creamed, with fruit2261 cup01014Cheese, cottage, lowfat, 2% milkfat2261 cup01015Cheese, cottage, lowfat, 2% milkfat2261 cup01016Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01017Cheese, cottage, nonfat, uncreamed, dry, large or small curd14.51 bisp01018Cheese, cream15.61 bisp01019Cheese, cream, fat free28.351 oz01019Cheese, nozzarella, part skim milk, low moisture28.351 oz01020Cheese, nucenster28.351 oz01031Cheese, nucenster28.351 oz01032Cheese, nucenster28.351 oz01034Cheese, parteurized process, swiss, with di sodium phosphate28.351 oz01035Cheese, parteurized process, swiss, with di sodium phosphate28.351 oz01036Cheese, nicotta, part skim milk, now28.351 oz01037Cheese, nicotta, part skim milk2461 cup01038Cheese, nicotta, part skim milk2461 cup01039Cheese, nicotta, part skim milk2461 cup01030Cheese, nicotta, part skim milk2461 oz01031Cheese, nicotta, part skim milk28.351 oz <td>01048</td> <td>1 1 1 1</td> <td>28.35</td> <td>1 oz</td> <td>3.778</td>	01048	1 1 1 1	28.35	1 oz	3.778
Number 01009Cheese, cheddar28.351 oz01012Cheese, cottage, creamed, large or small curd2101 cup01013Cheese, cottage, creamed, with fruit2261 cup01016Cheese, cottage, lowfat, 1% milkfat2261 cup01017Cheese, cottage, norfat, uncreamed, dry, large or small curd1451 cup01018Cheese, cottage, norfat, uncreamed, dry, large or small curd1451 cup01017Cheese, cottage, norfat, uncreamed, dry, large or small curd28.351 oz01018Cheese, cream, fat free28.351 oz01019Cheese, feta28.351 oz01020Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, nuerster28.351 oz01031Cheese, nuerster28.351 oz01032Cheese, nuerster28.351 oz01034Cheese, parmesan, grated51 oz01035Cheese, parteurized process, american, with di sodium phosphate28.351 oz01036Cheese, parteurized process, american, with di sodium phosphate28.351 oz01037Cheese, parteurized process, swiss, with di sodium phosphate28.351 oz01036Cheese, ricotta, whole milk2461 cup01037Cheese, ricotta, whole milk2461 cup01036Cheese, swiss1 oz1 oz01037Cheese, swiss28.351 oz01038Cheese, swiss28.351 oz<	01004	Cheese, blue	28.35	1 oz	5.293
OnlogCheese, cottage, creamed, large or small curd2101 cup01013Cheese, cottage, creamed, with fruit2261 cup01016Cheese, cottage, lowfat, 1% milkfat2261 cup01017Cheese, cottage, lowfat, 2% milkfat2261 cup01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01017Cheese, cream14.51 dbsp01018Cheese, cream, fat free15.61 bbsp01019Cheese, feta28.351 oz01020Cheese, mozzarella, vanole milk, low moisture28.351 oz01031Cheese, mozzarella, whole milk28.351 oz01032Cheese, muenster28.351 oz01034Cheese, nuenster28.351 oz01035Cheese, nuenster28.351 oz01034Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01035Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01036Cheese, ricotta, part skim milk.2461 cup01037Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, part skim milk24.51 oz01037Cheese, nover endemilk24.51 oz01038Cheese, ricotta, part skim milk24.61 cup01039Cheese, nicotta, part skim milk24.61 cup01030Cheese, ricotta, whole milk24.61 cup01031Cheese, nicotta	01007	Cheese, camembert	38	1 wedge	5.798
Cheese, orbit, ercaned, with fruit2261 cup01016Cheese, orbitage, lowfat, 1% milkfat2261 cup01015Cheese, orbitage, lowfat, 2% milkfat2261 cup01014Cheese, orbitage, lowfat, 2% milkfat2261 cup01017Cheese, orbitage, lowfat, 1% milkfat2261 cup01018Cheese, orbitage, lowfat, uncreamed, dry, large or small curd1451 cup01017Cheese, oream14.51 thsp01186Cheese, oream, fat free15.61 thsp01190Cheese, feta28.351 oz01029Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01031Cheese, nuenster28.351 oz01032Cheese, nuenster28.351 oz01034Cheese, parmesan, grated51 thsp01044Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01035Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, part skim milk2461 cup01037Cheese, ricotta, part skim milk28.351 oz01036Cheese, ricotta, whole milk28.351 oz01037Cheese, ricotta, part skim milk2461 cup01038Cheese, ricotta, part skim milk2461 cup01039Cheese, ricotta, part skim milk28.351 oz01039Cheese, ricotta, part skim milk246 </td <td>01009</td> <td>Cheese, cheddar</td> <td>28.35</td> <td>1 oz</td> <td>5.980</td>	01009	Cheese, cheddar	28.35	1 oz	5.980
NoteCheese, ortage, lowfat, 1% milkfat2261 cup01015Cheese, ortage, lowfat, 2% milkfat2261 cup01014Cheese, ortage, nonfat, uncreamed, dry, large or small curd1451 cup01017Cheese, ortage, nonfat, uncreamed, dry, large or small curd14.51 thsp01017Cheese, ortage, nonfat, uncreamed, dry, large or small curd14.51 thsp01186Cheese, ortage, nonfat, uncreamed, dry, large or small curd18.51 oz01190Cheese, feta28.351 oz01090Cheese, feta28.351 oz010200Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, muester28.351 oz01030Cheese, muester28.351 oz01031Cheese, partnesan, grated51 thsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01035Cheese, provolone28.351 oz01036Cheese, ricotta, part skim milk2461 cup01037Cheese, ricotta, part skim milk2461 cup01036Cheese, wiss28.351 oz01037Cheese, swiss28.351 oz01038Cheese, swiss28.351 oz01039Cheese, swiss28.351 oz01030Cheese, wiss28.351 oz01031Cheese, ricotta, part skim milk2461 cup01032Cheese, swiss28.351 oz	01012	Cheese, cottage, creamed, large or small curd	210	1 cup	5.991
NumberCheese, cottage, lowfat, 2% milkfat2261 cup10014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup10017Cheese, cream14.51 tbsp10186Cheese, cream, fat free15.61 tbsp10199Cheese, feta28.351 oz101020Cheese, mozzarella, part skim milk, low moisture28.351 oz101030Cheese, mozzarella, part skim milk, low moisture28.351 oz10104Cheese, mozzarella, part skim milk, low moisture28.351 oz10105Cheese, mozzarella, whole milk28.351 oz101030Cheese, mozzarella, whole milk28.351 oz101031Cheese, mozzarella, with di sodium phosphate28.351 oz101032Cheese, parnesan, grated51 tbsp10104Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz10105Cheese, provolone28.351 oz10104Cheese, provolone28.351 oz10105Cheese, provolone28.351 oz10104Cheese, ricotta, part skim milk2461 cup10105Cheese, ricotta, whole milk2461 cup10104Cheese, swiss28.351 oz10105Cheese, ricotta, whole milk2461 cup10105Cheese, ricotta, whole milk2461 cup10106Cheese, swiss28.351 oz10107Cheese, swiss28.351 oz	01013	Cheese, cottage, creamed, with fruit	226	1 cup	5.223
Defense production1451 cup01017Cheese, cream, fat free14.51 tbsp01018Cheese, cream, fat free15.61 tbsp01019Cheese, cream, fat free28.351 oz01019Cheese, low fat, cheddar or colby28.351 oz01029Cheese, mozzarella, part skim milk, low moisture28.351 oz01020Cheese, mozzarella, whole milk28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01031Cheese, nucleatel28.351 oz01032Cheese, nucleatel28.351 oz01033Cheese, partesan, grated51 oz01044Cheese, partenesan, grated51 oz01035Cheese, partenized process, american, with di sodium phosphate28.351 oz01036Cheese, ricotta, part skim milk24.61 cup01037Cheese, ricotta, part skim milk24.61 cup01036Cheese, ricotta, whole milk24.351 oz01037Cheese, ricotta, whole milk24.351 oz01040Cheese, ricotta, whole milk24.351 oz01041Cheese, ricotta, whole milk24.61 cup01042Cheese, ricotta, whole milk24.61 cup01043Cheese, ricotta, whole milk24.61 cup01044Cheese, ricotta, whole milk24.61 cup01045Cheese, ricotta, whole milk24.61 cup01046Cheese, swiss1	01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	1.458
14.514.51 bsp0117Cheese, cream, fat free15.61 bsp01186Cheese, cream, fat free28.351 oz01019Cheese, feta28.351 oz01020Cheese, nozzarella, part skim milk, low moisture28.351 oz01020Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01030Cheese, nuenster28.351 oz01031Cheese, nuenster28.351 oz01032Cheese, parmesan, grated51 bsp01044Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01035Cheese, provolone28.351 oz01036Cheese, provolone28.351 oz01037Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01036Cheese, ricotta, part skim milk2461 cup01037Cheese, ricotta, uhole milk2461 cup01040Cheese, swiss28.351 oz01036Cheese, swiss28.351 oz01037Cheese, nicotta, water pack, solids and liquids (includes2441 cup01040Cheese, swiss28.351 oz01031Cheese, sour, red, canned, water pack, solids and liquids (includes2441 cup01041Cheese, swist2141 cup01042Cheese, swert, ra	01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	2.759
Number Difference15.61 bbspDifferenceCheese, ream, fat free15.61 bbspDifferenceCheese, feta28.351 ozDifferenceCheese, low fat, cheddar or colby28.351 ozDifferenceCheese, mozzarella, part skim milk, low moisture28.351 ozDifferenceCheese, mozzarella, whole milk28.351 ozDifferenceCheese, mozzarella, whole milk28.351 ozDifferenceCheese, menster28.351 ozDifferenceCheese, nuenster28.351 ozDifferenceCheese, parterized process, american, with di sodium phosphate28.351 ozDifferenceCheese, pasteurized process, swis, with di sodium phosphate28.351 ozDifferenceCheese, pasteurized process, swis, with di sodium phosphate28.351 ozDifferenceCheese, pasteurized process, swis, with di sodium phosphate28.351 ozDifferenceCheese, provolone28.351 ozDifferenceCheese, ricotta, part skim milk2461 cupDifferenceCheese, nicotta, whole milk2461 cupDifferenceCheese, swiss1 oz211DifferenceSinteric2441 cupDifferenceCherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cupDifferenceCherries, sweet, raw681 ocherriesDifferenceCherries, sweet, raw2171 small pie<	01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.396
DiningCheese, feta28.351 oz00109Cheese, low fat, cheddar or colby28.351 oz01029Cheese, mozzarella, part skim milk, low moisture28.351 oz01026Cheese, mozzarella, whole milk28.351 oz01026Cheese, mozzarella, whole milk28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01031Cheese, menster28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01035Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01036Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01037Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, whole milk2461 cup01040Cheese, sviss28.351 oz01041Cheese, sviss28.351 oz01042Cheese, sviss28.351 oz01035Cheese, ricotta, up art skim milk2461 cup01040Cheese, sviss28.351 oz01041Cheese, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup01040Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup01041Cherries, sweet, raw6810 cherries<	01017	Cheese, cream	14.5	1 tbsp	3.185
Onload DolladeCheese, low fat, cheddar or colby28.351 ozD01020Cheese, mozzarella, part skim milk, low moisture28.351 ozD01026Cheese, mozzarella, whole milk28.351 ozD01030Cheese, mozzarella, whole milk28.351 ozD01030Cheese, muenster28.351 ozD01031Cheese, neufchatel28.351 ozD01032Cheese, parmesan, grated51 tbspD01042Cheese, pasteurized process, american, with di sodium phosphate28.351 ozD01035Cheese, pasteurized process, swiss, with di sodium phosphate28.351 ozD01036Cheese, ricotta, part skim milk2461 cupD01037Cheese, ricotta, part skim milk2461 cupD01040Cheese, sviss28.351 ozD1035Cheese, nicotta, whole milk2461 cupD1040Cheese, sviss28.351 ozD1041Cheese, sviss28.351 ozD1032Cheese, ricotta, avt shim milk2461 cupD1034Cheese, sviss28.351 ozD1045Cheese, sviss28.351 ozD1046Cheese, sviss28.351 ozD1047Cheese, sviss28.351 ozD1048Cheese, sviss28.351 ozD1049Cheese, sviss28.351 ozD1040Cheese, sviss28.351 ozD1041Cheese, sviss21 oz1 piece <trr>D1042<td>01186</td><td>Cheese, cream, fat free</td><td>15.6</td><td>1 tbsp</td><td>0.140</td></trr>	01186	Cheese, cream, fat free	15.6	1 tbsp	0.140
D1029Cheese, mozzarella, part skim milk, low moisture28.351 ozD1026Cheese, mozzarella, whole milk28.351 ozD1030Cheese, muenster28.351 ozD1031Cheese, neufchatel28.351 ozD1032Cheese, partnesan, grated51 tbspD1042Cheese, pasteurized process, american, with di sodium phosphate28.351 ozD1044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 ozD1035Cheese, pasteurized process, swiss, with di sodium phosphate28.351 ozD1036Cheese, ricotta, part skim milk2461 cupD1037Cheese, ricotta, uhole milk2461 cupD1040Cheese, swiss28.351 ozD1041Cheese, swiss28.351 ozD1035Cheese, ricotta, whole milk2461 cupD1040Cheese, swiss28.351 ozD1041Cheese, swiss28.351 ozD1035Cheese, ricotta, whole milk2461 cupD1040Cheese, swiss28.351 ozD1040Cheese, swiss28.351 ozD1041Cheese, swiss28.351 ozD1032Cheese, ricotta, whole milk2461 cupD1040Cheese, swiss1 ozD1041Cheese, swiss1 ozD1042Cheese, swiss1 ozD1043Cheese, swiss1 ozD1044Cheese, swiss1 ozD1045Che	01019	Cheese, feta	28.35	1 oz	4.237
D1026Cheese, mozzarella, whole milk28.351 ozD1030Cheese, muenster28.351 ozD1031Cheese, neufchatel28.351 ozD1032Cheese, parmesan, grated51 tbspD1042Cheese, pasteurized process, american, with di sodium phosphate28.351 ozD1044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 ozD1045Cheese, pasteurized process, swiss, with di sodium phosphate28.351 ozD1046Cheese, pasteurized process, swiss, with di sodium phosphate28.351 ozD1035Cheese, provolone28.351 ozD1036Cheese, ricotta, part skim milk2461 cupD1036Cheese, ricotta, whole milk2461 cupD1040Cheese, swiss28.351 ozD1041Cheese, swiss28.351 ozD1035Cheese, ricotta, whole milk2461 cupD1036Cheese, swiss1 oz1 ozD1047Cheese, swiss28.351 ozD1048Cheese, swiss28.351 ozD1049Cheese, swiss28.351 ozD1040Cheese, swiss28.351 ozD1041Cheese, swiss28.351 ozD1042Cheese, swiss2461 cupD1043Cheese, swiss1 oz1 cupD1044Cheese, swiss2441 cupD1045Cherries, sweet, raw6810 cherriesD1046Cherries	01168	Cheese, low fat, cheddar or colby	28.35	1 oz	1.231
01030Cheese, muenster28.351 oz01031Cheese, neufchatel28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01035Cheese, provolone28.351 oz01036Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, whole milk2461 cup01040Cheese, swiss28.351 oz01041Cheese, swiss28.351 cup01036Cheese, ricotta, whole milk2461 cup01040Cheese, swiss28.351 oz01040Cheese, numercially prepared801 piece01041Cheese, swiss1 oz1 piece01042Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup01050Cherries, sweet, raw6810 cherries02070Cherries, sweet, raw2171 small pie	01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	3.592
01031Cheese, neufchatel28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01035Cheese, provolone28.351 oz01037Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, whole milk2461 cup01040Cheese, swiss28.351 oz01041Cheese, swiss28.351 oz01035Cheese, ricotta, part skim milk2461 cup01036Cheese, swiss28.351 oz01040Cheese, swiss28.351 oz01041Cheese, nicotta, whole milk2461 cup01036Cheese, swiss1 oz1 oz01040Cheese, swiss28.351 oz01041Cheese, swiss28.351 oz01042Cheese, nicotta, whole milk2461 cup01040Cheese, swiss1 oz1 oz18147Cheesecake commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes) USDA commodity red tart cherries, canned2441 cup09070Cherries, sweet, raw6810 cherries2206Chicken pot pie, frozen entree2171 small pie	01026	Cheese, mozzarella, whole milk	28.35	1 oz	3.729
01032Cheese, parmesan, grated51 bsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz01044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 oz01035Cheese, provolone28.351 oz01037Cheese, provolone2461 cup01036Cheese, ricotta, part skim milk2461 cup01037Cheese, ricotta, whole milk2461 cup01040Cheese, swiss28.351 oz18147Cheese commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries22066Chicken pot pie, frozen entree2171 small pie	01030	Cheese, muenster	28.35	1 oz	5.419
DifferenceDifferenceDifferenceDifferenceDifferenceCheese, pasteurized process, american, with di sodium phosphate28.351 ozDifferenceCheese, pasteurized process, swiss, with di sodium phosphate28.351 ozDifferenceCheese, provolone28.351 ozDifferenceCheese, ricotta, part skim milk2461 cupDifferenceCheese, ricotta, whole milk2461 cupDifferenceCheese, ricotta, whole milk2461 cupDifferenceCheese, swiss1 oz1Difference28.351 oz1DifferenceSignature28.351 ozDifferenceCheese, swiss1 oz1DifferenceSignature28.351 ozDifferenceSignature28.351 ozDifferenceSignature28.351 ozDifferenceSignature28.351 ozDifferenceSignature28.351 ozDifferenceSignature28.351 ozDifferenceSignature28.351 ozDifferenceSignature2441 cupDifferenceSignature2441 cupDifferenceSignature2441 cupDifferenceSignature2441 cupDifferenceSignature2441 cupDifferenceSignature2441 cupDifferenceSignature2441 cupDifferenceSignature244	01031	Cheese, neufchatel	28.35	1 oz	4.195
D1044Cheese, pasteurized process, swiss, with di sodium phosphate28.351 ozD1035Cheese, provolone28.351 ozD1037Cheese, ricotta, part skim milk2461 cupD1036Cheese, ricotta, whole milk2461 cupD1040Cheese, swiss1 ozD1040Cheese, swiss2	01032		5	1 tbsp	0.865
D1035Cheese, provolone28.351 ozD1037Cheese, ricotta, part skim milk2461 cupD1036Cheese, ricotta, whole milk2461 cupD1040Cheese, swiss28.351 ozD1040Cheese, swiss28.351 ozD18147Cheesecake commercially prepared801 pieceD9064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cupD9070Cherries, sweet, raw6810 cherriesD2064Chicken pot pie, frozen entree2171 small pie	01042		28.35	1 oz	5.583
01037Cheese, ricotta, part skim milk2461 cup01036Cheese, ricotta, whole milk2461 cup01040Cheese, swiss28.351 oz18147Cheese commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries22906Chicken pot pie, frozen entree2171 small pie	01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	4.549
D1036Cheese, ricotta, whole milk2461 cupD1040Cheese, swiss28.351 oz18147Cheese commercially prepared801 pieceD9064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cupD9070Cherries, sweet, raw6810 cherries22906Chicken pot pie, frozen entree2171 small pie	01035	Cheese, provolone	28.35	1 oz	4.842
D1040Cheese, swiss28.351 oz18147Cheesecake commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries22906Chicken pot pie, frozen entree2171 small pie	01037	Cheese, ricotta, part skim milk	246	1 cup	12.120
18147Cheesecake commercially prepared801 piece09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries22906Chicken pot pie, frozen entree2171 small pie	01036	Cheese, ricotta, whole milk	246	1 cup	20.406
09064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup09070Cherries, sweet, raw6810 cherries22906Chicken pot pie, frozen entree2171 small pie		,	28.35	1 oz	5.040
USDA commodity red tart cherries, canned) 09070 Cherries, sweet, raw 68 10 cherries 22906 Chicken pot pie, frozen entree 217 1 small pie	18147	Cheesecake commercially prepared	80	1 piece	7.937
22906Chicken pot pie, frozen entree2171 small pie	09064		244	1 cup	0.056
	09070	Cherries, sweet, raw	68	10 cherries	0.026
07017 Chicken roll, light meat 56.7 2 slices	22906	Chicken pot pie, frozen entree	217	1 small pie	9.667
	07017	Chicken roll, light meat	56.7	2 slices	1.117

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	4.928
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	2.401
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.869
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.621
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	2.981
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	1.793
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.651
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.917
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.277
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.378
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	3.793
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	1.576
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.857
05277	Chicken, canned, meat only, with broth	142	5 oz	3.124
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.404
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	4.340
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.283
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.441
22904	Chili con carne with beans, canned entree	222	1 cup	2.109
11156	Chives, raw	3	1 tbsp	0.004
14181	Chocolate syrup	18.75	1 tbsp	0.097
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.396
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	4.948
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.267
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.683
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.672
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.000
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.436
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	0.055
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.004
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	3.652
11159	Coleslaw, home-prepared	120	1 cup	0.462
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.089
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.102
18151	Cookies, brownies, commercially prepared	56	1 brownie	2.372
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1.121
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.553
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.748
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.381

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.292
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	2.017
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.366
18170	Cookies, fig bars	16	1 cookie	0.180
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	1.276
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.213
18177	Cookies, molasses	15	1 cookie, medium	0.482
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.028
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.035
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.130
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.545
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.485
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.673
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.888
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	1.149
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.488
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.815
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.657
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.886
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.298
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.447
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.154
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.152
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.166
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.162
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.152
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	l cup	0.169
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.072
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.311
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.323
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.616
20027	Cornstarch	8.064	1 tbsp	0.001
20029	Couscous, cooked	157	1 cup	0.046
20028	Couscous, dry	173	1 cup	0.202
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.158
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.298
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.346
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.237
18214	Crackers, cheese, regular	10	10 crackers	0.937
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.308

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	0.064
18220	Crackers, melba toast, plain	20	4 pieces	0.089
18226	Crackers, rye, wafers, plain	11	1 wafer	0.012
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.352
18229	Crackers, standard snack-type, regular	12	4 crackers	0.453
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.429
18232	Crackers, wheat, regular	8	4 crackers	0.414
18235	Crackers, whole-wheat	16	4 crackers	0.543
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.023
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.007
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.291
01069	Cream substitute, powdered	2	1 tsp	0.651
01049	Cream, fluid, half and half	15	1 tbsp	1.074
01053	Cream, fluid, heavy whipping	15	1 tbsp	3.455
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	1.803
01052	Cream, fluid, light whipping	15	1 tbsp	2.901
01056	Cream, sour, cultured	12	1 tbsp	1.566
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	1.121
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.415
18239	Croissants, butter	57	1 croissant	6.646
18243	Croutons, seasoned	40	1 cup	2.099
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.113
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.221
15141	Crustaceans, crab, blue, canned	135	1 cup	0.340
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.194
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.890
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.091
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.317
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.774
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.939
11206	Cucumber, peeled, raw	280	1 large	0.036
11206	Cucumber, peeled, raw	119	1 cup	0.015
11205	Cucumber, with peel, raw	301	1 large	0.102
11205	Cucumber, with peel, raw	104	1 cup	0.035
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.153
18245	Danish pastry, cheese	71	1 danish	4.824
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.451
09087	Dates, deglet noor	41.5	5 dates	0.013
09087	Dates, deglet noor	178	1 cup	0.057
01071	Dessert topping, powdered, 1.5 ounce prepared with $1/2$ cup milk	4	1 tbsp	0.427
01072	Dessert topping, pressurized	4	1 tbsp	0.756
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.871

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02045	Dill weed, fresh	1	5 sprigs	0.001
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	1.704
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.508
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.756
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	3.488
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	9.216
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	4.119
01143	Egg substitute, liquid	62.75	1/4 cup	0.414
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	1.975
01129	Egg, whole, cooked, hard-boiled	50	1 large	1.634
01131	Egg, whole, cooked, poached	50	1 large	1.544
01132	Egg, whole, cooked, scrambled	61	1 large	2.244
01123	Egg, whole, raw, fresh	50	1 large	1.550
01123	Egg, whole, raw, fresh	44	1 medium	1.364
01123	Egg, whole, raw, fresh	58	1 extra large	1.797
01125	Egg, yolk, raw, fresh	16.6	1 large	1.585
01057	Eggnog	254	1 cup	11.285
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.044
11213	Endive, raw	50	1 cup	0.024
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.148
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.146
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	2.566
21049	Entrees, pizza with cheese	63	1 slice	1.540
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	1.535
21051	Entrees, pizza with pepperoni	71	1 slice	2.236
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	3.424
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	4.158
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	15.039
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	9.509
21092 21093	Fast foods, cheeseburger, regular, double patty, plain Fast foods, cheeseburger, regular, double patty, with condiments and	155 166	1 sandwich 1 sandwich	12.997 8.717
21090	vegetables Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	6.308
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	8.527
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	4.653
21042	Fast foods, chili con carne	253	1 cup	3.431
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	8.505
21043	Fast foods, clams, breaded and fried	115	3/4 cup	6.603
21127	Fast foods, coleslaw	99	3/4 cup	1.606
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	15.432
21012	Fast foods, danish pastry, cheese	91	1 pastry	5.123
21017	Fast foods, danish pastry, fruit	94	1 pastry	3.315

21074Fast foods, enchilada, with cheese21021Fast foods, english muffin, with egg, cheese, and canadian bacon21106Fast foods, fish sandwich, with tartar sauce and cheese21024Fast foods, french toast sticks21077Fast foods, frijoles with cheese21114Fast foods, hamburger, large, double patty, with condiments and vegetables21111Fast foods, hamburger, regular, double patty, with condiments21108Fast foods, hamburger, regular, single patty, with condiments21118Fast foods, hotdog, plain	163 137 183 141 167 226 215 106	1 enchilada 1 muffin 1 sandwich 5 sticks 1 cup 1 sandwich 1 sandwich	10.588 4.665 8.140 4.709 4.075 10.518
21106Fast foods, fish sandwich, with tartar sauce and cheese21024Fast foods, french toast sticks21077Fast foods, frijoles with cheese21114Fast foods, hamburger, large, double patty, with condiments and vegetables21111Fast foods, hamburger, regular, double patty, with condiments21108Fast foods, hamburger, regular, single patty, with condiments	183 141 167 226 215	1 sandwich 5 sticks 1 cup 1 sandwich	8.140 4.709 4.075
21024Fast foods, french toast sticks21077Fast foods, frijoles with cheese21114Fast foods, hamburger, large, double patty, with condiments and vegetables21111Fast foods, hamburger, regular, double patty, with condiments21108Fast foods, hamburger, regular, single patty, with condiments	141 167 226 215	5 sticks 1 cup 1 sandwich	4.709 4.075
21077Fast foods, frijoles with cheese21114Fast foods, hamburger, large, double patty, with condiments and vegetables21111Fast foods, hamburger, regular, double patty, with condiments21108Fast foods, hamburger, regular, single patty, with condiments	167 226 215	1 cup 1 sandwich	4.075
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vegetables21111Fast foods, hamburger, regular, double patty, with condiments21108Fast foods, hamburger, regular, single patty, with condiments	215		10.518
Fast foods, hamburger, regular, single patty, with condiments		1 sandwich	
	106		12.001
21118 Fast foods, hotdog, plain		1 sandwich	3.563
	98	1 sandwich	5.109
21119 Fast foods, hotdog, with chili	114	1 sandwich	4.854
21120 Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	5.161
21129 Fast foods, hush puppies	78	5 pieces	2.686
21028 Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	3.532
21078 Fast foods, nachos, with cheese	113	6-8 nachos	7.780
21130 Fast foods, onion rings, breaded and fried	83	8-9 rings	6.953
Fast foods, pancakes with butter and syrup	232	2 pancakes	5.851
Fast foods, potato, french fried in vegetable oil	134	1 medium	5.159
Fast foods, potato, french fried in vegetable oil	85	1 small	3.273
Fast foods, potato, french fried in vegetable oil	169	1 large	6.507
Fast foods, potato, mashed	80	1/3 cup	0.383
21026 Fast foods, potatoes, hashed brown	72	1/2 cup	4.324
Fast foods, roast beef sandwich, plain	139	1 sandwich	3.606
Fast foods, salad, vegetable, tossed, without dressing, with cheese a egg	and 217	1-1/2 cups	2.975
21054 Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.578
21059 Fast foods, shrimp, breaded and fried	164	6-8 shrimp	5.379
21124 Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	6.808
21125 Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	7.087
Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	5.330
21033 Fast foods, sundae, hot fudge	158	1 sundae	5.023
21082 Fast foods, taco	171	1 small	11.368
21082 Fast foods, taco	263	1 large	17.484
21083 Fast foods, taco salad	198	1-1/2 cups	6.823
Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	11.475
99094 Figs, dried, uncooked	38	2 figs	0.055
15011 Fish, catfish, channel, cooked, breaded and fried	85	3 oz	2.795
5017 Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.142
5192 Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.088
15027 Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.795
15027 Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.882
5029 Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.461
Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.309
15034 Fish, haddock, cooked, dry heat	150	1 fillet	0.251

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.142
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.354
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.663
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	2.025
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.266
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.157
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.196
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.139
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.403
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.706
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.020
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.790
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	1.305
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	2.971
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	1.629
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	1.300
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.490
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.195
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.789
15128	Fish, tuna salad	205	1 cup	3.165
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	1.305
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.199
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.673
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.256
07022	Frankfurter, beef	45	1 frank	5.260
07023	Frankfurter, beef and pork	45	1 frank	4.847
07024	Frankfurter, chicken	45	1 frank	2.493
18268	French toast, frozen, ready-to-heat	59	1 slice	0.904
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.770
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	2.100
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	1.130
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	2.614
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	2.462
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	0.025
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.002
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	0.063
11215	Garlic, raw	3	1 clove	0.003
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000

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	0.003
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.063
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.073
)9136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.222
09404	Grapefruit juice, pink, raw	247	1 cup	0.035
9124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.030
9123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.032
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.047
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.132
09128	Grapefruit juice, white, raw	247	1 cup	0.035
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.025
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.017
9121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.036
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.086
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.027
6116	Gravy, beef, canned	58.25	1/4 cup	0.672
6119	Gravy, chicken, canned	59.5	1/4 cup	0.839
6121	Gravy, mushroom, canned	59.6	1/4 cup	0.238
6800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	1.996
06125	Gravy, turkey, canned	59.6	1/4 cup	0.370
07027	Ham, chopped, not canned	21	2 slices	1.203
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.919
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	1.665
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	0.672
1961	Hearts of palm, canned	33	1 piece	0.043
9296	Honey	21	1 tbsp	0.000
2055	Horseradish, prepared	5	1 tsp	0.005
6158	Hummus, commercial	14	1 tbsp	0.201
9270	Ice creams, chocolate	66	1/2 cup	4.488
9090	Ice creams, french vanilla, soft-serve	86	1/2 cup	6.433
9095	Ice creams, vanilla	66	1/2 cup	4.481
9088	Ice creams, vanilla, light	66	1/2 cup	1.709
9089	Ice creams, vanilla, rich	74	1/2 cup	7.643
9281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.000
9283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
9297	Jams and preserves	20	1 tbsp	0.002
9300	Jellies	19	1 tbsp	0.001
1226	Jerusalem-artichokes, raw	150	1 cup	0.000
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.068

18103KELLOGG'S Egge Loviat Homestyle Waffles35I vaffle0.309148Kvoi fruit, (chinese geoseberries), fresh, nw76I neclumn0.0011212Kohlahi, cooked, bolied, drained, without salt165I cup0.0011214Lamb, domestic, leg, whole (dank and sirboli), separable lean and fit, frimmed to 1/4" fit, choice, cooked, neated853 or2.311214Lamb, domestic, leg, separable lean and fit, rimwed to 1/4" fit, debice, cooked, noated853 or2.311217Lamb, domestic, ling, separable lean and fit, rimwed to 1/4" fit, choice, cooked, hostied853 or2.311218Lamb, domestic, ling, separable lean and fit, rimmed to 1/4" fit, choice, cooked, hostied853 or4.011214Lamb, domestic, ing, separable lean and fit, rimmed to 1/4" fit, choice, cooked, hostied853 or4.211214Lamb, domestic, ing, separable lean only, trimmed to 1/4" fit, choice, cooked, braised853 or4.211218Lavening agents, baking powder, double-setting, sodium aluminum auffate4.61 tup0.011219Lavening agents, baking powder, double-setting, sodium aluminum auffate4.61 tup0.011317Leavening agents, baking powder, double-setting, straight photphate4.61 tup0.011317Leavening agents, baking powder, double-setting, straight photphate4.61 tup0.011317Leavening agents, strait, baking sodia141 tup0.00.011317L	NDB_No	Description	Weight (g)	Common Measure	Content per Measure																																																																																																																																										
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cup0.0</td><td>09153</td><td>Lemon juice, canned or bottled</td><td>244</td><td>1 cup</td><td>0.093</td></tr> <tr><td>14293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.014297Lemonade-flavor drink, powder, prepared with water2668 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup0.111250Lettuce, butterhead (includes boston and bibb types), raw1631 head0.011251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011254Lettuce, green leaf, raw561 cup0.011255Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>09153</td><td>Lemon juice, canned or bottled</td><td>15.2</td><td>1 tbsp</td><td>0.006</td></tr> <tr><td>14290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.014297Lemonade-flavor drink, powder, prepared with water2668 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup0.111250Lettuce, butterhead (includes boston and bibb types), raw1631 head0.011251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>09152</td><td>Lemon juice, raw</td><td>47</td><td>juice of 1 lemon</td><td>0.000</td></tr> <tr><td>14297Lemonade-flavor drink, powder, prepared with water2668 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup0.111250Lettuce, butterhead (includes boston and bibb types), raw1631 head0.011250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.011251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011253Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>14293</td><td>Lemonade, frozen concentrate, white, prepared with water</td><td>248</td><td>8 fl oz</td><td>0.020</td></tr> <tr><td>09150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup0.111250Lettuce, butterhead (includes boston and bibb types), raw1631 head0.011250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.011251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011253Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>14290</td><td>Lemonade, low calorie, with aspartame, powder, prepared with water</td><td>237</td><td>8 fl oz</td><td>0.000</td></tr> <tr><td>16070Lentils, mature seeds, cooked, boiled, without salt1981 cup0.111250Lettuce, butterhead (includes boston and bibb types), raw1631 head0.011250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.011251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011253Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>14297</td><td>Lemonade-flavor drink, powder, prepared with water</td><td>266</td><td>8 fl oz</td><td>0.045</td></tr> <tr><td>11250Lettuce, butterhead (includes boston and bibb types), raw1631 head0.011250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.011251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>09150</td><td>Lemons, raw, without peel</td><td>58</td><td>1 lemon</td><td>0.023</td></tr> <tr><td>11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.011251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011253Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>16070</td><td>Lentils, mature seeds, cooked, boiled, without salt</td><td>198</td><td>1 cup</td><td>0.105</td></tr> <tr><td>11251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>11250</td><td>Lettuce, butterhead (includes boston and bibb types), raw</td><td>163</td><td>1 head</td><td>0.047</td></tr> <tr><td>11251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>11250</td><td>Lettuce, butterhead (includes boston and bibb types), raw</td><td>7.5</td><td>1 medium leaf</td><td>0.002</td></tr> <tr><td>11253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>11251</td><td>Lettuce, cos or romaine, raw</td><td>56</td><td>1 cup</td><td>0.022</td></tr> <tr><td>11253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>11251</td><td>Lettuce, cos or romaine, raw</td><td>10</td><td>1 leaf</td><td>0.004</td></tr> <tr><td>11252Lettuce, iceberg (includes crisphead types), raw551 cup0.0</td><td>11253</td><td>Lettuce, green leaf, raw</td><td>10</td><td>1 leaf</td><td>0.002</td></tr> <tr><td></td><td>11253</td><td>Lettuce, green leaf, raw</td><td>56</td><td>1 cup</td><td>0.011</td></tr> <tr><td>11252Lettuce, iceberg (includes crisphead types), raw81 medium0.0</td><td>11252</td><td>Lettuce, iceberg (includes crisphead types), raw</td><td>55</td><td>1 cup</td><td>0.008</td></tr> <tr><td></td><td>11252</td><td>Lettuce, iceberg (includes crisphead types), raw</td><td>8</td><td>1 medium</td><td>0.001</td></tr>	18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000	Leavening agents, cream of tartar31 tsp0.018375Leavening agents, yeast, baker's, active dry71 pkg0.018375Leavening agents, yeast, baker's, active dry41 tsp0.018374Leavening agents, yeast, baker's, compressed171 cake0.011247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without1041 cup0.000153Lemon juice, canned or bottled2441 cup0.000153Lemon juice, canned or bottled15.21 tbsp0.000153Lemon juice, raw47juice of 1 lemon0.014293Lemonade, fozen concentrate, white, prepared with water2488 fl oz0.014294Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.014295Lemonade-flavor drink, powder, prepared with water2668 fl oz0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup0.111250Lettuce, butterhead (includes boston and bibb types), raw1631 head0.011251Lettuce, cos or romaine, raw101 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leaf0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, iceberg (includes crisphead types), raw551 cup0.011254Lettuce, iceberg (includes crisphead types), raw551 cup0.0	18372	Leavening agents, baking soda	4.6	1 tsp	0.000	Leavening agents, yeast, baker's, active dry41 tsp0.018374Leavening agents, yeast, baker's, compressed171 cake0.011247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without1041 cup0.009153Lemon juice, canned or bottled2441 cup0.009153Lemon juice, canned or bottled15.21 tbsp0.009154Lemon juice, canned or bottled15.21 tbsp0.009155Lemon juice, raw47juice of 1 lemon0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014294Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.014295Lemonade, low calorie, with aspartame, powder, prepared with water2668 fl oz0.016070Lemis, mature seeds, cooked, boiled, without salt1981 cup0.111250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium 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cup0.011254Lettuce, green leaf, raw561 cup0.011255Lettuce, iceberg (includes crisphead types), raw551 cup0.0	18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.024	salt1111109153Lemon juice, canned or bottled2441cup0.009153Lemon juice, canned or bottled15.21tbsp0.009152Lemon juice, raw47juice of 10.014293Lemonade, frozen concentrate, white, prepared with water2488fl oz0.014290Lemonade, low calorie, with aspartame, powder, prepared with water2378fl oz0.014297Lemonade-flavor drink, powder, prepared with water2668fl oz0.009150Lemons, raw, without peel581lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981cup0.111250Lettuce, butterhead (includes boston and bibb types), raw1631head0.011251Lettuce, cos or romaine, raw561cup0.011251Lettuce, green leaf, raw101leaf0.011252Lettuce, green leaf, raw561cup0.011252Lettuce, green leaf, raw561cup0.011252Lettuce, green leaf, raw561cup0.011252Lettuce, green leaf, raw561cup0.011252Lettuce, green leaf, raw561cup0.011253Lettuce, iceberg (includes crisphead types), raw551cup0.0	18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.041	09153Lemon juice, canned or bottled15.21 tbsp0.009152Lemon juice, raw47juice of 1 lemon0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014290Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.014297Lemonade-flavor drink, powder, prepared with water2368 fl oz0.009150Lemons, raw, without peel581 lemon0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup0.111250Lettuce, butterhead (includes boston and bibb types), raw1631 head0.011251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011254Lettuce, iceberg (includes crisphead types), raw551 cup0.0	11247	1 // / /	104	1 cup	0.028	09152Lemon juice, raw47juice of 1 lemon0.014293Lemonade, frozen concentrate, white, prepared with water2488 fl oz0.014290Lemonade, low calorie, with aspartame, 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salt1981 cup0.111250Lettuce, butterhead (includes boston and bibb types), raw1631 head0.011250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.011251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011253Lettuce, iceberg (includes crisphead types), raw551 cup0.0	14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.045	11250Lettuce, butterhead (includes boston and bibb types), raw1631 head0.011250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.011251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0	09150	Lemons, raw, without peel	58	1 lemon	0.023	11250Lettuce, butterhead (includes boston and bibb types), raw7.51 medium leaf0.011251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011253Lettuce, iceberg (includes crisphead types), raw551 cup0.0	16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.105	11251Lettuce, cos or romaine, raw561 cup0.011251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0	11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.047	11251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.002	11253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0	11251	Lettuce, cos or romaine, raw	56	1 cup	0.022	11253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0	11251	Lettuce, cos or romaine, raw	10	1 leaf	0.004	11252Lettuce, iceberg (includes crisphead types), raw551 cup0.0	11253	Lettuce, green leaf, raw	10	1 leaf	0.002		11253	Lettuce, green leaf, raw	56	1 cup	0.011	11252Lettuce, iceberg (includes crisphead types), raw81 medium0.0	11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.008		11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.001
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000																																																																																																																																											
Leavening agents, cream of tartar31 tsp0.018375Leavening agents, yeast, baker's, active dry71 pkg0.018375Leavening agents, yeast, baker's, active dry41 tsp0.018374Leavening agents, yeast, baker's, compressed171 cake0.011247Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without1041 cup0.000153Lemon juice, canned or bottled2441 cup0.000153Lemon juice, canned or bottled15.21 tbsp0.000153Lemon juice, raw47juice of 1 lemon0.014293Lemonade, fozen concentrate, white, prepared with water2488 fl oz0.014294Lemonade, low calorie, with aspartame, powder, prepared with water2378 fl oz0.014295Lemonade-flavor drink, powder, prepared with water2668 fl oz0.016070Lentils, mature seeds, cooked, boiled, without salt1981 cup0.111250Lettuce, butterhead (includes boston and bibb types), raw1631 head0.011251Lettuce, cos or romaine, raw101 leaf0.011251Lettuce, cos or romaine, raw101 leaf0.011251Lettuce, green leaf, raw551 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0	18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.004																																																																																																																																										
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11251Lettuce, cos or romaine, raw101 leaf0.011253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.002																																																																																																																																										
11253Lettuce, green leaf, raw101 leaf0.011253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0	11251	Lettuce, cos or romaine, raw	56	1 cup	0.022																																																																																																																																										
11253Lettuce, green leaf, raw561 cup0.011252Lettuce, iceberg (includes crisphead types), raw551 cup0.0	11251	Lettuce, cos or romaine, raw	10	1 leaf	0.004																																																																																																																																										
11252Lettuce, iceberg (includes crisphead types), raw551 cup0.0	11253	Lettuce, green leaf, raw	10	1 leaf	0.002																																																																																																																																										
	11253	Lettuce, green leaf, raw	56	1 cup	0.011																																																																																																																																										
11252Lettuce, iceberg (includes crisphead types), raw81 medium0.0	11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.008																																																																																																																																										
	11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.001																																																																																																																																										

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.075
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.122
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.131
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.094
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.167
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.064
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.004
09160	Lime juice, raw	38	juice of 1 lime	0.004
22247	Macaroni and Cheese, canned entree	252	1 cup	3.024
20100	Macaroni, cooked, enriched	140	1 cup	0.133
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.412
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	l cup	4.950
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.311
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	4.850
09176	Mangos, raw	207	1 mango	0.137
9176	Mangos, raw	165	1 cup	0.109
4611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	1.842
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	2.228
4612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.499
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	1.487
)4613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.465
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	4.039
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.370
09181	Melons, cantaloupe, raw	69	1/8 melon	0.035
09181	Melons, cantaloupe, raw	160	1 cup	0.082
09184	Melons, honeydew, raw	170	1 cup	0.065
09184	Melons, honeydew, raw	160	1/8 melon	0.061
01110	Milk shakes, thick chocolate	300	10.6 fl oz	5.043
)1111	Milk shakes, thick vanilla	313	11 fl oz	5.903
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.234
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	1.343
01095	Milk, canned, condensed, sweetened	306	1 cup	16.787
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.310
)1096	Milk, canned, evaporated, without added vitamin A	252	1 cup	11.569
01102	Milk, chocolate, fluid, commercial,	250	1 cup	5.260
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	1.540
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	3.098
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.107
1082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	1.545
1085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.287
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	3.067

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01077	Milk, whole, 3.25% milkfat	244	1 cup	4.551
16112	Miso	68.75	1 cup	0.604
19305	Molasses, blackstrap	20	1 tbsp	0.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.160
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.080
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	2.717
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.648
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	2.482
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.796
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.157
18279	Muffins, corn, commercially prepared	57	1 muffin	0.772
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.399
18283	Muffins, oat bran	57	1 muffin	0.620
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.510
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.031
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.048
11264	Mushrooms, canned, drained solids	156	1 cup	0.059
1261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.095
1260	Mushrooms, raw	70	1 cup	0.032
1269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.080
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.009
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.017
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.008
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.068
09191	Nectarines, raw	136	1 nectarine	0.034
20113	Noodles, chinese, chow mein	45	1 cup	1.973
20110	Noodles, egg, cooked, enriched	160	1 cup	0.496
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.578
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.100
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	4.291
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	2.596
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	2.404
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.592
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	29.265
2104	Nuts, coconut meat, raw	45	1 piece	13.364
2120	Nuts, hazelnuts or filberts	28.35	1 oz	1.266
2632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3.387
2635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.956
2637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.474
2142	Nuts, pecans	28.35	1 oz (20 halves)	1.752
2147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	1.389
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.421

	Nuts, pistachio nuts, dry roasted, with salt added Nuts, walnuts, english	28.35		
	Nuts walnuts english		1 oz (47 nuts)	1.575
12155	raile, railaie, english	28.35	1 oz (14 halves)	1.737
20034	Oat bran, cooked	219	1 cup	0.357
20033	Oat bran, raw	94	1 cup	1.248
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.816
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	2.282
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	1.931
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	2.026
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	2.448
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	1.727
	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.844
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	1.401
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.072
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.145
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.311
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	5.151
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.065
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.029
11284	Onions, dehydrated flakes	5	1 tbsp	0.004
11282	Onions, raw	14	1 slice	0.004
11282	Onions, raw	160	1 cup	0.042
11282	Onions, raw	110	1 whole	0.029
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.032
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.005
09207	Orange juice, canned, unsweetened	249	1 cup	0.045
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.072
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.017
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.051
09206	Orange juice, raw	86	juice from 1 orange	0.021
09206	Orange juice, raw	248	1 cup	0.060
09200	Oranges, raw, all commercial varieties	180	1 cup	0.027
09200	Oranges, raw, all commercial varieties	131	1 orange	0.020
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.276
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.193
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.777
09226	Papayas, raw	140	1 cup	0.060
09226	Papayas, raw	304	1 papaya	0.131
11297	Parsley, raw	10	10 sprigs	0.013
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.078
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	4.007
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.026
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.010

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
)9238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.010
)9238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.004
)9246	Peaches, dried, sulfured, uncooked	39	3 halves	0.032
)9250	Peaches, frozen, sliced, sweetened	250	1 cup	0.035
)9236	Peaches, raw	98	1 peach	0.019
)9236	Peaches, raw	170	1 cup	0.032
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.533
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.604
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	1.954
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.954
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	2.459
09340	Pears, asian, raw	122	1 pear	0.015
09340	Pears, asian, raw	275	1 pear	0.033
9257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.019
)9257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.005
)9254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.010
)9254	Pears, canned, juice pack, solids and liquids	76	1 half	0.003
)9252	Pears, raw	166	1 pear	0.010
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.070
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.117
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.105
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.078
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.106
11670	Peppers, hot chili, green, raw	45	1 pepper	0.009
1819	Peppers, hot chili, red, raw	45	1 pepper	0.047
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.025
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.039
1333	Peppers, sweet, green, raw	119	1 pepper	0.069
11333	Peppers, sweet, green, raw	10	1 ring	0.006
1333	Peppers, sweet, green, raw	149	1 cup	0.086
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.039
1821	Peppers, sweet, red, raw	149	1 cup	0.088
1821	Peppers, sweet, red, raw	119	1 pepper	0.070
1945	Pickle relish, sweet	15	1 tbsp	0.008
11937	Pickles, cucumber, dill	65	1 pickle	0.031
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	12.418
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	13.335
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	15.520
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.015
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.013
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	4.442
8302	Pie, apple, prepared from recipe	155	1 piece	4.728
18305	Pie, blueberry, commercially prepared	117	1 piece	1.964

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18306	Pie, blueberry, prepared from recipe	147	1 piece	4.279
18308	Pie, cherry, commercially prepared	117	1 piece	2.998
8309	Pie, cherry, prepared from recipe	180	1 piece	5.373
8310	Pie, chocolate creme, commercially prepared	113	1 piece	5.614
8316	Pie, coconut custard, commercially prepared	104	1 piece	6.088
8444	Pie, fried pies, cherry	128	1 pie	3.145
8319	Pie, fried pies, fruit	128	1 pie	3.145
8320	Pie, lemon meringue, commercially prepared	113	1 piece	1.996
8321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.045
8324	Pie, pecan, commercially prepared	113	1 piece	4.006
8325	Pie, pecan, prepared from recipe	122	1 piece	4.867
18326	Pie, pumpkin, commercially prepared	109	1 piece	1.946
18327	Pie, pumpkin, prepared from recipe	155	1 piece	4.915
11943	Pimento, canned	12	1 tbsp	0.005
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.015
4341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
9273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.013
9270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.004
9270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.023
9268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.015
9268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.003
9266	Pineapple, raw, all varieties	155	1 cup	0.014
9278	Plantains, cooked	154	1 cup	0.106
9277	Plantains, raw	179	1 medium	0.256
9284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.021
9284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.004
9282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.005
)9282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.001
9292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.047
)9291	Plums, dried (prunes), uncooked	42	5 prunes	0.037
9279	Plums, raw	66	1 plum	0.011
07065	Pork and beef sausage, fresh, cooked	26	2 links	3.370
07064	Pork sausage, fresh, cooked	27	1 patty	2.465
07064	Pork sausage, fresh, cooked	26	2 links	2.374
0124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.610
0131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	1.321
0185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	2.389
0151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	5.083
0153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	1.564
0193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	9.342
0009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	5.500
0011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	2.805
0038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	4.080

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	5.109
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	2.508
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	3.094
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.032
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	3.698
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	6.809
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	7.217
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	3.536
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	9.452
11672	Potato pancakes, home-prepared	76	1 pancake	2.313
11399	Potato puffs, frozen, prepared	79	10 puffs	4.025
11414	Potato salad, home-prepared	250	1 cup	3.573
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.071
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	6.336
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	11.596
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.041
11364	Potatoes, baked, skin, without salt	58	1 skin	0.015
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.035
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.035
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.041
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.631
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.303
11370	Potatoes, hashed brown, home-prepared	156	1 cup	2.228
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	5.882
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.634
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	6.451
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	5.525
05306	Poultry food products, ground turkey, cooked	82	1 patty	2.780
09294	Prune juice, canned	256	1 cup	0.008
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	1.564
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	1.688
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.802
19193	Puddings, rice, ready-to-eat	113.4	4 oz	1.327
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.678
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	1.424
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.644
11424	Pumpkin, canned, without salt	245	1 cup	0.358

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.091
11429	Radishes, raw	4.5	1 radish	0.001
09298	Raisins, seedless	145	1 cup	0.084
09298	Raisins, seedless	14	1 packet	0.008
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.013
09302	Raspberries, raw	123	1 cup	0.023
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	1.194
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.034
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.167
20037	Rice, brown, long-grain, cooked	195	1 cup	0.351
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.128
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.279
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.073
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.122
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.333
18342	Rolls, dinner, plain, commercially prepared (includes brown-and- serve)	28	1 roll	0.491
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.470
18353	Rolls, hard (includes kaiser)	57	1 roll	0.345
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.049
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	1.515
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.881
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.179
04133	Salad dressing, french, home recipe	14	1 tbsp	1.764
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.464
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1.420
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.658
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.068
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	1.640
04015	Salad dressing, russian dressing	15.3	1 tbsp	1.117
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.098
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.114
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.794
07069	Salami, cooked, beef and pork	56.7	2 slices	4.587
07072	Salami, dry or hard, pork, beef	20	2 slices	2.440
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.899
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	16.244
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	6.467
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	10.420
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.043
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	3.786

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.091
06166	Sauce, homemade, white, medium	250	1 cup	7.135
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	4.227
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.738
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.002
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.005
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.083
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	1.485
11445	Seaweed, kelp, raw	10	2 tbsp	0.025
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.025
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	2.259
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	l tbsp	1.129
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.614
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	1.670
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.480
14346	Shake, fast food, chocolate	333	16 fl oz	7.702
14347	Shake, fast food, vanilla	333	16 fl oz	6.187
11677	Shallots, raw	10	1 tbsp	0.002
19097	Sherbet, orange	74	1/2 cup	0.858
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	l tbsp	3.200
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.148
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	1.568
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.264
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.290
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.868
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.065
19014	Snacks, fruit leather, rolls	21	1 large	0.137
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.672
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	4.822
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	2.886
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	2.713
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.555
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.308
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	1.073
19034	Snacks, popcorn, air-popped	8	1 cup	0.046
19036	Snacks, popcorn, cakes	10	1 cake	0.048
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.437
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.271
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.705
19035	Snacks, popcorn, oil-popped	11	1 cup	0.538
19041	Snacks, pork skins, plain	28.35	1 oz	3.223

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	2.282
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.454
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.679
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	2.685
19411	Snacks, potato chips, plain, salted	28.35	1 oz	3.107
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	3.107
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.179
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	2.520
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.450
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.051
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	1.389
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.825
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.423
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	8.906
19061	Snacks, trail mix, tropical	140	1 cup	11.872
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	3.329
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	1.518
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.259
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	1.147
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	1.392
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.651
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.308
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	1.440
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.458
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.383
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	2.951
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	2.074
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	4.638
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	5.134
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	0.554
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.538
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.123
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	l cup	1.400
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.417

VIČICT ANDE.SS., ammed, ready-to-arve VAL I cup 0.266 06204 Song, PROGRESSO HEALTHY CLASSICS INTESTRONF, emmed, ready-to-serve 241 I cup 0.512 06205 Song, PROGRESSO HEALTHY CLASSICS NEW FNGI AND 244 I cup 0.512 06207 Song, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, classica serve, compension of the cup and	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
In-Serve In-Serve 062060 Song, PROGRESSO HEALTHY CLASSICS NENE SIGLAND 244 I cup 0.512 06207 Song, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, CLAM CHOWDER, canned, ready-to-serve 233 I cup 0.333 06174 Song, stock, fish, home-prepared with equal volume water, commercial 248 I cup 0.366 06175 Song, tostoc, tinned, rehard with equal volume water, commercial 244 I cup 0.366 06176 Song, vegetable, canned, hubw, rehy-to-serve, commercial 244 I cup 0.365 061671 Song, vegetable, canned, hubw, rehy-to-serve, commercial 244 I cup 0.352 06168 Song, vegetable, canned, hubw, rehy-to-serve, commercial 240 I cup 0.289 01058 Sourd resaring, non-huttefat, cultured, filled cream-type 12 I tubp 1.53 16120 Soy milk, fluid 245 I cup 0.323 16123 Soy basing, green, cooked, boiled, drained, without salt 160 I cup 0.333 16120 Soy basing, green, cooked, boiled, drained, without salt 140 I	06202		239	1 cup	0.430
caminal, ready-to-serve curve curve <thcurve< th=""> curve curve</thcurve<>	06204		242	1 cup	0.266
CLÁX CHÓNDER, camed, ready-to-serve 1 cup 0.333 06207 Sendy-to-serve 238 1 cup 0.343 06174 Song, stock, fish, home-prepared with equal volume milk, commercial 248 1 cup 0.365 06174 Song, toranto, camed, prepared with equal volume water, commercial 244 1 cup 0.365 06471 Song, vegetable beer, prepared with equal volume water, commercial 244 1 cup 0.552 06668 Song, vegetable, camed, prepared with equal volume 241 1 cup 0.552 06671 Song, vegetable, camed, prepared with equal volume 241 1 cup 0.523 0668 Soy milk, fluid 245 1 cup 0.524 16120 Soy milk, fluid 245 1 cup 0.323 16121 Soy sauce made from soy and wheat (shoyu) 16 1 thsp 0.022 16141 Soybeams, mature cooked, boiled, drained, without salt 172 1 cup 0.333 122401	06206	•	241	1 cup	0.410
rady-to-serve 1 cup 0.473 06174 Soup, stock, fish, home-prepared 248 1 cup 0.423 06559 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 0.656 0670 Soup, vegetable, canned, prepared with equal volume water, commercial 244 1 cup 0.657 0677 Soup, vegetable, canned, prepared with equal volume 241 1 cup 0.528 0668 Soup, vegetable, canned, prepared with equal volume 241 1 cup 0.528 07068 Sour dressing, neno-hutterfait, cultured, filled eream-type 12 1 fusp 0.524 16120 Soy milk, fluid 245 1 cup 0.524 16121 Soy sauce made from say and when (shoyu) 16 1 fusp 0.022 16124 Soybens, matric cooled, boiled, driand, without salt 172 1 cup 0.234 16120 Soybens, matric cooled, boiled, driand, without salt 160 1 cup 0.133 21211 Spaghetti, wolar Sauce, frozm entree 283 1 sup 0.044 20206	06205		244	1 cup	0.512
BobsSuperinsta, canned, prepared with equal volume milk, commercial2481 cup2.90206559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup0.36606671Soup, vegetable bef, prepared with equal volume water, commercial2401 cup0.85206668Soup, vegetable, canned, prepared with equal volume2411 cup0.52206668Soup, vegetable, canned, prepared with equal volume2411 cup0.52301058Sour dressing, non-butterfat, cultured, filled cream-type121 thsp0.52416120Soy sauce made from soy and wheat (shoyu)161 dsp0.00211451Soybeans, green, cooked, boiled, drained, without salt1801 cup0.33122011Spaghetti, whole-wheat, cooked2831 package0.99120121Spaghetti, whole-wheat, cooked1401 cup0.13320125Spaghetti, whole-wheat, cooked2.31 tsp0.04520200Spices, celry seed21 tsp0.04520201Spices, chrip powder2.11 tsp0.04620202Spices, naprika2.11 tsp0.04420203Spices, preprik1.31 dsp0.04120204Spices, preprik1.31 tsp0.04420205Spices, preprik1.41 cup0.17320206Spices, preprik1.41 cup0.07120207Spices, preprik1.31 tsp0.040	06207		238	1 cup	0.333
bit Experiment Experima Experiment Experiment	06174	Soup, stock, fish, home-prepared	233	1 cup	0.473
bdv/ bdv/ <th< td=""><td>06359</td><td>Soup, tomato, canned, prepared with equal volume milk, commercial</td><td>248</td><td>1 cup</td><td>2.902</td></th<>	06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.902
NumberNumberNumberNumber06067Soup, vegetable, canned, prepared with equal volume water, commercial2411 cup0.28906168Soup, vegetable, canned, prepared with equal volume water, commercial2411 cup0.289101058Sour dressing, non-butterfat, cultured, filled cream-type121 ftsp0.52416120Soy sauce made from soy and wheat (shoyu)161 ftsp0.00211451Soybeans, green, cooked, boiled, drained, without salt1801 cup1.33216109Soybeans, green, cooked, boiled, without salt1721 cup2.23120121Spaghetti w/Meet Sauce, frozen entree2831 package0.99120121Spaghetti, wole-wheat, cooked1401 cup0.13320125Spaghetti, whole-wheat, cooked21 ftsp0.04420209Spices, clura pound2.31 ftsp0.01720205Spices, clura powder21 ftsp0.04420206Spices, curry powder2.11 ftsp0.04420207Spices, curry powder2.11 ftsp0.04120208Spices, origano, dried1.31 ftsp0.04120209Spices, partile, which salt1.31 ftsp0.04120204Spices, partile, which salt2.11 ftsp0.02120205Spices, curry powder2.11 ftsp0.04120206Spices, partile, dried1.31 ftsp0.02120207Spic	06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.366
bode Sup. Sup. <th< td=""><td>06471</td><td>Soup, vegetable beef, prepared with equal volume water, commercial</td><td>244</td><td>1 cup</td><td>0.854</td></th<>	06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.854
water, commercial backback backback 01058 Sour dessing, non-butterfat, cultured, filled cream-type 12 1 tbsp 1.593 16120 Soy milk, fluid 245 1 cup 0.524 16123 Soy suace made from soy and wheat (shoyu) 16 1 tbsp 0.002 11451 Soybeans, mature cooked, boiled, drained, without salt 172 1 cup 2.231 22401 Spaghetti, whole-wheat, cooked 283 1 package 0.991 20125 Spaghetti, whole-wheat, cooked 1400 1 cup 0.133 20107 Spices, celery seed 2 1 tsp 0.044 02007 Spices, celery seed 2 1 tsp 0.044 02007 Spices, crimanon, ground 2.3 1 tsp 0.044 02010 Spices, crimanon, ground 2.3 1 tsp 0.044 02026 Spices, onin powder 2.8 1 tsp 0.044 02027 Spices, oning powder 2.1 1 tsp 0.044 02028 Spices, parsley, d	06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0.552
Instruction Soy milk, fluid 245 I cup 0.524 16120 Soy sauce made from soy and wheat (shoyu) 16 11bsp 0.002 11451 Soybeans, mature cooked, boiled, drained, without salt 180 I cup 1.332 16109 Soybeans, mature cooked, boiled, without salt 172 I cup 2.231 22401 Spaghetti, w/Meat Sauce, frozen entree 283 1 package 0.991 20121 Spaghetti, whole-wheat, cooked 140 I cup 0.133 02007 Spices, celery seed 2 1 tsp 0.044 02009 Spices, cinnamon, ground 2.3 1 tsp 0.047 02020 Spices, cinnamon, ground 2.3 1 tsp 0.044 02020 Spices, cinnamon, ground 2.3 1 tsp 0.044 02020 Spices, onin powder 2.1 1 tsp 0.044 02020 Spices, parika 2.1 1 tsp 0.044 02020 Spices, parika 2.1 1 tsp 0.044 0202	06468		241	1 cup	0.289
by save made from soy and wheat (shoyu) 16 I thep 0.002 11451 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 1.332 16109 Soybeans, mature cooked, boiled, drained, without salt 172 1 cup 2.231 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 2.231 22401 Spaghetti, wohed, curiched, without added salt 140 1 cup 0.133 20121 Spaghetti, wohed, curiched, without added salt 140 1 cup 0.133 20120 Spices, celiry seed 2 1 tsp 0.044 02007 Spices, chini powder 2.6 1 tsp 0.041 02010 Spices, chini powder 2.3 1 tsp 0.041 02020 Spices, curity powder 2.8 1 tsp 0.044 02021 Spices, parika 2.1 1 tsp 0.044 02026 Spices, parika 2.1 1 tsp 0.041 02027 Spices, parika 2.1 1 tsp 0.021	01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.593
Hats Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 1.32 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 2.231 22401 Spaghetti w/Meat Sauce, frozen entree 283 1 package 0.991 20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 0.133 20125 Spaghetti, whole-wheat, cooked 140 1 cup 0.139 20207 Spices, celery seed 2 1 tsp 0.044 02009 Spices, cinnamon, ground 2.3 1 tsp 0.015 02010 Spices, grinamon, ground 2.8 1 tsp 0.004 02026 Spices, innamon, ground 2.1 1 tsp 0.004 02026 Spices, onrigon ovder 2.1 1 tsp 0.044 02026 Spices, parika 2.1 1 tsp 0.044 02027 Spices, parika 2.1 1 tsp 0.041 02028 Spices, parika 2.1 1 tsp 0.021 02029<	16120	Soy milk, fluid	245	1 cup	0.524
Holo Soybeans, mature cooked, boiled, without salt 172 1 cup 2.231 22401 Spaghetti w/Meat Sauce, frozen entree 283 1 package 0.991 20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 0.133 20125 Spaghetti, whole-wheat, cooked 140 1 cup 0.139 20207 Spices, celery seed 2 1 tsp 0.044 20209 Spices, cinmanon, ground 2.3 1 tsp 0.015 20215 Spices, cinmanon, ground 2.3 1 tsp 0.004 20205 Spices, cnin powder 2 1 tsp 0.004 20206 Spices, ionin powder 2.8 1 tsp 0.004 20207 Spices, ionin powder 1.5 1 tsp 0.004 20208 Spices, paprika 2.1 1 tsp 0.004 20209 Spices, paprika 2.1 1 tsp 0.001 20209 Spices, paprika 2.1 1 tsp 0.021 20209 Spices, paprika	16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.002
Zatoli Spaghetti w/Meat Sauce, frozen entree 283 I package 0.991 20121 Spaghetti, cooked, enriched, without added salt 140 I cup 0.133 20125 Spaghetti, whole-wheat, cooked 140 I cup 0.139 20125 Spaghetti, whole-wheat, cooked 2 I tsp 0.044 20090 Spices, celery seed 2 I tsp 0.047 20100 Spices, cinnamon, ground 2.3 I tsp 0.045 20200 Spices, curry powder 2 I tsp 0.044 20202 Spices, onion powder 2.8 I sp 0.044 20202 Spices, onion powder 2.1 I tsp 0.044 20202 Spices, oregano, dried 1.5 I tsp 0.044 20202 Spices, payrika 2.1 I tsp 0.044 20202 Spices, payrika 2.1 I tsp 0.041 20203 Spices, payrika 2.1 I tsp 0.021 20204 Spices, payrika 2.1<	11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	1.332
Diage Diage <thdiage< th=""> <thd< td=""><td>16109</td><td>Soybeans, mature cooked, boiled, without salt</td><td>172</td><td>1 cup</td><td>2.231</td></thd<></thdiage<>	16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	2.231
No. No. <td>22401</td> <td>Spaghetti w/Meat Sauce, frozen entree</td> <td>283</td> <td>1 package</td> <td>0.991</td>	22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	0.991
Description Description <thdescription< th=""> <thdescription< th=""></thdescription<></thdescription<>	20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.133
Description Description <thdescription< th=""> <thdescription< th=""></thdescription<></thdescription<>	20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.139
DefinitionDefinitionDefinitionDefinitionDefinition02010Spices, curry powder21 tsp0.04502020Spices, garlic powder2.81 tsp0.00402026Spices, onion powder2.11 tsp0.00402027Spices, oregano, dried1.51 tsp0.04002028Spices, parsley, dried2.11 tsp0.04402029Spices, parsley, dried1.31 tbsp0.00102030Spices, parsley, dried1.31 tbsp0.02111658Spinach souffle, home-prepared1361 cup7.14811461Spinach, canned, drained, without salt1801 cup0.07611454Spinach, cooked, boiled, drained, without salt1901 cup0.01911457Spinach, raw101 leaf0.00611644Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.01511644Squash, summer, all varieties, cooked, boiled, drained, without salt2051 cup0.26711488Squash, summer, all varieties, cooked, boiled, drained, without salt2051 cup0.026	02007	Spices, celery seed	2	1 tsp	0.044
DefinitionDefinitionDefinition2015Spices, curry powder21 tsp0.04520200Spices, garlic powder2.81 tsp0.00420202Spices, onion powder2.11 tsp0.00420203Spices, oregano, dried1.51 tsp0.04020204Spices, paprika2.11 tsp0.04020205Spices, paprika2.11 tsp0.04120206Spices, paprika2.11 tsp0.04120207Spices, paprika2.11 tsp0.01120208Spices, paprika2.11 tsp0.02120209Spices, papre, black2.11 tsp0.02120300Spinach, souffle, home-prepared1361 cup7.14811451Spinach, canned, drained solids2141 cup0.07611454Spinach, rocoked, boiled, drained, without salt1801 cup0.01911457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.05011644Squash, summer, all varieties, cooked, baked, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2051 cup0.267	02009	Spices, chili powder	2.6	1 tsp	0.077
DescriptionDescriptionDescription02020Spices, garlic powder2.81 tsp0.00402026Spices, onion powder2.11 tsp0.00402027Spices, oregano, dried1.51 tsp0.04002028Spices, paprika2.11 tsp0.04402029Spices, parsley, dried1.31 tsp0.01102030Spices, pepper, black2.11 tsp0.02111658Spinach souffle, home-prepared1361 cup7.14811461Spinach, canned, drained solids2141 cup0.07611454Spinach, cooked, boiled, drained, without salt1801 cup0.01911457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.01111643Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.05011644Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.05011644Squash, winter, all varieties, cooked, bailed, without salt2051 cup0.25111488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034	02010	Spices, cinnamon, ground	2.3	1 tsp	0.015
Description2.11 tsp0.00402026Spices, onion powder2.11 tsp0.04002027Spices, oregano, dried1.51 tsp0.04002028Spices, paprika2.11 tsp0.04402029Spices, parsley, dried1.31 tbsp0.00102030Spices, pepper, black2.11 tsp0.02111658Spinach souffle, home-prepared1361 cup7.14811461Spinach, canned, drained solids2141 cup0.17311458Spinach, cooked, boiled, drained, without salt1801 cup0.07611464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup0.01911457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.15511641Squash, summer, all varieties, raw1131 cup0.05011648Squash, winter, all varieties, cooked, boiled, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2051 cup0.267	02015	Spices, curry powder	2	1 tsp	0.045
Description1.51 tsp0.04002027Spices, oregano, dried1.51 tsp0.04002028Spices, paprika2.11 tsp0.04402029Spices, parsley, dried1.31 tbsp0.00102030Spices, pepper, black2.11 tsp0.02111658Spinach souffle, home-prepared1361 cup7.14811461Spinach, canned, drained solids2141 cup0.17311458Spinach, cooked, boiled, drained, without salt1801 cup0.07611464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup0.17311457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.15011644Squash, winter, all varieties, cooked, baked, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2051 cup0.267	02020	Spices, garlic powder	2.8	1 tsp	0.004
D2028Spices, paprika2.11 tsp0.044D2029Spices, parsley, dried1.31 tbsp0.001D2030Spices, pepper, black2.11 tsp0.02111658Spinach souffle, home-prepared1361 cup7.14811461Spinach, canned, drained solids2141 cup0.17311458Spinach, cooked, boiled, drained, without salt1801 cup0.07611464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup0.17311457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.11511641Squash, winter, all varieties, raw1131 cup0.05011644Squash, winter, all varieties, cooked, boiled, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.34	02026	Spices, onion powder	2.1	1 tsp	0.004
DefinitionSpinach <td>02027</td> <td>Spices, oregano, dried</td> <td>1.5</td> <td>1 tsp</td> <td>0.040</td>	02027	Spices, oregano, dried	1.5	1 tsp	0.040
02030Spices, pepper, black2.11 tsp0.02111658Spinach souffle, home-prepared1361 cup7.14811461Spinach, canned, drained solids2141 cup0.17311458Spinach, cooked, boiled, drained, without salt1801 cup0.07611464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup0.17311457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.15511641Squash, summer, all varieties, cooked, baked, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.267	02028	Spices, paprika	2.1	1 tsp	0.044
11101Number Prepared1361 cup7.14811461Spinach souffle, home-prepared1361 cup0.17311451Spinach, canned, drained solids2141 cup0.17311452Spinach, cooked, boiled, drained, without salt1801 cup0.07611464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup0.17311457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.11511641Squash, summer, all varieties, cooked, baked, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034	02029	Spices, parsley, dried	1.3	1 tbsp	0.001
11461Spinach, canned, drained solids2141 cup0.17311458Spinach, cooked, boiled, drained, without salt1801 cup0.07611464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup0.17311457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.11511641Squash, summer, all varieties, raw1131 cup0.05011644Squash, winter, all varieties, cooked, boiled, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034	02030	Spices, pepper, black	2.1	1 tsp	0.021
11458Spinach, cooked, boiled, drained, without salt1801 cup0.07611464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup0.17311457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.11511641Squash, summer, all varieties, raw1131 cup0.05011644Squash, winter, all varieties, cooked, boiled, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034	11658	Spinach souffle, home-prepared	136	1 cup	7.148
11464Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt1901 cup0.17311457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.11511641Squash, summer, all varieties, raw1131 cup0.05011644Squash, winter, all varieties, cooked, boiled, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034	11461	Spinach, canned, drained solids	214	1 cup	0.173
11457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.11511641Squash, summer, all varieties, raw1131 cup0.05011644Squash, winter, all varieties, cooked, baked, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034	11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.076
11457Spinach, raw301 cup0.01911457Spinach, raw101 leaf0.00611642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.11511641Squash, summer, all varieties, raw1131 cup0.05011644Squash, winter, all varieties, cooked, baked, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034	11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.173
11642Squash, summer, all varieties, cooked, boiled, drained, without salt1801 cup0.11511641Squash, summer, all varieties, raw1131 cup0.05011644Squash, winter, all varieties, cooked, baked, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034	11457	Spinach, raw	30	1 cup	0.019
11641Squash, summer, all varieties, raw1131 cup0.05011644Squash, winter, all varieties, cooked, baked, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034		Spinach, raw	10	1 leaf	0.006
11641Squash, summer, all varieties, raw1131 cup0.05011644Squash, winter, all varieties, cooked, baked, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034	11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.115
11644Squash, winter, all varieties, cooked, baked, without salt2051 cup0.26711488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034		Squash, summer, all varieties, raw	113	•	0.050
11488Squash, winter, butternut, frozen, cooked, boiled, without salt2401 cup0.034	1644	Squash, winter, all varieties, cooked, baked, without salt	205	•	0.267
				•	0.034
		1 7 7 7 7 7 7			0.018

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09316	Strawberries, raw	12	1 strawberry	0.002
09316	Strawberries, raw	166	1 cup	0.025
09316	Strawberries, raw	18	1 strawberry	0.003
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.001
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.847
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1.004
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.135
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.110
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.050
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.048
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	1.418
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.756
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.007
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	0.432
)9223	Tangerine juice, canned, sweetened	249	1 cup	0.032
)9220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.030
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.018
20068	Tapioca, pearl, dry	152	1 cup	0.008
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.004
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.004
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.004
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	0.008
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	1.820
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.789
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.988
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.523
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.640
11954	Tomatillos, raw	34	1 medium	0.047
11540	Tomato juice, canned, with salt added	243	1 cup	0.019
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.262
1547	Tomato products, canned, puree, without salt added	250	1 cup	0.073
1549	Tomato products, canned, sauce	245	1 cup	0.083
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.066
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.043

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.081
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.008
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.009
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.055
11955	Tomatoes, sun-dried	2	1 piece	0.009
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.057
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.087
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.558
21088	Tostada with guacamole	130.5	1 tostada	4.933
05286	Turkey and gravy, frozen	142	5-oz package	1.207
05292	Turkey patties, breaded, battered, fried	64	1 patty	3.002
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.616
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	2.033
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	5.688
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.865
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	2.296
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	3.709
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.076
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.162
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.012
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	2.151
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	4.599
11578	Vegetable juice cocktail, canned	242	1 cup	0.031
04582	Vegetable oil, canola	14	1 tbsp	0.994
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.083
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.056
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.475
18367	Waffles, plain, prepared from recipe	75	1 waffle	2.150
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.022
09326	Watermelon, raw	152	1 cup	0.024
09326	Watermelon, raw	286	1 wedge	0.046
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.194
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.193
20083	Wheat flour, white, bread, enriched	137	1 cup	0.334
20084	Wheat flour, white, cake, enriched	137	1 cup	0.174
20080	Wheat flour, whole-grain	120	1 cup	0.386
20089	Wild rice, cooked	164	1 cup	0.080
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	3.257
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.107

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	1.582
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	2.270
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.263
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	4.758