

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

## Fatty acids, total monounsaturated (g) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.004
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	0.011
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.116
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	0.018
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.012
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.004
09003	Apples, raw, with skin	138	1 apple	0.010
09004	Apples, raw, without skin	110	1 cup	0.006
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.018
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.005
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.095
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.085
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.041
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.026
09021	Apricots, raw	35	1 apricot	0.060
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.008
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.006
11015	Asparagus, canned, drained solids	72	4 spears	0.015
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.006
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.023
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.008
09038	Avocados, raw, California	28.35	1 oz	2.778
09039	Avocados, raw, Florida	28.35	1 oz	1.563
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.124
18005	Bagels, cinnamon-raisin	89	4" bagel	0.156
18003	Bagels, egg	89	4" bagel	0.374
18003	Bagels, egg	71	3-1/2" bagel	0.298
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.093
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.117
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	2.617
19078	Baking chocolate, unsweetened, squares	28.35	1 square	4.566
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.012
09040	Bananas, raw	118	1 banana	0.038

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09040	Bananas, raw	150	1 cup	0.048
20006	Barley, pearled, cooked	157	1 cup	0.089
20005	Barley, pearled, raw	200	1 cup	0.298
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.099
16008	Beans, baked, canned, with franks	259	1 cup	7.330
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	1.599
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.123
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.081
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.037
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.069
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.069
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.091
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.181
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.005
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.014
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.011
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.005
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.014
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.011
16051	Beans, white, mature seeds, canned	262	1 cup	0.066
22905	Beef stew, canned entree	232	1 cup	5.522
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	9.435
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4.803
13348	Beef, cured, corned beef, canned	85.05	3 oz	5.069
13350	Beef, cured, dried	28.35	1 oz	0.238
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	7.335
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	6.714
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	5.670
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	10.600
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.488
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	6.248
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	3.052
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.658
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	1.768
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	5.636
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	2.610
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.555
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.055

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11084	Beets, canned, drained solids	170	1 cup	0.048
11084	Beets, canned, drained solids	24	1 beet	0.007
11081	Beets, cooked, boiled, drained	50	1 beet	0.018
11081	Beets, cooked, boiled, drained	170	1 cup	0.060
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	4.158
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	6.999
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	2.219
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.587
09042	Blackberries, raw	144	1 cup	0.068
09055	Blueberries, frozen, sweetened	230	1 cup	0.041
09050	Blueberries, raw	145	1 cup	0.068
07008	Bologna, beef and pork	56.7	2 slices	5.967
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	7.484
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.290
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.159
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	3.808
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	2.688
18023	Bread, cornbread, dry mix, prepared	60	1 piece	3.084
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.190
18025	Bread, cracked-wheat	25	1 slice	0.476
18027	Bread, egg	40	1/2" slice	0.921
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.304
18031	Bread, indian (navajo) fry	160	10-1/2" bread	6.381
18031	Bread, indian (navajo) fry	90	5" bread	3.589
18033	Bread, italian	20	1 slice	0.162
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.396
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.398
18039	Bread, oatmeal	27	1 slice	0.426
18040	Bread, oatmeal, toasted	25	1 slice	0.429
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.063
18041	Bread, pita, white, enriched	28	4" pita	0.029
18044	Bread, pumpernickel	32	1 slice	0.298
18045	Bread, pumpernickel, toasted	29	1 slice	0.297
18047	Bread, raisin, enriched	26	1 slice	0.596
18048	Bread, raisin, toasted, enriched	24	1 slice	0.599
18053	Bread, reduced-calorie, rye	23	1 slice	0.155
18055	Bread, reduced-calorie, wheat	23	1 slice	0.058
18057	Bread, reduced-calorie, white	23	1 slice	0.248
18060	Bread, rye	32	1 slice	0.420
18061	Bread, rye, toasted	24	1 slice	0.346
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.430
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.430
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.170

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18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.306
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.175
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.470
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.472
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	16.398
21023	Breakfast items, french toast with butter	135	2 slices	7.074
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.062
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.015
11740	Broccoli, flower clusters, raw	11	1 floweret	0.003
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.015
11090	Broccoli, raw	88	1 cup	0.010
11090	Broccoli, raw	31	1 spear	0.003
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.061
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.047
20011	Buckwheat flour, whole-groat	120	1 cup	1.139
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.316
20013	Bulgur, cooked	182	1 cup	0.056
20012	Bulgur, dry	140	1 cup	0.242
01001	Butter, salted	14.2	1 tbsp	2.985
01145	Butter, without salt	14.2	1 tbsp	2.985
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.020
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.024
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.045
11109	Cabbage, raw	70	1 cup	0.006
11112	Cabbage, red, raw	70	1 cup	0.013
11114	Cabbage, savoy, raw	70	1 cup	0.005
18086	Cake, angelfood, commercially prepared	28	1 piece	0.020
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.013
18090	Cake, boston cream pie, commercially prepared	92	1 piece	4.180
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	5.606
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	5.737
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.806
18116	Cake, gingerbread, prepared from recipe	74	1 piece	5.272
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	5.973
18120	Cake, pound, commercially prepared, butter	28	1 piece	1.652
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.046
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	3.929
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	2.845
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.731
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.795
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.285
18134	Cake, sponge, prepared from recipe	63	1 piece	0.993
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.135

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18139	Cake, white, prepared from recipe without frosting	74	1 piece	3.929
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	6.140
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	3.908
19074	Candies, caramels	10.1	1 piece	0.085
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.106
19071	Candies, carob	28.35	1 oz	0.137
19087	Candies, confectioner's coating, white	170	1 cup	15.465
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.463
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.705
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.337
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.186
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.012
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.247
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	2.200
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	3.672
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.084
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	5.958
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.178
19116	Candies, marshmallows	50	1 cup	0.040
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	5.819
19126	Candies, milk chocolate coated peanuts	40	10 pieces	5.168
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.474
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	5.531
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	4.019
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.342
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	5.895
19080	Candies, semisweet chocolate	168	1 cup	16.750
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.432
09060	Carambola, (starfruit), raw	91	1 fruit	0.028
09060	Carambola, (starfruit), raw	108	1 cup	0.033
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000

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14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
16055	Carob flour	8	1 tbsp	0.016
11655	Carrot juice, canned	236	1 cup	0.017
11960	Carrots, baby, raw	10	1 medium	0.001
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.013
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.011
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.045
11124	Carrots, raw	110	1 cup	0.013
11124	Carrots, raw	72	1 carrot	0.009
11935	Catsup	15	1 tbsp	0.014
11935	Catsup	6	1 packet	0.005
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.017
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.040
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.027
11135	Cauliflower, raw	100	1 cup	0.014
11135	Cauliflower, raw	13	1 floweret	0.002
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.045
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.011
11143	Celery, raw	40	1 stalk	0.013
11143	Celery, raw	120	1 cup	0.038
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.713
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.990
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.699
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.642
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.539
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.501
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.059
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.055
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.402
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.369
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.251
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.437
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.159
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.252
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2.360
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	1.243
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.067
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.064
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.149

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08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.596
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.079
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.286
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.123
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.222
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.180
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.124
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.145
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.031
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.084
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	0.129
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.028
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.132
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.120
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.305
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.132
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.870
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.176
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.124
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.122
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.289
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.289
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	1.091
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.710
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.770
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	3.463
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.426
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.477
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.107
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.116
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.116
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.040
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.065
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.063
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.060
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.508

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.749
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.037
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.718
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.513
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.173
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	2.045
01164	Cheese sauce, prepared from recipe	243	1 cup	11.506
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	1.763
01004	Cheese, blue	28.35	1 oz	2.205
01007	Cheese, camembert	38	1 wedge	2.669
01009	Cheese, cheddar	28.35	1 oz	2.662
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	2.699
01013	Cheese, cottage, creamed, with fruit	226	1 cup	2.341
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.658
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	1.243
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.160
01017	Cheese, cream	14.5	1 tbsp	1.427
01186	Cheese, cream, fat free	15.6	1 tbsp	0.052
01019	Cheese, feta	28.35	1 oz	1.311
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.590
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	1.624
01026	Cheese, mozzarella, whole milk	28.35	1 oz	1.863
01030	Cheese, muenster	28.35	1 oz	2.470
01031	Cheese, neufchatel	28.35	1 oz	1.920
01032	Cheese, parmesan, grated	5	1 tbsp	0.419
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	2.538
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	1.998
01035	Cheese, provolone	28.35	1 oz	2.096
01037	Cheese, ricotta, part skim milk	246	1 cup	5.692
01036	Cheese, ricotta, whole milk	246	1 cup	8.922
01040	Cheese, swiss	28.35	1 oz	2.062
18147	Cheesecake commercially prepared	80	1 piece	6.907
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.066
09070	Cherries, sweet, raw	68	10 cherries	0.032
22906	Chicken pot pie, frozen entree	217	1 small pie	12.478
07017	Chicken roll, light meat	56.7	2 slices	1.656
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	7.644
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	3.430
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	1.066
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	3.629

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	4.630
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	2.656
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.823
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.395
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.655
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.457
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	5.762
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	2.158
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	4.390
05277	Chicken, canned, meat only, with broth	142	5 oz	4.473
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.278
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	5.670
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.617
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.956
22904	Chili con carne with beans, canned entree	222	1 cup	2.153
11156	Chives, raw	3	1 tbsp	0.003
14181	Chocolate syrup	18.75	1 tbsp	0.054
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.218
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	2.205
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.147
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.376
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.375
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.146
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.247
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	8.175
11159	Coleslaw, home-prepared	120	1 cup	0.850
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.049
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.034
18151	Cookies, brownies, commercially prepared	56	1 brownie	5.020
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1.006
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.276
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	1.167
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.610
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.660
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	2.927
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.856
18170	Cookies, fig bars	16	1 cookie	0.480

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.572
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.432
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	2.282
18177	Cookies, molasses	15	1 cookie, medium	1.070
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.043
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.506
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1.198
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	1.033
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	1.855
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	2.166
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	2.608
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.074
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	1.775
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.426
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.952
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.844
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	1.266
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.262
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.288
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.315
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.309
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.288
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.323
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.136
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.569
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.592
20020	Cornmeal, whole-grain, yellow	122	1 cup	1.157
20027	Cornstarch	8.064	1 tbsp	0.001
20029	Couscous, cooked	157	1 cup	0.035
20028	Couscous, dry	173	1 cup	0.154
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.056
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.102
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.110
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.076
18214	Crackers, cheese, regular	10	10 crackers	1.211
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.910
18217	Crackers, matzo, plain	28.35	1 matzo	0.036
18220	Crackers, melba toast, plain	20	4 pieces	0.156
18226	Crackers, rye, wafers, plain	11	1 wafer	0.017
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.771

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18229	Crackers, standard snack-type, regular	12	4 crackers	1.277
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.788
18232	Crackers, wheat, regular	8	4 crackers	0.916
18235	Crackers, whole-wheat	16	4 crackers	0.941
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.035
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.012
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.133
01069	Cream substitute, powdered	2	1 tsp	0.019
01049	Cream, fluid, half and half	15	1 tbsp	0.498
01053	Cream, fluid, heavy whipping	15	1 tbsp	1.603
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.837
01052	Cream, fluid, light whipping	15	1 tbsp	1.364
01056	Cream, sour, cultured	12	1 tbsp	0.726
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.520
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.193
18239	Croissants, butter	57	1 croissant	3.149
18243	Croutons, seasoned	40	1 cup	3.799
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.157
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.170
15141	Crustaceans, crab, blue, canned	135	1 cup	0.294
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.238
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	1.689
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.136
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.249
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	3.240
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	1.715
11206	Cucumber, peeled, raw	119	1 cup	0.002
11206	Cucumber, peeled, raw	280	1 large	0.006
11205	Cucumber, with peel, raw	301	1 large	0.009
11205	Cucumber, with peel, raw	104	1 cup	0.003
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.013
18245	Danish pastry, cheese	71	1 danish	8.032
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	7.118
09087	Dates, deglet noor	178	1 cup	0.064
09087	Dates, deglet noor	41.5	5 dates	0.015
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.034
01072	Dessert topping, pressurized	4	1 tbsp	0.077
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.065
02045	Dill weed, fresh	1	5 sprigs	0.008
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.302
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	4.370
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	1.672

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	7.719
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	8.177
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	6.484
01143	Egg substitute, liquid	62.75	1/4 cup	0.562
01124	Egg, white, raw, fresh	33.4	1 large	0.000
01128	Egg, whole, cooked, fried	46	1 large	2.919
01129	Egg, whole, cooked, hard-boiled	50	1 large	2.039
01131	Egg, whole, cooked, poached	50	1 large	1.898
01132	Egg, whole, cooked, scrambled	61	1 large	2.908
01123	Egg, whole, raw, fresh	50	1 large	1.905
01123	Egg, whole, raw, fresh	44	1 medium	1.676
01123	Egg, whole, raw, fresh	58	1 extra large	2.210
01125	Egg, yolk, raw, fresh	16.6	1 large	1.949
01057	Eggnog	254	1 cup	5.672
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.020
11213	Endive, raw	50	1 cup	0.002
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.172
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.171
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	2.348
21049	Entrees, pizza with cheese	63	1 slice	0.990
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	2.543
21051	Entrees, pizza with pepperoni	71	1 slice	3.140
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	1.242
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	3.509
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	12.610
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	8.333
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	11.008
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	7.809
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	5.347
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	10.410
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	10.482
21042	Fast foods, chili con carne	253	1 cup	3.408
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	8.065
21043	Fast foods, clams, breaded and fried	115	3/4 cup	11.440
21127	Fast foods, coleslaw	99	3/4 cup	2.420
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	9.176
21015	Fast foods, danish pastry, cheese	91	1 pastry	15.601
21017	Fast foods, danish pastry, fruit	94	1 pastry	10.096
21074	Fast foods, enchilada, with cheese	163	1 enchilada	6.311
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	4.670
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	8.919
21024	Fast foods, french toast sticks	141	5 sticks	12.648

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21077	Fast foods, frijoles with cheese	167	1 cup	2.617
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	10.328
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	14.128
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	3.405
21118	Fast foods, hotdog, plain	98	1 sandwich	6.853
21119	Fast foods, hotdog, with chili	114	1 sandwich	6.595
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	9.109
21129	Fast foods, hush puppies	78	5 pieces	7.819
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	1.816
21078	Fast foods, nachos, with cheese	113	6-8 nachos	7.994
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	6.651
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	5.269
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	9.048
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	17.990
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	14.264
21139	Fast foods, potato, mashed	80	1/3 cup	0.281
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	3.858
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	6.804
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	1.758
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.678
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	17.379
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	8.226
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	1.836
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	13.402
21033	Fast foods, sundae, hot fudge	158	1 sundae	2.331
21082	Fast foods, taco	263	1 large	10.115
21082	Fast foods, taco	171	1 small	6.577
21083	Fast foods, taco salad	198	1-1/2 cups	5.160
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	3.512
09094	Figs, dried, uncooked	38	2 figs	0.060
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	4.769
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.105
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.089
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	1.419
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	2.888
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.235
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.351
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.227
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.128
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.822
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	1.538
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	10.161

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.401
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.681
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.104
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.148
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.666
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.380
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.523
15077	Fish, salmon, chinook, smoked	85.05	3 oz	1.721
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	1.536
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	4.497
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	8.200
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	3.291
15111	Fish, swordfish, cooked, dry heat	106	1 piece	2.100
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.684
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.782
15128	Fish, tuna salad	205	1 cup	5.918
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	2.508
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.135
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.666
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.167
07022	Frankfurter, beef	45	1 frank	6.437
07023	Frankfurter, beef and pork	45	1 frank	6.152
07024	Frankfurter, chicken	45	1 frank	3.816
18268	French toast, frozen, ready-to-heat	59	1 slice	1.204
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	2.941
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	3.428
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	1.847
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	1.260
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	1.145
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	0.032
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.005
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.005
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.085
11215	Garlic, raw	3	1 clove	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.008
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.010

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.028
09404	Grapefruit juice, pink, raw	247	1 cup	0.032
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.030
09123	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	0.044
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.130
09128	Grapefruit juice, white, raw	247	1 cup	0.032
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.025
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.015
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.033
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.011
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.004
06116	Gravy, beef, canned	58.25	1/4 cup	0.560
06119	Gravy, chicken, canned	59.5	1/4 cup	1.517
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.697
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	2.913
06125	Gravy, turkey, canned	59.6	1/4 cup	0.536
07027	Ham, chopped, not canned	21	2 slices	1.722
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	1.332
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.469
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	1.200
11961	Hearts of palm, canned	33	1 piece	0.034
19296	Honey	21	1 tbsp	0.000
02055	Horseradish, prepared	5	1 tsp	0.007
16158	Hummus, commercial	14	1 tbsp	0.565
19270	Ice creams, chocolate	66	1/2 cup	2.119
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	3.001
19095	Ice creams, vanilla	66	1/2 cup	1.960
19088	Ice creams, vanilla, light	66	1/2 cup	0.566
19089	Ice creams, vanilla, rich	74	1/2 cup	3.300
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19297	Jams and preserves	20	1 tbsp	0.008
19300	Jellies	19	1 tbsp	0.000
11226	Jerusalem-artichokes, raw	150	1 cup	0.006
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.039
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.047
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.350
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.036
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.013

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.916
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2.882
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	8.245
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.621
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	10.642
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	4.956
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	8.653
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.245
04002	Lard	12.8	1 tbsp	5.773
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.102
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.179
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.178
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.003
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.002
09153	Lemon juice, canned or bottled	244	1 cup	0.027
09152	Lemon juice, raw	47	juice of 1 lemon	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.005
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.005
09150	Lemons, raw, without peel	58	1 lemon	0.006
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.127
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.013
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.001
11251	Lettuce, cos or romaine, raw	56	1 cup	0.007
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.001
11253	Lettuce, green leaf, raw	10	1 leaf	0.001
11253	Lettuce, green leaf, raw	56	1 cup	0.003
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.002
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.022
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.000
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.031
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.034

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.036
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.064
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.054
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.003
09160	Lime juice, raw	38	juice of 1 lime	0.004
20100	Macaroni, cooked, enriched	140	1 cup	0.111
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.200
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	2.173
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.152
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	2.125
09176	Mangos, raw	207	1 mango	0.209
09176	Mangos, raw	165	1 cup	0.167
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	5.121
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	5.048
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1.317
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	3.922
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.630
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	4.652
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.754
09181	Melons, cantaloupe, raw	69	1/8 melon	0.002
09181	Melons, cantaloupe, raw	160	1 cup	0.005
09184	Melons, honeydew, raw	160	1/8 melon	0.005
09184	Melons, honeydew, raw	170	1 cup	0.005
01110	Milk shakes, thick chocolate	300	10.6 fl oz	2.340
01111	Milk shakes, thick vanilla	313	11 fl oz	2.739
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.108
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.622
01095	Milk, canned, condensed, sweetened	306	1 cup	7.427
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.159
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	5.884
01102	Milk, chocolate, fluid, commercial,	250	1 cup	2.475
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.750
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	1.470
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.043
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.676
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.115
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	1.366
01077	Milk, whole, 3.25% milkfat	244	1 cup	1.981
16112	Miso	68.75	1 cup	0.922
19305	Molasses, blackstrap	20	1 tbsp	0.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.146
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.068

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	3.997
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.264
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	4.183
18274	Muffins, blueberry, commercially prepared	57	1 muffin	1.124
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.480
18279	Muffins, corn, commercially prepared	57	1 muffin	1.199
18280	Muffins, corn, dry mix, prepared	50	1 muffin	2.625
18283	Muffins, oat bran	57	1 muffin	0.966
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.755
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.015
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.023
11264	Mushrooms, canned, drained solids	156	1 cup	0.008
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.012
11260	Mushrooms, raw	70	1 cup	0.004
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.099
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.011
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.154
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.107
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.039
09191	Nectarines, raw	136	1 nectarine	0.120
20113	Noodles, chinese, chow mein	45	1 cup	3.460
20110	Noodles, egg, cooked, enriched	160	1 cup	0.688
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.789
12061	Nuts, almonds	28.35	1 oz (24 nuts)	9.116
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	6.959
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	7.744
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	7.349
12167	Nuts, chestnuts, european, roasted	143	1 cup	1.085
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	1.404
12104	Nuts, coconut meat, raw	45	1 piece	0.641
12120	Nuts, hazelnuts or filberts	28.35	1 oz	12.942
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	16.804
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	8.900
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	8.986
12142	Nuts, pecans	28.35	1 oz (20 halves)	11.567
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	5.320
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	1.614
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	6.865
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	2.533
20034	Oat bran, cooked	219	1 cup	0.637
20033	Oat bran, raw	94	1 cup	2.233
04053	Oil, olive, salad or cooking	13.5	1 tbsp	9.977

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	6.237
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	5.399
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	5.848
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	4.012
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	3.291
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	10.152
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	2.652
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.045
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.092
09193	Olives, ripe, canned (small-extra large)	22	5 large	1.735
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	6.520
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.057
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.025
11284	Onions, dehydrated flakes	5	1 tbsp	0.003
11282	Onions, raw	110	1 whole	0.025
11282	Onions, raw	160	1 cup	0.037
11282	Onions, raw	14	1 slice	0.003
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.027
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.004
09207	Orange juice, canned, unsweetened	249	1 cup	0.062
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.115
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.025
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.081
09206	Orange juice, raw	248	1 cup	0.089
09206	Orange juice, raw	86	juice from 1 orange	0.031
09200	Oranges, raw, all commercial varieties	131	1 orange	0.030
09200	Oranges, raw, all commercial varieties	180	1 cup	0.041
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.435
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.335
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.787
09226	Papayas, raw	140	1 cup	0.053
09226	Papayas, raw	304	1 papaya	0.116
11297	Parsley, raw	10	10 sprigs	0.030
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.175
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	4.208
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.092
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.034
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.012
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.030
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.108
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.120
09236	Peaches, raw	98	1 peach	0.066

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09236	Peaches, raw	170	1 cup	0.114
16097	Peanut butter, chunk style, with salt	16	1 tbsp	3.770
16098	Peanut butter, smooth style, with salt	16	1 tbsp	3.959
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	6.985
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	6.985
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	7.353
09340	Pears, asian, raw	122	1 pear	0.060
09340	Pears, asian, raw	275	1 pear	0.135
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.072
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.021
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.035
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.011
09252	Pears, raw	166	1 pear	0.043
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.037
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.062
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.053
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.038
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.159
11670	Peppers, hot chili, green, raw	45	1 pepper	0.005
11819	Peppers, hot chili, red, raw	45	1 pepper	0.027
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.014
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.018
11333	Peppers, sweet, green, raw	149	1 cup	0.012
11333	Peppers, sweet, green, raw	119	1 pepper	0.010
11333	Peppers, sweet, green, raw	10	1 ring	0.001
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.018
11821	Peppers, sweet, red, raw	149	1 cup	0.010
11821	Peppers, sweet, red, raw	119	1 pepper	0.008
11945	Pickle relish, sweet	15	1 tbsp	0.031
11937	Pickles, cucumber, dill	65	1 pickle	0.002
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	27.174
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	19.801
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	27.304
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.016
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	5.134
18302	Pie, apple, prepared from recipe	155	1 piece	8.359
18305	Pie, blueberry, commercially prepared	117	1 piece	4.965
18306	Pie, blueberry, prepared from recipe	147	1 piece	7.528
18308	Pie, cherry, commercially prepared	117	1 piece	6.829
18309	Pie, cherry, prepared from recipe	180	1 piece	9.565
18310	Pie, chocolate creme, commercially prepared	113	1 piece	12.562
18316	Pie, coconut custard, commercially prepared	104	1 piece	5.715

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18444	Pie, fried pies, cherry	128	1 pie	9.535
18319	Pie, fried pies, fruit	128	1 pie	9.535
18320	Pie, lemon meringue, commercially prepared	113	1 piece	3.034
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	7.089
18324	Pie, pecan, commercially prepared	113	1 piece	12.137
18325	Pie, pecan, prepared from recipe	122	1 piece	13.641
18326	Pie, pumpkin, commercially prepared	109	1 piece	4.395
18327	Pie, pumpkin, prepared from recipe	155	1 piece	5.730
11943	Pimento, canned	12	1 tbsp	0.002
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.025
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.023
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.006
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.033
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.005
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.025
09266	Pineapple, raw, all varieties	155	1 cup	0.022
09278	Plantains, cooked	154	1 cup	0.023
09277	Plantains, raw	179	1 medium	0.057
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.170
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.030
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.006
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.035
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.377
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.022
09279	Plums, raw	66	1 plum	0.088
07065	Pork and beef sausage, fresh, cooked	26	2 links	4.467
07064	Pork sausage, fresh, cooked	26	2 links	3.218
07064	Pork sausage, fresh, cooked	27	1 patty	3.342
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	3.519
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	1.879
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	3.451
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	6.698
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	2.151
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	11.441
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	6.698
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	3.783
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	4.981
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	6.001
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	3.094
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	3.783

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.933
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	4.463
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	7.888
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	8.823
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4.913
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	11.458
11672	Potato pancakes, home-prepared	76	1 pancake	3.526
11399	Potato puffs, frozen, prepared	79	10 puffs	3.440
11414	Potato salad, home-prepared	250	1 cup	6.200
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.006
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	2.879
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	5.265
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.003
11364	Potatoes, baked, skin, without salt	58	1 skin	0.001
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.003
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.003
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.003
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	2.381
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.490
11370	Potatoes, hashed brown, home-prepared	156	1 cup	6.270
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	2.423
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.260
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	3.654
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	2.972
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	2.546
05306	Poultry food products, ground turkey, cooked	82	1 patty	4.010
09294	Prune juice, canned	256	1 cup	0.054
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.825
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.802
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.921
19193	Puddings, rice, ready-to-eat	113.4	4 oz	3.640
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.785
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.647
19201	Puddings, vanilla, ready-to-eat	113	4 oz	1.740
11424	Pumpkin, canned, without salt	245	1 cup	0.091
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.022
11429	Radishes, raw	4.5	1 radish	0.001
09298	Raisins, seedless	145	1 cup	0.074
09298	Raisins, seedless	14	1 packet	0.007

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.038
09302	Raspberries, raw	123	1 cup	0.079
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	1.414
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.024
14342	Rice beverage, RICE DREAM, canned	245	1 cup	1.345
20037	Rice, brown, long-grain, cooked	195	1 cup	0.638
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.147
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.320
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.084
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.139
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.381
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	1.037
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.478
18353	Rolls, hard (includes kaiser)	57	1 roll	0.646
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.046
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	1.882
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	1.316
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.961
04133	Salad dressing, french, home recipe	14	1 tbsp	2.898
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.608
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	2.309
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.928
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.329
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	2.705
04015	Salad dressing, russian dressing	15.3	1 tbsp	1.805
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.147
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.990
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	1.229
07069	Salami, cooked, beef and pork	56.7	2 slices	5.211
07072	Salami, dry or hard, pork, beef	20	2 slices	3.420
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	1.142
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	14.489
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	5.773
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	11.423
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.121
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	2.408
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.154
06166	Sauce, homemade, white, medium	250	1 cup	11.050
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	3.101
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	2.175

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.001
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.004
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.031
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	2.008
11445	Seaweed, kelp, raw	10	2 tbsp	0.010
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.006
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	3.714
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	3.045
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	1.655
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	2.695
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	3.042
14346	Shake, fast food, chocolate	333	16 fl oz	3.580
14347	Shake, fast food, vanilla	333	16 fl oz	2.870
11677	Shallots, raw	10	1 tbsp	0.001
19097	Sherbet, orange	74	1/2 cup	0.392
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	5.696
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.238
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	2.688
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	2.739
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	5.749
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.148
19014	Snacks, fruit leather, rolls	21	1 large	0.311
19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.242
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	1.854
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.001
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.805
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	1.850
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.550
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	2.795
19034	Snacks, popcorn, air-popped	8	1 cup	0.088
19036	Snacks, popcorn, cakes	10	1 cake	0.092
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.147
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.014
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.067
19035	Snacks, popcorn, oil-popped	11	1 cup	0.899
19041	Snacks, pork skins, plain	28.35	1 oz	4.190
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	1.854
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.678
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.061
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	2.019

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19411	Snacks, potato chips, plain, salted	28.35	1 oz	2.790
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2.790
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.361
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	1.735
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.816
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.093
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	4.278
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	2.537
19056	Snacks, tortilla chips, plain	28.35	1 oz	4.380
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	19.768
19061	Snacks, trail mix, tropical	140	1 cup	3.486
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	3.839
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	2.176
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.217
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	1.244
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	2.664
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	1.109
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.517
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	2.160
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.916
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	2.257
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	3.270
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	4.464
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	2.976
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	1.708
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.699
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.361
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.320
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.000
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.585
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.504
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.816
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	0.928

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.669
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.445
06174	Soup, stock, fish, home-prepared	233	1 cup	0.550
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.612
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.439
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.805
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.584
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.819
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.235
16120	Soy milk, fluid	245	1 cup	0.799
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.002
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	2.176
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	3.407
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	0.934
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.111
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.105
02007	Spices, celery seed	2	1 tsp	0.319
02009	Spices, chili powder	2.6	1 tsp	0.093
02010	Spices, cinnamon, ground	2.3	1 tsp	0.011
02015	Spices, curry powder	2	1 tsp	0.111
02020	Spices, garlic powder	2.8	1 tsp	0.000
02026	Spices, onion powder	2.1	1 tsp	0.003
02027	Spices, oregano, dried	1.5	1 tsp	0.010
02028	Spices, paprika	2.1	1 tsp	0.026
02029	Spices, parsley, dried	1.3	1 tbsp	0.042
02030	Spices, pepper, black	2.1	1 tsp	0.021
11658	Spinach souffle, home-prepared	136	1 cup	6.835
11461	Spinach, canned, drained solids	214	1 cup	0.030
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.013
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.000
11457	Spinach, raw	30	1 cup	0.003
11457	Spinach, raw	10	1 leaf	0.001
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.041
11641	Squash, summer, all varieties, raw	113	1 cup	0.018
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.096
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.012
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.046
09316	Strawberries, raw	166	1 cup	0.071
09316	Strawberries, raw	12	1 strawberry	0.005
09316	Strawberries, raw	18	1 strawberry	0.008
19334	Sugars, brown	3.2	1 tsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000

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19336	Sugars, powdered	8	1 tbsp	0.003
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	2.878
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	2.226
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	0.024
11512	Sweetpotato, canned, vacuum pack	255	1 cup	0.020
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	0.001
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	0.000
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.658
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.733
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.013
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	1.188
09223	Tangerine juice, canned, sweetened	249	1 cup	0.045
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.045
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.029
20068	Tapioca, pearl, dry	152	1 cup	0.008
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.002
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.002
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.002
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	0.003
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	4.016
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.150
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	2.704
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.798
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.977
11954	Tomatillos, raw	34	1 medium	0.053
11540	Tomato juice, canned, with salt added	243	1 cup	0.022
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.176
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.078
11549	Tomato products, canned, sauce	245	1 cup	0.091
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.074
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.050
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.090
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.009
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.010
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.062
11955	Tomatoes, sun-dried	2	1 piece	0.010

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11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.260
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.169
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.206
21088	Tostada with guacamole	130.5	1 tostada	4.241
05286	Turkey and gravy, frozen	142	5-oz package	1.377
05292	Turkey patties, breaded, battered, fried	64	1 patty	4.781
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.021
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.378
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	7.183
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.470
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	1.442
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	2.508
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.022
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.046
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.008
02050	Vanilla extract	4.2	1 tsp	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	2.006
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	4.624
11578	Vegetable juice cocktail, canned	242	1 cup	0.034
04582	Vegetable oil, canola	14	1 tbs	8.246
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.026
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.018
02048	Vinegar, cider	15	1 tbs	0.000
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	1.059
18367	Waffles, plain, prepared from recipe	75	1 waffle	2.641
14429	Water, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.001
09326	Watermelon, raw	152	1 cup	0.056
09326	Watermelon, raw	286	1 wedge	0.106
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.109
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.108
20083	Wheat flour, white, bread, enriched	137	1 cup	0.192
20084	Wheat flour, white, cake, enriched	137	1 cup	0.100
20080	Wheat flour, whole-grain	120	1 cup	0.278
20089	Wild rice, cooked	164	1 cup	0.082
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	4.628
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.318
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.674
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.967
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.111
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	2.027