NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11655	Carrot juice, canned	236	1 cup	21955.080
11424	Pumpkin, canned, without salt	245	1 cup	17003.000
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	16803.140
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	14732.640
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	13750.300
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	12997.920
11461	Spinach, canned, drained solids	214	1 cup	12585.340
11512	Sweetpotato, canned, vacuum pack	255	1 cup	12214.500
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	11808.480
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	11590.600
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	11469.900
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	11318.400
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	10624.900
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	10592.760
11581	Vegetables, mixed, canned, drained solids	163	1 cup	9242.100
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	9146.600
11128	Carrots, canned, regular pack, drained solids	146	1 cup	7783.260
18327	Pie, pumpkin, prepared from recipe	155	1 piece	7365.600
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	6609.600
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	6588.000
11124	Carrots, raw	110	1 cup	6351.400
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	6247.500
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	5725.650
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	5311.600
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	5135.200
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	4333.300
11124	Carrots, raw	72	1 carrot	4157.280
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	3789.240
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	3238.810
09181	Melons, cantaloupe, raw	160	1 cup	3232.000
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	3039.600
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	2875.200
11253	Lettuce, green leaf, raw	56	1 cup	2488.080
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	2464.400
11821	Peppers, sweet, red, raw	149	1 cup	2419.760
11546	Tomato products, canned, paste, without salt added	262	1 cup	2360.620
11578	Vegetable juice cocktail, canned	242	1 cup	2008.600
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	2000.000
11251	Lettuce, cos or romaine, raw	56	1 cup	1951.040
11821	Peppers, sweet, red, raw	119	1 pepper	1932.560
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	1896.300
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	1840.800
11457	Spinach, raw	30	1 cup	1687.800
11658	Spinach souffle, home-prepared	136	1 cup	1436.160

Content per Measure NDB No Description Weight (g) **Common Measure** 09282 Plums, canned, purple, juice pack, solids and liquids 252 1396.080 1 cup 1/8 melon 09181 Melons, cantaloupe, raw 69 1393.800 11093 Broccoli, frozen, chopped, cooked, boiled, drained, without salt 184 1 cup 1219 920 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 11303 160 1 cup 1216.000 06468 Soup, vegetarian vegetable, canned, prepared with equal volume 241 1 cup 1137.520 water, commercial 18326 Pie, pumpkin, commercially prepared 109 1 piece 1115.070 09064 Cherries, sour, red, canned, water pack, solids and liquids (includes 244 1 cup 1102.880 USDA commodity red tart cherries, canned) 06931 Sauce, pasta, spaghetti/marinara, ready-to-serve 250 1 cup 1100.000 11252 Lettuce, iceberg (includes crisphead types), raw 539 1 head 1034.880 Peas, edible-podded, cooked, boiled, drained, without salt 160 1006.400 11301 1 cup 06471 Soup, vegetable beef, prepared with equal volume water, commercial 244 1 cup 932.080 09176 207 1 mango 921.150 Mangos, raw 11019 180 869.400 Asparagus, frozen, cooked, boiled, drained, without salt 1 cup 09326 286 866.580 Watermelon, raw 1 wedge Brussels sprouts, frozen, cooked, boiled, drained, without salt 155 860.250 11101 1 cup 09112 Grapefruit, raw, pink and red, all areas 123 1/2 grapefruit 843.780 304 09226 Papayas, raw 839.040 1 papaya 179 1 medium 818.030 09277 Plantains, raw 808.200 11529 Tomatoes, red, ripe, raw, year round average 180 1 cup 11192 Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, 165 783.750 1 cup without salt 11547 Tomato products, canned, puree, without salt added 250 1 cup 765.000 35 10 halves 757.050 09032 Apricots, dried, sulfured, uncooked 09176 165 1 cup 734.250 Mangos, raw 11099 Brussels sprouts, cooked, boiled, drained, without salt 156 1 cup 725.400 11540 Tomato juice, canned, with salt added 243 656.100 1 cup 11213 Endive, raw 50 650.000 1 cup 11960 Carrots, baby, raw 10 1 medium 639.100 11291 Onions, spring or scallions (includes tops and bulb), raw 100 598.000 1 cup 06018 Soup, chicken noodle, canned, chunky, ready-to-serve 240 585.600 1 cup 02028 Spices, paprika 581.259 2.1 1 tsp 09278 Plantains, cooked 154 1 cup 568.260 10 11457 Spinach, raw 1 leaf 562.600 11529 123 1 tomato 552.270 Tomatoes, red, ripe, raw, year round average 544.000 11308 Peas, green, canned, regular pack, drained solids 170 1 cup 22401 537.700 Spaghetti w/Meat Sauce, frozen entree 283 1 package Beans, snap, green, cooked, boiled, drained, without salt 525.000 11053 125 1 cup Celery, cooked, boiled, drained, without salt 150 522.000 11144 1 cup 11549 Tomato products, canned, sauce 245 512.050 1 cup 11297 Parsley, raw 10 10 sprigs 505.400 09220 252 481.320 Tangerines, (mandarin oranges), canned, light syrup pack 1 cup 06428 Soup, clam chowder, manhattan, canned, prepared with equal volume 244 480.680 1 cup water 11112 Cabbage, red, raw 70 1 cup 469.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	468.720
09326	Watermelon, raw	152	1 cup	460.560
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	450.900
11253	Lettuce, green leaf, raw	10	1 leaf	444.300
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	436.600
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	435.160
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	432.300
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	429.040
11114	Cabbage, savoy, raw	70	1 cup	420.000
09246	Peaches, dried, sulfured, uncooked	39	3 halves	418.860
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	412.110
02009	Spices, chili powder	2.6	1 tsp	390.000
09226	Papayas, raw	140	1 cup	386.400
09021	Apricots, raw	35	1 apricot	382.900
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	373.520
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	366.360
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	364.980
11012	Asparagus, cooked, boiled, drained	60	4 spears	362.400
11015	Asparagus, canned, drained solids	72	4 spears	354.960
09250	Peaches, frozen, sliced, sweetened	250	1 cup	352.500
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	352.350
11251	Lettuce, cos or romaine, raw	10	1 leaf	348.400
11090	Broccoli, raw	88	1 cup	337.040
11143	Celery, raw	120	1 cup	324.000
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	313.090
11333	Peppers, sweet, green, raw	149	1 cup	309.920
11670	Peppers, hot chili, green, raw	45	1 pepper	301.950
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	289.800
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	287.920
09236	Peaches, raw	170	1 cup	275.400
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	272.000
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	265.200
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	257.920
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	254.840
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	251.680
11333	Peppers, sweet, green, raw	119	1 pepper	247.520
11819	Peppers, hot chili, red, raw	45	1 pepper	240.300
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	235.200
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	228.600
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	220.320
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	216.900
09191	Nectarines, raw	136	1 nectarine	204.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	193.800
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	186.000
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	185.220
09042	Blackberries, raw	144	1 cup	184.320
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	180.000
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	178.080
11943	Pimento, canned	12	1 tbsp	176.880
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	168.000
11159	Coleslaw, home-prepared	120	1 cup	165.600
09291	Plums, dried (prunes), uncooked	42	5 prunes	165.480
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	165.100
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	161.700
09236	Peaches, raw	98	1 peach	158.760
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	154.700
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	149.025
11641	Squash, summer, all varieties, raw	113	1 cup	135.600
01143	Egg substitute, liquid	62.75	1/4 cup	135.540
11205	Cucumber, with peel, raw	301	1 large	135.450
16008	Beans, baked, canned, with franks	259	1 cup	134.680
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	133.860
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	132.060
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	130.500
09200	Oranges, raw, all commercial varieties	180	1 cup	127.800
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	127.200
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	126.840
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	126.500
09279	Plums, raw	66	1 plum	125.400
11090	Broccoli, raw	31	1 spear	118.730
20020	Cornmeal, whole-grain, yellow	122	1 cup	118.340
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	117.500
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	117.000
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	111.000
11143	Celery, raw	40	1 stalk	108.000
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	105.600
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	105.600
09223	Tangerine juice, canned, sweetened	249	1 cup	94.620
09200	Oranges, raw, all commercial varieties	131	1 orange	93.010
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	90.450
11414	Potato salad, home-prepared	250	1 cup	90.000
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	89.800
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	89.700
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	88.000
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	87.230

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11206	Cucumber, peeled, raw	280	1 large	86.800
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	86.620
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	86.620
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	86.010
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	85.050
11935	Catsup	15	1 tbsp	84.000
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	82.000
09206	Orange juice, raw	248	1 cup	81.840
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	81.600
01036	Cheese, ricotta, whole milk	246	1 cup	81.180
18308	Pie, cherry, commercially prepared	117	1 piece	80.730
11156	Chives, raw	3	1 tbsp	78.360
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	76.800
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	l cup	76.500
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	76.330
18325	Pie, pecan, prepared from recipe	122	1 piece	73.200
09207	Orange juice, canned, unsweetened	249	1 cup	72.210
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	70.760
02029	Spices, parsley, dried	1.3	1 tbsp	69.940
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	69.300
09055	Blueberries, frozen, sweetened	230	1 cup	69.000
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	68.400
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	65.320
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	64.638
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	63.680
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	63.000
11109	Cabbage, raw	70	1 cup	63.000
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	62.400
02027	Spices, oregano, dried	1.5	1 tsp	61.680
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	61.250
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	61.200
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	57.270
09266	Pineapple, raw, all varieties	155	1 cup	52.700
09306	Raspberries, frozen, red, sweetened	250	1 cup	52.500
09193	Olives, ripe, canned (small-extra large)	22	5 large	52.140
09184	Melons, honeydew, raw	170	1 cup	51.000
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	50.820
11937	Pickles, cucumber, dill	65	1 pickle	50.700
06166	Sauce, homemade, white, medium	250	1 cup	50.000
01037	Cheese, ricotta, part skim milk	246	1 cup	49.200
09184	Melons, honeydew, raw	160	1/8 melon	48.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	47.107

Interpret Set operation Set operation Set operation Set operation 10120 Nuts, pistabilion stic, dy roasted, with suit added 28.3 5 1 or (47 mats) 44.5 1 12520 Nuts, pistabilion stic, dy roasted, with low fat (2%) mills 65 1 slice 42.9 4 12620 Oringg juic, froora outdersed, weetened 306 1 cap 42.3 5 00148 Kin full, (slinese geoseberries), fresh, raw 76 1 medium 79.2 1 00140 Banaras, aw 150 1 cap 30.6 10 apples, roora outdersed, weetened 31.0 apples, roora outdersed, weetened 32.0 apples, roora outdersed, roora outdersed, weetened, weetened 32.0 apples, roora outdersed, roora outdersed, weetened, weetened, weetened, weetened 32.0 apples, roora outdersed, roora outde	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
9090Backerrier, nw1451 cm64.0018305Pic blackerry, commercially prepared1771 picce64.5012652Nars, pistuchio mix, dry rosted, with salt added28.351 oc (47 nats)44.5012650Hilk, canned, condensod, swettened3061 cup42.3409015Milk, canned, condensod, swettened3061 cup42.3409148Kisof fruit, (chinese geoseberries), fresh, rass761 medium93.0016010Baars, baked, canned, with pork and sweet saace2531 cup37.9509030Apples, raw, with akin1381 apple36.6409148Gange pince, frozen concentrate, sweetened, undihard, with added2166-fl-so can36.8909130Gange pince, frozen concentrate, sweetened, undihard, with added2166-fl-so can36.7209148Gange pince, frozen concentrate, sweetened, undihard, with added2161 cup37.7211131Corn, sweet, vellow, frozen, kernels on cob, cooked, boiled, drained631 cup35.7011212MisoGange funct, object, swith add25.71 cup35.7011318Beets, cooked, boiled, drained15.61 thsp36.901142Kohlabi, cooked, boiled, drained25.71 cup37.701152Kohlabi, cooked, boiled, drained25.71 cup37.701153Catsp61 cup37.701164Beets, cooked, boiled, drained, without stat15.61 cup37	11205	Cucumber, with peel, raw	104	1 cup	46.800
18365Pic, blackerry, commercially prepared1171 pice4 5 6312552Nits, pistachi onus, dry roasted, with salt addel28 351 or (47 nus)4 5 6412609Freech toast, prepared from recipe, mode with low fal (2%) milk651 sloce4 24410915Milk, cannel, condenexte, sweetened, dinted with 3 volume2491 cup4 238109148Kirv fruit, (kinese gooscherrice), freeh, raw761 medium39 50010010Banars, naw1001 cup39 50010103Apples, now, vith skin1381 cup37 2610104Cucamber, peeled, taw191 cup36 2010105Cucamber, peeled, taw191 cup36 2010118Curame, freen, dreense concentrate, sweetened, undukted, with added216-16 secan36 2011181Cucamber, peeled, taw15.61 tup35 7911181Beets, cooked, boiled, drained1701 cup35 7911181Beets, cooked, boiled, drained1651 cup35 7911181Beets, cooked, boiled, drained1651 cup35 7911220Kahrabi, cooked, boiled, drained, without salt1651 cup35 7911381Catay1 cup35 7935 7911392Catay1 cup35 7935 7911410Beets, cooked, boiled, drained, without salt1551 cup35 7911530Graperini tipue, white, raw241 cup35 7911541<	16120	Soy milk, fluid	245	1 cup	46.550
12622 Nuts, pistabilo nuts, diversed, with salt added 28.35 1 or (47 nuts) 44 511 18269 French tost, propard from ceige, ande with low fut (2%) milk 65 1 slice 42.50 01095 Milk, canned, condensed, sweetened 306 1 cup 42.31 01915 Orage pilee, froze encentrate, unweetened, diluted with 3 volume 249 1 cup 33.00 01914 Kir fulk, chinase gooseberries), fresh, raw 76 1 medium 93.00 01001 Beans, baked, canned, with pork and sweet sauce 253 1 cup 37.95 090140 Beanas, raw 119 1 cup 36.89 11206 Cucumber, pecid, raw 119 1 cup 36.89 111181 Con, sweet, yollow, frozen, kernels on cob, cooked, holied, drained, 63 1 car 61.19 111181 Con, sweet, yollow, frozen, kernels on cob, cooked, holied, drained, 1 cup 35.79 16112 Miso 68.75 1 cup 35.79 16112 Miso 68.75 1 cup 35.79 16112 Miso </td <td>09050</td> <td>Blueberries, raw</td> <td>145</td> <td>1 cup</td> <td>46.400</td>	09050	Blueberries, raw	145	1 cup	46.400
IRE0 French toast, prepared from recipe, made with low fit (2%) milk 65 1 slice 42 90 01095 Milk, canned, condensed, wetteneld 306 1 cup 42 84 09215 Orange juice, frozen concentrate, unsweetened, diluted with 3 volume 249 1 cup 42 30 09148 Kivi fruit, (chinese gooseberris), fresh, raw 76 1 medium 39.23 090400 Bannas, raw 150 1 cup 39.00 16010 Beans, baked, canned, with pork and sweet sauce 253 1 cup 37.26 09136 Cracep izier, frozen concentrate, weetened, undiluted, with added 216 -61-loa can 86.73 1181 Corace juicr, frozen concentrate, weetened, undiluted, with added 170 1 cup 35.73 1181 Boets, cooked, boiled, drained 170 1 cup 35.70 1181 Boets, cooked, boiled, drained, without saft 165 1 cup 34.56 09128 Graper fuir, jusce, more, neurerata, regular 165 1 cup 34.56 09128 Graper fuir, jusce, white, raw 247 1 cup	18305	Pie, blueberry, commercially prepared	117	1 piece	45.630
01095 Milk, earned, concentrate, unsweetned, fuluted with 3 volume 249 1 cup 42.84 09215 Orange juice, frozen concentrate, unsweetned, fuluted with 3 volume 249 1 cup 42.33 09148 Kivi futil, (chinere gouseberries), fresh, raw 76 1 medium 39.52 09040 Bananas, aw 150 1 cup 37.95 09003 Apples, new, with skin 138 1 apple 37.26 11206 Cucumber, pecked, raw 119 1 cup 36.89 09136 Grapp luce, frozen concentrate, wordened, undituted, with added 216 6-01-oz can 36.73 11181 Concumber, joeck, frozen, concentrate, wordened, undituted, with added 216 6-01-oz can 36.73 11181 Concumber, joeck, frozen concentrate, wordened, undituted, with added 216 6-01-oz can 35.70 11217 Miso 687.5 1 cup 35.70 11224 Kolinet, dunined, without salt 165 1 cup 34.58 09128 Grapeffuit juice, white, raw 247 1 cup 31.60 <	12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	44.510
99215Orange juice, finzen concentrate, unsweetened, diluted with 3 volume water2491 cup42.3300148Kiv furt, chinose gooscherries), fiesh, raw761 nedium39.5200400Batanas, raw1501 cup39.0010610Beans, back, canned, with pork and sweet sauce2331 cup37.9211206Cucumber, peeled, raw1191 eup36.8000136Ginge, tuice, frozen concentrate, sweetened, undiluted, with added2166-1-oz can36.7311181Core, weet, pellow, frozen, kernels on cob, cooked, boiled, drained, unim oc631 ear36.5401120Salad dressing, french dressing, commercial, regular15.61 thsp36.7311811Beets, cooked, boiled, drained72.921 cup35.7511812Beets, cooked, boiled, drained, without salt1651 cup35.7611242Kohlrahi, cooked, boiled, drained, without salt1651 cup34.6809120Strawberries, fuzen, sweetened, sliced2551 cup33.601133Cheese, conn grit, yeellow, regular and quick, erriched, cooked with water, without salt2421 cup33.601135Catup61 packet33.6031.6409128Catup61 cup32.641134Manania36.8034.6422.241 cup1135Catup31.6422.241 cup33.641135Catup32.841 sup<	18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	42.900
water opplex find find find find space sp	01095	Milk, canned, condensed, sweetened	306	1 cup	42.840
Oppose Bananas, raw 150 L cup 39.00 16010 Beans, haked, eanned, with pork and sweet sauce 253 L cup 37.95 90003 Apples, raw, with skin 138 Lapple 37.95 90016 Grape juice, frozen concentrate, sweetened, undilated, vith added 216 6-10-sz can 36.721 91180 Grape juice, frozen concentrate, sweetened, undilated, vith added 216 6-10-sz can 36.541 91181 Grape juice, frozen concentrate, sweetened, undilated, vith added 216 6-10-sz can 36.721 91181 Berts, cooked, boiled, drained 15.6 1 tusp 36.791 91181 Berts, cooked, boiled, drained 170 1 cup 35.701 91220 Strawberries, frozen, sweetened, sileed 255 1 cup 35.881 91242 Kohnibi, cooked, boiled, drained, without salt 165 1 cup 31.601 91251 Grapefruit juice, with fruit 226 1 cup 31.601 91252 Grapefruit juice, with fruit 226 1 cup 31.601	09215		249	1 cup	42.330
1610 Beans, baked, canned, with pork and sweet sauce 253 1 cup 379.95 09003 Apples, raw, with skin 138 1 apple 372.96 09013 Gruenber, peeled, raw 119 1 cup 36.87 09136 Gruep jaice, frozen concentrate, sweetened, undiluted, with added 216 6-fl-or can 36.72 09114 Corr, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, 63 1 car 36.54 04120 Salad dressing, french dressing, commercial, regular 15.6 1 dbsp 36.79 16112 Miso 68.75 1 cup 35.70 0520 Strawberries, frozen, sweetened, sliced 255 1 cup 35.70 0128 Grapefruit juice, white, raw 247 1 cup 34.88 08164 Corals, corn grits, yellow, regular and quick, enriched, cooked with 24 1 cup 31.72 0113 Cheese, cotage, ceanned, with truit 226 1 cup 31.44 09040 Bananas, raw 118 1 banana 36.89 0113 Chee	09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	39.520
oppose Apples, raw, with skin 138 1 apple 37.26 11206 Cucumber, peeled, raw 119 1 cup 58.89 09136 Grape juice, frozen concentrate, sweetened, undiluted, with added 216 6-fl-oz can 36.724 111181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, 63 1 car 36.54 04120 Salad dressing, french dressing, commercial, regular 15.6 1 tbsp 36.19 16112 Miso 68.75 1 cup 35.70 05920 Strawberics, frozen, sweetened, sileed 255 1 cup 34.65 05920 Grapefruit juice, white, raw 247 1 cup 34.88 0513 Catasip 6 1 packet 33.08 0513 Catasip 226 1 cup 34.24 05140 Bananas, raw 118 1 banana 36.88 0103 Checse, cottag, corrand, with furit 226 1 cup 32.42 0113 Checse, cottag, corrand, with furit 33 1 cup 32.4 </td <td>09040</td> <td>Bananas, raw</td> <td>150</td> <td>1 cup</td> <td>39.000</td>	09040	Bananas, raw	150	1 cup	39.000
Harmonic Harmonic Harmonic 09136 Grape juice, frozen concentrate, sweetened, undiluted, with added 216 6-fl-oz can 36.72 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 63 1 ear 36.54 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt 63 1 ear 36.54 11181 Beets, cooked, boiled, drained 15.6 1 thsp 36.57 11181 Beets, cooked, boiled, drained 170 1 cup 35.70 11242 Kohlrabi, cooked, boiled, drained, without salt 165 1 cup 34.58 09128 Grapefruir, juice, white, raw 247 1 cup 34.58 09128 Grasper, furit, juice, white, raw 242 1 cup 31.72 10131 Cheese, cottage, creamed, without added ascorbic acid 244 1 cup 32.64 01036 Maraoni and Cheese, canned entree 252 1 cup 32.44 01036 Maraoni and Cheese, canned onthe added vitamin A 252 1 cup 32.44	16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	37.950
OP136Grape juic, frozen concentrate, sweetened, undiluted, with added2166-fl-xz can36.724Vitamin CSalad cressing, french dressing, commercial, regular631 ear36.54V1100Salad dressing, french dressing, commercial, regular15.61 thsp36.1916112Miso68.751 cup35.7916112Miso1 cup35.7910811Bects, cooked, boiled, drained1701 cup35.7011242Kohlrabi, cooked, boiled, drained2551 cup35.7011242Kohlrabi, cooked, boiled, drained, without salt1651 cup34.6509128Grapefinit juice, white, raw2471 cup34.8808164Careals, corn grits, yellow, regular and quick, enriched, cooked with2421 cup31.6409019Applesauce, canned, unsweetened, without added ascorbic acid2441 cup31.6409040Bananas, raw1181 banana30.8801056Milk, canned, evaporated, without added vitamin A2521 cup30.2422247Macaroni and Cheese, canned entree2521 cup30.242244Margarine, vegetable oil spread, 60% fat, tubbrotte4.81 tsp29.2804612Margarine, vegetable oil spread, 60% fat, tubbrotte4.81 tsp29.2804613Margarine, vegetable oil spread, 60% fat, tubbrotte4.81 tsp29.2804614Afafar seeds, sproated, raw1641 cup27.6009050 <t< td=""><td>09003</td><td>Apples, raw, with skin</td><td>138</td><td>1 apple</td><td>37.260</td></t<>	09003	Apples, raw, with skin	138	1 apple	37.260
vitamin C vitamin C 11181 Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, 63 1 ear 36.54 4120 Salad dressing, french dressing, commercial, regular 15.6 1 thsp 36.19 16112 Miso 68.75 1 cup 35.79 1081 Beets, cooked, boiled, drained 170 1 cup 35.79 11242 Kohlrabi, cooked, boiled, drained, without salt 165 1 cup 35.79 11242 Kohlrabi, cooked, boiled, drained, without salt 165 1 cup 34.65 09128 Grapefruit juice, white, raw 247 1 cup 34.69 09144 Careals, corn grits, yellow, regular and quick, enriched, cooked with 242 1 cup 33.60 11935 Catsup 6 1 packet 33.60 09019 Applesauce, canned, unsweetened, without added ascorbic acid 244 1 cup 31.60 01036 Raearo, i and Cheese, canned entree 252 1 cup 32.44 01037 Cheese, cottage, creaned, without added vitamin A 252	11206	Cucumber, peeled, raw	119	1 cup	36.890
without saft without saft 15.6 1 bsp 36.19 04120 Salad dressing, french dressing, commercial, regular 15.6 1 bsp 36.79 16112 Miso 68.75 1 cup 35.79 11081 Beets, cooked, boiled, drained 170 1 cup 35.70 09320 Strawberries, frozen, sweetened, sliced 255 1 cup 35.70 09128 Grapefruit juice, white, raw 247 1 cup 34.65 09128 Grapefruit juice, white, raw 242 1 cup 33.88 11935 Catsup 6 1 packet 33.60 09019 Applesauce, canned, without added acorbic acid 244 1 cup 31.64 09040 Bananas, raw 118 1 banana 30.68 01030 Cheese, cottage, creamed, without added vitamin A 252 1 cup 30.24 01041 Banans, raw 118 1 banana 30.68 01050 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 sp 29.28 <	09136		216	6-fl-oz can	36.720
1612 Miso 68,75 1 cup 35,75 11081 Beets, cooked, boiled, drained 170 1 cup 35,70 09320 Strawberries, frozen, sweetened, sliced 255 1 cup 35,70 11242 Kohlrabi, cooked, boiled, drained, without salt 165 1 cup 34,65 09128 Grapefruit juice, white, raw 247 1 cup 34,88 08164 Cereals, corn grits, yellow, regular and quick, enriched, cooked with 242 1 cup 33,60 09019 Applesauce, canned, unsweetened, without added ascorbic acid 244 1 cup 31,722 01013 Cheese, cottage, creamed, with fruit 226 1 cup 30,404 09040 Bananas, raw 118 1 banana 0.644 01036 Cheese, cottage, creamed, with fruit 252 1 cup 30,244 2247 Macaroni and Cheese, canned entree 252 1 cup 30,244 01024 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 29,284 04613 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 29,284	11181		63	l ear	36.540
Instance Free Action	04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	36.192
9320 Strawberries, frozen, sweetened, sliced 255 1 cup 35.700 11242 Kohlrabi, cooked, boiled, drained, without salt 165 1 cup 34.650 09128 Grapefruit juice, white, raw 247 1 cup 34.580 08164 Cereals, corn grits, yellow, regular and quick, enriched, cooked with 242 1 cup 33.800 11935 Catsup 6 1 packet 33.600 09019 Applesauce, canned, unsweetened, without added ascorbic acid 244 1 cup 31.722 01013 Cheese, cottage, creamed, without added vitamin A 252 1 cup 30.680 01096 Milk, canned, cvaporated, without added vitamin A 252 1 cup 30.244 22247 Macaroni and Cheese, canned entree 252 1 cup 30.248 04128 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 29.288 04613 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 29.288 04014 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 sup 29.288 04015 Salad dressing, russian dressing	16112	Miso	68.75	1 cup	35.750
11242 Kohlrabi, cooked, boiled, drained, without salt 165 1 cup 34.65 09128 Grapefruit juice, white, raw 247 1 cup 34.85 08164 Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt 242 1 cup 33.88 11935 Catsup 6 1 packet 33.60 09019 Applesauce, canned, unsweetened, without added ascorbic acid 244 1 cup 31.72 01013 Cheese, cottage, creamed, with fruit 226 1 cup 30.48 01040 Bananas, raw 118 1 banana 30.60 00404 Bananas, raw 118 1 banana 30.424 22247 Macaroni and Cheese, canned entree 252 1 cup 30.244 04128 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 29.284 04613 Margarine, vegetable oil spread, 60% fat, tub/bottle 4.8 1 tsp 29.284 04015 Salad dressing, russian dressing 15.3 1 tbsp 27.69 18189 Cookies, peanut butter, prepared from recipe 20 1 cookie 27.	11081	Beets, cooked, boiled, drained	170	1 cup	35.700
09128Grapefruit juice, white, raw2471 cup34.58408164Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt2421 cup33.8811935Catsup61 packet33.6009019Applesauce, canned, unsweetened, without added ascorbic acid2441 cup31.7201013Cheese, cottage, creamed, with fruit2261 cup31.6409040Bananas, raw1181 banana30.6801096Milk, canned, evaporated, without added vitamin A2521 cup30.2422247Macaroni and Cheese, canned entree2521 cup30.2404128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp29.2804613Margarine, vegetable oil spread, 60% fat, tsick4.81 tsp29.2804614Alfalfa seeds, sprouted, raw331 cup28.71409206Orange juice, raw86juice from 1 orange28.3804015Salad dressing, russian dressing15.31 tbsp27.6918189Cookies, peanut butter, prepared from recipe201 cup20.0109125Graphiti juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26.9116057Barley, pearled, raw2001 cup26.0009070Cherries, sweet, raw6810 cherries25.4410900Ice reams, french vanilla, soft-serve861 cup26.0009070 <td< td=""><td>09320</td><td>Strawberries, frozen, sweetened, sliced</td><td>255</td><td>1 cup</td><td>35.700</td></td<>	09320	Strawberries, frozen, sweetened, sliced	255	1 cup	35.700
88164Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt2421 cup33.88411935Catsup61 packet33.60009019Applesauce, canned, unsweetened, without added ascorbic acid2441 cup31.72101013Cheese, cottage, creamed, with fruit2261 cup31.64409040Bananas, raw1181 banana30.68801096Milk, canned, evaporated, without added vitamin A2521 cup30.24422247Macaroni and Cheese, canned entree2521 cup30.24422247Macaroni and Cheese, canned entree2521 cup30.24404128Margarine, vegetable oil spread, 60% fat, stick4.81 tsp29.28804612Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28404613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28404015Salad dressing, russian dressing15.31 tbsp27.69205060Carambola, (starfruit), raw1081 cup27.60209060Carambola, (starfruit, prepared from recipe201 cookie27.6020905Barley, pearled, raw1081 cup26.24416057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1642076-fl-oz can26.9042005Barley, pearled, raw2001 cup26.00426.00426.0042005Barley, pearled, r	11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	34.650
water, without salt 11935 Catsup 6 1 packet 33.600 09019 Applesauce, canned, unsweetened, without added ascorbic acid 244 1 cup 31.721 01013 Cheese, cottage, creamed, with fruit 226 1 cup 31.644 09040 Bananas, raw 118 1 banana 30.608 01056 Milk, canned, evaporated, without added vitamin A 252 1 cup 30.244 22247 Macaroni and Cheese, canned entree 252 1 cup 30.244 04128 Margarine-like spread, (approximately 40% fat), unspecified oils 4.8 1 tsp 29.280 04612 Margarine, vegetable oil spread, 60% fat, stick 4.8 1 tsp 29.281 04613 Margarine, vegetable oil spread, 60% fat, tub/bottle 4.8 1 tsp 29.281 04614 Alfalfa seeds, sprouted, raw 33 1 cup 28.381 04015 Salad dressing, russian dressing 15.3 1 tsp 27.692 18189 Cookies, peanut butter, prepared from recipe 20 1 coup 27.602	09128	Grapefruit juice, white, raw	247	1 cup	34.580
Op019 09019Appeasuce, canned, unsweetened, without added ascorbic acid2441 cup31.72401013Cheese, cottage, creamed, with fruit2261 cup31.64409040Bananas, raw1181 banana30.68801096Milk, canned, evaporated, without added vitamin A2521 cup30.24422247Macaroni and Cheese, canned entree2521 cup30.24404128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp29.28804612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp29.28804613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28804614Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28804615Salad dressing, russian dressing15.31 cup28.38804015Salad dressing, russian dressing15.31 bsp27.69918189Cookies, peanut butter, prepared from recipe201 cookie27.60909060Carambola, (starfruit), raw1081 cup26.2440905Barley, pearled, raw2001 cup26.2442005Barley, pearled, raw2001 cup26.24609070Cherries, sweet, raw6810 cherries25.84419090Ice crams, french vanilla, soft-serve861/2 cup25.844	08164		242	1 cup	33.880
1111121201013Cheese, cottage, creamed, with fruit2261 cup31.6409040Bananas, raw1181 banana30.6801096Milk, canned, evaporated, without added vitamin A2521 cup30.2422247Macaroni and Cheese, canned entree2521 cup30.2404128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp29.2804612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp29.2804613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.2804613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.2811001Alfalfa seeds, sprouted, raw331 cup28.7109206Orange juice, raw86juice from 1 orange28.3804015Salad dressing, russian dressing15.31 tbsp27.6918189Cookies, peanut butter, prepared from recipe201 cookie27.0009060Carambola, (starfruit), raw1081 cup26.2409050Barley, pearled, raw2001 cup26.2409050Barley, pearled, raw2001 cup26.2409070Cherries, sweet, raw6810 cherries25.8419090Ice crams, french vanilla, soft-serve861/2 cup25.84	11935	Catsup	6	1 packet	33.600
09040Bananas, raw1181 banana30.68001096Milk, canned, evaporated, without added vitamin A2521 cup30.24022247Macaroni and Cheese, canned entree2521 cup30.24004128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp29.28004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp29.28004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28004614Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28004615Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28004016Orange juice, raw331 cup28.71009206Orange juice, raw86juice from 1 orange28.38004015Salad dressing, russian dressing15.31 tbsp27.69218189Cookies, peanut butter, prepared from recipe201 cookie27.60009060Carambola, (starfruit), raw1081 cup26.24409125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26.91016057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, bioled, without salt1641 cup26.2442005Barley, pearled, raw2001 cup26.00009070Cherries, sweet, raw6810 cherries25.8441900Ice creams, french vanilla, soft-serve86	09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	31.720
01096Milk, canned, evaporated, without added vitamin A2521 cup30.24422247Macaroni and Cheese, canned entree2521 cup30.24404128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp29.28604612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp29.28604613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28604613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28604613Alfafa seeds, sprouted, raw331 cup28.71009206Orange juice, raw86juice from 1 orange28.38804015Salad dressing, russian dressing15.31 tbsp27.60709060Carambola, (starfruit), raw1081 cup27.00709125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26.91016057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup26.0072005Barley, pearled, raw2001 cup26.00709070Cherries, sweet, raw680 cherries25.8419090Ice creams, french vanilla, sofl-serve861/2 cup25.84	01013	Cheese, cottage, creamed, with fruit	226	1 cup	31.640
22247Macaroni and Cheese, canned entree2521 cup30.24004128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp29.28004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp29.28004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28011001Alfalfa seeds, sprouted, raw331 cup28.71009206Orange juice, raw86juice from 1 orange28.38004015Salad dressing, russian dressing15.31 tbsp27.60018189Cookies, peanut butter, prepared from recipe201 cookie27.60009060Carambola, (starfruit), raw1081 cup26.00009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26.91016057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup26.0002005Barley, pearled, raw2001 cup26.00009070Cherries, sweet, raw6810 cherries25.84419090Ice creams, french vanilla, soft-serve861/2 cup25.800	09040	Bananas, raw	118	1 banana	30.680
04128Margarine-like spread, (approximately 40% fat), unspecified oils4.81 tsp29.28004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp29.28004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28011001Alfalfa seeds, sprouted, raw331 cup28.38009206Orange juice, raw86juice from 1 orange28.38004015Salad dressing, russian dressing15.31 tbsp27.69218189Cookies, peanut butter, prepared from recipe201 cookie27.00009060Carambola, (starfruit), raw1081 cup27.00009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26.91016057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, bieled, without salt1641 cup26.24020005Barley, pearled, raw2001 cup26.00009070Cherries, sweet, raw6810 cherries25.84019090Ice creams, french vanilla, soft-serve861/2 cup25.800	01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	30.240
04612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp29.28004613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28011001Alfalfa seeds, sprouted, raw331 cup28.71009206Orange juice, raw86juice from 1 orange28.38004015Salad dressing, russian dressing15.31 tbsp27.69218189Cookies, peanut butter, prepared from recipe201 cookie27.60009060Carambola, (starfruit), raw1081 cup27.00009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26.24416057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup26.00020005Barley, pearled, raw2001 cup26.00009070Cherries, sweet, raw6810 cherries25.84419090Le creams, french vanilla, soft-serve861/2 cup25.800	22247	Macaroni and Cheese, canned entree	252	1 cup	30.240
04613Margarine, vegetable oil spread, 60% fat, tub/bottle4.81 tsp29.28011001Alfalfa seeds, sprouted, raw331 cup28.71009206Orange juice, raw86juice from 1 orange28.38004015Salad dressing, russian dressing15.31 tbsp27.69218189Cookies, peanut butter, prepared from recipe201 cookie27.60009060Carambola, (starfruit), raw1081 cup27.00009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26.91016057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup26.24420005Barley, pearled, raw2001 cup26.00009070Cherries, sweet, raw6810 cherries25.84419090Ice creams, french vanilla, soft-serve861/2 cup25.800	04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	29.280
11001Alfalfa seeds, sprouted, raw331 cup28,71009206Orange juice, raw86juice from 1 orange28,38004015Salad dressing, russian dressing15.31 tbsp27,69218189Cookies, peanut butter, prepared from recipe201 cookie27,69209060Carambola, (starfruit), raw1081 cup27,00009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26,91016057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup26,24020005Barley, pearled, raw2001 cup26,00009070Cherries, sweet, raw6810 cherries25,8401900Ice creams, french vanilla, soft-serve861/2 cup25,840	04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	29.280
09206Orange juice, raw86juice from 1 orange28,38004015Salad dressing, russian dressing15.31 tbsp27,69218189Cookies, peanut butter, prepared from recipe201 cookie27,60009060Carambola, (starfruit), raw1081 cup27,00009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26,91016057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup26,24020005Barley, pearled, raw2001 cup26,00009070Cherries, sweet, raw6810 cherries25,84019090Ice creams, french vanilla, soft-serve861/2 cup25,800	04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	29.280
04015Salad dressing, russian dressing15.31 tbsp27.6918189Cookies, peanut butter, prepared from recipe201 cookie27.6009060Carambola, (starfruit), raw1081 cup27.0009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26.91016057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup26.24020005Barley, pearled, raw2001 cup26.00009070Cherries, sweet, raw6810 cherries25.80019090Ice creams, french vanilla, soft-serve861/2 cup25.800	11001	Alfalfa seeds, sprouted, raw	33	1 cup	28.710
18189Cookies, peanut butter, prepared from recipe201 cookie27.6009060Carambola, (starfruit), raw1081 cup27.0009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26.91016057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup26.24020005Barley, pearled, raw2001 cup26.00009070Cherries, sweet, raw6810 cherries25.80019090Ice creams, french vanilla, soft-serve861/2 cup25.800	09206	Orange juice, raw	86	juice from 1 orange	28.380
09060Carambola, (starfruit), raw1081 cup27.00009125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26.91016057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup26.24020005Barley, pearled, raw2001 cup26.00009070Cherries, sweet, raw6810 cherries25.84019090Ice creams, french vanilla, soft-serve861/2 cup25.800	04015	Salad dressing, russian dressing	15.3	1 tbsp	27.693
09125Grapefruit juice, white, frozen concentrate, unsweetened, undiluted2076-fl-oz can26.91016057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup26.24020005Barley, pearled, raw2001 cup26.00009070Cherries, sweet, raw6810 cherries25.84019090Ice creams, french vanilla, soft-serve861/2 cup25.800	18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	27.600
16057Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt1641 cup26.2420005Barley, pearled, raw2001 cup26.0009070Cherries, sweet, raw6810 cherries25.8419090Ice creams, french vanilla, soft-serve861/2 cup25.80	09060	Carambola, (starfruit), raw	108	1 cup	27.000
boiled, without salt20005I cup26.00020005Barley, pearled, raw200I cup26.00009070Cherries, sweet, raw6810 cherries25.84019090Ice creams, french vanilla, soft-serve861/2 cup25.800	09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	26.910
09070 Cherries, sweet, raw 68 10 cherries 25.84 19090 Ice creams, french vanilla, soft-serve 86 1/2 cup 25.80	16057		164	1 cup	26.240
19090Ice creams, french vanilla, soft-serve861/2 cup25.800	20005	Barley, pearled, raw	200	1 cup	26.000
	09070	Cherries, sweet, raw	68	10 cherries	25.840
19043Snacks, potato chips, sour-cream-and-onion-flavor28.351 oz25.51	19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	25.800
	19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	25.515

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11084	Beets, canned, drained solids	170	1 cup	25.500
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	25.200
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	24.800
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	24.600
01009	Cheese, cheddar	28.35	1 oz	24.098
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	24.000
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	24.000
19089	Ice creams, vanilla, rich	74	1/2 cup	23.680
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	23.660
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	23.562
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	23.247
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	23.240
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	22.800
09060	Carambola, (starfruit), raw	91	1 fruit	22.750
01145	Butter, without salt	14.2	1 tbsp	22.436
01001	Butter, salted	14.2	1 tbsp	22.436
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	21.780
18239	Croissants, butter	57	1 croissant	21.660
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	21.600
09252	Pears, raw	166	1 pear	21.580
11954	Tomatillos, raw	34	1 medium	21.420
14545	Tea, herb, chamomile, brewed	178	6 fl oz	21.360
01128	Egg, whole, cooked, fried	46	1 large	21.160
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	21.000
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	21.000
01004	Cheese, blue	28.35	1 oz	20.979
11333	Peppers, sweet, green, raw	10	1 ring	20.800
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	20.320
01132	Egg, whole, cooked, scrambled	61	1 large	20.130
12167	Nuts, chestnuts, european, roasted	143	1 cup	20.020
01040	Cheese, swiss	28.35	l oz	19.845
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	19.500
01035	Cheese, provolone	28.35	1 oz	19.278
11439	Sauerkraut, canned, solids and liquids	236	1 cup	18.880
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	18.850
09004	Apples, raw, without skin	110	1 cup	18.700
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	18.428
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	18.360
11226	Jerusalem-artichokes, raw	150	1 cup	18.000
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	17.861
09038	Avocados, raw, California	28.35	1 oz	17.861
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	17.820

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	16.900
14346	Shake, fast food, chocolate	333	16 fl oz	16.650
14347	Shake, fast food, vanilla	333	16 fl oz	16.650
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	16.520
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	16.443
01026	Cheese, mozzarella, whole milk	28.35	1 oz	16.160
01111	Milk shakes, thick vanilla	313	11 fl oz	15.650
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	l oz	15.593
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	15.480
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	15.360
01057	Eggnog	254	1 cup	15.240
09039	Avocados, raw, Florida	28.35	l oz	15.026
09302	Raspberries, raw	123	1 cup	14.760
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	14.700
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	14.700
01125	Egg, yolk, raw, fresh	16.6	1 large	14.608
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	14.352
09081	Cranberry sauce, canned, sweetened	57	1 slice	14.250
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	14.200
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	14.000
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	13.340
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	13.330
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	13.300
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	13.250
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	13.250
01017	Cheese, cream	14.5	1 tbsp	12.905
09020	Applesauce, canned, sweetened, without salt	255	1 cup	12.750
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	12.650
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	12.615
19095	Ice creams, vanilla	66	1/2 cup	12.540
19270	Ice creams, chocolate	66	1/2 cup	12.540
01102	Milk, chocolate, fluid, commercial,	250	1 cup	12.500
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	12.500
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	12.474
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	12.300
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	12.300
01077	Milk, whole, 3.25% milkfat	244	1 cup	12.200
11674	Potato, baked, flesh and skin, without salt	202	1 potato	12.120
01110	Milk shakes, thick chocolate	300	10.6 fl oz	12.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	12.000
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	11.907

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02015	Spices, curry powder	2	1 tsp	11.840
11945	Pickle relish, sweet	15	1 tbsp	11.700
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	11.700
09316	Strawberries, raw	166	1 cup	11.620
18279	Muffins, corn, commercially prepared	57	1 muffin	11.400
09160	Lime juice, raw	38	juice of 1 lime	11.400
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	11.350
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	11.300
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	10.810
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	10.800
01053	Cream, fluid, heavy whipping	15	1 tbsp	10.800
09087	Dates, deglet noor	178	1 cup	10.680
19088	Ice creams, vanilla, light	66	1/2 cup	10.560
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	10.530
11081	Beets, cooked, boiled, drained	50	1 beet	10.500
19056	Snacks, tortilla chips, plain	28.35	1 oz	10.490
11955	Tomatoes, sun-dried	2	1 piece	10.480
11028	Bamboo shoots, canned, drained solids	131	1 cup	10.480
14341	Pineapple and orange juice drink, canned	250	8 fl oz	10.000
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	9.900
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	9.880
19013	Snacks, fruit leather, pieces	28.35	1 oz	9.639
01052	Cream, fluid, light whipping	15	1 tbsp	9.000
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	8.680
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	8.640
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	8.600
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	8.470
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	8.240
12142	Nuts, pecans	28.35	1 oz (20 halves)	8.222
11135	Cauliflower, raw	100	1 cup	8.000
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	7.920
20006	Barley, pearled, cooked	157	1 cup	7.850
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	7.840
19035	Snacks, popcorn, oil-popped	11	1 cup	7.700
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	7.500
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	7.500
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	7.500
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	7.440
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	7.440
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	7.410
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	7.320
19014	Snacks, fruit leather, rolls	21	1 large	7.140
19034	Snacks, popcorn, air-popped	8	1 cup	7.120

11415Seaweed, kelp, naw102 dop70010106Checks, contage, lowfat, 1% millefat2261 cup6.7418119Pe, fired pies, finat1281 pie6.4018110Mang beams, mature seeds, sproated, naw1041 cup6.8012160Scoressen burter, tailin, from rested and toasted kernels (most111 cup6.8012160Scoressen burter, tailin, from rested and toasted kernels (most111 cup6.8012060Weat flow, whole grain1201 cup6.8012172Egg, whole, river, all classes, cooked, simmered19.61 liver5.8012183Darish pastry, cheese711 danish5.8112194Kag, whole, cooked, hard-beiled501 large5.5012204Egg, whole, cooked, hard-beiled501 large5.0012314Rgg, whole, cooked, hard-beiled501 large5.0012314Egg, whole, cooked, hard-beiled501 large5.0012314Rgg, whole, cooked, posted501 large5.0012314Egg, whole, cooked, posted2561 cup4.9012314Rgg, whole, cooked, posted2441 cup4.9012315Egg, whole, cooked, posted, broated2101 cup4.9012414Milk, bevolate, finid, with added vitamin A2441 cup4.8312417Nike, portan, dor finid, and angensium chlorid1201 piece4.90 <t< th=""><th>NDB_No</th><th>Description</th><th>Weight (g)</th><th>Common Measure</th><th>Content per Measure</th></t<>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01016 Cheese, codage, lowfat, 1% milkfat 226 1 cap 6, 73 18310 Pie, fiel pies, finit 128 1 pie 6, 20 11033 Mung beams, mature seeds, sproated, raw 104 1 cap 6, 20 12166 Scods, sessme butter, thini, from rosted and toasted kernels (most 15 1 thep 6, 00 20080 Wheat float, whole-garin 120 1 cap 6, 00 05023 Chicken, liver, all classes, cooked, simmered 19, 6 1 liver 5, 88 18245 Dansh pastry, checce 71 1 dansh 5, 66 18245 Dansh pastry, checce 71 1 dansh 5, 61 18247 Muffins, blaeberry, commercially prepared 57 1 maffin 51 19248 Prane juice, canned, low of, thef 50 1 large 500 11131 Egg, whole, cooked, ponched 50 1 large 500 11141 Muffins, blaeberry, commercially nepared with equal 266 1 cap 428 10122 Egg, whole, cooked, ponched, ponched	20012	Bulgur, dry	140	1 cup	7.000
18130Pic, frid pic, fruit1281 pic6.4011013Murg bears, matter seeds, sprouted, raw1041 cup6.2008049Cereals ready-to-ent, QUAKER QUAKER OAT LIFE, plint3234 cup6.0012060Whet four, whole-grain1201 cup6.0005028Chicken, liver, all classes, cooked, simmered19.61 liver5.8012132Egg, whole, raw, fresh581 extra large5.8012134Danis hoarty, cheere711 dinish5.5501290Egg, whole, cooked, hard-hoaled501 large5.5501290Egg, whole, cooked, hard-hoaled501 large5.0012134Bay, hole, cooked, hard-hoaled501 large5.0001294Purue juice, cannod561 cup5.0001314Egg, whole, cooked, hoard-da501 large5.0001314Egg, whole, cooked, pouched501 large5.0001314Egg, whole, cooked, pouched501 cup4.000144Mitric, cheostare, fluid, commercial, lowfat2501 cup4.000155Crean, sour, cultured1241 cup4.900156Crean, sour, cultured2441 cup4.8801675Cheostare, fluid, 16 milit far, with added vitamin A2441 cup4.8801676Cheostare, fluid, 16 milit far, and magnesium chlorid1201 jcup4.9001574Milit, lowfat, 11 grams porotein per 8 ounce <t< td=""><td>11445</td><td>Seaweed, kelp, raw</td><td>10</td><td>2 tbsp</td><td>7.000</td></t<>	11445	Seaweed, kelp, raw	10	2 tbsp	7.000
11043Mung bean, mature seeds, sprouted, raw1041 cup6.2480849Corals ready-to-and, QUAKER, QUTLIEF, plain3234 cup6.0812160Securab stater, tahini, from roasted and toasted kenels (most151 thop6.0000808Chicken, Iver, all classes, colocd, ainmered19.61 liver5.8001213Fgg, whole, raw, fresh581 extra large5.800123Fgg, whole, raw, fresh581 extra large5.800124Egg, whole, conset, hard, blirt (orffee eram or table cream)151 flatp5.530129Egg, whole, conset, hard-boiled501 large5.0001212Egg, whole, cooked, hand-boiled501 large5.0001213Egg, whole, cooked, hand-boiled501 large5.0001214Egg, whole, cooked, honehed501 large5.0001131Fgg, whole, cooked, honehed501 large5.0001134Fgg, whole, cooked, honehed501 large5.0001144Milk, chocolate, fluid, commercial1241 cup4.900153Lemon juice, canned or bottld2441 cup4.8001650Cream, sour, cultured1201 bip4.9201531Lemon juice, canned or bottld2441 cup4.8001652Cream, sour, cultured1561 cup4.5601747Nus, jipen dist, itch added vitamin A24.411 cup4.5601750Pottes, la	01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	6.780
Rends Carabis randy-to-cart, QUAKER, QUAKER, OAT LIFE, Iplain 32 34 cup 6 108 12166 Seeck, seame butter, tahini, from rousted and toasted kernels (most 15 1 daps 6.00 20080 Wheat flour, whole-grain 120 1 cup 6.00 01012 Fig. whole, raw, resh 58 1 even large 588 18245 Danish pastry, cheese 71 1 danish 548 18244 Muffins, bluebertry, commercially prepared 57 1 margin 511 19294 Prone juice, canned 256 1 cup 50 10113 Egg, whole, raw, frish 50 1 large 50 10113 Egg, whole, raw, frish 50 1 large 50 01134 Egg, whole, raw, frish 250 1 cup 406 01134 Milk, chocolate, fluid, commercial, low fat 250 1 cup 406 01144 Milk, chocolate, fluid, commercial 214 1 cup 406 01134 Egg, whole, canced, pachted 260 1 cup 406 <td>18319</td> <td>Pie, fried pies, fruit</td> <td>128</td> <td>1 pie</td> <td>6.400</td>	18319	Pie, fried pies, fruit	128	1 pie	6.400
12166 Seeds, seame butter, thini, from roasted and toasted kernels (most 15 1 thsp 6.00 0080 Whet flour, whole grain 120 I cup 6.00 05228 Chicken, liver, all classes, cooked, simmered 19.6 I liver 5.88 0123 Egg, whole, rive, fresh 5.8 I extra large 5.80 01250 Cream, fluid, light (coffee cream or table cream) 15 I thsp 5.55 0129 Fgg, whole, cooked, hard-boiled 50 I arge 5.50 01230 Fgg, whole, cooked, hard-boiled 50 I arge 5.00 01231 Fgg, whole, cooked, baachd 50 I arge 5.00 01231 Fgg, whole, cooked, poachd 50 I arge 5.00 0124 Prune, juice, canned 2.00 I cup 5.00 0124 Murg beans, mature sceds, sprouted, cooked, boiled, drained, without 124 I cup 4.90 01050 Cream, sour, cultured 12 I bbsp 4.90 01051 Leronn juice, canned or bottld 2.44	11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6.240
common type) inverte	08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	6.080
98028Chicken, liver, all classes, cooked, simmered19.6I liver5.88101123Ega, whole, raw, fresh5.8I cata large5.80128245Danish pastry, checze71I danish5.6010109Craun, fluid, light (coffee cream or table cream)15I lubp5.5011219Egg, whole, cooked, hard-boiled50I large5.5011224Egg, whole, cooked, pard-boiled50I cap5.1010214Egg, whole, cooked, poached50I large50001131Egg, whole, cooked, poached50I large50001131Egg, whole, cooked, poached50I large50001140Milk, chocalet, fluid, commercial, lowfat256I cap50001040Milk, commercialcame deprepared with equal248I cap4960153Leono juice, canned or botted12I tap4960154Cream, sour, cultured244I cap4880152Milk, lowfat, fluid, 1% milf aft, with added vitamin A244I cap4860154Toft, soft, prepared with calcium sulfate and magnesium chloride1201 piece4560117Yogart, fluid, 10 grams protein per 8 ounce2278-oc container4540118Per peard, with calcium sulfate and magnesium chloride1201 dcup4480117Yogart, fluid, 10 grams protein per 8 ounce2278-oc container4540118Per peard, commercially prepared	12166		15	l tbsp	6.000
01123Egg, whole, raw, fresh581 extra large58018245Danish patty, cheese711 danish56801050Cram, fuid, light (orflee crean or table crean)151 byp.55501127Egg, whole, cooked, hard-boiled501 large55012824Muftins, bluebery, commercially prepared571 muffin51309294Punc juice, canned2561 cup51001131Egg, whole, cooked, parded501 large50001144Milk, checolate, fluid, commercial, lowfat2501 cup50006230Sour, clam enhowder, new england, canned, prepared with equal2481 cup49601044Milk, checolate, fluid, commercial1241 cup48801052Crean, sour, cultured121 byp.42901054Crean, sour, cultured28351 oz48801072Ortaes, hashed brown, home-prepared1561 cup45601073Cheese, cannembert381 wedge45601074Yogart, plain, low fat, 12 grams protein per 8 ounce2278-se container45401174Yogart, plain, low fat, 12 grams protein per 8 ounce2101 byp.45401174Yogart, plain, low fat, 12 grams protein per 8 ounce2278-se container45401174Yogart, plain, low fat, 12 grams protein per 8 ounce2101 depare45401174Yogart, plain, low fat, 12 grams protein per 8 ounce2101 d	20080	Wheat flour, whole-grain	120	1 cup	6.000
Barrish pastry, cheese 71 1 damish 568 01050 Cream, fluid, light (coffee cream or table cream) 15 1 tbsp 5.55 01129 Egg, whole, cooked, hard-bolled 50 1 large 5.51 01213 Egg, whole, raw, fresh 50 1 large 500 01131 Egg, whole, raw, fresh 50 1 large 500 01131 Egg, whole, raw, fresh 50 1 large 500 01131 Egg, whole, raw, fresh 50 1 large 500 01144 Milk, chocolate, fluid, connercial, lowfat 250 1 cap 496 01045 Noug, cham chowder, new england, canced, prepared with equal 248 1 cap 496 01056 Cream, smature seeds, sprouted, cooked, boiled, drained, without 124 1 cap 488 11044 Mung beans, mature seeds, sprouted, tooked vitamin A 244 1 cap 488 12147 Nuts, orine nuts, pignolia, dried 28.35 1 oz 488 12147 Nuts, pine nuts, pignolia, dried 120 1	05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	5.880
One Cream, Hul, light (coffee cream) 15 1 thsp 5.55 01129 Egg, whole, cooked, hard-boiled 50 1 large 5.50 18274 Muffins, blueberry, commercially prepared 57 1 muffin 5.13 09294 Prune juice, canned 256 1 cup 5.00 01131 Egg, whole, row, frish 50 1 large 5.00 01131 Egg, whole, row, frish 50 1 large 5.00 01131 Egg, whole, row, frish 250 1 cup 5.00 01144 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 4.90 06230 Soun, clam chowder, new england, canned, prepared with equal 248 1 cup 4.90 01056 Cream, sour, cultured 12 1 thsp 4.92 01056 Cream, sour, cultured 28.35 1 oz 4.82 12147 Nuts, pine nuts, pignolia, dried 28.35 1 oz 4.82 11300 Potatoes, hashed brown, home-prepared 156 1 cup 4.56	01123	Egg, whole, raw, fresh	58	1 extra large	5.800
Dilp Egg, whole, cooked, hard-hoiled 50 I large 5,50 18274 Muffins, blueberry, commercially prepared 57 I muffin 5,13 09294 Prune juice, canned 256 I cup 5,12 01131 Egg, whole, cooked, poached 50 I large 5,00 01131 Egg, whole, cooked, poached 50 I cup 5,00 01131 Egg, whole, cooked, poached 50 I cup 5,00 01131 Egg, whole, cooked, poached 50 I cup 4,96 01144 Milk, chocolate, fluid, commercial, lowfat 248 I cup 4,96 11044 Murg bears, mature seeds, sprouted, cooked, boiled, drained, without 124 I cup 4,88 01056 Cream, sour, cultured 121 I thsp 4,82 01054 Cream, sour, cultured 283.5 I oz 4,88 01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A 244 I cup 4,88 12147 Nuts, pine nuts, pignolia, dried 28.35 I oz	18245	Danish pastry, cheese	71	1 danish	5.680
Nutflins, blueberry, commercially prepared 57 I mufflin 5.13 09294 Prune juice, canned 256 I cup 5.12 01123 Egg, whole, raw, fresh 50 I large 5.00 01131 Egg, whole, cooked, poached 50 I large 5.00 01144 Milk, chocolate, fluid, commercial, lowfat 250 I cup 5.00 06230 Soup, clam chowder, new england, canned, prepared with equal 248 I cup 4.96 01044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without 124 I cup 4.96 01055 Cream, sour, cultured 124 I cup 4.88 01056 Cream, sour, cultured 244 I cup 4.88 10182 Milk, lowfat, fluid, flwid hidded vitamin A 244 I cup 4.88 10182 Nuts, pine nuts, pignolia, dried 28.35 I oz 4.89 10182 Milk, lowfat, fluid, flwid, milfate and magnesium chloride 120 I piece 4.80 10170 Potatos, hashed borw, home-prepared	01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	5.550
09294 Prune juice, canned 256 I cup 512 01123 Egg, whole, raw, fresh 50 I large 500 01131 Egg, whole, raw, fresh 50 I large 500 01144 Milk, chocolate, fluid, commercial, lawfat 250 I cup 500 06230 Soup, chan chowder, new england, canned, prepared with equal 248 I cup 496 01056 Cream, sour, cultured 12 I dsp 496 01056 Cream, sour, cultured 244 I cup 488 01082 Milk, lawfat, fluid, 1% milkfat, with added vitamin A 244 I cup 488 01082 Milk, lawfat, fluid, 1% milkfat, with added vitamin A 244 I cup 488 01082 Milk, lawfat, fluid, 1% milkfat, with added vitamin A 244 I cup 488 01082 Milk, lawfat, fluid, 1% milkfat, with added vitamin A 244 I cup 488 01082 Dotatoes, hashed brown, home-prepared 156 I cup 454 01137 Potatoes, hashed brown, home-prepared	01129	Egg, whole, cooked, hard-boiled	50	1 large	5.500
Olipital Egg, whole, raw, fresh 50 I large 500 01131 Egg, whole, cooked, poached 50 I large 500 01104 Milk, chocolate, fluid, commercial, lowfat 250 I cup 500 06230 Soup, clam chowder, new england, canned, prepared with equal 248 I cup 496 11044 Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt 124 I cup 496 01056 Cream, sour, cultured 12 I thsp 492 01056 Cream, sour, cultured 244 I cup 488 01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A 244 I cup 488 12147 Nuts, pine muts, pignolia, dried 28.35 I oz 482 16127 Tofi, sofi, repared with calcium sulfate and magnesium chloride 120 I piece 456 01017 Cheese, cannembert 38 I wedge 456 01117 Yogurt, fluid, low fat, 12 grams protein per 8 ounce 227 8-oz container 454 0121 <td< td=""><td>18274</td><td>Muffins, blueberry, commercially prepared</td><td>57</td><td>1 muffin</td><td>5.130</td></td<>	18274	Muffins, blueberry, commercially prepared	57	1 muffin	5.130
Higs Figs Note Solution I arge Solution 01114 Milk, chocolate, fluid, commercial, lowfat 250 1 cup 500 06230 Soup, clam chowder, new england, canned, prepared with equal 248 1 cup 496 01044 Mang beans, mature seeds, sprouted, cooked, boiled, drained, without 124 1 cup 496 01056 Cream, sour, cultured 12 1 bkp 492 01056 Cream, sour, cultured 244 1 cup 488 01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A 244 1 cup 488 01082 Milk, lowfat, fluid, 1% milkfat, with added vitamin A 244 1 cup 488 12147 Nuts, pine nuts, pignolia, dried 28.35 1 oz 482 11370 Potatos, hashed brown, home-prepared 156 1 cup 4.68 01077 Cheese, camembert 38 1 wedge 4.54 01117 Yogurt, fuit, low fat, 10 grams protein pr 8 ounce 227 8-oz container 4.54 01121 <t< td=""><td>09294</td><td>Prune juice, canned</td><td>256</td><td>1 cup</td><td>5.120</td></t<>	09294	Prune juice, canned	256	1 cup	5.120
NumberNumbe	01123	Egg, whole, raw, fresh	50	1 large	5.000
Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial1 cup4.9611044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1241 cup4.9611044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1241 cup4.9601056Cream, sour, cultured121 thsp4.9209153Lemon juice, canned or bottled2441 cup4.8801082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup4.8812147Nuts, pignolia, dried28.351 oz4.8216127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece4.8001007Cheese, camembert381 wedge4.560117Yogurt, fluid, 10 grams protein per 8 ounce2278-oz container4.540121Yogurt, fruit, low fat, 10 grams protein per 8 ounce2278-oz container4.540123Ege, whole, raw, fresh441 medium4.400123Egg, whole, raw, fresh4441 medium4.400124Fast foods, french toast sticks1415 sticks4.231157Potatoes, mashed, home-prepared, whole milk added2101 cup4.200244Fast foods, french toast sticks1415 sticks4.231153Egg, whole, raw, fresh4141 medium4.4006168Sauce, ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raissins50<	01131	Egg, whole, cooked, poached	50	1 large	5.000
volume milk, commercialNumber11044Mung beans, mature seeds, sprouted, cooked, boiled, drained, without1241 cup4.9601056Cream, sour, cultured121 thsp4.9209153Lemon juice, canned or bottled2441 cup4.8801082Milk, lowfat, fhuid, 1% milkfat, with added vitamin A2441 cup4.8812147Nuts, pine nuts, pignolia, dried28.351 oz4.8216127Tofiu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece4.8011370Potatoes, hashed brown, home-prepared1561 cup4.6801007Cheese, canembert381 wedge4.5601117Yogurt, fuiti, low fat, 12 grams protein per 8 ounce2278-oz container4.540121Yogurt, fuiti, low fat, 10 grams protein per 8 ounce2278-oz container4.5418324Pie, pecan, commercially prepared1131 piece4.5212537Seeds, sunflower seed kernels, dry rasted, with salt added321 /4 cup4.440123Egg, whole, raw, fresh441 medium4.4001618Sauce, ready-to-serve, pepper or hot4.71 tsp4.2211637Potatoes, mashed, home-prepared, whole milk added2101 cup4.200820Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup3.991155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.99	01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	5.000
saltinterval01056Cream, sour, cultured121 tbsp4.9200153Lemon juice, canned or bottled2441 cup4.8801082Milk, lowfat, fluid, 1% milk fat, with added vitamin A2441 cup4.8812147Nuts, pine nuts, pignolia, dried28.351 oz4.8216127Tofu, soft, prepared with calcium sulfate and magnesium chloride1201 piece4.8011370Potatoes, hashed brown, home-prepared1561 cup4.6801007Cheese, camembert381 wedge4.5601017Yogurt, plain, low fat, 12 grams protein per 8 ounce2278-oz container4.5401121Yogurt, fruit, low fat, 10 grams protein per 8 ounce2278-oz container4.5418324Pie, pecan, commercially prepared1131 piece4.5218324Pie, pecan, commercially prepared1131 piece4.5418324Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4.4806168Sauce, ready-to-serve, pepper or hot4.71 tsp4.2721024Fast foods, french toast sticks1415 sticks4.2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4.2008220Creais ready-to-act, QUAKER, Low Fat 100% Natural Granola with 501/2 cup3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9912537Seeds, sunflower seed	06230		248	1 cup	4.960
09153Lemon juice, canned or bottled2441 cup4.8801082Milk, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup4.8812147Nuts, pine nuts, pignolia, dried28.351 oz4.8216127Tofu, soft, prepared with calcium sulfate and magnesium chloride1201 piece4.8011370Potatoes, hashed brown, home-prepared1561 cup4.6801007Cheese, camembert381 wedge4.5601117Yogurt, fuit, low fat, 12 grams protein per 8 ounce2278-oz container4.540121Yogurt, fuit, low fat, 10 grams protein per 8 ounce2278-oz container4.5418324Pie, pecan, commercially prepared1131 piece4.5212537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4.4401123Egg, whole, raw, fresh441 medium4.4001648Sauce, ready-to-eat, wheat germ, toasted, plain7.1191 tsp4.2721024Fast foods, french toast sticks1415 sticks4.2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4.2008220Carcelas ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9019155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.9912537Seeds, sunflower seed kernel	11044		124	1 cup	4.960
Nik, lowfat, fluid, 1% milkfat, with added vitamin A2441 cup4.8812147Nuts, pien outs, pignolia, dried28.351 oz4.8216127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece4.8011370Potatoes, hashed brown, home-prepared1561 cup4.6801007Cheese, camembert381 wedge4.5601117Yogurt, plain, low fat, 12 grams protein per 8 ounce2278-oz container4.5401121Yogurt, fruit, low fat, 10 grams protein per 8 ounce2278-oz container4.5418324Pie, pecan, commercially prepared1131 piece4.5212537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4.4401123Egg, whole, raw, fresh441 medium4.4001618Sauce, ready-to-eat, wheat germ, toasted, plain7.1191 tsp4.2721024Fast foods, french toast sticks1415 sticks4.2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4.2008220Carceals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added2101 cup3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.99 </td <td>01056</td> <td>Cream, sour, cultured</td> <td>12</td> <td>1 tbsp</td> <td>4.920</td>	01056	Cream, sour, cultured	12	1 tbsp	4.920
12147Nuts, pine nuts, pignolia, dried28.35l oz4.821617Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)120l piece4.8011370Potatoes, hashed brown, home-prepared156l cup4.8401007Cheese, camembert38l wedge4.5601117Yogurt, plain, low fat, 12 grams protein per 8 ounce2278-oz container4.5401121Yogurt, fruit, low fat, 10 grams protein per 8 ounce2278-oz container4.5418324Pie, pecan, commercially prepared1131 piece4.5212537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4.4800184Cereals ready-to-eat, wheat germ, toasted, plain7.1191 tbsp4.4101123Egg, whole, raw, fresh4411 medium4.40016168Sauce, ready-to-serve, pepper or hot4.71 tsp4.2210570Potatos, french toast sticks1415 sticks4.2311571Potatos, mashed, home-prepared, whole milk added2101 cup4.0008220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501 bar (2 oz)3.9911537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.99	09153	Lemon juice, canned or bottled	244	1 cup	4.880
16127Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)1201 piece4.8011370Potatoes, hashed brown, home-prepared1561 cup4.6801007Cheese, camembert381 wedge4.5601117Yogurt, plain, low fat, 12 grams protein per 8 ounce2278-oz container4.5401121Yogurt, fruit, low fat, 10 grams protein per 8 ounce2278-oz container4.5418324Pie, pecan, commercially prepared1131 piece4.5212537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4.4800618Sauce, ready-to-eat, wheat germ, toasted, plain7.1191 tbsp4.4701123Egg, whole, raw, fresh441 medium4.4006168Sauce, ready-to-serve, pepper or hot4.71 tsp4.2721024Fast foods, french toast sticks1415 sticks4.230155Cardies, M&M MARS, SNICKERS Bar501/2 cup3.091257Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added29.001 cup3.9912537Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9609270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.291136Cauliflower	01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	4.880
(nigari) 11370 Potatoes, hashed brown, home-prepared 156 1 cup 4.68 01007 Cheese, camembert 38 1 wedge 4.56 01117 Yogurt, plain, low fat, 12 grams protein per 8 ounce 227 8-oz container 4.54 01121 Yogurt, fruit, low fat, 10 grams protein per 8 ounce 227 8-oz container 4.54 18324 Pie, pecan, commercially prepared 113 1 piece 4.52 12537 Seeds, sunflower seed kernels, dry roasted, with salt added 32 1/4 cup 4.48 08084 Cereals ready-to-eat, wheat germ, toasted, plain 7.119 1 tbsp 4.41 01123 Egg, whole, raw, fresh 44 1 medium 4.00 06168 Sauce, ready-to-serve, pepper or hot 4.7 1 tsp 4.27 21024 Fast foods, french toast sticks 210 1 cup 4.20 08200 Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins 50 1/2 cup 3.00 19155 Candies, M&MARS, SNICKERS Bar 57 1 bar (2 oz) <td>12147</td> <td>Nuts, pine nuts, pignolia, dried</td> <td>28.35</td> <td>1 oz</td> <td>4.820</td>	12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	4.820
01007Cheese, camembert381 wedge4.5601117Yogurt, plain, low fat, 12 grams protein per 8 ounce2278-oz container4.5401121Yogurt, fruit, low fat, 10 grams protein per 8 ounce2278-oz container4.5418324Pie, pecan, commercially prepared1131 piece4.5212537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4.4808084Cereals ready-to-eat, wheat germ, toasted, plain7.1191 tbsp4.4101123Egg, whole, raw, fresh441 medium4.4006168Sauce, ready-to-serve, pepper or hot4.71 tsp4.2721024Fast foods, french toast sticks1415 sticks4.2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4.2008220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9609270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.921136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.78	16127		120	1 piece	4.800
01117Yogurt, plain, low fat, 12 grams protein per 8 ounce2278-oz container4.5401121Yogurt, fruit, low fat, 10 grams protein per 8 ounce2278-oz container4.5418324Pie, pecan, commercially prepared1131 piece4.5212537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup44808084Cereals ready-to-eat, wheat germ, toasted, plain7.1191 tbsp4.4101123Egg, whole, raw, fresh441 medium4.4006168Sauce, ready-to-serve, pepper or hot4.71 tsp4.2721024Fast foods, french toast sticks1415 sticks4.2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4.2008220Carcals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9609270Pincapple, canned, heavy syrup pack, solids and liquids491 slice3.291136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.78	11370	Potatoes, hashed brown, home-prepared	156	1 cup	4.680
01121Yogurt, fruit, low fat, 10 grams protein per 8 ounce2278-oz container4.5418324Pie, pecan, commercially prepared1131 piece4.5212537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4.4808084Cereals ready-to-eat, wheat germ, toasted, plain7.1191 tbsp4.4101123Egg, whole, raw, fresh441 medium4.0006168Sauce, ready-to-serve, pepper or hot4.71 tsp4.2721024Fast foods, french toast sticks1415 sticks4.2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4.0008220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup3.0919155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9912537Seeds, sunflower, cooked, boiled, drained, without salt491 slice3.921136Cauliflower, cooked, boiled, drained, without salt543 flowertes3.78	01007	Cheese, camembert	38	1 wedge	4.560
18324Pie, pecan, commercially prepared1131 piece4.5212537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4.4808084Cereals ready-to-eat, wheat germ, toasted, plain7.1191 tbsp4.4101123Egg, whole, raw, fresh441 medium4.4006168Sauce, ready-to-serve, pepper or hot4.71 tsp4.2721024Fast foods, french toast sticks1415 sticks4.2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4.0008220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup4.0019155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9609270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.921136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.88	01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	4.540
12537Seeds, sunflower seed kernels, dry roasted, with salt added321/4 cup4.4808084Cereals ready-to-eat, wheat germ, toasted, plain7.1191 tbsp4.4101123Egg, whole, raw, fresh441 medium4.40006168Sauce, ready-to-serve, pepper or hot4.71 tsp4.2721024Fast foods, french toast sticks1415 sticks4.23011657Potatoes, mashed, home-prepared, whole milk added2101 cup4.20008220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup4.00019155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.99012537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.96009270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.9211136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.780	01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	4.540
08084Cereals ready-to-eat, wheat germ, toasted, plain7.1191 tbsp4.4101123Egg, whole, raw, fresh441 medium4.4006168Sauce, ready-to-serve, pepper or hot4.71 tsp4.2721024Fast foods, french toast sticks1415 sticks4.2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4.2008220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup4.0019155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9609270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.921136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.80	18324	Pie, pecan, commercially prepared	113	1 piece	4.520
01123Egg, whole, raw, fresh441 medium4.4006168Sauce, ready-to-serve, pepper or hot4.71 tsp4.2721024Fast foods, french toast sticks1415 sticks4.2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4.2008220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup4.0019155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9609270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.9211136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.78	12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	4.480
06168Sauce, ready-to-serve, pepper or hot4.71 tsp4.2721024Fast foods, french toast sticks1415 sticks4.2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4.2008220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup4.0019155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9609270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.9241136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.78	08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	4.414
21024Fast foods, french toast sticks1415 sticks4.2311657Potatoes, mashed, home-prepared, whole milk added2101 cup4.2008220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup4.0019155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.99012537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.96009270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.9211136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.780	01123	Egg, whole, raw, fresh	44	1 medium	4.400
11657Potatoes, mashed, home-prepared, whole milk added2101 cup4.2008220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup4.0019155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9609270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.9211136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.78	06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	4.277
08220Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins501/2 cup4.0019155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9609270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.92411136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.78	21024	Fast foods, french toast sticks	141	5 sticks	4.230
RaisinsFigure 119155Candies, M&M MARS, SNICKERS Bar571 bar (2 oz)3.9912537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9609270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.9211136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.78	11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	4.200
12537Seeds, sunflower seed kernels, dry roasted, with salt added28.351 oz3.9609270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.9211136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.78	08220		50	1/2 cup	4.000
09270Pineapple, canned, heavy syrup pack, solids and liquids491 slice3.92411136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.784	19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	3.990
11136Cauliflower, cooked, boiled, drained, without salt543 flowerets3.780	12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	3.969
	09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	3.920
01030 Cheese, muenster 28.35 1 oz 3.680	11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	3.780
	01030	Cheese, muenster	28.35	1 oz	3.686

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11084	Beets, canned, drained solids	24	1 beet	3.600
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	3.500
11364	Potatoes, baked, skin, without salt	58	1 skin	3.480
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	3.450
01073	Dessert topping, semi solid, frozen	4	1 tbsp	3.440
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	3.402
19087	Candies, confectioner's coating, white	170	1 cup	3.400
01049	Cream, fluid, half and half	15	1 tbsp	3.300
19036	Snacks, popcorn, cakes	10	1 cake	3.300
20089	Wild rice, cooked	164	1 cup	3.280
02030	Spices, pepper, black	2.1	1 tsp	3.276
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	3.260
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	3.200
11667	Seaweed, spirulina, dried	0.93	1 tbsp	3.181
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	3.120
12120	Nuts, hazelnuts or filberts	28.35	1 oz	3.119
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	3.087
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	3.000
07064	Pork sausage, fresh, cooked	27	1 patty	2.970
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	2.907
07064	Pork sausage, fresh, cooked	26	2 links	2.860
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	2.820
20125	Spaghetti, whole-wheat, cooked	140	1 cup	2.800
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.720
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.700
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	2.500
09087	Dates, deglet noor	41.5	5 dates	2.490
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	2.450
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	l cup	2.440
18243	Croutons, seasoned	40	1 cup	2.400
11399	Potato puffs, frozen, prepared	79	10 puffs	2.370
09094	Figs, dried, uncooked	38	2 figs	2.280
09254	Pears, canned, juice pack, solids and liquids	76	1 half	2.280
19183	Puddings, chocolate, ready-to-eat	113	4 oz	2.260
19097	Sherbet, orange	74	1/2 cup	2.220
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	2.100
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.100
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.080
06150	Sauce, barbecue sauce	15.75	1 tbsp	2.048
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.900
01072	Dessert topping, pressurized	4	1 tbsp	1.880
18090	Cake, boston cream pie, commercially prepared	92	1 piece	1.840
20013	Bulgur, cooked	182	1 cup	1.820
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	1.750

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09150	Lemons, raw, without peel	58	1 lemon	1.740
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	1.701
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.700
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	1.700
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	1.650
20110	Noodles, egg, cooked, enriched	160	1 cup	1.600
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	1.600
11282	Onions, raw	160	1 cup	1.600
01032	Cheese, parmesan, grated	5	1 tbsp	1.550
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.540
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	1.500
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	1.462
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	1.410
09152	Lemon juice, raw	47	juice of 1 lemon	1.410
20083	Wheat flour, white, bread, enriched	137	1 cup	1.370
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.350
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.290
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	1.290
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	1.280
18060	Bread, rye	32	1 slice	1.280
09316	Strawberries, raw	18	1 strawberry	1.260
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	1.200
18133	Cake, sponge, commercially prepared	30	1 shortcake	1.200
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	1.200
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.170
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.140
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.134
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	1.134
19201	Puddings, vanilla, ready-to-eat	113	4 oz	1.130
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.130
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	1.120
11282	Onions, raw	110	1 whole	1.100
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.050
11135	Cauliflower, raw	13	1 floweret	1.040
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1.040
18061	Bread, rye, toasted	24	1 slice	0.960
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.940
18214	Crackers, cheese, regular	10	10 crackers	0.900
02010	Spices, cinnamon, ground	2.3	1 tsp	0.897
18005	Bagels, cinnamon-raisin	89	4" bagel	0.890
01019	Cheese, feta	28.35	1 oz	0.851
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.851
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	l oz	0.851

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.840
09316	Strawberries, raw	12	1 strawberry	0.840
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.840
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.828
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.770
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.740
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.720
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.710
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.710
19294	Fruit butters, apple	17	1 tbsp	0.680
11284	Onions, dehydrated flakes	5	1 tbsp	0.650
16055	Carob flour	8	1 tbsp	0.640
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.640
02007	Spices, celery seed	2	1 tsp	0.620
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.610
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.585
19300	Jellies	19	1 tbsp	0.570
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.560
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.560
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.500
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.480
01186	Cheese, cream, fat free	15.6	1 tbsp	0.468
18053	Bread, reduced-calorie, rye	23	1 slice	0.460
20113	Noodles, chinese, chow mein	45	1 cup	0.450
01069	Cream substitute, powdered	2	1 tsp	0.400
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.352
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.350
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.340
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.330
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.304
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.260
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.260
18057	Bread, reduced-calorie, white	23	1 slice	0.230
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.230
18226	Crackers, rye, wafers, plain	11	1 wafer	0.220
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.190
11429	Radishes, raw	4.5	1 radish	0.180
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.180
18170	Cookies, fig bars	16	1 cookie	0.160
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.150
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.150
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.140
11282	Onions, raw	14	1 slice	0.140
18360	Taco shells, baked	13.3	1 medium	0.133

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02055	Horseradish, prepared	5	1 tsp	0.050
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.040
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.000
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.000
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.000
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.000
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.000
06174	Soup, stock, fish, home-prepared	233	1 cup	0.000
18220	Crackers, melba toast, plain	20	4 pieces	0.000
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.000
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.000
18217	Crackers, matzo, plain	28.35	1 matzo	0.000
06125	Gravy, turkey, canned	59.6	1/4 cup	0.000
19080	Candies, semisweet chocolate	168	1 cup	0.000
06116	Gravy, beef, canned	58.25	1/4 cup	0.000
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.000
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.000
19074	Candies, caramels	10.1	1 piece	0.000
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.000
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.000
06119	Gravy, chicken, canned	59.5	1/4 cup	0.000
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.000
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.000
07024	Frankfurter, chicken	45	1 frank	0.000
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.000
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.000
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.000
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.000
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.000
07069	Salami, cooked, beef and pork	56.7	2 slices	0.000
07072	Salami, dry or hard, pork, beef	20	2 slices	0.000
07072	Sandwich spread, pork, beef	15	1 tbsp	0.000
07083	Sausage, Vienna, canned, beef and pork	15	1 sausage	0.000
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.000
08001	Cookies, brownes, ary mix, special detary, prepared Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.000
07029	Ham, sliced, regular (approximately 11% fat)	30 56.7	2 slices	0.000
14175	Chocolate-flavor beverage mix for milk, powder, without added	21.6	2-3 heaping tsp	0.000
18210	nutrients Cookies, vanilla sandwich with creme filling	15	1 cookie	0.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.000
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.000
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.000
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.000
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.000
07027	Ham, chopped, not canned	21	2 slices	0.000
18177	Cookies, molasses	15	1 cookie, medium	0.000
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.000
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.000
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.000
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.000
07008	Bologna, beef and pork	56.7	2 slices	0.000
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.000
07017	Chicken roll, light meat	56.7	2 slices	0.000
07022	Frankfurter, beef	45	1 frank	0.000
07023	Frankfurter, beef and pork	45	1 frank	0.000
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.000
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.000
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.000
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
18353	Rolls, hard (includes kaiser)	57	1 roll	0.000
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.000
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.000
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.000
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.000
18342	Rolls, dinner, plain, commercially prepared (includes brown-and- serve)	28	1 roll	0.000
12104	Nuts, coconut meat, raw	45	1 piece	0.000
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.000
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.000
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.000
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.000
13350	Beef, cured, dried	28.35	1 oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
01124	Egg, white, raw, fresh	33.4	1 large	0.000
19041	Snacks, pork skins, plain	28.35	1 oz	0.000
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.000

Content per Measure NDB No Description Weight (g) **Common Measure** 18372 4.6 0.000 Leavening agents, baking soda 1 tsp 19031 Snacks, oriental mix, rice-based 28.35 1 oz (about 1/4 cup) 0.000 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all 85 3 oz 0.000 grades, cooked, braised 19002 Snacks, beef jerky, chopped and formed 19.8 1 large piece 0.000 01014 145 Cheese, cottage, nonfat, uncreamed, dry, large or small curd 1 cup 0.000 18456 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 0.000 18451 Cake, pound, commercially prepared, fat-free 28 1 slice 0.000 28.35 12632 Nuts, macadamia nuts, dry roasted, with salt added 1 oz (10-12 nuts) 0.000 Leavening agents, yeast, baker's, active dry 18375 7 0.000 1 pkg 18375 Leavening agents, yeast, baker's, active dry 4 1 tsp 0.000 12078 Nuts, brazilnuts, dried, unblanched 28.35 1 oz (6-8 nuts) 0.000 18373 3 1 tsp 0.000 Leavening agents, cream of tartar 2.1 02026 Spices, onion powder 1 tsp 0.000 18371 Leavening agents, baking powder, low-sodium 5 1 tsp 0.000 18370 0.000 Leavening agents, baking powder, double-acting, straight phosphate 4.6 1 tsp Leavening agents, baking powder, double-acting, sodium aluminum 18369 4.6 1 tsp 0.000 sulfate 28.35 0.000 12586 Nuts, cashew nuts, oil roasted, with salt added 1 oz (18 nuts) 28.35 12585 Nuts, cashew nuts, dry roasted, with salt added 1 oz 0.000 18364 Tortillas, ready-to-bake or -fry, flour 32 1 tortilla 0.000 Beef, round, bottom round, separable lean and fat, trimmed to 1/4" 3 oz 0.000 13160 85 fat, all grades, cooked, braised 12179 Nuts, coconut meat, dried (desiccated), sweetened, shredded 93 1 cup 0.000 13168 Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, 85 3 oz 0.000 all grades, cooked, braised 0.000 18374 Leavening agents, yeast, baker's, compressed 17 1 cake 05126 Chicken, stewing, meat only, cooked, stewed 140 1 cup 0.000 Vegetable oil, canola 04582 14 1 tbsp 0.000 12 fl oz 14145 Carbonated beverage, lemon-lime soda 368 0.000 28.35 19071 Candies, carob 1 oz0.000 18235 Crackers, whole-wheat 16 4 crackers 0.000 18232 Crackers, wheat, regular 8 4 crackers 0.000 4 crackers 18229 Crackers, standard snack-type, regular 12 0.000 0.000 11590 Waterchestnuts, chinese, canned, solids and liquids 140 1 cup 05058 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter 140 1/2 breast 0.000 86 05064 Chicken, broilers or fryers, breast, meat only, cooked, roasted 1/2 breast 0.000 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled 85 23573 3 oz 0.000 05098 Chicken, broilers or fryers, thigh, meat only, cooked, roasted 52 1 thigh 0.000 04511 Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary 13.6 1 tbsp 0.000 safflower oil of commerce) 05142 Duck, domesticated, meat only, cooked, roasted 221 1/2 duck 0.000 05168 Turkey, all classes, meat only, cooked, roasted 140 1 cup 0.000 0.000 05172 Turkey, all classes, giblets, cooked, simmered, some giblet fat 145 1 cup 05180 Turkey, all classes, neck, meat only, cooked, simmered 152 1 neck 0.000 05186 Turkey, all classes, light meat, cooked, roasted 84 3 oz 0.000 05188 Turkey, all classes, dark meat, cooked, roasted 84 3 oz 0.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05277	Chicken, canned, meat only, with broth	142	5 oz	0.000
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.000
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.000
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.000
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.000
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.000
18283	Muffins, oat bran	57	1 muffin	0.000
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.000
02047	Salt, table	6	1 tsp	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
02050	Vanilla extract	4.2	1 tsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.000
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
02020	Spices, garlic powder	2.8	1 tsp	0.000
04002	Lard	12.8	1 tbsp	0.000
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.000
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.000
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.000
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.000
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.000
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.000
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.000
15141	Crustaceans, crab, blue, canned	135	1 cup	0.000
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.000
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.000
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.000
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.000
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.000
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.000
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.000
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.000
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.000
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.000
09298	Raisins, seedless	145	1 cup	0.000
09298	Raisins, seedless	14	1 packet	0.000
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.000
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.000
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.000
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.000
20011	Buckwheat flour, whole-groat	120	1 cup	0.000
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.000
09340	Pears, asian, raw	122	1 pear	0.000
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.000
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.000
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.000
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.000
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.000
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.000
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.000
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.000
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.000
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.000
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.000
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.000
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.000
09340	Pears, asian, raw	275	1 pear	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.000
11215	Garlic, raw	3	1 clove	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.000
14429	Water, municipal	237	8 fl oz	0.000
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.000
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.000
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.000
11260	Mushrooms, raw	70	1 cup	0.000
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.000
11264	Mushrooms, canned, drained solids	156	1 cup	0.000
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.000
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.000
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.000
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.000
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.000
19297	Jams and preserves	20	1 tbsp	0.000
19296	Honey	21	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.000
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.000
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.000
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.000
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.000
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.000
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.000
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000

Content per Measure NDB No Description Weight (g) **Common Measure** 19132 41 1 bar (1.45 oz) 0.000 Candies, milk chocolate, with almonds 18065 Bread, wheat, toasted (includes wheat berry) 23 1 slice 0.000 11363 Potatoes, baked, flesh, without salt 156 1 potato 0.000 Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES 08288 30 3/4 cup 0.000 TREATS Cereal 5 rings 0.000 09011 Apples, dried, sulfured, uncooked 32 09016 Apple juice, canned or bottled, unsweetened, without added ascorbic 248 0.000 1 cup acid 18128 Cake, snack cakes, creme-filled, sponge 42.5 1 cake 0.000 18127 Cake, snack cakes, creme-filled, chocolate with frosting 50 1 cupcake 0.000 20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 0.000 Cake, angelfood, dry mix, prepared 50 18088 1 piece 0.000 18079 Bread crumbs, dry, grated, plain 28.35 1 oz0.000 18070 Bread, white, commercially prepared, toasted 22 1 slice 0.000 Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST 30 08272 3/4 cup 0.000 CRUNCH 18069 Bread, white, commercially prepared (includes soft bread crumbs) 25 1 slice 0.000 08271 Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS 30 1 cup 0.000 18064 Bread, wheat (includes wheat berry) 25 1 slice 0.000 19106 Candies, gumdrops, starch jelly pieces 74 10 worms 0.000 19106 Candies, gumdrops, starch jelly pieces 22 10 bears 0.000 Macaroni, cooked, enriched 140 20100 1 cup 0.000 19106 Candies, gumdrops, starch jelly pieces 4.2 1 medium 0.000 20084 Wheat flour, white, cake, enriched 137 1 cup 0.000 254 09121 Grapefruit, sections, canned, light syrup pack, solids and liquids 0.000 1 cup 19107 Candies, hard 1 piece 0.000 6 19107 Candies, hard 3 1 small piece 0.000 18055 Bread, reduced-calorie, wheat 23 1 slice 0.000 18069 Bread, white, commercially prepared (includes soft bread crumbs) 45 0.000 1 cup 08131 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, 155 1 packet 0.000 prepared with boiling water 3/4 cup 08071 Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS 27 0.000 08077 Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL 30 3/4 cup 0.000 Cereals ready-to-eat, GENERAL MILLS, TRIX 30 08078 1 cup 0.000 08082 Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX 30 0.000 1 cup Coffee, brewed from grounds, prepared with tap water 178 6 fl oz 14209 0.000 Cereals ready-to-eat, GENERAL MILLS, WHEATIES 08089 30 1 cup 0.000 08091 Cereals, corn grits, white, regular and quick, enriched, cooked with 242 0.000 1 cup water, without salt 08093 Cereals, QUAKER, corn grits, instant, plain, prepared with water 137 1 packet 0.000 08103 Cereals, CREAM OF WHEAT, regular, cooked with water, without 0.000 251 1 cup salt 0.000 08121 Cereals, oats, regular and quick and instant, unenriched, cooked with 234 1 cup water, without salt Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX 0.000 08274 30 3/4 cup Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared 1 packet 0.000 08125 149 with boiling water 18045 Bread, pumpernickel, toasted 29 1 slice 0.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.000
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.000
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.000
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.000
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.000
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.000
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.000
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.000
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.000
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.000
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.000
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.000
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.000
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.000
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.000
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.000
20037	Rice, brown, long-grain, cooked	195	1 cup	0.000
20033	Oat bran, raw	94	1 cup	0.000
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.000
19116	Candies, marshmallows	50	1 cup	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.000
18048	Bread, raisin, toasted, enriched	24	1 slice	0.000
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.000
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
20029	Couscous, cooked	157	1 cup	0.000
20027	Cornstarch	8.064	1 tbsp	0.000
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.000
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.000
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.000
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.000
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.000
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.000
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.000
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.000
18044	Bread, pumpernickel	32	1 slice	0.000
18041	Bread, pita, white, enriched	28	4" pita	0.000
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.000

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19108	Candies, jellybeans	28.35	10 large	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.000
18040	Bread, oatmeal, toasted	25	1 slice	0.000
18039	Bread, oatmeal	27	1 slice	0.000
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.000
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.000
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.000
18033	Bread, italian	20	1 slice	0.000
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.000
18027	Bread, egg	40	1/2" slice	0.000
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.000
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.000
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.000
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.000
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.000
20068	Tapioca, pearl, dry	152	1 cup	0.000
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.000
18047	Bread, raisin, enriched	26	1 slice	0.000
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.000