NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1180.660
01095	Milk, canned, condensed, sweetened	306	1 cup	982.260
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	948.600
19087	Candies, confectioner's coating, white	170	1 cup	916.300
19080	Candies, semisweet chocolate	168	1 cup	804.720
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	706.640
20005	Barley, pearled, raw	200	1 cup	704.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	686.350
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	675.250
20028	Couscous, dry	173	1 cup	650.480
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	647.640
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	608.400
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	583.680
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	581.400
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	577.980
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	576.200
19061	Snacks, trail mix, tropical	140	1 cup	569.800
21082	Fast foods, taco	263	1 large	568.080
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	562.830
20068	Tapioca, pearl, dry	152	1 cup	544.160
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	540.140
18031	Bread, indian (navajo) fry	160	10-1/2" bread	526.400
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	523.380
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	519.680
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	515.060
21024	Fast foods, french toast sticks	141	5 sticks	513.240
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	512.300
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	505.080
18325	Pie, pecan, prepared from recipe	122	1 piece	502.640
09087	Dates, deglet noor	178	1 cup	501.960
20084	Wheat flour, white, cake, enriched	137	1 cup	495.940
20083	Wheat flour, white, bread, enriched	137	1 cup	494.570
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	489.900
18309	Pie, cherry, prepared from recipe	180	1 piece	486.000
22906	Chicken pot pie, frozen entree	217	1 small pie	483.910
20012	Bulgur, dry	140	1 cup	478.800
01164	Cheese sauce, prepared from recipe	243	1 cup	478.710
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	465.930
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	460.800
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	460.250
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	458.280
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	457.250

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	456.000
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	455.000
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	454.280
18324	Pie, pecan, commercially prepared	113	1 piece	452.000
21043	Fast foods, clams, breaded and fried	115	3/4 cup	450.800
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	444.210
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	442.500
20020	Cornmeal, whole-grain, yellow	122	1 cup	441.640
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	440.400
09298	Raisins, seedless	145	1 cup	433.550
01036	Cheese, ricotta, whole milk	246	1 cup	428.040
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	424.560
14346	Shake, fast food, chocolate	333	16 fl oz	422.910
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	416.660
11370	Potatoes, hashed brown, home-prepared	156	1 cup	413.400
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	412.800
18302	Pie, apple, prepared from recipe	155	1 piece	410.750
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	410.400
20080	Wheat flour, whole-grain	120	1 cup	406.800
18319	Pie, fried pies, fruit	128	1 pie	404.480
18444	Pie, fried pies, cherry	128	1 pie	404.480
20011	Buckwheat flour, whole-groat	120	1 cup	402.000
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	398.720
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	386.640
15128	Fish, tuna salad	205	1 cup	383.350
14347	Shake, fast food, vanilla	333	16 fl oz	369.630
21082	Fast foods, taco	171	1 small	369.360
16008	Beans, baked, canned, with franks	259	1 cup	367.780
06166	Sauce, homemade, white, medium	250	1 cup	367.500
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	366.850
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	364.000
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	361.950
18306	Pie, blueberry, prepared from recipe	147	1 piece	360.150
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	357.540
11414	Potato salad, home-prepared	250	1 cup	357.500
01110	Milk shakes, thick chocolate	300	10.6 fl oz	357.000
21023	Breakfast items, french toast with butter	135	2 slices	356.400
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	355.320
21015	Fast foods, danish pastry, cheese	91	1 pastry	353.080
01111	Milk shakes, thick vanilla	313	11 fl oz	350.560
12167	Nuts, chestnuts, european, roasted	143	1 cup	350.350
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	346.110
21078	Fast foods, nachos, with cheese	113	6-8 nachos	345.780

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18310	Pie, chocolate creme, commercially prepared	113	1 piece	343.520
01057	Eggnog	254	1 cup	342.900
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	340.100
01037	Cheese, ricotta, part skim milk	246	1 cup	339.480
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	338.670
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	337.680
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	337.450
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	334.800
21017	Fast foods, danish pastry, fruit	94	1 pastry	334.640
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	333.000
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	331.800
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	323.400
21074	Fast foods, enchilada, with cheese	163	1 enchilada	319.480
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	319.260
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	319.060
18327	Pie, pumpkin, prepared from recipe	155	1 piece	316.200
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	314.500
16051	Beans, white, mature seeds, canned	262	1 cup	306.540
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	305.150
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	304.300
18308	Pie, cherry, commercially prepared	117	1 piece	304.200
18320	Pie, lemon meringue, commercially prepared	113	1 piece	302.840
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	302.220
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	297.560
21119	Fast foods, hotdog, with chili	114	1 sandwich	296.400
18031	Bread, indian (navajo) fry	90	5" bread	296.100
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	294.930
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	294.100
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	293.250
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	293.040
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	290.700
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	289.070
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	288.550
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	285.600
21033	Fast foods, sundae, hot fudge	158	1 sundae	284.400
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	280.830
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	279.650
21083	Fast foods, taco salad	198	1-1/2 cups	279.180
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	278.400
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	277.290
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	275.560

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	273.600
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	273.030
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	272.420
18305	Pie, blueberry, commercially prepared	117	1 piece	271.440
18316	Pie, coconut custard, commercially prepared	104	1 piece	270.400
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	268.960
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	268.600
18245	Danish pastry, cheese	71	1 danish	265.540
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	265.360
18139	Cake, white, prepared from recipe without frosting	74	1 piece	264.180
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	263.620
18116	Cake, gingerbread, prepared from recipe	74	1 piece	263.440
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	263.410
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	263.340
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	262.000
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	259.560
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	258.440
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	258.030
09306	Raspberries, frozen, red, sweetened	250	1 cup	257.500
18147	Cheesecake commercially prepared	80	1 piece	256.800
21129	Fast foods, hush puppies	78	5 pieces	256.620
21042	Fast foods, chili con carne	253	1 cup	255.530
22904	Chili con carne with beans, canned entree	222	1 cup	255.300
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	254.700
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	254.100
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	253.800
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	251.600
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	247.940
18003	Bagels, egg	89	4" bagel	247.420
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	245.340
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	245.000
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	244.800
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	244.750
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	244.200
18005	Bagels, cinnamon-raisin	89	4" bagel	243.860
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	242.560
21118	Fast foods, hotdog, plain	98	1 sandwich	242.060
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	241.800
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	239.400
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	238.720
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	238.220

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	238.000
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	237.300
20113	Noodles, chinese, chow mein	45	1 cup	237.150
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	237.150
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	237.150
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	236.880
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	236.300
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	236.220
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	235.450
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	235.400
09250	Peaches, frozen, sliced, sweetened	250	1 cup	235.000
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	234.880
05277	Chicken, canned, meat only, with broth	142	5 oz	234.300
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	233.750
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	232.050
11512	Sweetpotato, canned, vacuum pack	255	1 cup	232.050
18090	Cake, boston cream pie, commercially prepared	92	1 piece	231.840
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	231.750
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	231.540
18239	Croissants, butter	57	1 croissant	231.420
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	231.280
20033	Oat bran, raw	94	1 cup	231.240
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	231.000
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	230.850
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	230.350
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	229.680
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	229.680
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	229.620
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	229.100
18326	Pie, pumpkin, commercially prepared	109	1 piece	228.900
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	228.600
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	227.900
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	227.850
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	227.850
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	227.040
18151	Cookies, brownies, commercially prepared	56	1 brownie	226.800
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	226.100
21077	Fast foods, frijoles with cheese	167	1 cup	225.450
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	224.900
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	224.790

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	224.400
8356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	223.200
5041	Fish, herring, Atlantic, pickled	85.05	3 oz	222.831
4316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	222.600
5037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	222.600
3278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	219.300
7012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	219.300
1013	Cheese, cottage, creamed, with fruit	226	1 cup	219.220
1658	Spinach souffle, home-prepared	136	1 cup	218.960
9277	Plantains, raw	179	1 medium	218.380
8367	Waffles, plain, prepared from recipe	75	1 waffle	218.250
2905	Beef stew, canned entree	232	1 cup	218.080
6034	Beans, kidney, red, mature seeds, canned	256	1 cup	217.600
5059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	217.560
9109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	217.140
0047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	216.750
0037	Rice, brown, long-grain, cooked	195	1 cup	216.450
1012	Cheese, cottage, creamed, large or small curd	210	1 cup	216.300
6072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	216.200
9132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	215.660
1546	Tomato products, canned, paste, without salt added	262	1 cup	214.840
9027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	214.140
8243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	213.950
3058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	213.350
0110	Noodles, egg, cooked, enriched	160	1 cup	212.800
3348	Beef, cured, corned beef, canned	85.05	3 oz	212.625
3568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	212.500
8016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	212.400
1647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	211.680
0112	Noodles, egg, spinach, cooked, enriched	160	1 cup	211.200
2402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	211.200
1047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	211.120
0078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	210.800
1372	Potatoes, scalloped, home-prepared with butter	245	1 cup	210.700
3261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	209.000
5025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	208.860
9126	Candies, milk chocolate coated peanuts	40	10 pieces	207.600
1102	Milk, chocolate, fluid, commercial,	250	1 cup	207.500
1672	Potato pancakes, home-prepared	76	1 pancake	206.720
0151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	206.550
8361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	206.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	205.700
20045	Rice, white, long-grain, regular, cooked	158	1 cup	205.400
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	204.360
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	204.000
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	203.700
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	203.400
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	203.360
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	202.986
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	201.850
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	201.240
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	200.760
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	199.950
01097	Milk, canned, evaporated, nonfat	256	1 cup	199.680
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	199.520
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	199.500
22247	Macaroni and Cheese, canned entree	252	1 cup	199.080
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	198.120
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	197.870
20100	Macaroni, cooked, enriched	140	1 cup	197.400
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	197.400
18003	Bagels, egg	71	3-1/2" bagel	197.380
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	197.200
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	197.200
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	196.840
12142	Nuts, pecans	28.35	1 oz (20 halves)	195.899
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	195.600
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	195.250
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	195.000
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	194.650
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	194.650
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	194.650
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	194.590
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	194.540
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	193.880
09020	Applesauce, canned, sweetened, without salt	255	1 cup	193.800
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	193.800
20006	Barley, pearled, cooked	157	1 cup	193.110
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	192.960

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05306	Poultry food products, ground turkey, cooked	82	1 patty	192.700
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	192.080
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	190.960
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	190.920
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	190.796
16073	Lima beans, large, mature seeds, canned	241	1 cup	190.390
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	189.550
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	189.200
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	189.000
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	188.790
18023	Bread, cornbread, dry mix, prepared	60	1 piece	188.400
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	188.000
11674	Potato, baked, flesh and skin, without salt	202	1 potato	187.860
18134	Cake, sponge, prepared from recipe	63	1 piece	187.110
09055	Blueberries, frozen, sweetened	230	1 cup	186.300
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	186.240
18243	Croutons, seasoned	40	1 cup	186.000
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	185.976
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	185.409
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	185.409
19193	Puddings, rice, ready-to-eat	113.4	4 oz	184.842
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	184.800
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	184.320
19089	Ice creams, vanilla, rich	74	1/2 cup	184.260
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	184.070
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	183.600
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	183.600
09294	Prune juice, canned	256	1 cup	181.760
05292	Turkey patties, breaded, battered, fried	64	1 patty	181.120
21051	Entrees, pizza with pepperoni	71	1 slice	181.050
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	181.040
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	180.290
21088	Tostada with guacamole	130.5	1 tostada	180.090
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	180.000
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	179.350
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	179.350
09278	Plantains, cooked	154	1 cup	178.640
14150	Carbonated beverage, orange	372	12 fl oz	178.560
12120	Nuts, hazelnuts or filberts	28.35	1 oz	178.038
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	178.000
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	177.650

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	176.904
20029	Couscous, cooked	157	1 cup	175.840
11399	Potato puffs, frozen, prepared	79	10 puffs	175.380
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	175.200
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	175.100
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	174.920
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	174.720
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	174.300
18279	Muffins, corn, commercially prepared	57	1 muffin	173.850
20125	Spaghetti, whole-wheat, cooked	140	1 cup	173.600
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	173.400
18024	Bread, combread, prepared from recipe, made with low fat (2%) milk	65	1 piece	172.900
07008	Bologna, beef and pork	56.7	2 slices	172.368
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	172.040
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	171.700
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	171.050
16089	Peanuts, all types, oil-roasted, with salt	28.35	l oz	169.817
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	168.399
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	168.399
15034	Fish, haddock, cooked, dry heat	150	1 fillet	168.000
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	168.000
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	167.450
18353	Rolls, hard (includes kaiser)	57	1 roll	167.010
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	165.900
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	165.848
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	165.848
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	165.750
20089	Wild rice, cooked	164	1 cup	165.640
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	165.600
18041	Bread, pita, white, enriched	60	6-1/2" pita	165.000
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	165.000
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	164.997
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	164.800
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	164.714
15111	Fish, swordfish, cooked, dry heat	106	1 piece	164.300
12061	Nuts, almonds	28.35	1 oz (24 nuts)	163.863
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	163.770
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	163.680
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	162.729
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	162.720

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	162.450
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	162.350
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	161.700
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	161.280
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	161.200
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	161.028
18280	Muffins, corn, dry mix, prepared	50	1 muffin	160.500
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	160.050
14142	Carbonated beverage, grape soda	372	12 fl oz	159.960
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	159.600
12104	Nuts, coconut meat, raw	45	1 piece	159.300
19116	Candies, marshmallows	50	1 cup	159.000
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	158.760
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	158.193
18274	Muffins, blueberry, commercially prepared	57	1 muffin	157.890
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	157.500
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	157.080
19183	Puddings, chocolate, ready-to-eat	113	4 oz	157.070
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	157.059
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	156.560
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	156.550
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	156.400
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	155.400
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	155.075
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	155.040
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	154.780
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	154.700
20010	Buckwheat groats, roasted, cooked	168	1 cup	154.560
19041	Snacks, pork skins, plain	28.35	1 oz	154.508
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	154.350
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	154.330
18283	Muffins, oat bran	57	1 muffin	153.900
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	153.720
19071	Candies, carob	28.35	1 oz	153.090
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	152.807
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	152.400
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	151.956
19411	Snacks, potato chips, plain, salted	28.35	1 oz	151.956
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	151.712
14157	Carbonated beverage, root beer	370	12 fl oz	151.700
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	151.200

Content per Measure NDB No Description Weight (g) **Common Measure** 20013 182 151.060 Bulgur, cooked 1 cup 14153 Carbonated beverage, pepper-type, contains caffeine 368 12 fl oz 150.880 19226 Frostings, chocolate, creamy, ready-to-eat 38 1/12 package 150.860 28.35 150.539 19043 Snacks, potato chips, sour-cream-and-onion-flavor 1 oz 09268 Pineapple, canned, juice pack, solids and liquids 249 1 cup 149.400 18269 French toast, prepared from recipe, made with low fat (2%) milk 65 1 slice 148.850 13327 Beef, variety meats and by-products, liver, cooked, pan-fried 85 3 oz 148.750 15029 Fish, flatfish (flounder and sole species), cooked, dry heat 127 1 fillet 148.590 07022 Frankfurter, beef 45 1 frank 148 500 19004 Snacks, corn-based, extruded, chips, barbecue-flavor 28.35 1 oz 148.271 12516 Seeds, pumpkin and squash seed kernels, roasted, with salt added 28.35 1 oz (142 seeds) 147.987 08121 Cereals, oats, regular and quick and instant, unenriched, cooked with 234 1 cup 147.420 water, without salt 14145 368 12 fl oz 147.200 Carbonated beverage, lemon-lime soda 99 21127 Fast foods, coleslaw 3/4 cup 146.520 244 01077 Milk, whole, 3.25% milkfat 1 cup 146.400 09282 Plums, canned, purple, juice pack, solids and liquids 252 1 cup 146.160 19201 Puddings, vanilla, ready-to-eat 113 4 oz 145.770 14003 Alcoholic beverage, beer, regular 355 12 fl oz 145.550 145.080 11363 Potatoes, baked, flesh, without salt 156 1 potato 19026 Snacks, granola bars, soft, coated, milk chocolate coating, peanut 28.35 1 bar 144.302 butter 8 fl oz 14242 Cranberry juice cocktail, bottled 253 144.210 11659 Sweetpotato, cooked, candied, home-prepared 105 1 piece 143.850 143.650 15241 Fish, trout, rainbow, farmed, cooked, dry heat 85 3 oz 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup) 143.451 01117 Yogurt, plain, low fat, 12 grams protein per 8 ounce 227 8-oz container 143.010 142.800 13184 Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all 85 3 oz grades, cooked, roasted 08164 Cereals, corn grits, yellow, regular and quick, enriched, cooked with 242 1 cup 142.780 water, without salt 08091 Cereals, corn grits, white, regular and quick, enriched, cooked with 242 1 cup 142.780 water, without salt 19270 Ice creams, chocolate 66 1/2 cup 142.560 142.500 06931 Sauce, pasta, spaghetti/marinara, ready-to-serve 250 1 cup 19045 Snacks, potato chips, made from dried potatoes, light 28.35 1 oz 142.034 19056 Snacks, tortilla chips, plain 28.35 1 oz 142.034 19078 Baking chocolate, unsweetened, squares 28.35 1 square 142.034 141.950 10185 Pork, cured, ham, extra lean and regular, canned, roasted 85 3 oz 05064 Chicken, broilers or fryers, breast, meat only, cooked, roasted 86 1/2 breast 141.900 141.750 07069 Salami, cooked, beef and pork 56.7 2 slices 16112 Miso 68.75 1 cup 141.625 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 141.400 19057 28.35 Snacks, tortilla chips, nacho-flavor 141.183 1 ozApricot nectar, canned, with added ascorbic acid 09403 251 1 cup 140.560 21049 Entrees, pizza with cheese 63 1 slice 140.490

250

1 cup

09273

Pineapple juice, canned, unsweetened, without added ascorbic acid

Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

140.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18110	Cake, fruitcake, commercially prepared	43	1 piece	139.320
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	139.199
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	138.470
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	137.600
07023	Frankfurter, beef and pork	45	1 frank	137.250
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	136.160
08143	Cereals, WHEATENA, cooked with water	243	1 cup	136.080
09176	Mangos, raw	207	1 mango	134.550
19218	Puddings, tapioca, ready-to-eat	113	4 oz	134.470
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	134.160
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	133.950
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	133.812
15141	Crustaceans, crab, blue, canned	135	1 cup	133.650
19422	Snacks, potato chips, reduced fat	28.35	1 oz	133.529
19015	Snacks, granola bars, hard, plain	28.35	1 bar	133.529
09040	Bananas, raw	150	1 cup	133.500
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	133.450
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	132.840
19095	Ice creams, vanilla	66	1/2 cup	132.660
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	132.600
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	131.880
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	131.828
15111	Fish, swordfish, cooked, dry heat	85	3 oz	131.750
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	131.440
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	131.400
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	131.150
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	l packet	129.630
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	129.320
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	129.060
18088	Cake, angelfood, dry mix, prepared	50	1 piece	128.500
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	127.920
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	127.500
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	127.500
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	127.120
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	127.008
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	126.600
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	126.158
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	125.840
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	125.800
18268	French toast, frozen, ready-to-heat	59	1 slice	125.670

08103 Cottals, CREAM OF WHEAT, regular, cooked with water, without 251 1 cup 14341 Preapple and orange juice drink, canned 250 8 fl oz 11313 Peas, green, frozen, cooked, boiled, drinied, withour salt 160 1 cup 09223 Tangerine juice, canned, weretened 240 1 cup 09254 Pease, canned, juice pack, solids and liquids 248 1 cup 09254 Vegetable oil, curola 14 1 tlbsp 00104 Chece, cottage, nonfat, uncreamed, dry, large or small curd 145 1 cup 06206 Sonp, PROCRESSO HEALTHY CLASSICS MINESTRONE, curola 241 1 cup 08117 Corcals, MALT-O-MEAL, plain and checolare, cooked with water, without salt 1 cup 08288 Cereat ready-to-car, KELLOGGS RICE KRISPIES 30 3/4 cup 08067 Sonp, vegetable, canned, chunky, ready-to-serve, commercial 240 1 cup 01079 Milk, reduced fat, fluid, 25* milkfat, with added vitamin A 244 1 cup 0103 Smack, CIEX rm 28.5 1 cup (adbeta) 04031 Oil, sophean, sialad or cooking, olydrog	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
Number of constant of the set of the se	08103		251	1 cup	125.500
09233Tagerine junce, eaned, sweetened2491 cup14136Carbonated beverage, ginger ale36612 fl.oz09251Pears, canned, junce pack, solids and liquids2481 cup01014Cheese, cottage, nonfat, uncrearmed, dry, large or small curd1451 cup06206Sonp, PROCRESSO HEALTITY CLASSICS MINESTRONE, correals, MALT-O-MEAL, plain and chocolare, cooked with water, correals, MALT-O-MEAL, plain and chocolare, cooked with water, correals, MALT-O-MEAL, plain and chocolare, cooked with water, 	4341	Pineapple and orange juice drink, canned	250	8 fl oz	125.000
14136Carbonated beverage, ginger ale36612 Il oz09254Parrs, canned, juice pack, solids and liquids2481 cup04582Vegetable oil, canola141 top04582Vegetable, onfat, uncreamed, dry, large or small card1451 cup06206Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-in-arve2411 cup08117Cereals MALT-O-MALD, Jain and checolate, cooked with water, without sait2401 cup08118Soup, ergetable, canned, chardy-to-serve, commercial2401 cup08007Soup, vegetable, canned, chardy-to-serve, commercial2401 cup19033Stacks, CHEX mix243.51 oc (about 2/3 cup)19033Stacks, CHEX mix243.51 dep00079Mik, reduced fat, fuid, 2% mikTat, with added vitamin A244.51 cup19033Stacks, CHEX mix243.51 dep04034Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary lower oil of commercie)13.61 thsp04056Oil, vegetable, cunve, finolici, (Wardgenated) and octonseed13.61 thsp04518Oil, vegetable, solidor cooking13.61 thsp04528Oil, sesame, salad or cooking13.61 dep04549Cereals ready-to-sat, QUAKER, QUAKER OAT LIFE, plain223/4 cup04540Chicken, broilers of fyrers, drumstick, mexat and skin, cooked, fried, floar13.51 dep04510Oil, oir, salad or cooking13.51 dep045210C	1313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	124.800
09254Pears, canned, juic pack, solids and liquids2481 cup04582Vegetable oil, canola141 tbsp01014Chesse, cottage, norfit, uncreamed, dy, large or small curd1451 cup06266Song, PROGRESSO PHALTHY CLASSICS MINESTRONE, canned, ready-us-aerve2401 cup08117Cereals MALT-O-MEAL, plan and chocolare, cooked with water.2401 cup08288Carcels ready-to-eart, KELLOGG, KELLOGG'S RICE KRISPIES303/4 cup08079Mik, reduced fit, fluid, 2% milkfar, with added vitamin A28.351 or (about 2/3 cup)19033Snacks, CHEX mi28.351 or (about 2/3 cup)04014Oil, soybean, salad or cooking, (bydrogenated)13.61 tbsp04034Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp04038Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp04038Oil, soybean, salad or cooking2451 cup04038Oil, soybean, salad or cooking2451 cup04038Oil, soybean, salad or cooking2451 cup04048Oil, soybean, salad or cooking2451 cup040500Oil, soybean, salad or cooking2451 cup04068Oil, segathle con, shal or cooking2451 cup04069Oil, segathle con, shal or cooking3 co1 drumstick16100Soy milk, Tuld2451 cup05600Cheren brolkers of hyers, drumstick, meat and skin, conked, fried3 co2 cup0611	9223	Tangerine juice, canned, sweetened	249	1 cup	124.500
04582Vegetable oil, canola141 thyp01014Cheese, cottage, nonfat, uncreamed, dry, large or small card1451 cup06206Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, 081172411 cup06207Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, 088182401 cup08818Creatls ready-to-ext, KELLOGG, KELLOGG'S RICE KRISPIES303/4 cup06067Soup, vegetable, canned, chunky, ready-to-serve, commercial2401 cup06067Soup, vegetable, canned or cooking, (hydrogenated) and cottonseed13.61 thsp06033Stacks, CHEX mix28.351 cup06044Oti, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 thsp04515Oti, vegetable, cunflower, innoleic, (60% and over)13.61 thsp04518Oti, sesame, salad or cooking13.61 thsp04518Oti, sesame, salad or cooking13.61 thsp04518Oti, sesame, salad or cooking13.61 thsp04519Oti, vegetable, cunnetical protein2451 cup04519Oti, sesame, salad or cooking13.61 thsp04520Creeals ready-to	4136	Carbonated beverage, ginger ale	366	12 fl oz	124.440
DilatCheese, outage, nonfat, uncreanned, dry, large or small card1451 cup06206Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve2411 cup08117Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt2401 cup08288Cereals ready-to-serve, commercial2401 cup08007Soup, vegetable, canned, chunky, ready-to-serve, commercial2401 cup10079Mik, reduced far, fluid, 2% mik/fat, with added vitamin A2441 cup1033Snacks, CHEX mix28.351 or (about 2/3 cup)10431Oil, vegetable satflower, slad or cooking, oleic, over 70% (primary all follower oil of commerce)13.61 thsp10434Oil, soybean, salad or cooking, (hydrogenated)13.61 thsp10458Oil, vegetable, sunflower, linolci, (60% and over)13.61 thsp10518Oil, vegetable, sunflower, linolci, (60% and over)13.61 thsp105120Soy milk, fluid2451 cup10508Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, our491 drumstick114422Rice bovrage, RUE DREAM, canned2451 cup10509Bread, white, commercially prepared (includes soft bread crumbs)451 cup10509Bread, white, commercially prepared (includes soft bread crumbs)451 cup10509Bread, white, commercially prepared (includes soft bread crumbs)451 cup10509Bread, white, commercially prepared (includes soft bread crumbs)<	9254	Pears, canned, juice pack, solids and liquids	248	1 cup	124.000
GebberDescription2411 cupcanned, ready-to-serve2491 cup08117Cereals, MALT-OREAL, plain and chocolate, cooked with water, without salt2401 cup08288Creals ready-to-serve303/4 cup08017Soup, vegetable, canned, chunky, ready-to-serve, commercial2401 cup06067Soup, vegetable, canned, chunky, ready-to-serve, commercial2401 cup19033Snacks, CHEX mix28.351 oc (about 2/3 cup)19034Oil, vegetable saflower, sulad or cooking, oleic, over 70% (primary mixow rol of commercio)13.61 thsp04034Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 thsp04184Oil, vegetable corn, salad or cooking13.61 thsp04185Oil, vegetable corn, salad or cooking13.61 thsp04186Oil, vegetable corn, salad or cooking13.61 thsp04187Oil, vegetable corn, salad or cooking13.61 thsp04188Oil, vegetable, sunflower, involke, meat and skin, cooked, fried, uor491 cup04188Oil, vegetable, and or cooking2451 cup040450Oil, segame, salad or cooking13.61 thsp04180Oil, vegetable, and or cooking2451 cup04058Oil, segame, salad or cooking13.61 thsp040450Oil, segatable, and or cooking13.61 cup040450Oil, segatable, and or cooking13.61 cup040450Oil, segat	04582	Vegetable oil, canola	14	1 tbsp	123.760
cannel, ready-to-serve08117Creals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt240l cup08288Crecals, ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES30a06067Soup, vegetable, canned, chunky, ready-to-serve, commercial240l cup01070Milk, reduced fat, fluid, 2% milk fat, with added vitamin A244l cup19033Snacks, CHEX mix28.35i thsp06044Oil, soybean, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.6i thsp04034Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.6i thsp04516Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.6i thsp04517Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.6i thsp04518Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.6i thsp04518Oil, soybean, salad or cooking, (hydrogenated)245i cup04518Oil, soybean, salad or cooking, (hydrogenated)245i cup04519Oil, sostam, salad or cooking, Chydrogenated)245i cup04510Oil, sostam, salad or cooking, Chydrogenated)245i cup04510Oil, sostam, salad or cooking, Chydrogenated)245i cup04511Oil, sostam, salad or cooking13.6i thsp04512Chicken, brolies or fyrers, drumstick, meat and skin, cooked, fried, Ii cup04514Creals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFEi cup </td <td>01014</td> <td>Cheese, cottage, nonfat, uncreamed, dry, large or small curd</td> <td>145</td> <td>1 cup</td> <td>123.250</td>	01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	123.250
without salt08288Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES303/4 cup06067Soup, vegetable, canned, chunky, ready-to-serve, commercial2401 cup01079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup01083Snaceks, CHEX mis28.351 or (aboul 2/3 cup)04511Oil, vegetable safflower, salad or cooking, olcic, over 70% (primary safflower oil of commerce)13.61 thsp04543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 thsp04543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 thsp04518Oil, vegetable sunflower, linoleic, (60% and over)13.61 thsp04518Oil, vegetable com, salad or cooking13.61 thsp04518Oil, vegetable, sunflower, linoleic, (60% and over)13.61 thsp05068Chicken, broilers of riyers, drumstick, meat and skin, cooked, fried, flour491 drumstick045142Rice beverage, RICE DREAM, canned2451 cup05068Chicken, broilers of riyers, drumstick, meat and skin, cooked, fried, flour13.61 thsp14342Rice beverage, RICE DREAM, canned2451 cup05069Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup08210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE15.61 thsp18306Bilks, hamburger or botdos, plain31.51 thsp04042Oil, peant, salad or cooking13.5	06206		241	1 cup	122.910
TREATS CeralTREATS Ceral06067Soup, vegtable, canned, chunky, ready-to-serve, commercial2401 cup01079Milk, reduced fat, fluid, 2% milkfat, with added vitamin A2441 cup01030Snacks, CHEX mix28.351 ca (about 2/3 cup)04511Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.61 thsp04543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 thsp04544Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 thsp04518Oil, vegetable, sunflower, linoleic, (60% and over)13.61 thsp04518Oil, vegetable, sunflower, linoleic, (60% and over)13.61 thsp04518Oil, vegetable, corn, salad or cooking13.61 thsp0508Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 cup14342Rice beverage, RICE DREAM, canned2451 cup08049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/d cup18350Rolls, hamburg er or hotdog, plain431 roll18060Bread, white, commercially prepared (includes soft bread erumbs)451 cup19041Snacks, STELE, ORTEGA Mild Nacho Cheese Sauce, ready-to-sert631 basp19042Oil, oive, salad or cooking13.51 basp19043Snacks, STELE, ORTEGA Mild Nacho Cheese Sauce, ready-to-sert633 oz19044Snacks, STELE, ORTEGA Mild Nacho Cheese Sauce, rea	08117		240	1 cup	122.400
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A244i cup19033Snacks, CHEX mix28.351 oz (about 2/3 cup)04511Oil, soptean, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.61 tbsp04034Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp04530Oil, soybean, salad or cooking, (hydrogenated)13.61 tbsp04543Oil, soybean, salad or cooking13.61 tbsp04556Oil, vegetable, sunflower, linoleic, (60% and over)13.61 tbsp04518Oil, vegetable, sunflower, linoleic, (60% and over)13.61 tbsp04520Symmik, fluid2451 cup05068Chicken, broiles or flyers, drumstick, meat and skin, cooked, fried, flour491 drumstick14342Rice bevrage, RICE DREAM, canned2451 cup08210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE3234 cup18350Rolls, hamburger or hotdog, plain13.51 tbsp<	08288	TREATS Cereal	30	3/4 cup	122.400
19033Snacks, CHEX mix28.35I or (about 2/3 cup)04511Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)13.6I thsp04034Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.6I thsp04543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.6I thsp04543Oil, vegetable, sunflower, linoleic, (60% and over)13.6I thsp04518Oil, vegetable corn, salad or cooking13.6I thsp04528Oil, vegetable corn, salad or cooking13.6I thsp04058Oil, sesame, salad or cooking13.6I thsp05068Chicken, broilers of riyers, drumstick, meat and skin, cooked, fried, floar49I drumstick14342Rice beverage, RICE DREAM, canned245I cup08049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup18350Rolls, hamburger or hotdog, plain43I roll18069Bread, white, commercially prepared (includes soft bread crumbs)45I cup04042Oil, peanut, salad or cooking13.5I thsp04035Oil, liver, salad or cooking13.5I thsp040405Oil, olive, salad or cooking13.5I thsp04041Oil, peanut, salad or cooking13.5I thsp04042Oil, peanut, salad or cooking13.5I thsp04043Oil, oliver, salad or cooking13.5I thsp04044Oil, olive, salad or cooking13.5)6067			1 cup	122.400
OdfiltOil, vegetable sufflower, salad or cooking, oleic, over 70% (primary sufflower oil of commerce)13.61 then04034Oil, soybean, salad or cooking, (hydrogenated)13.61 then04543Oil, soybean, salad or cooking, (hydrogenated)13.61 then04560Oil, vegetable, sunflower, linoleic, (60% and over)13.61 then04518Oil, vegetable, sunflower, linoleic, (60% and over)13.61 then04518Oil, vegetable corn, salad or cooking13.61 then04518Oil, sesame, salad or cooking13.61 then16120Soy milk, fluid2451 cup05068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick14342Rice beverage, RICE DREAM, canned2451 cup080490Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup18350Rolls, hamburger or hotdog, plain431 clup18069Bread, white, commercially prepared (includes soft bread crumbs)43.51 then04042Oil, peanut, salad or cooking13.51 then04033Oil, olive, salad or cooking13.51 then04044Snacks, granola bars, soft, uncoated, chocolate chip23.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, hy heat853 oz04055Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papaya, raw3041 papaya11504Vegetables, mixed,	01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A		1 cup	122.000
afflower oil of commerce)afflower oil of commerce)04034Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 thsp04543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 thsp04560Oil, vegetable, sunflower, linoleic, (60% and over)13.61 thsp04518Oil, vegetable, com, salad or cooking13.61 thsp04518Oil, seame, salad or cooking13.61 thsp16120Soy milk, fluid2451 cup05068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick14342Rice beverage, RICE DREAM, canned2451 cup08049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup18350Rolls, hamburger or hotdog, plain431 roll18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup04033Oil, oive, salad or cooking13.51 thsp04042Oil, peanut, salad or cooking13.51 thsp04053Oil, oive, salad or cooking3.51 thsp04054Oil, oive, salad or cooking3.51 thsp04055Oil, jeanut, salad or cooking13.61 papara04054Oil, oive, salad or cooking13.51 thsp04055Oil, oive, salad or cooking13.51 thsp04054Oil, oive, salad or cooking13.61 para0509Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve63<		Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	120.488
OtherTree04543Oil, soybean, salad or cooking, (hydrogenated) and cottonseed13.61 thsp04506Oil, vegetable, sunflower, linoleic, (60% and over)13.61 thsp04518Oil, vegetable con, salad or cooking13.61 thsp04058Oil, sesame, salad or cooking13.61 thsp16120Soy milk, fluid2451 cup05068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick14342Rice beverage, RICE DREAM, canned2451 cup08049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup08100Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup18350Rolls, hamburger or hotdog, plain431 roll18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup04042Oil, peanut, salad or cooking13.51 thsp04053Oil, olive, salad or cooking13.51 thsp04042Suce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11505Potatoe, boiled, ooked, boiled, drained, without salt1361 potato1154Veg)4511		13.6	1 tbsp	120.224
0.1.13.610.1.vegetable, sunflower, linoleic, (60% and over)13.61045180.1.vegetable corn, salad or cooking13.61040580.1.sesame, salad or cooking13.6116120Soy milk, fluid2451cup05068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491drumstick14342Rice beverage, RICE DREAM, canned2451cup08049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup08210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup18350Rolls, hamburger or hotdog, plain431roll18069Bread, white, commercially prepared (includes soft bread crumbs)451cup04042Oil, peanut, salad or cooking13.51tbsp04043Oil, olive, salad or cooking13.51bsp04044Snacks, granola bars, soft, uncoated, chocolate chip28.351bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853oz08055Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041papaya11510Sweetpotato, cooked, boiled, without salt1361potato11534Vegetables, mixed, frozen, cooked, dry heat853oz11544Vegetables, mixed, frozen, cooked, dry heat85<	04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	120.224
04518Oil, vegetable corn, salad or cooking13.61 bsp04058Oil, sesame, salad or cooking13.61 bsp16120Soy milk, fluid2451 cup05068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick14342Rice beverage, RICE DREAM, canned2451 cup08049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup08210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup18350Rolls, hamburger or hotdog, plain431 roll18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup04042Oil, olive, salad or cooking13.51 bsp04043Oil, olive, salad or cooking13.51 bsp0507Sauce, NESTLE, OR TEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08056Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without salt1361 potato11534Vegetables, mixed, frozen, cooked, boiled, drained, without salt1821 cup1534Fish, una, yellowfin, fresh, cooked, dry heat853 oz1534Fish, una, yellowfin, fresh, cooked, dry heat85 <td< td=""><td>)4543</td><td>Oil, soybean, salad or cooking, (hydrogenated) and cottonseed</td><td>13.6</td><td>1 tbsp</td><td>120.224</td></td<>)4543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	120.224
Add of ConstructNote of ConstructNote of Construct16120Soy milk, fluid2451 cup05068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick14342Rice beverage, RICE DREAM, canned2451 cup08049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup08210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup18350Rolls, hamburger or hotdog, plain431 roll18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup04042Oil, peanut, salad or cooking13.51 thsp04053Oil, olive, salad or cooking13.51 thsp04042Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08055Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without salt1361 potato11554Vegetables, mixed, frozen, cooked, dry heat853 oz11584Vegetables, mixed, frozen, cooked, dry heat853 oz1584Fish, salmon, pink, canned, solids with bone and liquid853 oz1594Fish, salmon, pink, canned, solids with bone and liquid853 oz1594Fish, salmon, pink, canned, solids with bone and liquid853 oz <td>04506</td> <td>Oil, vegetable, sunflower, linoleic, (60% and over)</td> <td>13.6</td> <td>1 tbsp</td> <td>120.224</td>	04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	120.224
16120Soy milk, fluid2451 cup05068Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick14342Rice beverage, RICE DREAM, canned2451 cup08049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup08210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup18350Rolls, hamburger or hotdog, plain431 roll18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup04042Oil, peanut, salad or cooking13.51 tbsp04043Oil, olive, salad or cooking13.51 tbsp06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup19044Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08056Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES3041 papaya1150Sweetpotato, cooked, boiled, without salt1561 potato11354Vegetables, mixed, frozen, cooked, dry heat1821 cup15210Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz1584Fish, salmon, pink, canned, solids with bone and liquid853 oz1594Fish, salmon, pink, canned, solids with bone and liquid813 oz1594Fish, salmon, pink, canned, solids with bone and liquid813 oz	04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	120.224
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour491 drumstick14342Rice beverage, RICE DREAM, canned2451 cup08049Cereals ready-to-eat, QUAKER, QUAKER, OAT LIFE, plain323/4 cup08210Cereals ready-to-eat, QUAKER, QUAKER, OAT CINNAMON LIFE323/4 cup18350Rolls, hamburger or hotdog, plain431 roll18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup04042Oil, peanut, salad or cooking13.51 tbsp04053Oil, olive, salad or cooking13.51 btsp04054Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES3041 papaya11510Sweetpotato, cooked, boiled, without salt1561 potato11365Potatoes, boiled, cooked, bield, drained, without salt1821 cup11364Vegetables, mixed, frozen, cooked, dry heat853 oz15210Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz1534Fish, salmon, pink, canned, solids with bone and liquid853 oz1534Fish, salmon, pink, canned, solids with bone and liquid853 oz1534Fish, salmon, pink, canned, solids with bone and liquid853 oz1534Fish, salmon, pink, canned, solids with bone and liquid853 oz<	04058	Oil, sesame, salad or cooking	13.6	1 tbsp	120.224
flourflour14342Rice beverage, RICE DREAM, canned2451 cup08049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup08210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup18350Rolls, hamburger or hotdog, plain431 roll18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup04042Oil, peanut, salad or cooking13.51 tbsp04053Oil, olive, salad or cooking13.51 tbsp06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantie and Pacific, cooked, dry heat853 oz09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without salt1361 potato11534Vegetables, mixed, frozen, cooked, dry heat1821 cup1521Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15224Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz1524Fish, salmon, pink, canned, solids with bone and liquid853 oz1524Fish, salmon, pink, canned, solids with bone and liquid853 oz1524Fish, salmon, pink, canned, solids with bone and liquid853 oz1524Fish, salmon, pink, canned, solids with bone and liquid813 oz1524Fish, salmon, pi	6120	Soy milk, fluid	245	1 cup	120.050
No.No.No.No.08049Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain323/4 cup08210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup18350Rolls, hamburger or hotdog, plain431 roll18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup04042Oil, peanut, salad or cooking13.51 bsp04053Oil, olive, salad or cooking13.51 bsp06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08056Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without salt1361 potato11584Vegetables, mixed, frozen, cooked, dry heat853 oz1584Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz1584Fish, salmon, pink, canned, solids with bone and liquid853 oz1584Fish, salmon, pink, canned, solids with bone and liquid853 oz0804Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup)5068		49	1 drumstick	120.050
08210Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE323/4 cup18350Rolls, hamburger or hotdog, plain431 roll18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup04042Oil, peanut, salad or cooking13.51 tbsp04053Oil, olive, salad or cooking13.51 tbsp06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08056Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES3041 papaya11510Sweetpotato, cooked, boiled, without salt1561 potato11584Vegetables, mixed, frozen, cooked, dry heat1821 cup11584Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz155Fish, alibut, and pacific, cooked, bailed, without salt1361 potato11510Sweetpotato, cooked, boiled, without salt1361 potato1155Potatoes, boiled, cooked, boiled, drained, without salt1821 cup11521Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz1504Fish, salmon, pink, canned, solids with bone and liquid853 oz1504Fish, salmon, pink, canned, solids with bone And liquid853 oz1504Fish, salmon, pink, canned, solids With bone And liquid853 oz1504 <td>4342</td> <td></td> <td>245</td> <td>1 cup</td> <td>120.050</td>	4342		245	1 cup	120.050
18350Rolls, hamburger or hotdog, plain431 roll18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup04042Oil, peanut, salad or cooking13.51 tbsp04053Oil, olive, salad or cooking13.51 tbsp06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without skin1561 potato11584Vegetables, mixed, frozen, cooked, dry heat853 oz15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15034Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup	08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	120.000
18069Bread, white, commercially prepared (includes soft bread crumbs)451 cup04042Oil, peanut, salad or cooking13.51 tbsp04053Oil, olive, salad or cooking13.51 tbsp06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08065Cereals ready-to-eat, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without skin1561 potato11584Vegetables, mixed, frozen, cooked, dry heat853 oz15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz1584Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG'S COCOA KRISPIES313/4 cup	08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	120.000
04042Oil, peanut, salad or cooking13.51 tbsp04053Oil, olive, salad or cooking13.51 tbsp06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without skin1561 potato11365Potatoes, boiled, cooked in skin, flesh, without salt1821 cup15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup	8350	Rolls, hamburger or hotdog, plain	43	1 roll	119.970
04053Oil, olive, salad or cooking13.51 tbsp06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without skin1561 potato11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11584Vegetables, mixed, frozen, cooked, boiled, drained, without salt1821 cup15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG'S COCOA KRISPIES313/4 cup	8069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	119.700
06909Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve631/4 cup19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without skin1561 potato11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11584Vegetables, mixed, frozen, cooked, boiled, drained, without salt1821 cup15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup	04042	Oil, peanut, salad or cooking	13.5	1 tbsp	119.340
19404Snacks, granola bars, soft, uncoated, chocolate chip28.351 bar15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without skin1561 potato11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11584Vegetables, mixed, frozen, cooked, boiled, drained, without salt1821 cup15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup	04053	Oil, olive, salad or cooking	13.5	1 tbsp	119.340
15037Fish, halibut, Atlantic and Pacific, cooked, dry heat853 oz08065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without skin1561 potato11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11584Vegetables, mixed, frozen, cooked, boiled, drained, without salt1821 cup15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup)6909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	119.070
08065Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES331-1/4 cup09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without skin1561 potato11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11584Vegetables, mixed, frozen, cooked, boiled, drained, without salt1821 cup15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup	9404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	119.070
09226Papayas, raw3041 papaya11510Sweetpotato, cooked, boiled, without skin1561 potato11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11584Vegetables, mixed, frozen, cooked, boiled, drained, without salt1821 cup15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup	5037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	119.000
11510Sweetpotato, cooked, boiled, without skin1561 potato11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11584Vegetables, mixed, frozen, cooked, boiled, drained, without salt1821 cup15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup	08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	118.800
11365Potatoes, boiled, cooked in skin, flesh, without salt1361 potato11584Vegetables, mixed, frozen, cooked, boiled, drained, without salt1821 cup15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup	9226	Papayas, raw	304	1 papaya	118.560
11584Vegetables, mixed, frozen, cooked, boiled, drained, without salt1821 cup15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup	1510	Sweetpotato, cooked, boiled, without skin	156	1 potato	118.560
15221Fish, tuna, yellowfin, fresh, cooked, dry heat853 oz15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup	1365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	118.320
15084Fish, salmon, pink, canned, solids with bone and liquid853 oz08014Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES313/4 cup	1584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	118.300
08014 Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES 31 3/4 cup	5221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	118.150
	5084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	118.150
0274 Cereals ready to eat GENERAL MILLS REPORTED VILLS 20 2/4 our	08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	118.110
50277 Cereais reauy-ro-car, CEINERAL MILLO, DEKKT DEKKT KIA 50 5/4 Cup)8274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	117.900

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	117.900
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	117.800
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	117.600
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	117.500
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	117.490
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	117.360
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	117.300
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	117.300
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	117.120
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	117.120
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	117.120
09087	Dates, deglet noor	41.5	5 dates	117.030
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	117.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	117.000
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	116.870
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	116.560
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	116.560
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	116.100
07024	Frankfurter, chicken	45	1 frank	115.650
09340	Pears, asian, raw	275	1 pear	115.500
04002	Lard	12.8	1 tbsp	115.456
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	115.200
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	115.000
11364	Potatoes, baked, skin, without salt	58	1 skin	114.840
18027	Bread, egg	40	1/2" slice	114.800
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	114.660
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	114.300
01009	Cheese, cheddar	28.35	1 oz	114.251
11226	Jerusalem-artichokes, raw	150	1 cup	114.000
01007	Cheese, camembert	38	1 wedge	114.000
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	114.000
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	113.770
14194	Cocoa mix, powder, prepared with water	206	1 serving	113.300
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	113.152
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	113.100
14192	Cocoa mix, powder	28.35	3 heaping tsp	112.833
14277	Grape drink, canned	250	8 fl oz	112.500
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	112.500
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	112.320
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	112.050
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	111.983

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	111.983
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	111.900
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	111.900
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	111.900
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	111.900
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	111.720
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	111.600
09206	Orange juice, raw	248	1 cup	111.600
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	111.600
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	110.760
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	110.700
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	110.460
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	110.400
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	109.620
09209	Orange juice, chilled, includes from concentrate	249	1 cup	109.560
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	109.330
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	109.120
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	109.020
19088	Ice creams, vanilla, light	66	1/2 cup	108.900
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	108.900
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	108.800
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	108.680
18120	Cake, pound, commercially prepared, butter	28	1 piece	108.640
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	108.600
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	108.270
01040	Cheese, swiss	28.35	1 oz	107.730
09176	Mangos, raw	165	1 cup	107.250
19097	Sherbet, orange	74	1/2 cup	106.560
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	106.500
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	106.420
19108	Candies, jellybeans	28.35	10 large	106.313
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	106.313
09040	Bananas, raw	118	1 banana	105.020
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	105.000
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	104.920
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	104.640
09207	Orange juice, canned, unsweetened	249	1 cup	104.580
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	104.490
01030	Cheese, muenster	28.35	1 oz	104.328
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	104.260
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	104.000
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	103.500
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	103.200

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07065	Pork and beef sausage, fresh, cooked	26	2 links	102.960
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	102.850
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	102.850
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	102.790
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	102.480
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	102.240
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	102.060
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	101.990
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	101.956
01001	Butter, salted	14.2	1 tbsp	101.814
01145	Butter, without salt	14.2	1 tbsp	101.814
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	101.672
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	101.379
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	101.270
01132	Egg, whole, cooked, scrambled	61	1 large	101.260
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	101.080
09291	Plums, dried (prunes), uncooked	42	5 prunes	100.800
01004	Cheese, blue	28.35	1 oz	100.076
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	100.000
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	99.900
15077	Fish, salmon, chinook, smoked	85.05	3 oz	99.509
01035	Cheese, provolone	28.35	1 oz	99.509
19013	Snacks, fruit leather, pieces	28.35	1 oz	99.509
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	99.450
14006	Alcoholic beverage, beer, light	354	12 fl oz	99.120
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	98.946
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	98.600
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	98.000
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	97.350
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	97.200
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	97.020
09128	Grapefruit juice, white, raw	247	1 cup	96.330
09404	Grapefruit juice, pink, raw	247	1 cup	96.330
09252	Pears, raw	166	1 pear	96.280
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	96.100
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	96.050
16098	Peanut butter, smooth style, with salt	16	1 tbsp	95.840
15034	Fish, haddock, cooked, dry heat	85	3 oz	95.200
05286	Turkey and gravy, frozen	142	5-oz package	95.140
11547	Tomato products, canned, puree, without salt added	250	1 cup	95.000
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	95.000
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	l oz	94.689

Integra Constitution Constitution Constitution Constitution 16077 Penant burge, chunk syte, with alt 16 1 top 94.40 16072 Genethuli juice, chunk syte, with alt 16 1 top 93.80 16076 Checker food, pasturitized process, merican, without di sidium 28.5 1 co. 93.80 18015 Boecins, plan or buttermil, refigrerated dough, higher fid, baled 27 2.127 biocani. 93.42 02026 Paches, dried, soffmed, uncocked 00 1 coke 93.00 15142 Crostacenum, carb, blue, carb cukes 60 1 cake 93.00 11283 Oniors, cooked, foried 610 1 large 92.400 08024 Figs, whole, cooked, foried 62 1 large 92.400 08025 Coralas QUALRE, cong aris, instant, plan, pepared with water 92.00 1 cake 93.00 11283 Oniors, cooked, foried fain 1 large 92.400 08024 Crostacenum, carb, boiled, drimed, without salt 210 1 cap 93.00	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1607 Pean Inter, chenk skyle, with salt 16 1 bbp 94,244 09123 Grapefuti juice, white, camed, unsweetend 247 1 cup 93,600 11488 Squady, winter, buiterruit, freigerated dough, higher fat, back 240 1 cup 93,600 01616 Checker fod, instaurized process, american, withord in solution 28,325 1 cup 93,420 09246 Peaches, dirici, unterruit, refrigerated dough, higher fat, back 27 21,127 biseauit 93,422 09246 Peaches, dirici, unterruit, refrigerated dough, higher fat, back 27 21,127 biseauit 93,422 09246 Peaches, dirici, unterruit, refrigerated dough, higher fat, back 20 1 cuck 93,02 0128 Egg, whole, cooked, fried 46 1 large 92,424 07029 Han, Sieed, regular (approximately 11% fai) 56,7 2 slores 92,223 07046 Port's sausage, friesh, cooked 27 1 party 91,53 19138 Sauseks, KELLOGG, KELLOGGS RECE KRISPIES TREATS Squares 22 1 bac 91,69 19148 Saasks, KELLOGG, KELLOGGS	09094	Figs, dried, uncooked	38	2 figs	94.620
90133Grapefruit pice, white, canned, unsweatened247I cap93.864111888Squash, winter, lutterruit, ficozer, casoked, boiled, withou silt240I cap93.864111888Squash, winter, lutterruit, ficozer, casoked, boiled, withou silt240I cap93.867118015Biscuits, plain or buiermilk, refrigerated dough, higher fat, baked272.1/2* biscuit93.427128069Ceracla, QLAKER, corn grits, instam, pina, nepared with water1371 packet93.10115112Crustacecans, crach, blue, cab cakes60I large92.461170120I am, sliced, regular (approximately 11% faf)56.72 slices92.421171330Onicose, cooked, boiled, diatinet, dimota silt2101 cap92.421171430Onicose, cooked, boiled, diatinet, dimota silt2101 cap92.421171431Smacky, KF11 OGG, KF11 OGGY SIGCS Complete Wheat Bran291 pary91.95117144DOG, KF11 OGGY SIGCS RIGET KINSPITS TRFATS Squares211 bar91.968171411WORTINSGTON FOODS, MORNINGSTAR FARMS BIETTERN853 oz89.252171411Stade desang, frech, cooked, dri hear53 oz89.254171412Fish, cod, Hartin, from roasted and roasted kernels (most1 cap83.404171413Stade desang, frech, cooked, dri hear11 fasp83.44417141Fish, cod, Alartin, from roasted and roasted kernels (most3 oz89.254171413Stade desang, frech, cooked, dri hear <td>11655</td> <td>Carrot juice, canned</td> <td>236</td> <td>1 cup</td> <td>94.400</td>	11655	Carrot juice, canned	236	1 cup	94.400
11488Squah, winnt, buternut, frozen, cooked, boiled, without salt2401 cup93.60001046Chesse food, pasteurized process, american, without di sodium28.551 oz93.5518015Biccuts, plan or butternili, prigreated dough, higher fat, baked272-1/2"bitenit93.42009246Peaches, dried, suffared, uncooked393 halves93.20109245Centes, Cond, prin, instant, plan, prepared with water1371 packet93.0015142Contraccans, crab, blic, crab cakes601 cake92.40001128Egg, whole, cooked, fried461 large92.40108028Cereals ready-to-sut, KELLOGG, KELLOGG'S Complete Wheat Bran201 cup92.40108028Cereals ready-to-sut, KELLOGG, KELLOGG'S Complete Wheat Bran201 cup92.40108028Cereals ready-to-sut, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Square221 bar91.90119438Sancks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Square221 bar91.90819438Sancks, Cash, cooked, dry hear853 oz89.25015017Fish, cod, Atlantic, conned, solids and liquid853 oz89.25015017Fish, cod, Atlantic, canned, solids and liquid853 oz89.25015017Fish, cod, Atlantic, canned, solids and liquid851 cup88.4414133Salad dressing, french, home reape141 dsp88.4414143Salad dressing, french, home reape141 dsp87.50	16097	Peanut butter, chunk style, with salt	16	1 tbsp	94.240
01046Cheere food, pasterized process, unretcan, vithout di sodium28.351 oz93.5518015Biscuis, phino robuternili, refrigerated dough, higher fat, baked272-1/2° biscuit93.4209246Paches, dried, suffured, uncooked593 halves93.2108093Cereala, QUAKER, com grits, instant, plan, prepared with water1371 packet93.0001128Fgg, whole, cooked, fried461 harge92.4607029Ham, slied, regular (approximately 11% far)56.72 slices92.4211283Onioms, cooked, boiled, drained, without salt2101 cup92.4207064Pork isasage, fried, socied271 party91.3511283Sancka, KELLOGG, SELLOGG'S Complete Wheat Bran293 decup92.2207064Pork isasage, fried, socied, dry heat851 party90.9512104WORTHINGTON POODS, MORNINGTAR FARMS BETTERN853 oz89.2512105Fish, cod, Actinic, conked, dry heat853 oz89.2512106Section, ender, freedy-o-serve141 dbsp88.3407044Pork sansage, fresh, cooked262 linka's88.1414171Ter, instant, spanel, lemon-flavored, without added2598 fl oz87.500707Checken off, light meat533 oz89.2540704Pork sansage, fresh, cooked2191 cup87.400704Pork sansage, fresh, cooked2191 cup87.500707 <td>09123</td> <td>Grapefruit juice, white, canned, unsweetened</td> <td>247</td> <td>1 cup</td> <td>93.860</td>	09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	93.860
phosphate phone	11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	93.600
Operation Produces, dried, sulfured, uncooked 39 3 halves 93.210 08095 Cereals, QUAKER, corn gris, instant, plain, prepared with water 137 1 packet 93.100 15142 Crastaceans, enb, blue, enb eakes 60 1 cake 93.000 0128 Egg, whole, cooked, fried 46 1 large 92.400 07029 Ham, sliced, regular (approximately 11% fat) 56.7 2 slices 92.401 08028 Cereals ready-to-eat, KELLOGG SCOmplete Wheat Bran 29 3/4 cup 92.221 07064 Pork sausage, frissh, cooked 27 1 patry 91.504 9438 Saacks, KELLOGG SR RCE KRISPIES TREATS Squares 22 1 bar 90.951 1912 Fih, ood, Pacific, cooked, dy heat 85 3 oz 89.252 1912 Fih, ood, Alarific, canned, solids and liquid 85 3 oz 89.251 1917 Fih, ood, Alarific, canned, solids and liquid 85 3 oz 89.251 1917 Fih, ood, Alarific, canned, solids and liquid 85 3 oz 89.251	01046		28.35	1 oz	93.555
08093 Cereals, QUAKER, even grits, instant, plain, prepared with water 137 1 packet 93.164 15142 Crustacens, crab, blue, erab cakes 60 1 cake 93.000 01128 Figg, whole, cooked, fried 46 1 large 92.464 07029 Ham, sliced, regular (approximately 11% fai) 56.7 2 slices 92.420 08028 Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran 29 3/4 cup 92.220 07064 Pork sausage, frish, cooked 27 1 patty 91.533 19438 Snacks, KELLOGG, KELLOGG'S RUCE KRISPIES TREATS Squares 22 1 bar 91.084 22121 WORTHINGTON FOODS, MORNINGSTAR FARMS BETTERN 85 3 oz 89.251 15192 Fish, cod, Pacific, cooked, dy heat 85 3 oz 89.251 15017 Fish, cod, Alamic, canned, solids and liquid 85 3 oz 89.251 16022 Song, PROCRESS OT ILCLITY CLASICS CHICKEN RICE WITH 239 1 cup 88.44 14133 Salad dressing, french, home recipe 14 1 bbsp 88.34 <td>18015</td> <td>Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked</td> <td>27</td> <td>2-1/2" biscuit</td> <td>93.420</td>	18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	93.420
1112Crustacans, end, blue, enb ealer111112121128Figg, whole, cooked, fried461 large92.4607029Ham, slied, regular (approximately 11% fat)56.72 slices92.2111283Oniens, cooked, builed, dinined, without sult2101 cup92.4008024Cereals ready-to-ed, KELLOGG, KELLOGG'S Complete Wheat Bran293/4 cup92.22111283Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 bar91.0822121BUORTHINGTON FOODS, MORNINGSTAR FARMS BETTERN851 patry90.9515192Fish, cod, Autific, cooked, dry heat853 oz89.25015192Fish, cod, Autotic, canned, solids and toasted kernels (most151 thsp89.25615017Fish, cod, Autotic, canned, solids and liquid853 oz89.25606020Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH2391 cup88.4416131Salad dressing, french, home recipe141 thsp88.44161471Tea, instant, sweetned with sugar, lemon-flavored, without added2598 fl oz88.16416064Outries, sourt, edit, conset, oasted and toasted kincludes2441 cup87.5417017Chicken roll, light meat56.72 slices87.31018403Waffles, fladg, chocolate, with nuts, prepared-from-recipe191 piece87.9919101Candies, fladg, chocolate, with susted (includes buttermilk)331 waffle87.12 <td>09246</td> <td>Peaches, dried, sulfured, uncooked</td> <td>39</td> <td>3 halves</td> <td>93.210</td>	09246	Peaches, dried, sulfured, uncooked	39	3 halves	93.210
01128Egg, whole, cooked, fried461 large92.46007029Ham, sliced, regular (approximately 11% fat)56.72 slices92.42111283Onions, cooked, boiled, drained, without salt2101 cup92.40008028Cereals ready-to-eat, KELLOGG, KELLOGGS Complete Wheat Bran293/4 cup92.20107064Pork sussage, fresh, cooked271 patty91.38119438Snacks, KELLOGG, KELLOGGS RICE KRISPIES TREATS Squares221 bar90.98122121WORTINGTON FOODS, MORNINGSTAR FARMS BETTERN853 oz89.25115192Fish, cod, Parifie, cooked, dry heat853 oz89.25115192Fish, cod, Arifie, conked, dry heat853 oz89.25115197Fish, cod, Arifie, canned, solids and liquid853 oz89.25415197Fish, cod, Arifie, canned, solids and liquid853 oz89.254160202Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH2391 cup88.43417131Tac, instant, sweetend with sugar, lemon-flavored, without added2598 fl oz88.04416044Cherries, sour, red, amed, solids and liquids (includes)2441 cup87.40417181Tac, instant, sweetend with sugar, lemon-flavored, without added2598 fl oz87.40417101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 cup87.40417111Tac, instant, sweetend with sugar, lemon-flavored, without added2191 cup8	08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	93.160
InstructInstructInstruct07029Iham, silced, regular (approximately 11% fat)56.72 slices92.42111283Onions, cooked, boiled, drained, without salt2101 eup92.40008028Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran293/4 cup92.22211848Instruct271 patty91.53107064Pork sausage, frosh, cooked271 patty90.95519438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 harr90.95519422Fish, cod, Pacific, cooked, dry heat853 oz89.25112166Scede, scearne butce, tubin, from roasted and toasted kernels (most151 hbsp88.34312166Scede, scearne butce, tubin, from roasted and toasted kernels (most151 ubsp88.34312167Fish, cod, Aluntic, canned, solida and liquid853 oz89.25106022Soup, PROGRESSO HEALTHY CLASSICS CHCKEN RICE WITH2391 cup88.4407064Pork sausage, fresh, cooked262 links88.14407064Pork sausage, fresh, cooked2191 cup87.60007064Cherries, sour, red, canned, water pack, solida and liquids (includes)2441 cup87.59007017Chicken roll, light meat56.72 slices87.31807034Ou bran, cooked, moist dat301 slice86.70007017Chicken roll, light meat56.72 slices87.31807035C	15142	Crustaceans, crab, blue, crab cakes	60	1 cake	93.000
Drions, cooked, boiled, drained, without salt2101 cup92.40008028Cercals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Plakes293/4 cup92.22107064Pork sausage, fresh, cooked271 patity91.53119438Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares221 bar90.68022121WORTHINGTON FOODS, MORNINGSTAR FARMS BETTERN RS851 patity90.95615192Fish, cod, Pacific, cooked, dry heat853 oz89.25012166Seeds, sesame butter, tahini, from roasted and toasted kernels (most toromon type)151 tbsp89.25615017Fish, cod, Atlantic, canned, solids and liquid853 oz89.2566602Soeg, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH 	01128	Egg, whole, cooked, fried	46	1 large	92.460
No.28Cercals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes2934 cup92.224 Flakes07064Pork sausage, fresh, cooked271 patty91.53007064Pork sausage, fresh, cooked271 bar90.95022121WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, focen853 oz89.25115192Fish, cod, Patific, cooked, dry heat853 oz89.25112166Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)151 tbsp89.25115177Fish, cod, Atanic, canned, solids and liquid853 oz89.25106202Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve141 tbsp88.43407064Pork sausage, fresh, cooked262 links88.14414331Tea, instant, sweetend with sugar, lemon-flavored, without added actoribe acid, powder, prepared2191 cup87.64009064Cherries, sour, red, canned, water pack, solids and liquids (includes utsDA commonity red att cherries, cannet)2191 cup87.64007017Chicken roll, light meat56.72 slices87.31118403Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)331 waffle87.12219106Candies, fudge, choolate, with nuts, prepared-from-recipe191 piece87.30419107Chicken roll, light meat253 oz86.70015138Crustaceans, crab, blaak aking, imitation, made from	07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	92.421
Flakes Flakes 07064 Pork sausage, fresh, cooked 27 1 patty 91.533 07064 Pork sausage, fresh, cooked 27 1 patty 91.634 22121 WORTHINGTONDS, MORNINGSTAR FARMS BEITTERN 85 1 patty 90.955 21216 BURGERS, frozen 85 3 oz 89.251 15192 Fish, cod, Pacific, cooked, dy heat 85 3 oz 89.251 15017 Fish, cod, Atlantic, canned, solds and liquid 85 3 oz 89.251 06202 Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH 239 1 cup 88.344 07064 Porks sausage, fresh, cooked 26 2 links 88.144 1433 Stald dressing, french, home recipe 14 1 thsp 87.460 07064 Porks sausage, fresh, cooked 26 2 links 88.104 1433 Stald dressing, french, home recipe 19 1 eup 87.400 07064 Porks sausage, fresh, cooked 26 2 links 88.061 20034 Othera	11283	Onions, cooked, boiled, drained, without salt	210	1 cup	92.400
19438Snacks, KELLOGG, KELLOGGS RICE KRISPIES TREATS Squares221har91.08022121WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N851patty90.95015192Fish, cod, Pacific, cooked, dry heat853oz89.25012166Seeds, sesame butter, tahini, from roasted and toasted kernels (most151ltsp89.25015017Fish, cod, Atlantic, canned, solids and liquid853oz89.25066202Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH2391cup88.44007064Pork sausage, fresh, nome recipe141tbsp88.34407064Pork sausage, fresh, cooked262links88.44014371Teq, instant, Sweetened with sugar, lemon-flavored, without added2598fl oz88.06407064Oat bran, cooked2191cup87.60019101Candies, fudge, chocolate, with nuts, prepared-from-recipe191piece87.31118403Waffles, plain, frozen, ready-to-heat, toasted (includes buttermik)331waffles87.12119106Candies, fudge, chocolate, with nuts, prepared-from-seripe191piece87.31118403Waffles, plain, frozen, ready-to-heat, toasted (includes buttermik)331waffles86.70019106Candies, fudge, chocolate, with nuts, prepared-from surini853oz86.70019106Candies, guandrops, starch jelly pieces2	08028		29	3/4 cup	92.220
22121WORTHINGTON FOODS, MORNINGSTAR FARMS BETTERN851 patty90.95115192Fish, cod, Pacific, cooked, dry heat853 oz89.25012166Seeds, seasme butter, tahini, from roasted and toasted kernels (most151 thsp89.25115017Fish, cod, Atlantic, canned, solids and liquid853 oz89.25006020Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH2391 cup88.34007064Pork sausage, fresh, home recipe141 thsp88.34007064Pork sausage, fresh, coked262 links88.46008064Cherries, sour, red, canned, water pack, solids and liquids (includes2441 cup87.46009064Cherries, sour, red, canned, water pack, solids and liquids (includes2441 cup87.60019101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.59007017Chicken roll, light meat56.72 slices87.31118403Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)331 waffle87.12219106Candies, gundrops, starch jelly pieces3 oz8 60.7008 60.70015138Crustaceans, crab, alsaka king, imitation, made from surimi853 oz8 60.70015140Crustaceans, crab, alsaka king, imitation, made from surimi853 oz8 60.70015138Crustaceans, crab, alsaka king, imitation, made from surimi853 oz8 60.70015139Crustaceans, crab, alsaka king,	07064	Pork sausage, fresh, cooked	27	1 patty	91.530
BURGERS, frozen State	19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	91.080
12166Seeds, seame butter, tahin, from roasted and toasted kernels (most common type)151 thsp89.25415017Fish, cod, Atlantic, canned, solids and liquid853 oz89.25606202Soup, PROCRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve141 thsp88.34004133Salad dressing, french, home recipe141 thsp88.34007064Pork sausage, fresh, cooked262 links88.14114371Tea, instant, sweetened with sugar, lemon-flavored, without added uSDA commodity red art cherries, canned)2598 fl oz87.84009064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red art cherries, canned)2191 cup87.8400034Oa tbran, cooked2191 cup87.00019101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.59007017Chicken roll, light meat56.72 slices87.12015138Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70015140Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70015138Crustaceans, crab, aluska king, imitation, made from surimi853 oz86.70015140Orab, cured, cannedin, sweetened571 slice86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.70015141Pork, cured, canadian-style bacon, grilled46.52 sli	22121		85	1 patty	90.950
common type)K15017Fish, cod, Atlantic, canned, solids and liquid853 oz89.25006202Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, rackyl-to-serve2391 cup88.34004133Salad dressing, french, home recipe141 tbsp88.34007064Pork sausage, fresh, cooked262 links88.14014371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz88.06009064Cherrices, sour, red, canned, water pack, solids and liquids (includes uSDA commodity red tart cherries, canned)2191 cup87.84020034Oat bran, cooked2191 cup87.50019101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.51019103Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.12019104Candies, guardrops, starch jelly pieces2210 bears87.12019105Candies, guardrops, starch jelly pieces2210 bears86.70015136Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.8001029Cheese, mozzarella, part skim milk, low moisture28.35 </td <td>15192</td> <td>Fish, cod, Pacific, cooked, dry heat</td> <td>85</td> <td>3 oz</td> <td>89.250</td>	15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	89.250
Oc202Soup, PKOGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve2391 cup88.43404133Salad dressing, french, home recipe141 tbsp88.34407064Pork sausage, fresh, cooked262 links88.14414371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz88.06609064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2191 cup87.84020034Oat bran, cooked2191 cup87.60019101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.39007017Chicken roll, light meat56.72 slices87.31818403Waffles, plain, frozen, ready-to-heat, toasted (includes butternilk)331 waffle87.12219106Candies, gundrops, starch jelly pieces2210 bears87.12215138Crustaceans, crab, alaska king, ininitation, made from surimi853 oz86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.70219326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.6070123Egg, whole, raw, fresh581 extra large85.4000124Fleese, mozzarella, part skim milk, low moisture28.351 oz85.6070334Pierk, cured, cananda, p	12166		15	1 tbsp	89.250
VEGETABLES, canned, ready-to-serve141 bsp88.3404133Salad dressing, french, home recipe141 bsp88.3407064Pork sausage, fresh, cooked262 links88.1414371rea, instant, sweetened with sugar, lemon-flavored, without added accorbic acid, powder, prepared2598 fl oz88.0609064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup87.84020034Oat bran, cooked2191 cup87.60019101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.59007017Chicken roll, light meat56.72 slices87.31218403Waffles, plain, frozen, ready-to-heat, toasted (includes butternilk)331 waffle87.12219106Candies, gundrops, starch jelly pieces2210 bears87.10215138Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.70010311Pork, cured, canadian-style bacon, grilled46.52 slices86.20209250Katernelon, raw2861 wedge85.8000129Cheese, mozzarella, part skim milk, low moisture28.351 oz85.6000129Gheese, mozzarella, part skim milk, low moisture28.351 oz85.6000129Gheese, mozzarella, part skim milk, low moisture28.351 oz	15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	89.250
Pork sausage, fresh, cooked262 links88.14014371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz88.06009064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup87.84020034Oat bran, cooked2191 cup87.60019101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.31019101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.31019103Candies, gundrops, starch jelly pieces56.72 slices87.31118403Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)331 waffle87.12019106Candies, gundrops, starch jelly pieces2210 bears87.12015138Crustaceans, erab, alaska king, imitation, made from surimi853 oz86.70015140Crustaceans, erab, blue, cooked, moist heat853 oz86.70010311Pork, cured, canadian-style bacon, grilled46.52 slices86.22209326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.4000123Egg, whole, raw, fresh582 slices85.2061934Pie fillings, canned, cherry741/8 of 21-oz can85.100	06202		239	1 cup	88.430
14371Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared2598 fl oz88.06409064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2441 cup87.84020034Oat bran, cooked2191 cup87.60019101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.50007017Chicken roll, light meat56.72 slices87.31818403Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)331 waffle87.12019106Candies, gundrops, starch jelly pieces2210 bears87.00015138Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70015140Crustaceans, crab, slue, cooked, moist heat853 oz86.70010311Pork, cured, canadian-style bacon, grilled46.52 slices86.0220926Watermelon, raw2861 wedge85.8000129Cheese, mozzarella, part skim milk, low moisture28.351 oz85.6070559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.4000123Egg, whole, raw, fresh581 extra large85.4000124Pie fillings, canned, cherry741/8 of 21-oz can85.400	04133	Salad dressing, french, home recipe	14	1 tbsp	88.340
ascorbic acid, powder, prepared2441 cup87.84009064Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)2191 cup87.60020034Oat bran, cooked2191 cup87.60019101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.59007017Chicken roll, light meat56.72 slices87.31818403Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)331 waffle87.12019106Candies, gundrops, starch jelly pieces2210 bears87.12015138Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70018133Cake, sponge, commercially prepared301 shortcake86.70019140Crustaceans, crab, blue, cooked, moist heat853 oz86.70019314Pork, cured, canadian-style bacon, grilled46.52 slices86.02209326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.61706559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup\$5.40001123Egg, whole, raw, fresh581 extra large85.2060314Pie fillings, canned, cherry741 80 c21-oz can85.700	07064	Pork sausage, fresh, cooked	26	2 links	88.140
USDA commodity red tart cherries, canned)1 cup87.60020034Oat bran, cooked2191 cup87.60019101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.59007017Chicken roll, light meat56.72 slices87.31818403Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)331 waffle87.12019106Candies, gundrops, starch jelly pieces2210 bears87.12015138Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70018133Cake, sponge, commercially prepared301 shortcake86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.70010311Pork, cured, canadian-style bacon, grilled46.52 slices86.02209326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.4000123Egg, whole, raw, fresh582 slices85.4000123Pie fillings, canned, cherry741/8 of 21-oz can85.200	14371	• • • • • • • • • • • • • • • • • • • •	259	8 fl oz	88.060
19101Candies, fudge, chocolate, with nuts, prepared-from-recipe191 piece87.59007017Chicken roll, light meat56.72 slices87.31818403Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)331 waffle87.12019106Candies, gundrops, starch jelly pieces2210 bears87.12015138Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70018133Cake, sponge, commercially prepared301 shortcake86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.70009081Cranberry sauce, canned, sweetened571 slice86.02509326Watermelon, raw2861 wedge85.8000129Cheese, mozzarella, part skim milk, low moisture28.351 oz85.4000559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.40001123Egg, whole, raw, fresh581 extra large85.2000314Pie fillings, canned, cherry741 8 of 21-oz can85.200			244	1 cup	87.840
Or017Chicken roll, light meat56.72 slices87.31818403Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)331 waffle87.12019106Candies, gumdrops, starch jelly pieces2210 bears87.12015138Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70018133Cake, sponge, commercially prepared301 shortcake86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.70010131Pork, cured, canadian-style bacon, grilled46.52 slices86.02509326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.40001123Egg, whole, raw, fresh581 extra large85.26019314Pie fillings, canned, cherry741/8 of 21-oz can85.00	20034	Oat bran, cooked	219	1 cup	87.600
18403Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)331 waffle87.12019106Candies, gundrops, starch jelly pieces2210 bears87.12015138Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70018133Cake, sponge, commercially prepared301 shortcake86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.70009081Cranberry sauce, canned, sweetened571 slice86.02209326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.4000559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.40001123Egg, whole, raw, fresh581 extra large85.26019314Pie fillings, canned, cherry741 cup85.400	19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	87.590
19106Candies, gumdrops, starch jelly pieces2210 bears87.12015138Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70018133Cake, sponge, commercially prepared301 shortcake86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.70009081Cranberry sauce, canned, sweetened571 slice86.70010131Pork, cured, canadian-style bacon, grilled46.52 slices86.92509326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.6000559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.40001123Egg, whole, raw, fresh581 extra large85.26019314Pie fillings, canned, cherry741 8 of 21-oz can85.400	07017	Chicken roll, light meat	56.7	2 slices	87.318
15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz86.70018133Cake, sponge, commercially prepared301 shortcake86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.70009081Cranberry sauce, canned, sweetened571 slice86.02510131Pork, cured, canadian-style bacon, grilled46.52 slices86.02509326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.61706559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.40001123Egg, whole, raw, fresh581 extra large85.20619314Pie fillings, canned, cherry741/8 of 21-oz can85.100	18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	87.120
18133Cake, sponge, commercially prepared301 shortcake86.70015140Crustaceans, crab, blue, cooked, moist heat853 oz86.70009081Cranberry sauce, canned, sweetened571 slice86.07010131Pork, cured, canadian-style bacon, grilled46.52 slices86.02509326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.61706559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.40001123Egg, whole, raw, fresh581 extra large85.26019314Pie fillings, canned, cherry741/8 of 21-oz can85.100	19106	Candies, gumdrops, starch jelly pieces	22	10 bears	87.120
15140Crustaceans, crab, blue, cooked, moist heat853 oz86.7009081Cranberry sauce, canned, sweetened571 slice86.07010131Pork, cured, canadian-style bacon, grilled46.52 slices86.02509326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.61706559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.40001123Egg, whole, raw, fresh581 extra large85.26019314Pie fillings, canned, cherry741/8 of 21-oz can85.100	15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	86.700
09081Cranberry sauce, canned, sweetened571 slice86.07010131Pork, cured, canadian-style bacon, grilled46.52 slices86.02509326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.61706559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.40001123Egg, whole, raw, fresh581 extra large85.26019314Pie fillings, canned, cherry741/8 of 21-oz can85.100	18133	Cake, sponge, commercially prepared	30	1 shortcake	86.700
10131Pork, cured, canadian-style bacon, grilled46.52 slices86.02509326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.61706559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.40001123Egg, whole, raw, fresh581 extra large85.26019314Pie fillings, canned, cherry741/8 of 21-oz can85.100	15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	86.700
09326Watermelon, raw2861 wedge85.80001029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.61706559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.40001123Egg, whole, raw, fresh581 extra large85.26019314Pie fillings, canned, cherry741/8 of 21-oz can85.100	09081	Cranberry sauce, canned, sweetened	57	1 slice	86.070
01029Cheese, mozzarella, part skim milk, low moisture28.351 oz85.61706559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.40001123Egg, whole, raw, fresh581 extra large85.26019314Pie fillings, canned, cherry741/8 of 21-oz can85.100	10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	86.025
06559Soup, tomato, canned, prepared with equal volume water, commercial2441 cup85.40001123Egg, whole, raw, fresh581 extra large85.26019314Pie fillings, canned, cherry741/8 of 21-oz can85.100	09326	Watermelon, raw	286	1 wedge	85.800
01123Egg, whole, raw, fresh581 extra large85.26019314Pie fillings, canned, cherry741/8 of 21-oz can85.100	01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	85.617
19314 Pie fillings, canned, cherry 74 1/8 of 21-oz can 85.100	06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	85.400
	01123	Egg, whole, raw, fresh	58	1 extra large	85.260
01026Cheese, mozzarella, whole milk28.351 oz85.050	19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	85.100
	01026	Cheese, mozzarella, whole milk	28.35	1 oz	85.050

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09200	Oranges, raw, all commercial varieties	180	1 cup	84.600
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	84.480
09032	Apricots, dried, sulfured, uncooked	35	10 halves	84.350
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	84.000
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	84.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	83.700
07072	Salami, dry or hard, pork, beef	20	2 slices	83.600
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	83.300
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	83.300
11424	Pumpkin, canned, without salt	245	1 cup	83.300
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	83.200
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	83.160
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	83.160
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	82.960
18060	Bread, rye	32	1 slice	82.880
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	82.840
11159	Coleslaw, home-prepared	120	1 cup	82.800
09050	Blueberries, raw	145	1 cup	82.650
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	82.600
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	82.450
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	82.440
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	82.340
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	82.215
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	81.940
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	81.180
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	80.920
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	80.430
18044	Bread, pumpernickel	32	1 slice	80.000
11581	Vegetables, mixed, canned, drained solids	163	1 cup	79.870
18045	Bread, pumpernickel, toasted	29	1 slice	79.750
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	79.750
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	79.240
11549	Tomato products, canned, sauce	245	1 cup	78.400
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	78.080
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	78.080
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	78.080
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	78.000
18220	Crackers, melba toast, plain	20	4 pieces	78.000
19014	Snacks, fruit leather, rolls	21	1 large	77.910
09011	Apples, dried, sulfured, uncooked	32	5 rings	77.760
01129	Egg, whole, cooked, hard-boiled	50	1 large	77.500

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	77.112
18041	Bread, pita, white, enriched	28	4" pita	77.000
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	76.160
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	76.140
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	75.880
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	75.850
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	75.840
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	75.680
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	75.650
04015	Salad dressing, russian dressing	15.3	1 tbsp	75.582
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	75.384
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	75.180
01019	Cheese, feta	28.35	l oz	74.844
11081	Beets, cooked, boiled, drained	170	1 cup	74.800
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	74.740
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	74.710
09266	Pineapple, raw, all varieties	155	1 cup	74.400
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	74.277
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	74.160
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	74.074
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	73.720
01031	Cheese, neufchatel	28.35	1 oz	73.710
01131	Egg, whole, cooked, poached	50	1 large	73.500
01123	Egg, whole, raw, fresh	50	1 large	73.500
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	73.200
18040	Bread, oatmeal, toasted	25	1 slice	73.000
18039	Bread, oatmeal	27	1 slice	72.630
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	72.600
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	72.520
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	72.450
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	72.300
18086	Cake, angelfood, commercially prepared	28	1 piece	72.240
09003	Apples, raw, with skin	138	1 apple	71.760
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	71.700
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	71.550
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	71.292
18048	Bread, raisin, toasted, enriched	24	1 slice	71.280
18047	Bread, raisin, enriched	26	1 slice	71.240
18235	Crackers, whole-wheat	16	4 crackers	70.880
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	70.044
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	70.040
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	70.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	69.870
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	69.250
18075	Bread, whole-wheat, commercially prepared	28	1 slice	68.880
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	68.500
18061	Bread, rye, toasted	24	1 slice	68.160
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	67.800
11282	Onions, raw	160	1 cup	67.200
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	67.200
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	66.500
19348	Syrups, chocolate, fudge-type	19	1 tbsp	66.500
21139	Fast foods, potato, mashed	80	1/3 cup	66.400
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	66.300
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	66.300
09236	Peaches, raw	170	1 cup	66.300
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	66.080
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	65.280
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	65.250
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	65.250
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	65.100
18025	Bread, cracked-wheat	25	1 slice	65.000
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	65.000
18064	Bread, wheat (includes wheat berry)	25	1 slice	65.000
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	64.860
01123	Egg, whole, raw, fresh	44	1 medium	64.680
18177	Cookies, molasses	15	1 cookie, medium	64.500
18070	Bread, white, commercially prepared, toasted	22	1 slice	64.460
09302	Raspberries, raw	123	1 cup	63.960
19296	Honey	21	1 tbsp	63.840
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	63.220
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	63.140
15157	Mollusks, clam, mixed species, raw	85	3 oz	62.900
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	62.790
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	62.370
18360	Taco shells, baked	13.3	1 medium	62.244
09042	Blackberries, raw	144	1 cup	61.920
09200	Oranges, raw, all commercial varieties	131	1 orange	61.570
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	61.480
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	61.440
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	61.350
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	61.200
09184	Melons, honeydew, raw	170	1 cup	61.200
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	60.800
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	60.500

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
)6423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	60.250
18229	Crackers, standard snack-type, regular	12	4 crackers	60.240
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	60.000
09191	Nectarines, raw	136	1 nectarine	59.840
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	59.220
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	58.940
19350	Syrups, corn, light	20	1 tbsp	58.600
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	l ear	58.590
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	58.029
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	57.878
19040	Snacks, popcorn, cheese-flavor	11	1 cup	57.860
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	57.720
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	57.720
09184	Melons, honeydew, raw	160	1/8 melon	57.600
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	57.120
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	56.280
)9257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	56.240
1099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	56.160
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	55.680
18170	Cookies, fig bars	16	1 cookie	55.680
19297	Jams and preserves	20	1 tbsp	55.600
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	55.500
19035	Snacks, popcorn, oil-popped	11	1 cup	55.000
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	54.600
1091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	54.600
)9226	Papayas, raw	140	1 cup	54.600
09181	Melons, cantaloupe, raw	160	1 cup	54.400
18033	Bread, italian	20	1 slice	54.200
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	54.020
1252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	53.900
01125	Egg, yolk, raw, fresh	16.6	1 large	53.452
)9316	Strawberries, raw	166	1 cup	53.120
9004	Apples, raw, without skin	110	1 cup	52.800
01143	Egg substitute, liquid	62.75	1/4 cup	52.710
1084	Beets, canned, drained solids	170	1 cup	52.700
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	52.390
14181	Chocolate syrup	18.75	1 tbsp	52.313
9353	Syrups, maple	20	1 tbsp	52.200
8228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	52.080
01053	Cream, fluid, heavy whipping	15	1 tbsp	51.750
9112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	51.660
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	51.660
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	51.520

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	51.520
09153	Lemon juice, canned or bottled	244	1 cup	51.240
09340	Pears, asian, raw	122	1 pear	51.240
01017	Cheese, cream	14.5	1 tbsp	50.605
19300	Jellies	19	1 tbsp	50.540
18214	Crackers, cheese, regular	10	10 crackers	50.300
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	49.400
11461	Spinach, canned, drained solids	214	1 cup	49.220
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	49.046
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	49.000
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	48.800
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	48.300
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	48.100
07027	Ham, chopped, not canned	21	2 slices	48.090
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	47.850
18057	Bread, reduced-calorie, white	23	1 slice	47.610
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	47.560
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	47.360
09038	Avocados, raw, California	28.35	1 oz	47.345
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	47.200
06119	Gravy, chicken, canned	59.5	1/4 cup	47.005
19305	Molasses, blackstrap	20	1 tbsp	47.000
19129	Syrups, table blends, pancake	20	1 tbsp	46.800
18053	Bread, reduced-calorie, rye	23	1 slice	46.690
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	46.360
11282	Onions, raw	110	1 whole	46.200
11578	Vegetable juice cocktail, canned	242	1 cup	45.980
09326	Watermelon, raw	152	1 cup	45.600
18055	Bread, reduced-calorie, wheat	23	1 slice	45.540
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	45.300
11205	Cucumber, with peel, raw	301	1 large	45.150
11124	Carrots, raw	110	1 cup	45.100
11439	Sauerkraut, canned, solids and liquids	236	1 cup	44.840
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	44.640
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	44.604
01052	Cream, fluid, light whipping	15	1 tbsp	43.800
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	43.750
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	43.750
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	43.680
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	43.680
13350	Beef, cured, dried	28.35	1 oz	43.376
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	43.120
09070	Cherries, sweet, raw	68	10 cherries	42.840

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	42.777
19283	Ice novelties, pop	59	1 bar (2 fl oz)	42.480
09298	Raisins, seedless	14	1 packet	41.860
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	41.400
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	41.360
11540	Tomato juice, canned, with salt added	243	1 cup	41.310
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	40.940
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	40.800
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	40.160
06174	Soup, stock, fish, home-prepared	233	1 cup	39.610
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	39.000
11264	Mushrooms, canned, drained solids	156	1 cup	39.000
19127	Candies, milk chocolate coated raisins	10	10 pieces	39.000
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	38.940
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	38.880
11821	Peppers, sweet, red, raw	149	1 cup	38.740
09206	Orange juice, raw	86	juice from 1 orange	38.700
19074	Candies, caramels	10.1	1 piece	38.582
19036	Snacks, popcorn, cakes	10	1 cake	38.400
09236	Peaches, raw	98	1 peach	38.220
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	38.220
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	38.080
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	38.080
09254	Pears, canned, juice pack, solids and liquids	76	1 half	38.000
18232	Crackers, wheat, regular	8	4 crackers	37.840
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	37.816
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	37.800
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	37.800
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	36.960
18226	Crackers, rye, wafers, plain	11	1 wafer	36.740
11128	Carrots, canned, regular pack, drained solids	146	1 cup	36.500
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	36.400
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	36.000
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	35.860
09060	Carambola, (starfruit), raw	108	1 cup	35.640
07073	Sandwich spread, pork, beef	15	1 tbsp	35.250
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	35.200
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	35.200
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	34.830
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	34.720
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	34.650
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	34.650
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	34.500
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	34.440

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	34.320
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	34.200
09039	Avocados, raw, Florida	28.35	1 oz	34.020
11206	Cucumber, peeled, raw	280	1 large	33.600
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	33.390
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	33.320
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	33.000
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	32.732
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	32.400
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	32.400
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	32.240
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	32.220
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	32.000
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	31.212
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	31.200
19336	Sugars, powdered	8	1 tbsp	31.120
11821	Peppers, sweet, red, raw	119	1 pepper	30.940
06116	Gravy, beef, canned	58.25	1/4 cup	30.873
20027	Cornstarch	8.064	1 tbsp	30.724
19034	Snacks, popcorn, air-popped	8	1 cup	30.560
06125	Gravy, turkey, canned	59.6	1/4 cup	30.396
09279	Plums, raw	66	1 plum	30.360
09060	Carambola, (starfruit), raw	91	1 fruit	30.030
11090	Broccoli, raw	88	1 cup	29.920
11333	Peppers, sweet, green, raw	149	1 cup	29.800
06121	Gravy, mushroom, canned	59.6	1/4 cup	29.800
11124	Carrots, raw	72	1 carrot	29.520
19294	Fruit butters, apple	17	1 tbsp	29.410
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	29.250
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	28.920
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	28.800
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	28.520
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	28.200
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	27.860
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	27.195
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	27.060
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	27.000
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	27.000
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	27.000
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	26.680
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	26.040
01056	Cream, sour, cultured	12	1 tbsp	25.680
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	25.488

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09193	Olives, ripe, canned (small-extra large)	22	5 large	25.300
01094	Milk, buttermilk, dried	6.5	1 tbsp	25.155
04134	Salad dressing, home recipe, cooked	16	1 tbsp	25.120
11135	Cauliflower, raw	100	1 cup	25.000
11028	Bamboo shoots, canned, drained solids	131	1 cup	24.890
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	24.864
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	24.600
11333	Peppers, sweet, green, raw	119	1 pepper	23.800
19107	Candies, hard	6	1 piece	23.640
09181	Melons, cantaloupe, raw	69	1/8 melon	23.460
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	23.400
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	23.350
16158	Hummus, commercial	14	1 tbsp	23.240
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	22.983
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	22.140
11081	Beets, cooked, boiled, drained	50	1 beet	22.000
11112	Cabbage, red, raw	70	1 cup	21.700
01032	Cheese, parmesan, grated	5	1 tbsp	21.550
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	21.360
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	21.190
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	21.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	20.650
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	20.400
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	20.400
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	20.250
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	19.800
11945	Pickle relish, sweet	15	1 tbsp	19.500
01049	Cream, fluid, half and half	15	1 tbsp	19.500
11819	Peppers, hot chili, red, raw	45	1 pepper	19.350
11114	Cabbage, savoy, raw	70	1 cup	18.900
11641	Squash, summer, all varieties, raw	113	1 cup	18.080
11670	Peppers, hot chili, green, raw	45	1 pepper	18.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	17.850
16055	Carob flour	8	1 tbsp	17.760
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	17.640
11284	Onions, dehydrated flakes	5	1 tbsp	17.450
01124	Egg, white, raw, fresh	33.4	1 large	17.368
09150	Lemons, raw, without peel	58	1 lemon	16.820
11143	Celery, raw	120	1 cup	16.800
11109	Cabbage, raw	70	1 cup	16.800
09021	Apricots, raw	35	1 apricot	16.800
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	16.660
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	16.632

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	16.560
19335	Sugars, granulated	4.2	1 tsp	16.254
11205	Cucumber, with peel, raw	104	1 cup	15.600
11260	Mushrooms, raw	70	1 cup	15.400
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	15.120
01186	Cheese, cream, fat free	15.6	1 tbsp	14.976
11206	Cucumber, peeled, raw	119	1 cup	14.280
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	14.280
11935	Catsup	15	1 tbsp	14.250
11015	Asparagus, canned, drained solids	72	4 spears	13.680
11012	Asparagus, cooked, boiled, drained	60	4 spears	13.200
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	12.950
01073	Dessert topping, semi solid, frozen	4	1 tbsp	12.720
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	12.420
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	12.366
02050	Vanilla extract	4.2	1 tsp	12.096
19334	Sugars, brown	3.2	1 tsp	12.064
19107	Candies, hard	3	1 small piece	11.820
06150	Sauce, barbecue sauce	15.75	1 tbsp	11.813
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	11.800
09152	Lemon juice, raw	47	juice of 1 lemon	11.750
11937	Pickles, cucumber, dill	65	1 pickle	11.700
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	11.250
01069	Cream substitute, powdered	2	1 tsp	10.920
11954	Tomatillos, raw	34	1 medium	10.880
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	10.800
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	10.656
01072	Dessert topping, pressurized	4	1 tbsp	10.560
11090	Broccoli, raw	31	1 spear	10.540
09160	Lime juice, raw	38	juice of 1 lime	10.260
11001	Alfalfa seeds, sprouted, raw	33	l cup	9.570
11251	Lettuce, cos or romaine, raw	56	1 cup	9.520
02020	Spices, garlic powder	2.8	1 tsp	9.296
11961	Hearts of palm, canned	33	1 piece	9.240
11213	Endive, raw	50	1 cup	8.500
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	8.480
11253	Lettuce, green leaf, raw	56	1 cup	8.400
02009	Spices, chili powder	2.6	1 tsp	8.164
02007	Spices, celery seed	2	1 tsp	7.840
18373	Leavening agents, cream of tartar	3	1 tsp	7.740
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	7.710
01054	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	7.560
11084	Beets, canned, drained solids	24	1 beet	7.300
02026	Spices, onion powder	2.1	1 tsp	7.287

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11677	Shallots, raw	10	1 tbsp	7.200
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	7.120
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	7.020
11457	Spinach, raw	30	1 cup	6.900
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	6.750
02015	Spices, curry powder	2	1 tsp	6.500
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	6.390
02028	Spices, paprika	2.1	1 tsp	6.069
02010	Spices, cinnamon, ground	2.3	1 tsp	6.003
11282	Onions, raw	14	1 slice	5.880
09316	Strawberries, raw	18	1 strawberry	5.760
11935	Catsup	6	1 packet	5.700
11143	Celery, raw	40	1 stalk	5.600
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	5.500
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	5.400
02030	Spices, pepper, black	2.1	1 tsp	5.355
11955	Tomatoes, sun-dried	2	1 piece	5.160
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	4.850
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	4.800
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	4.740
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	4.740
02027	Spices, oregano, dried	1.5	1 tsp	4.590
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	4.480
11215	Garlic, raw	3	1 clove	4.470
11445	Seaweed, kelp, raw	10	2 tbsp	4.300
09316	Strawberries, raw	12	1 strawberry	3.840
11297	Parsley, raw	10	10 sprigs	3.600
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	3.600
02029	Spices, parsley, dried	1.3	1 tbsp	3.588
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	3.580
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	3.550
11960	Carrots, baby, raw	10	1 medium	3.500
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	3.300
11135	Cauliflower, raw	13	1 floweret	3.250
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	3.234
09153	Lemon juice, canned or bottled	15.2	1 tbsp	3.192
11740	Broccoli, flower clusters, raw	11	1 floweret	3.080
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	3.060
11943	Pimento, canned	12	1 tbsp	2.760
11667	Seaweed, spirulina, dried	0.93	1 tbsp	2.697
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	2.438
02055	Horseradish, prepared	5	1 tsp	2.400
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	2.370

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	2.346
11457	Spinach, raw	10	1 leaf	2.300
02048	Vinegar, cider	15	1 tbsp	2.100
11333	Peppers, sweet, green, raw	10	1 ring	2.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	1.780
14545	Tea, herb, chamomile, brewed	178	6 fl oz	1.780
14355	Tea, brewed, prepared with tap water	178	6 fl oz	1.780
11251	Lettuce, cos or romaine, raw	10	1 leaf	1.700
11253	Lettuce, green leaf, raw	10	1 leaf	1.500
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.975
11156	Chives, raw	3	1 tbsp	0.900
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.800
11429	Radishes, raw	4.5	1 radish	0.720
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.517
02045	Dill weed, fresh	1	5 sprigs	0.430
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
02047	Salt, table	6	1 tsp	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
14429	Water, municipal	237	8 fl oz	0.000