

USDA National Nutrient Database for Standard Reference, Release 16-1
Vitamin E (alpha-tocopherol)(mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	18.021
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	13.500
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	13.500
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	13.500
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	13.497
11546	Tomato products, canned, paste, without salt added	262	1 cup	11.266
12061	Nuts, almonds	28.35	1 oz (24 nuts)	7.334
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	6.806
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	6.726
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	6.030
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	5.587
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	5.545
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	5.100
11549	Tomato products, canned, sauce	245	1 cup	5.096
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.925
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	4.743
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	4.638
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	4.362
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.261
11461	Spinach, canned, drained solids	214	1 cup	4.152
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	3.744
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	3.570
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	3.314
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	3.101
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	2.844
11655	Carrot juice, canned	236	1 cup	2.738
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	2.707
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	2.645
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	2.606
11424	Pumpkin, canned, without salt	245	1 cup	2.597
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	2.583
19411	Snacks, potato chips, plain, salted	28.35	1 oz	2.583
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	2.569
11512	Sweetpotato, canned, vacuum pack	255	1 cup	2.550
15141	Crustaceans, crab, blue, canned	135	1 cup	2.484
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2.429
04582	Vegetable oil, canola	14	1 tbsp	2.394
11821	Peppers, sweet, red, raw	149	1 cup	2.354
22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	2.349
21024	Fast foods, french toast sticks	141	5 sticks	2.327
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	2.324
09176	Mangos, raw	207	1 mango	2.318
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	2.318

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11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2.262
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	2.244
09226	Papayas, raw	304	1 papaya	2.219
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	2.211
18319	Pie, fried pies, fruit	128	1 pie	2.202
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	2.160
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	2.125
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	2.118
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.117
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.041
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	2.037
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2.035
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	2.010
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	1.967
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.965
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.960
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	1.945
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.937
11821	Peppers, sweet, red, raw	119	1 pepper	1.880
09176	Mangos, raw	165	1 cup	1.848
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	1.841
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	1.830
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.800
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.798
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	1.778
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	1.735
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	1.704
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	1.694
09042	Blackberries, raw	144	1 cup	1.685
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	1.680
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	1.672
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	1.646
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1.624
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.607
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.607
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	1.588
19087	Candies, confectioner's coating, white	170	1 cup	1.581
20113	Noodles, chinese, chow mein	45	1 cup	1.566
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	1.564
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.560
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.553
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.551
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.550
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	1.548

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05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	1.547
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	1.545
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	1.540
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	1.536
09032	Apricots, dried, sulfured, uncooked	35	10 halves	1.516
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.512
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.484
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	1.475
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	1.466
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	1.464
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	1.454
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.400
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1.392
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.384
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	1.366
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.366
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	1.346
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.345
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	1.326
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.309
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	1.304
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	1.292
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	1.284
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	1.272
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	1.269
09236	Peaches, raw	170	1 cup	1.241
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	1.240
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	1.240
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.227
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.227
18305	Pie, blueberry, commercially prepared	117	1 piece	1.217
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	1.215
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.205
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.198
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1.196
09055	Blueberries, frozen, sweetened	230	1 cup	1.196
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.194
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	1.194
16008	Beans, baked, canned, with franks	259	1 cup	1.191
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	1.183
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	1.152
15077	Fish, salmon, chinook, smoked	85.05	3 oz	1.148

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08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.138
18326	Pie, pumpkin, commercially prepared	109	1 piece	1.123
04133	Salad dressing, french, home recipe	14	1 tbsp	1.120
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	1.110
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1.105
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	1.102
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.090
11128	Carrots, canned, regular pack, drained solids	146	1 cup	1.080
09302	Raspberries, raw	123	1 cup	1.070
09191	Nectarines, raw	136	1 nectarine	1.047
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	1.037
09226	Papayas, raw	140	1 cup	1.022
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.001
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.992
20080	Wheat flour, whole-grain	120	1 cup	0.984
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.973
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.972
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.952
20033	Oat bran, raw	94	1 cup	0.949
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.948
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.928
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.918
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.907
18308	Pie, cherry, commercially prepared	117	1 piece	0.889
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.889
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.882
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.858
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.850
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.838
09050	Blueberries, raw	145	1 cup	0.827
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.825
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.806
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	0.802
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.801
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.798
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.791
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.791
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.780
11540	Tomato juice, canned, with salt added	243	1 cup	0.778
11578	Vegetable juice cocktail, canned	242	1 cup	0.774
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.763
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	0.759

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02009	Spices, chili powder	2.6	1 tsp	0.755
09039	Avocados, raw, Florida	28.35	1 oz	0.754
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.752
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.740
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.735
11124	Carrots, raw	110	1 cup	0.726
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.723
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.721
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.720
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.720
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.719
09236	Peaches, raw	98	1 peach	0.715
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.715
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.715
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.714
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.710
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.700
06166	Sauce, homemade, white, medium	250	1 cup	0.700
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.697
11090	Broccoli, raw	88	1 cup	0.686
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	0.683
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.672
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.671
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.667
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.664
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.664
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.648
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	0.627
02028	Spices, paprika	2.1	1 tsp	0.626
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.624
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.621
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.618
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.615
11457	Spinach, raw	30	1 cup	0.609
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.602
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.597
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.594
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.593
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.589
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.587
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.574
01123	Egg, whole, raw, fresh	58	1 extra large	0.563
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.563

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11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.563
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	0.562
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.561
01128	Egg, whole, cooked, fried	46	1 large	0.561
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.561
09038	Avocados, raw, California	28.35	1 oz	0.558
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.558
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.557
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.554
11333	Peppers, sweet, green, raw	149	1 cup	0.551
19035	Snacks, popcorn, oil-popped	11	1 cup	0.551
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.550
20083	Wheat flour, white, bread, enriched	137	1 cup	0.548
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.547
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.544
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.544
09128	Grapefruit juice, white, raw	247	1 cup	0.543
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.538
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.537
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.537
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.536
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	0.531
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.527
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.525
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.525
01132	Egg, whole, cooked, scrambled	61	1 large	0.519
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.515
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.512
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.512
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.512
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.510
01057	Eggnog	254	1 cup	0.508
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.502
09207	Orange juice, canned, unsweetened	249	1 cup	0.498
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.498
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.493
01095	Milk, canned, condensed, sweetened	306	1 cup	0.490
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.486
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.486
01123	Egg, whole, raw, fresh	50	1 large	0.485
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.482
09316	Strawberries, raw	166	1 cup	0.481

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09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.480
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.480
01131	Egg, whole, cooked, poached	50	1 large	0.480
18239	Croissants, butter	57	1 croissant	0.479
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.476
11124	Carrots, raw	72	1 carrot	0.475
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.474
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.473
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.473
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.473
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.471
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.464
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.463
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.462
18279	Muffins, corn, commercially prepared	57	1 muffin	0.456
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.454
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.446
11333	Peppers, sweet, green, raw	119	1 pepper	0.440
02015	Spices, curry powder	2	1 tsp	0.440
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.432
01125	Egg, yolk, raw, fresh	16.6	1 large	0.428
01123	Egg, whole, raw, fresh	44	1 medium	0.427
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	0.424
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.422
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.420
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.420
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.417
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.410
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.406
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.400
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.400
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.397
06174	Soup, stock, fish, home-prepared	233	1 cup	0.396
20089	Wild rice, cooked	164	1 cup	0.394
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.392
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	0.391
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.387
19080	Candies, semisweet chocolate	168	1 cup	0.386
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.386
20011	Buckwheat flour, whole-groat	120	1 cup	0.384
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.383
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.381
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.378

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19089	Ice creams, vanilla, rich	74	1/2 cup	0.377
18283	Muffins, oat bran	57	1 muffin	0.376
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	0.375
09223	Tangerine juice, canned, sweetened	249	1 cup	0.374
05277	Chicken, canned, meat only, with broth	142	5 oz	0.369
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.369
14346	Shake, fast food, chocolate	333	16 fl oz	0.366
09153	Lemon juice, canned or bottled	244	1 cup	0.366
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.366
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.363
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.363
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.363
18324	Pie, pecan, commercially prepared	113	1 piece	0.362
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.360
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.360
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.357
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	0.353
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.342
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.342
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.339
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.338
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.336
19071	Candies, carob	28.35	1 oz	0.335
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.333
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.332
09340	Pears, asian, raw	275	1 pear	0.330
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.330
01145	Butter, without salt	14.2	1 tbsp	0.329
01001	Butter, salted	14.2	1 tbsp	0.329
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.328
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.327
11143	Celery, raw	120	1 cup	0.324
09200	Oranges, raw, all commercial varieties	180	1 cup	0.324
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.323
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.319
09021	Apricots, raw	35	1 apricot	0.312
11670	Peppers, hot chili, green, raw	45	1 pepper	0.311
11819	Peppers, hot chili, red, raw	45	1 pepper	0.311
09294	Prune juice, canned	256	1 cup	0.307
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.306
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.304

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.298
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.296
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.295
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.294
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.293
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.290
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.289
11226	Jerusalem-artichokes, raw	150	1 cup	0.285
02027	Spices, oregano, dried	1.5	1 tsp	0.283
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.281
19074	Candies, caramels	10.1	1 piece	0.280
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.279
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.277
18005	Bagels, cinnamon-raisin	89	4" bagel	0.276
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.275
01036	Cheese, ricotta, whole milk	246	1 cup	0.271
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.270
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.264
07073	Sandwich spread, pork, beef	15	1 tbsp	0.261
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.261
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.261
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.258
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.258
20110	Noodles, egg, cooked, enriched	160	1 cup	0.256
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.255
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.252
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.252
09277	Plantains, raw	179	1 medium	0.251
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.248
09003	Apples, raw, with skin	138	1 apple	0.248
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.247
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.246
18229	Crackers, standard snack-type, regular	12	4 crackers	0.244
11090	Broccoli, raw	31	1 spear	0.242
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.241
18245	Danish pastry, cheese	71	1 danish	0.241
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.240
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.240
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.240
18353	Rolls, hard (includes kaiser)	57	1 roll	0.239
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.236
09200	Oranges, raw, all commercial varieties	131	1 orange	0.236

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08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.234
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.232
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.229
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.228
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.228
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.225
11015	Asparagus, canned, drained solids	72	4 spears	0.223
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.221
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.221
18360	Taco shells, baked	13.3	1 medium	0.221
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.220
11213	Endive, raw	50	1 cup	0.220
11935	Catsup	15	1 tbsp	0.219
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.218
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.218
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.216
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.213
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.213
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.213
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.210
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.210
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.207
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.206
20029	Couscous, cooked	157	1 cup	0.204
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.204
11457	Spinach, raw	10	1 leaf	0.203
09278	Plantains, cooked	154	1 cup	0.200
14347	Shake, fast food, vanilla	333	16 fl oz	0.200
09252	Pears, raw	166	1 pear	0.199
07008	Bologna, beef and pork	56.7	2 slices	0.198
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.198
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.198
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.198
19270	Ice creams, chocolate	66	1/2 cup	0.198
19095	Ice creams, vanilla	66	1/2 cup	0.198
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.192
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.190
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.189
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.187
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.187
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.186
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.186

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.181
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.180
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.180
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.179
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.179
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.179
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.177
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.177
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.176
09298	Raisins, seedless	145	1 cup	0.174
01037	Cheese, ricotta, part skim milk	246	1 cup	0.172
09279	Plums, raw	66	1 plum	0.172
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.172
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.170
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.170
01143	Egg substitute, liquid	62.75	1/4 cup	0.169
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.166
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	0.164
11253	Lettuce, green leaf, raw	56	1 cup	0.162
09060	Carambola, (starfruit), raw	108	1 cup	0.162
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.162
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.162
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.162
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.161
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.161
18243	Croutons, seasoned	40	1 cup	0.160
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.160
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.160
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.160
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.159
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	0.159
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.159
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.158
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.158
01111	Milk shakes, thick vanilla	313	11 fl oz	0.157
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.156
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.153
07017	Chicken roll, light meat	56.7	2 slices	0.153
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.153
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.153
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.153

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.153
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.153
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.153
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.151
19041	Snacks, pork skins, plain	28.35	1 oz	0.150
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.150
09040	Bananas, raw	150	1 cup	0.150
01102	Milk, chocolate, fluid, commercial,	250	1 cup	0.150
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.150
01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.150
07064	Pork sausage, fresh, cooked	27	1 patty	0.149
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.147
09340	Pears, asian, raw	122	1 pear	0.146
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.146
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.146
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.144
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.144
07064	Pork sausage, fresh, cooked	26	2 links	0.143
09326	Watermelon, raw	286	1 wedge	0.143
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.140
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.138
18235	Crackers, whole-wheat	16	4 crackers	0.138
09060	Carambola, (starfruit), raw	91	1 fruit	0.137
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.136
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.136
11641	Squash, summer, all varieties, raw	113	1 cup	0.136
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.135
18044	Bread, pumpernickel	32	1 slice	0.134
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.134
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.134
18045	Bread, pumpernickel, toasted	29	1 slice	0.133
09094	Figs, dried, uncooked	38	2 figs	0.133
18040	Bread, oatmeal, toasted	25	1 slice	0.133
01052	Cream, fluid, light whipping	15	1 tbsp	0.132
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.131
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.130
18039	Bread, oatmeal	27	1 slice	0.130
11954	Tomatillos, raw	34	1 medium	0.129
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.128
13348	Beef, cured, corned beef, canned	85.05	3 oz	0.128
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128

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17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.128
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.128
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.126
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.126
07069	Salami, cooked, beef and pork	56.7	2 slices	0.125
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.123
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.122
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.122
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.121
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.120
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.119
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	0.119
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0.119
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0.119
11114	Cabbage, savoy, raw	70	1 cup	0.119
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.119
09040	Bananas, raw	118	1 banana	0.118
19014	Snacks, fruit leather, rolls	21	1 large	0.118
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.116
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.115
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.113
07023	Frankfurter, beef and pork	45	1 frank	0.113
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.112
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.111
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.111
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.108
11143	Celery, raw	40	1 stalk	0.108
12104	Nuts, coconut meat, raw	45	1 piece	0.108
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.108
01040	Cheese, swiss	28.35	1 oz	0.108
18060	Bread, rye	32	1 slice	0.106
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.105
11109	Cabbage, raw	70	1 cup	0.105
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.105
18170	Cookies, fig bars	16	1 cookie	0.104
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.104
18027	Bread, egg	40	1/2" slice	0.104
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.102
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.102

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18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.101
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.100
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.100
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	0.100
09206	Orange juice, raw	248	1 cup	0.099
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.099
07024	Frankfurter, chicken	45	1 frank	0.099
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.099
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.099
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.097
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.096
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.096
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.096
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.095
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.095
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.093
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.092
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.090
11205	Cucumber, with peel, raw	301	1 large	0.090
07022	Frankfurter, beef	45	1 frank	0.090
02029	Spices, parsley, dried	1.3	1 tbsp	0.090
09087	Dates, deglet noor	178	1 cup	0.089
18061	Bread, rye, toasted	24	1 slice	0.089
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.089
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.088
18226	Crackers, rye, wafers, plain	11	1 wafer	0.088
11935	Catsup	6	1 packet	0.088
11445	Seaweed, kelp, raw	10	2 tbsp	0.087
09150	Lemons, raw, without peel	58	1 lemon	0.087
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.087
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.087
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.087
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.087
18220	Crackers, melba toast, plain	20	4 pieces	0.086
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.085
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.085
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.085
20012	Bulgur, dry	140	1 cup	0.084
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.084
20100	Macaroni, cooked, enriched	140	1 cup	0.084

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.084
18041	Bread, pita, white, enriched	28	4" pita	0.084
11206	Cucumber, peeled, raw	280	1 large	0.084
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.084
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.084
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.083
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.083
11943	Pimento, canned	12	1 tbsp	0.083
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.083
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.083
01009	Cheese, cheddar	28.35	1 oz	0.082
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.082
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.081
11135	Cauliflower, raw	100	1 cup	0.080
09181	Melons, cantaloupe, raw	160	1 cup	0.080
01007	Cheese, camembert	38	1 wedge	0.080
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.079
06119	Gravy, chicken, canned	59.5	1/4 cup	0.077
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.077
11112	Cabbage, red, raw	70	1 cup	0.077
04002	Lard	12.8	1 tbsp	0.077
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.077
09326	Watermelon, raw	152	1 cup	0.076
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.076
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.075
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.075
11297	Parsley, raw	10	10 sprigs	0.075
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.075
18048	Bread, raisin, toasted, enriched	24	1 slice	0.074
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.074
01030	Cheese, muenster	28.35	1 oz	0.074
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.073
18047	Bread, raisin, enriched	26	1 slice	0.073
11251	Lettuce, cos or romaine, raw	56	1 cup	0.073
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.073
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.072
01056	Cream, sour, cultured	12	1 tbsp	0.072
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.071
01004	Cheese, blue	28.35	1 oz	0.071
09152	Lemon juice, raw	47	juice of 1 lemon	0.071
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.069
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.069
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.068
11081	Beets, cooked, boiled, drained	170	1 cup	0.068

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.068
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.066
01035	Cheese, provolone	28.35	1 oz	0.065
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.065
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.065
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.065
18053	Bread, reduced-calorie, rye	23	1 slice	0.064
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.063
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.063
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.063
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.062
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.062
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.061
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.061
19088	Ice creams, vanilla, light	66	1/2 cup	0.059
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.059
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.059
20037	Rice, brown, long-grain, cooked	195	1 cup	0.059
11937	Pickles, cucumber, dill	65	1 pickle	0.059
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.058
18033	Bread, italian	20	1 slice	0.058
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.058
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.057
09160	Lime juice, raw	38	juice of 1 lime	0.057
07072	Salami, dry or hard, pork, beef	20	2 slices	0.056
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.056
18055	Bread, reduced-calorie, wheat	23	1 slice	0.055
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.055
09004	Apples, raw, without skin	110	1 cup	0.055
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.055
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.055
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.054
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.054
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.054
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.053
09316	Strawberries, raw	18	1 strawberry	0.052
01019	Cheese, feta	28.35	1 oz	0.051
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.051
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.051
11084	Beets, canned, drained solids	170	1 cup	0.051
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.050
16055	Carob flour	8	1 tbsp	0.050

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08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.050
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.050
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.050
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.050
01049	Cream, fluid, half and half	15	1 tbsp	0.050
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.049
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.048
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.048
07027	Ham, chopped, not canned	21	2 slices	0.048
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.048
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.048
09070	Cherries, sweet, raw	68	10 cherries	0.048
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.047
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.047
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.046
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.046
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.045
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.045
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.045
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.045
18057	Bread, reduced-calorie, white	23	1 slice	0.044
01017	Cheese, cream	14.5	1 tbsp	0.044
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.042
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.042
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.041
20005	Barley, pearled, raw	200	1 cup	0.040
18232	Crackers, wheat, regular	8	4 crackers	0.040
11399	Potato puffs, frozen, prepared	79	10 puffs	0.040
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.039
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.038
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.038
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.038
11333	Peppers, sweet, green, raw	10	1 ring	0.037
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.036
11206	Cucumber, peeled, raw	119	1 cup	0.036
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.036
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.035
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	0.035
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.035
09316	Strawberries, raw	12	1 strawberry	0.035
09181	Melons, cantaloupe, raw	69	1/8 melon	0.035
09206	Orange juice, raw	86	juice from 1 orange	0.034

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.034
01072	Dessert topping, pressurized	4	1 tbsp	0.034
09184	Melons, honeydew, raw	170	1 cup	0.034
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.033
11282	Onions, raw	160	1 cup	0.032
09184	Melons, honeydew, raw	160	1/8 melon	0.032
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.032
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.031
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.031
11205	Cucumber, with peel, raw	104	1 cup	0.031
09266	Pineapple, raw, all varieties	155	1 cup	0.031
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.031
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.030
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.030
06125	Gravy, turkey, canned	59.6	1/4 cup	0.030
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.029
11253	Lettuce, green leaf, raw	10	1 leaf	0.029
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.029
19036	Snacks, popcorn, cakes	10	1 cake	0.029
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.028
20084	Wheat flour, white, cake, enriched	137	1 cup	0.027
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.027
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.026
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.025
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.025
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.025
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.025
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.025
16120	Soy milk, fluid	245	1 cup	0.025
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.025
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.024
19297	Jams and preserves	20	1 tbsp	0.024
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.023
11364	Potatoes, baked, skin, without salt	58	1 skin	0.023
19034	Snacks, popcorn, air-popped	8	1 cup	0.023
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.023
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.023
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.023
19097	Sherbet, orange	74	1/2 cup	0.022
11282	Onions, raw	110	1 whole	0.022
02010	Spices, cinnamon, ground	2.3	1 tsp	0.022
02007	Spices, celery seed	2	1 tsp	0.021
09087	Dates, deglet noor	41.5	5 dates	0.021
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.020

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11081	Beets, cooked, boiled, drained	50	1 beet	0.020
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.019
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.019
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.019
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.018
20013	Bulgur, cooked	182	1 cup	0.018
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.018
02020	Spices, garlic powder	2.8	1 tsp	0.018
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.018
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.018
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.018
18217	Crackers, matzo, plain	28.35	1 matzo	0.017
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.017
09298	Raisins, seedless	14	1 packet	0.017
18177	Cookies, molasses	15	1 cookie, medium	0.017
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.017
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.017
20006	Barley, pearled, cooked	157	1 cup	0.016
11264	Mushrooms, canned, drained solids	156	1 cup	0.016
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.016
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.016
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.016
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.016
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.016
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.015
02030	Spices, pepper, black	2.1	1 tsp	0.015
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.015
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.015
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.014
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.014
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.014
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.014
11945	Pickle relish, sweet	15	1 tbsp	0.014
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.014
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.013
01032	Cheese, parmesan, grated	5	1 tbsp	0.013
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.013
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.012
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.012
01069	Cream substitute, powdered	2	1 tsp	0.012
06116	Gravy, beef, canned	58.25	1/4 cup	0.012
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.011
11135	Cauliflower, raw	13	1 floweret	0.010

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18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.009
11284	Onions, dehydrated flakes	5	1 tbsp	0.009
11084	Beets, canned, drained solids	24	1 beet	0.007
11260	Mushrooms, raw	70	1 cup	0.007
16112	Miso	68.75	1 cup	0.007
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.007
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.007
11156	Chives, raw	3	1 tbsp	0.006
18214	Crackers, cheese, regular	10	10 crackers	0.006
02026	Spices, onion powder	2.1	1 tsp	0.006
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.006
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.005
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.005
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.005
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.005
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.004
19294	Fruit butters, apple	17	1 tbsp	0.003
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.003
11282	Onions, raw	14	1 slice	0.003
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.003
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.002
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.002
01186	Cheese, cream, fat free	15.6	1 tbsp	0.002
02055	Horseradish, prepared	5	1 tsp	0.001
11215	Garlic, raw	3	1 clove	0.000
11955	Tomatoes, sun-dried	2	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	6	1 piece	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19300	Jellies	19	1 tbsp	0.000
20068	Tapioca, pearl, dry	152	1 cup	0.000
20027	Cornstarch	8.064	1 tbsp	0.000
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.000
19353	Syrups, maple	20	1 tbsp	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19296	Honey	21	1 tbsp	0.000

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19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.000
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
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
19116	Candies, marshmallows	50	1 cup	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.000
14181	Chocolate syrup	18.75	1 tbsp	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.000
13350	Beef, cured, dried	28.35	1 oz	0.000
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	0.000
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.000
11429	Radishes, raw	4.5	1 radish	0.000
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.000
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.000
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.000
01124	Egg, white, raw, fresh	33.4	1 large	0.000
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000

USDA National Nutrient Database for Standard Reference, Release 16-1
Vitamin E (alpha-tocopherol)(mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
02047	Salt, table	6	1 tsp	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
02050	Vanilla extract	4.2	1 tsp	0.000
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.000
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.000
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14429	Water, municipal	237	8 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	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
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
02048	Vinegar, cider	15	1 tbsp	0.000