NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.106
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.146
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.010
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.000
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.086
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.033
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.033
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.031
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.046
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.186
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.156
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.078
09003	Apples, raw, with skin	138	1 apple	0.084
09004	Apples, raw, without skin	110	1 cup	0.078
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.133
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.232
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.241
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.237
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.224
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.181
09021	Apricots, raw	35	1 apricot	0.084
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.288
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.403
11015	Asparagus, canned, drained solids	72	4 spears	0.100
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.135
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.284
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.095
09038	Avocados, raw, California	28.35	1 oz	0.415
09039	Avocados, raw, Florida	28.35	1 oz	0.264
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.361
18005	Bagels, cinnamon-raisin	89	4" bagel	0.453
18003	Bagels, egg	89	4" bagel	0.597
18003	Bagels, egg	71	3-1/2" bagel	0.476
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.152
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.190
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.044
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.048
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.121
09040	Bananas, raw	150	1 cup	0.501
09040	Bananas, raw	118	1 banana	0.394
20006	Barley, pearled, cooked	157	1 cup	0.212
20005	Barley, pearled, raw	200	1 cup	0.564
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.549

16008Beans, baked, canned, with franks259I cup16010Beans, baked, canned, with pork and sweet sauce253I cup16011Beans, baked, canned, with pork and tomato sauce253I cup16015Beans, black, mature seeds, cooked, boiled, without salt172I cup16025Beans, great northern, mature seeds, cooked, boiled, without salt177I cup16034Beans, kidney, red, mature seeds, cooked, boiled, without salt177I cup16038Beans, kidney, red, mature seeds, cooked, boiled, without salt177I cup16038Beans, navy, mature seeds, cooked, boiled, without salt171I cup16043Beans, spinto, mature seeds, cooked, boiled, without salt182I cup16043Beans, snap, green, canned, regular pack, drained solids135I cup11056Beans, snap, green, cooked, boiled, drained without salt125I cup11061Beans, snap, green, frozen, cooked, boiled, drained without salt135I cup11052Beans, snap, green, frozen, cooked, boiled, drained solids135I cup11053Beans, snap, green, frozen, cooked, boiled, drained without salt125I cup11054Beans, snap, green, frozen, cooked, boiled, drained solids135I cup11055Beans, snap, yellow, canned regular pack, drained solids135I cup11054Beans, snap, yellow, canned, regular pack, drained solids135I cup11724Beans, snap, yellow, frozen, cooked, boiled, drained, without salt1	0.360 0.496 0.992
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16033Beans, kidney, red, mature seeds, cooked, boiled, without salt1771 cup16038Beans, navy, mature seeds, cooked, boiled, without salt1821 cup16043Beans, pinto, mature seeds, cooked, boiled, without salt1711 cup11056Beans, snap, green, canned, regular pack, drained solids1351 cup11053Beans, snap, green, cooked, boiled, drained, without salt1251 cup11061Beans, snap, green, frozen, cooked, boiled, drained without salt1351 cup11052Beans, snap, green, frozen, cooked, boiled, drained solids1351 cup11054Beans, snap, yellow, canned, regular pack, drained solids1351 cup11724Beans, snap, yellow, conked, boiled, drained, without salt1251 cup11732Beans, snap, yellow, frozen, cooked, boiled, drained, without salt1351 cup11732Beans, snap, yellow, frozen, cooked, boiled, drained, without salt1351 cup116051Beans, white, mature seeds, canned2621 cup22402Beef Macaroni, frozen entree2321 cup13818Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised3 oz13058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised3 oz13348Beef, cured, corned beef, canned85.053 oz13350Beef, cured, dried28.351 oz	0.471
16038Beans, navy, mature seeds, cooked, boiled, without salt1821 cup16043Beans, pinto, mature seeds, cooked, boiled, without salt1711 cup11056Beans, snap, green, canned, regular pack, drained solids1351 cup11053Beans, snap, green, cooked, boiled, drained, without salt1251 cup11061Beans, snap, green, frozen, cooked, boiled, drained without salt1351 cup11932Beans, snap, green, frozen, cooked, boiled, drained solids1351 cup11932Beans, snap, yellow, canned, regular pack, drained solids1351 cup11724Beans, snap, yellow, cooked, boiled, drained, without salt1251 cup11732Beans, snap, yellow, frozen, cooked, boiled, drained, without salt1351 cup11732Beans, white, mature seeds, canned2621 cup22402Beef Macaroni, frozen entree2401 package22905Beef stew, canned entree2321 cup13818Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, grades, cooked, braised3 oz13358Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised3 oz13350Beef, cured, dried28.353 oz	0.346
16043Beans, pinto, mature seeds, cooked, boiled, without salt1711 cup11056Beans, snap, green, canned, regular pack, drained solids1351 cup11053Beans, snap, green, cooked, boiled, drained, without salt1251 cup11061Beans, snap, green, frozen, cooked, boiled, drained without salt1351 cup11932Beans, snap, yellow, canned, regular pack, drained solids1351 cup11724Beans, snap, yellow, cooked, boiled, drained, without salt1251 cup11732Beans, snap, yellow, frozen, cooked, boiled, drained, without salt1351 cup11732Beans, white, mature seeds, canned2621 cup22402Beef Macaroni, frozen entree2401 package22905Beef stew, canned entree2321 cup13818Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised3 oz13058Beef, cured, corned beef, canned85.053 oz13348Beef, cured, corned beef, canned85.053 oz13350Beef, cured, dried28.351 oz	0.389
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11061Beans, snap, green, frozen, cooked, boiled, drained without salt1351 cup11932Beans, snap, yellow, canned, regular pack, drained solids1351 cup11724Beans, snap, yellow, cooked, boiled, drained, without salt1251 cup11732Beans, snap, yellow, frozen, cooked, boiled, drained, without salt1351 cup11732Beans, snap, yellow, frozen, cooked, boiled, drained, without salt1351 cup16051Beans, white, mature seeds, canned2621 cup22402Beef Macaroni, frozen entree2401 package22905Beef stew, canned entree2321 cup13818Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised853 oz13058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised85.053 oz13350Beef, cured, dried28.351 oz	0.051
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11732Beans, snap, yellow, frozen, cooked, boiled, drained, without salt1351 cup16051Beans, white, mature seeds, canned2621 cup22402Beef Macaroni, frozen entree2401 package22905Beef stew, canned entree2321 cup13818Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised853 oz13058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised85.053 oz13348Beef, cured, corned beef, canned85.053 oz	0.174
16051Beans, white, mature seeds, canned2621 cup22402Beef Macaroni, frozen entree2401 package22905Beef stew, canned entree2321 cup13818Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised853 oz13058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised85.053 oz13348Beef, cured, corned beef, canned85.053 oz13350Beef, cured, dried28.351 oz	0.093
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22905Beef stew, canned entree2321 cup13818Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised853 oz13058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz13348Beef, cured, corned beef, canned85.053 oz13350Beef, cured, dried28.351 oz	0.485
13818Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised853 oz13058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz13348Beef, cured, corned beef, canned85.053 oz13350Beef, cured, dried28.351 oz	0.410
choice, cooked, braised3 oz13058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz13348Beef, cured, corned beef, canned85.053 oz13350Beef, cured, dried28.351 oz	0.496
grades, cooked, braised 13348 Beef, cured, corned beef, canned 85.05 3 oz 13350 Beef, cured, dried 28.35 1 oz	0.264
13350       Beef, cured, dried       28.35       1 oz	0.298
	0.532
23578Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled853 oz	0.160
	0.573
23573Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled853 oz	0.565
23568Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled853 oz	0.558
13073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 ozfat, all grades, cooked, roasted	0.264
13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat,853 ozall grades, cooked, roasted	0.323
13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat,853 ozall grades, cooked, braised	0.549
23605 Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all 85 3 oz grades, cooked, braised	0.575
13878     Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, 85     3 oz       all grades, cooked, roasted     3 oz	0.474
23598     Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all     85     3 oz       grades, cooked, roasted     Define which is a block in the 1/8" fat, all     85     3 oz	0.497
13930     Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, 85     3 oz       22210     Definition     bl block bit in the b	0.451
23610 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, 85 3 oz cooked, broiled	0.532
13327   Beef, variety meats and by-products, liver, cooked, pan-fried   85   3 oz	5.902
11087Beet greens, cooked, boiled, drained, without salt1441 cup	0.474
11084 Beets, canned, drained solids 24 1 beet	0.037
11084Beets, canned, drained solids1701 cup	0.265
11081Beets, cooked, boiled, drained501 beet	0.073
11081Beets, cooked, boiled, drained1701 cup	0.247
18016Biscuits, plain or buttermilk, prepared from recipe1014" biscuit	0.288
18016Biscuits, plain or buttermilk, prepared from recipe602-1/2" biscuit	0.171
18015Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked272-1/2" biscuit	
18013Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked212-1/4" biscuit	0.107 0.058

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09042	Blackberries, raw	144	1 cup	0.397
09055	Blueberries, frozen, sweetened	230	1 cup	0.288
09050	Blueberries, raw	145	1 cup	0.180
07008	Bologna, beef and pork	56.7	2 slices	0.235
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.916
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.156
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	0.748
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.081
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.161
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.265
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.220
18025	Bread, cracked-wheat	25	1 slice	0.128
18027	Bread, egg	40	1/2" slice	0.113
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.084
18033	Bread, italian	20	1 slice	0.076
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.087
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.088
18039	Bread, oatmeal	27	1 slice	0.092
18040	Bread, oatmeal, toasted	25	1 slice	0.060
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.238
18041	Bread, pita, white, enriched	28	4" pita	0.111
18044	Bread, pumpernickel	32	1 slice	0.129
18045	Bread, pumpernickel, toasted	29	1 slice	0.084
18047	Bread, raisin, enriched	26	1 slice	0.101
18048	Bread, raisin, toasted, enriched	24	1 slice	0.066
18053	Bread, reduced-calorie, rye	23	1 slice	0.068
18055	Bread, reduced calorie, type Bread, reduced-calorie, wheat	23	1 slice	0.145
18055	Bread, reduced calorie, white	23	1 slice	0.106
18060	Bread, redeced-carone, white Bread, rye	32	1 slice	0.141
18060	Bread, rye, toasted	24	1 slice	0.075
18064	Bread, wheat	24	1 slice	0.205
	,			0.205
18065	Bread, wheat, toasted	23 45	1 slice	0.103
18069 18069	Bread, white, commercially prepared (includes soft bread crumbs)		1 cup	
18069	Bread, white, commercially prepared (includes soft bread crumbs) Bread, white, commercially prepared, toasted	25 22	1 slice 1 slice	0.051 0.061
		22		
18075	Bread, whole-wheat, commercially prepared		1 slice	0.192
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.181
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.961
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.228
11740	Broccoli, flower clusters, raw	11	1 floweret	0.059
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.504
11090	Broccoli, raw	88	1 cup	0.504
11090	Broccoli, raw	31	1 spear	0.178
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.393
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.530
20011	Buckwheat flour, whole-groat	120	1 cup	0.528
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.603
20013	Bulgur, cooked	182	1 cup	0.626

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20012	Bulgur, dry	140	1 cup	1.463
01001	Butter, salted	14.2	1 tbsp	0.016
01145	Butter, without salt	14.2	1 tbsp	0.016
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.134
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.095
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.261
11109	Cabbage, raw	70	1 cup	0.148
11112	Cabbage, red, raw	70	1 cup	0.103
11114	Cabbage, savoy, raw	70	1 cup	0.131
18086	Cake, angelfood, commercially prepared	28	1 piece	0.055
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.055
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.277
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.129
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.289
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.097
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.278
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.232
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.125
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.097
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.161
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.042
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.116
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.104
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.143
18134	Cake, sponge, prepared from recipe	63	1 piece	0.344
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.187
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.136
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.180
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.224
19074	Candies, caramels	10.1	1 piece	0.063
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.020
19071	Candies, carob, unsweetened	28.35	1 oz	0.213
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.024
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.040
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.027
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.019
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.003
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.001
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.009
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.003
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.269
19116	Candies, marshmallows	50	1 cup	0.003
19110	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	0.023
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	0.025
19140	Candies, MASTERFOODS USA, MiLKY WAY Bar	18	1 fun size bar	0.028
.,	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	0.028

#### **Content per** NDB No Description Weight (g) **Common Measure** Measure 19155 Candies, MASTERFOODS USA, SNICKERS Bar 57 1 bar (2 oz) 0.336 19156 Candies, MASTERFOODS USA, STARBURST Fruit Chews, 5 1 piece 0.002 Original fruits 19120 Candies, milk chocolate 44 1 bar (1.55 oz) 0.208 Candies, milk chocolate coated peanuts 40 19126 10 pieces 0.298 19127 0.026 Candies, milk chocolate coated raisins 10 10 pieces 19132 Candies, milk chocolate, with almonds 41 0.187 1 bar (1.45 oz) 19143 Candies, MR. GOODBAR Chocolate Bar 49 1 bar (1.75 oz) 0.206 19069 Candies, NESTLE, BUTTERFINGER Bar 7 1 fun size bar 0.026 19150 Candies, REESE'S Peanut Butter Cups 45 0.279 1 package (contains 2) 19080 Candies, semisweet chocolate 168 1 cup 0.176 19164 Candies, SPECIAL DARK Chocolate Bar 8.4 1 miniature 0.000 19087 Candies, white chocolate 170 1 cup 1.034 91 09060 Carambola, (starfruit), raw 1 fruit 0.356 108 09060 Carambola, (starfruit), raw 1 cup 0.422 14121 Carbonated beverage, club soda 355 12 fl oz0.000 370 14400 Carbonated beverage, cola, contains caffeine 12 fl oz 0.000 14136 Carbonated beverage, ginger ale 366 12 fl oz 0.000 372 12 fl oz 0.000 14142 Carbonated beverage, grape soda 355 12 fl oz 14416 Carbonated beverage, low calorie, cola or pepper-type, with 0.000 aspartame, contains caffeine 14143 Carbonated beverage, low calorie, other than cola or pepper, without 355 12 fl oz 0.000 caffeine 372 14150 Carbonated beverage, orange 12 fl oz0.000 14153 Carbonated beverage, pepper-type, contains caffeine 368 12 fl oz 0.000 Carbonated beverage, root beer 370 12 fl oz 14157 0.000 14145 Carbonated beverage, SPRITE, lemon-lime, without caffeine 368 12 fl oz 0.000 16055 Carob flour 8 1 tbsp 0.004 236 0.538 11655 Carrot juice, canned 1 cup 11960 Carrots, baby, raw 10 1 medium 0.040 11128 Carrots, canned, regular pack, drained solids 146 0.197 1 cup 11125 Carrots, cooked, boiled, drained, without salt 0.362 156 1 cup Carrots, frozen, cooked, boiled, drained, without salt 11131 146 1 cup 0.254 11124 Carrots, raw 72 1 carrot 0.197 Carrots, raw 110 0.300 11124 1 cup 11935 Catsup 15 1 tbsp 0.007 11935 Catsup 6 1 packet 0.003 11136 Cauliflower, cooked, boiled, drained, without salt 54 3 flowerets 0.274 11136 Cauliflower, cooked, boiled, drained, without salt 124 1 cup 0.630 180 11138 Cauliflower, frozen, cooked, boiled, drained, without salt 1 cup 0.176 Cauliflower, raw 13 11135 1 floweret 0.085 11135 Cauliflower, raw 100 1 cup 0.652 37.5 11144 Celery, cooked, boiled, drained, without salt 1 stalk 0.073 11144 Celery, cooked, boiled, drained, without salt 150 1 cup 0.293 Celery, raw 40 1 stalk 0.098 11143 11143 Celery, raw 120 1 cup 0.295 08263 Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON 30 3/4 cup 0.160 CHEERIOS Cereals ready-to-eat, GENERAL MILLS, BASIC 4 55 0.270 08262 1 cup 08274 Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX 30 3/4 cup 0.081

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.322
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.159
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.052
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.112
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.111
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.254
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.200
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.354
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.157
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.197
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.320
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.100
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.357
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	9.900
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	9.999
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.038
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.284
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.264
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	9.999
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.318
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.104
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.077
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	10.121
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.022
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.091
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.064
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.104
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.067
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0.100
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	10.080
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.562
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.199
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.377
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.097
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.096
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.130
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.340
08218 08210	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	51 32	1/2 cup 3/4 cup	0.408 0.160
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.180
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plan Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	32 49	5/4 cup 1 cup	0.182
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.045
08084	Cereals ready-to-eat, nee, puried, forthed Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.049
08034	Cereals ready-to-eat, wheat gerin, toasted, plain Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.062

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.142
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.189
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.189
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.131
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.170
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.186
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal plu	0.129
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.561
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.728
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.112
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.194
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.156
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.102
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.276
01164	Cheese sauce, prepared from recipe	243	1 cup	0.566
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.194
01004	Cheese, blue	28.35	1 oz	0.490
01007	Cheese, camembert	38	1 wedge	0.518
01009	Cheese, cheddar	28.35	1 oz	0.117
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.447
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.409
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.486
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.547
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.236
01017	Cheese, cream	14.5	1 tbsp	0.039
01186	Cheese, cream, fat free	15.6	1 tbsp	0.030
01019	Cheese, feta	28.35	1 oz	0.274
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.052
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.026
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.040
01030	Cheese, muenster	28.35	1 oz	0.054
01031	Cheese, neufchatel	28.35	1 oz	0.160
01032	Cheese, parmesan, grated	5	1 tbsp	0.016
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.137
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.074
01035	Cheese, provolone	28.35	1 oz	0.135
01037	Cheese, ricotta, part skim milk	246	1 cup	0.595
01036	Cheese, ricotta, whole milk	246	1 cup	0.524
01040	Cheese, swiss	28.35	1 oz	0.122
18147	Cheesecake commercially prepared	80	1 piece	0.457
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.256
09070	Cherries, sweet, raw	68	10 cherries	0.135
22906	Chicken pot pie, frozen entree	217	1 small pie	0.375

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07017	Chicken roll, light meat	56.7	2 slices	0.627
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.152
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	0.981
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.830
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	1.059
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	0.725
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.595
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.574
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	4.747
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.865
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.121
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	0.845
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.616
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.348
05277	Chicken, canned, meat only, with broth	142	5 oz	1.207
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	1.307
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	1.205
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.718
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.469
22904	Chili con carne with beans, canned entree	222	1 cup	0.364
11156	Chives, raw	3	1 tbsp	0.010
14181	Chocolate syrup	18.75	1 tbsp	0.002
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.009
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.894
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.574
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.253
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.253
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.572
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.014
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.452
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.017
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.002
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.413
11159	Coleslaw, home-prepared	120	1 cup	0.154
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.414
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.196
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.306
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.015
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.024
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.017
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.031
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.041
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.047
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.017
18170	Cookies, fig bars	16	1 cookie	0.058

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.075
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.451
18177	Cookies, molasses	15	1 cookie, medium	0.062
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.132
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.040
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.097
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.069
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.049
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.087
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.069
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.053
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.024
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.036
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.034
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.023
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.059
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.039
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.016
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.676
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.461
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	1.418
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.676
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.248
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.158
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.389
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.431
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.519
20027	Cornstarch	8.064	1 tbsp	0.000
20029	Couscous, cooked	157	1 cup	0.582
20028	Couscous, dry	173	1 cup	2.150
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.254
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.362
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.456
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.707
18214	Crackers, cheese, regular	10	10 crackers	0.053
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.034
18217	Crackers, matzo, plain	28.35	1 matzo	0.126
18220	Crackers, melba toast, plain	20	4 pieces	0.139
18226	Crackers, rye, wafers, plain	11	1 wafer	0.063
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.105
18229	Crackers, standard snack-type, regular	12	4 crackers	0.033
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.036
18232	Crackers, wheat, regular	8	4 crackers	0.042
18235	Crackers, whole-wheat	16	4 crackers	0.130
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.132

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.000
01069	Cream substitute, powdered	2	1 tsp	0.000
01049	Cream, fluid, half and half	15	1 tbsp	0.043
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.038
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.041
01052	Cream, fluid, light whipping	15	1 tbsp	0.039
01056	Cream, sour, cultured	12	1 tbsp	0.043
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.054
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.009
18239	Croissants, butter	57	1 croissant	0.491
18243	Croutons, seasoned	40	1 cup	0.334
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.340
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.000
15141	Crustaceans, crab, blue, canned	135	1 cup	0.486
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.366
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.300
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.242
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.120
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.158
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	0.298
11206	Cucumber, peeled, raw	119	1 cup	0.286
11206	Cucumber, peeled, raw	280	1 large	0.672
11205	Cucumber, with peel, raw	301	1 large	0.780
11205	Cucumber, with peel, raw	104	1 cup	0.269
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.060
18245	Danish pastry, cheese	71	1 danish	0.216
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.450
09087	Dates, deglet noor	178	1 cup	1.048
09087	Dates, deglet noor	41.5	5 dates	0.244
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.009
01072	Dessert topping, pressurized	4	1 tbsp	0.000
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.000
02045	Dill weed, fresh	1	5 sprigs	0.004
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.028
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.095
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.028
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.128
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	3.315
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	0.489
01143	Egg substitute, liquid	62.75	1/4 cup	1.694
01124	Egg, white, raw, fresh	33.4	1 large	0.063
01128	Egg, whole, cooked, fried	46	1 large	0.717
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.699
01131	Egg, whole, cooked, poached	50	1 large	0.717
01132	Egg, whole, cooked, scrambled	61	1 large	0.614
01123	Egg, whole, raw, fresh	50	1 large	0.719
01123	Egg, whole, raw, fresh	44	1 medium	0.633

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01123	Egg, whole, raw, fresh	58	1 extra large	0.834
01125	Egg, yolk, raw, fresh	16.6	1 large	0.496
01057	Eggnog	254	1 cup	1.059
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.074
11213	Endive, raw	50	1 cup	0.450
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.207
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.173
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.181
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	0.463
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	1.690
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.800
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	1.120
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	0.405
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	0.432
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	0.530
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	0.690
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	0.471
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	0.258
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	0.601
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	1.253
21042	Fast foods, chili con carne	253	1 cup	3.593
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	2.053
21043	Fast foods, clams, breaded and fried	115	3/4 cup	0.299
21127	Fast foods, coleslaw	99	3/4 cup	0.149
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	1.071
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.573
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.592
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1.516
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.104
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	0.439
21024	Fast foods, french toast sticks	141	5 sticks	0.474
21023	Fast foods, french toast with butter	135	2 slices	0.540
21077	Fast foods, frijoles with cheese	167	1 cup	1.102
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	0.542
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	0.774
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	0.719
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	0.392
21118	Fast foods, hotdog, plain	98	1 sandwich	0.510
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.547
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	1.348
21129	Fast foods, hush puppies	78	5 pieces	0.218
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.268
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.311
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.199
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	0.673

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.827
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1.043
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.524
21139	Fast foods, potato, mashed	80	1/3 cup	0.384
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.204
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	0.834
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	0.521
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.589
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	0.476
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	0.889
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	0.778
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1.869
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.332
21082	Fast foods, taco	171	1 small	1.693
21082	Fast foods, taco	263	1 large	2.604
21083	Fast foods, taco salad	198	1-1/2 cups	1.346
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	1.868
09094	Figs, dried, uncooked	38	2 figs	0.165
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.621
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.145
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.138
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.118
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.241
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.493
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.737
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.225
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.128
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.323
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.604
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.069
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.210
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.357
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.136
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.096
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.740
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	1.296
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.048
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.740
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.468
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	1.085
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.595
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.546
15088	Fish, swordfish, cooked, dry heat	106	1 piece	0.340
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.403
15111	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.114
15241				0.533
	Fish, tuna salad	205	1 cup	
15119 15121	Fish, tuna, light, canned in oil, drained solids Fish, tuna, light, canned in water, drained solids	85.05 85	3 oz 3 oz	0.315 0.182

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.105
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.735
07022	Frankfurter, beef	45	1 frank	0.110
07023	Frankfurter, beef and pork	45	1 frank	0.158
07024	Frankfurter, chicken	45	1 frank	0.477
18268	French toast, frozen, ready-to-heat	59	1 slice	0.555
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.357
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.011
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.021
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.031
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.006
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.001
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.485
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.464
19294	Fruit butters, apple	17	1 tbsp	0.008
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.149
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.147
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.035
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.233
35142	Frybread, made with lard (Navajo)	90	5" bread	0.148
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	0.262
11215	Garlic, raw	3	1 clove	0.018
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.003
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
14277	Grape drink, canned	250	8 fl oz	0.008
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.104
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.060
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.179
09404	Grapefruit juice, pink, raw	247	1 cup	0.467
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.325
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.321
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.467
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1.391
09128	Grapefruit juice, white, raw	247	1 cup	0.467
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.322
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.334
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.305
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.080
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.025
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.012
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.012
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.656
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.012
07028	Ham, sliced, extra lean	56.7	2 slices	0.395

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.247
11961	Hearts of palm, canned	33	1 piece	0.042
19296	Honey	21	1 tbsp	0.014
02055	Horseradish, prepared	5	1 tsp	0.005
16158	Hummus, commercial	14	1 tbsp	0.018
19270	Ice creams, chocolate	66	1/2 cup	0.366
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.435
19095	Ice creams, vanilla	66	1/2 cup	0.383
19088	Ice creams, vanilla, light	66	1/2 cup	0.317
19089	Ice creams, vanilla, rich	74	1/2 cup	0.340
19297	Jams and preserves	20	1 tbsp	0.004
19300	Jellies	19	1 tbsp	0.037
11226	Jerusalem-artichokes, raw	150	1 cup	0.596
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.064
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.069
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.139
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.264
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.578
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.604
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.544
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.561
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.536
17034 17044	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85 85	3 oz 3 oz	0.561
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"	85	3 oz	0.519
04002	fat, choice, cooked, braised Lard	12.8	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.452
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.791
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.833
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.075
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.014
09153	Lemon juice, canned or bottled	244	1 cup	0.222
09152	Lemon juice, raw	47	juice of 1 lemon	0.048
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.032
4290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
)9150	Lemons, raw, without peel	58	1 lemon	0.110
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	1.263

111250Lettace, lutrachead (includes boston and bibb ypes), naw163I head0.2411251Lettace, coor romaine, naw001 leaf00111253Lettace, coor romaine, naw001 leaf00111253Lettace, schere (includes crisphead types), naw531 cup00511252Lettace, icchere (includes crisphead types), naw531 cup01511252Lettace, icchere (includes crisphead types), naw81 cup01511252Lettace, icchere (includes crisphead types), naw81 cup01711040Linns banes, interger, includes crisphead types), naw81 cup02711053Linns banes, interger, includes, crisphead types), naw81 cup02711064Linns banes, interger, includes, conded0241 cup02711073Linns banes, integer, matture seeds, foroan, haby, cooked, boiled, drained,1881 cup02711074Linns banes, integer, matture seeds, cooked, boiled, without sath1881 cup01611075Linns banes, integer, matture seeds, cooked, boiled, without sath1881 cup01611074Linns banes, integer, matture seeds, cooked, projet213 baping typ01411075Mateorini, cunded of bottle, unsoemend2461 cup02711074Mateorini, cunded of bottle, unsoemend211 cup01711175Mateol drink rink, chocales, with added nutrients, powder211 cup02711175 <th>NDB_No</th> <th>Description</th> <th>Weight (g)</th> <th>Common Measure</th> <th>Content per Measure</th>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
International set in the set of	11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.011
11251Lettuce, cas or romaine, raw101 ard0.0111253Lettuce, green left, raw56I cap0.0711254Lettuce, green left, raw379I lead0.0711252Lettuce, iceberg (includes criphead types), raw55I cup0.0711252Lettuce, iceberg (includes criphead types), raw80I cup0.0711254Linas beans, imparature seeds, forzen, bothy, cuokel, boiled, drinned, und vibrou sult180I cup0.2711073Lina beans, imparature seeds, conced, boiled, drinned, und vibrou sult170I cup0.2710073Lina beans, imparature seeds, conced, boiled, drinned, und vibrou sult180I cup0.2701074Lina beans, imparature seeds, conced, boiled, drinned, 	11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.245
11253Latmace, green leaf, raw56Leup0.0711254Lattuce, iceberg (includes cripplead types), raw59I head0.4911252Lattuce, iceberg (includes cripplead types), raw55I cup0.0511252Lattuce, iceberg (includes cripplead types), raw8I nedum0.0011144Lins bans, inmatran escis, frozen, fordhook, cooked, hoiled, drained, without salt180I cup0.2711178Lins bans, ingre, matrare secis, cooked, hoiled, drained, without salt188I cup0.7211073Lins bans, ingre, matrare secis, cooked, hoiled, without salt188I cup0.0111074Lins bans, ingre, matrare secis, cooked, hoiled, without salt188I cup0.0111075Lins bans, ingre, matrare secis, cooked, hoiled, without salt188I cup0.0111076Lins pice, canned or bottled, unsweetned246I cup0.1611076Lins pice, canned or bottled, unsweetned140I cup0.1711115Malted drink mix, honcolare, with added nutrients, powder213 heaping typ0.1411115Malted drink mix, honcolare, with added nutrients, powder214 heaping typ0.2011131Malted drink mix, honcolare, with added nutrients, powder214 heaping typ0.0111131Malted drink mix, honcolare, with added nutrients, powder211 sep0.0011131Malted drink mix, nutral, with added nutrients, powder211 sep0.0011131 <td< td=""><td>11251</td><td>Lettuce, cos or romaine, raw</td><td>56</td><td>1 cup</td><td>0.080</td></td<>	11251	Lettuce, cos or romaine, raw	56	1 cup	0.080
11253       Lettrace, icener (includes crisphead types), raw       10       1 lear       001         11252       Lettrace, icener (includes crisphead types), raw       539       I neadium       0.007         11252       Lettrace, icener (includes crisphead types), raw       8       I neadium       0.007         11252       Lettrace, icener (includes crisphead types), raw       8       I neadium       0.007         111038       Linus beans, immature seeds, forzen, forthook, cooked, boiled, drained,       180       I cup       0.27         11072       Linus beans, inge, mature seeds, conked, boiled, without salt       188       I cup       0.62         10672       Linus beans, inge, mature seeds, conked, boiled, without salt       188       I cup       0.62         10672       Linus beans, inge, instrue seeds, conked, boiled, without salt       188       I cup       0.61         10671       Linus beans, inge, instrue seeds, conked, boiled, without salt       184       I cup       0.61         10716       Linus juice, canned or bottled, unsweetened       216       I cup       0.15         11815       Malted drink mix, honcolate, with added nutrients, powder       21       A sheaping typ       0.14         1180	11251	Lettuce, cos or romaine, raw	10	1 leaf	0.014
11252       Lettuce, iceberg (includes crisphead types), raw       539       1 head       0.499         11252       Lettuce, iceberg (includes crisphead types), raw       55       1 cup       0.051         11252       Lettuce, iceberg (includes crisphead types), raw       8       1 neediam       0.005         11040       Lims beans, immutre seeds, frozen, baby, cooked, boiled, drained,       180       1 cup       0.312         11033       Lims beans, large, mature seeds, coned, boiled, wholes stl       188       1 cup       0.62         11072       Lims beans, large, mature seeds, cooked, boiled, wholes stl       188       1 cup       0.62         11071       Lims beans, large, mature seeds, cooked, boiled, wholes stl       188       1 cup       0.62         11072       Lims beans, inger, mature seeds, cooked, boiled, wholes stl       188       1 cup       0.62         11071       Lims beans, inger, mature seeds, cooked, boiled, wholes stl       189       1 cup       0.62         11071       Lims beans, large, mature seeds, cooked, doiled, universend       262       1 cup       0.16         20106       Lims juice, cannot on the cooked, envirbadded nutrients, powder       21       4 5 heaping typ       0.20         <	11253	Lettuce, green leaf, raw	56	1 cup	0.075
11252     Lettuce, keeberg (includes crisphead types), raw     55     1 cup     0.093       11252     Lettuce, keeberg (includes crisphead types), raw     8     1 cup     0.31       11040     Lins bears, imargue seeds, frozen, holy, cooked, boiled, drained, seed, frozen, fordhook, cooked, boiled, drained, without salt     1 cup     0.37       11038     Lins bears, large, mature seeds, cooked, boiled, without salt     188     1 cup     0.67       11072     Lins bears, large, mature seeds, cooked, boiled, without salt     188     1 cup     0.67       11073     Line bears, large, mature seeds, cooked, boiled, without salt     188     1 cup     0.67       11071     Line juice, canned or bottled, unsweetened     15.4     1 bbp     0.01       11010     Line juice, canned entrete     252     1 cup     0.13       114315     Malted drink mix, chocolate, with added nutrients, powder     21     3 heaping tsp     0.20       114316     Walted drink mix, natral, with added nutrients, powder, prepared with     265     1 cup     0.91       114310     Malted drink mix, natral, with added nutrients, powder, prepared with     265     1 cup     0.02       114310     Malted drink mix, natral, with added nutrients, powder, pr	11253	Lettuce, green leaf, raw	10	1 leaf	0.013
11252Lettuce, leeberg (includes crisphend types), raw81 medium0.00011040Lina beans, inmature seeds, frozen, haby, cooked, boiled, drained,1801 cup0.3111038Lina beans, immature seeds, frozen, forthook, cooked, boiled,1701 cup0.2716073Lina beans, large, mature seeds, conked, boiled, without salt1881 cup0.6216072Lina beans, large, mature seeds, cooked, boiled, without salt1881 cup0.6216073Lina beans, large, mature seeds, cooked, boiled, without salt1881 cup0.6616074Line juice, canned or bottled, unsveetened2461 cup0.161718Malted drink mix, chocolate, with added nutrients, powder213 heaping itsp0.1417416Malted drink mix, chocolate, with added nutrients, powder214 -5 heaping itsp0.20174310Malted drink mix, natural, with added nutrients, powder, prepared2651 cup0.93174310Malted drink mix, natural, with added nutrients, powder, prepared2651 cup0.20174310Malted drink mix, natural, with added nutrients, powder, prepared with2551 cup0.20174310Malted drink mix, natural, with added nutrients, powder214 -5 heaping itsp0.00174310Malted drink mix, natural, with added nutrients, powder14.11 thsp0.00174310Malted drink mix, natural, with added nutrients, powder121 margo0.01174311Manges, raw160 <td< td=""><td>11252</td><td>Lettuce, iceberg (includes crisphead types), raw</td><td>539</td><td>1 head</td><td>0.490</td></td<>	11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.490
11140Lina beams, immure seeds, frozen, fordhook, cooked, boiled, drained, without sait1801 cup0.3111038Lina beams, immure seeds, canned2411 cup0.2716073Lina beams, large, mature seeds, cooked, boiled, without sait1881 cup0.7916073Lina beams, large, mature seeds, cooked, boiled, without sait1881 cup0.6216072Lina beams, large, mature seeds, cooked, boiled, without sait1881 cup0.6216073Lina beams, large, mature seeds, cooked, boiled, without sait1881 cup0.7916016Line juice, canned or botted, unsweetened2461 cup0.161718Mated offick mix, chocolate, with added nutrients, powder213 heaping tsp0.4417415Mated drike mix, chocolate, with added nutrients, powder213 heaping tsp0.4017416Mated drike mix, chocolate, with added nutrients, powder, prepared2651 cup0.26174176Margos, raw2071 nango0.3317676Margos, raw6651 cup0.0017617Margarine, regular, unspecified oil spread, 60% fat, tub4.81 tup0.0017618Margarine, regular, unspecified oil spread, 60% fat, stick4.81 tup0.0017614Margarine, regular, unspecified oil spread, 60% fat, stick4.81 tup0.0017614Margarine, regular, unspecified oil spread, 60% fat, stick4.81 tup0.0017614Margarine, regular, unspecified	11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.050
without sail       interval	11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.007
drained, without salt       241       1 exp       0.622         10072       Lima beans, large, mature seeds, coned, boiled, without salt       188       1 cup       0.79         01610       Lime juice, canned or bottled, unsweetened       15.4       1 bsp       0.61         01610       Lime juice, canned or bottled, unsweetened       246       1 cup       0.61         22247       Macaroni and Cheese, canned or bottled, unsweetened       28       juice of 1 line       0.61         22247       Macaroni and Cheese, canned entree       21       3 baeping tsp       0.14         14315       Malled drink mix, chocolate, with added nutrients, powder       21       4 Sheaping tsp       0.20         14316       Malted drink mix, natural, with added nutrients, powder, prepared with with whole milk       25       1 cup       0.20         14317       Malted drink mix, natural, with added nutrients, powder, prepared with with whole milk       265       1 cup       0.20         14310       Malted drink mix, natural, with added nutrients, powder, prepared with with with whole milk       265       1 cup       0.20         14310       Malted drink mix, natural, with added nutrients, powder       21       4 stp       1 cup       0.20	11040		180	1 cup	0.319
16072       Lima bears, large, mature seeds, cooked, boiled, without salt       188       1 cup       0.79         09161       Lime juice, canned or bottled, unsweetened       15.4       1 tbsp       0.001         09161       Lime juice, canned or bottled, unsweetened       246       1 cup       0.016         09160       Lime juice, canned or bottled, unsweetened       252       1 cup       0.18         22247       Macaroni, cooked, enriched       140       1 cup       0.15         14315       Malted drink mix, chocolate, with addel nutrients, powder       21       4 5 heaping tsp       0.20         14316       Malted drink mix, natural, with addel nutrients, powder, prepared with       265       1 cup       0.33         09176       Manges, raw       207       1 mango       0.33         09176       Manges, raw       165       1 cup       0.02         04613       Margarine, regular, unspecified oils, with salt added       14.1       1 tbsp       0.01         04132       Margarine, euglar, unspecified oils, with salt added       14.2       1 tbsp       0.00         04141       Margarine, regular, unspecified oils, with salt added       14.1       1 tbsp       0.00		drained, without salt			0.277
Description       Line juice, canned or bortled, unsweetened       15.4       1 fbsp       0.010         09161       Line juice, canned or bortled, unsweetened       246       1 cup       0.16         09160       Line juice, raw       38       juice of 1 line       0.16         2247       Macaroni and Cheese, canned entree       252       1 cup       0.18         20100       Macaroni, cooked, enriched       140       1 cup       0.15         14315       Malted drink mix, chocolate, with added nutrients, powder       21       3 heaping tsp       0.14         14310       Malted drink mix, natural, with added nutrients, powder, prepared       265       1 cup       0.33         14300       Malted drink mix, natural, with added nutrients, powder, prepared       265       1 cup       0.20         14310       Malted drink mix, natural, with added nutrients, powder, prepared       265       1 cup       0.20         14310       Malted drink mix, natural, with added nutrients, powder, prepared       265       1 cup       0.20         14310       Margorine, regular, tub, composite, 80% fat, tub       4.8       1 tsp       0.00         04611       Margorine, regular, tub, composite, 80% fat, stick <t< td=""><td></td><td>-</td><td></td><td>1 cup</td><td>0.624</td></t<>		-		1 cup	0.624
Dep161Lime juice, cannel or bottled, unsweetened.2461 cup0.1609160Lime juice, raw38juice of 1 lime0.04022247Macaroni, coked, enriched1401 cup0.1514315Malted drink mix, chocolate, with added nutrients, powder,213 heaping tsp0.1414316Walted drink mix, chocolate, with added nutrients, powder, prepared2651 cup1.2214309Malted drink mix, actural, with added nutrients, powder, prepared2651 cup0.2014410Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup0.3319176Mangos, raw2071 mango0.3309176Margarine, ragaraine-like vegetable oil spread, 60% fat, tub4.81 tsp0.0004611Margarine, regular, unspecified oils, with salt added14.11 thsp0.0104612Margarine, regular, unspecified oils, with salt added14.11 thsp0.0004612Margarine, regular, unspecified oils, with salt added14.21 thsp0.0004612Margarine, regular, unspecified oils, with salt added14.31 thsp0.0004612Margarine, regular, unspecified oils, with salt added14.21 thsp0.0004612Margarine, regular, unspecified oils, with salt added14.11 thsp0.0004613Margarine, regular, unspecified oils, with salt added14.21 thsp0.0004614Margarine, regular, unspecified oils, with salt added <td< td=""><td></td><td>-</td><td></td><td>*</td><td>0.793</td></td<>		-		*	0.793
09160Line juce, raw38juce of 1 line0.0422247Macaroni and Cheses, canned entree252I cup0.1822100Macaroni, cooked, enriched1401 cup0.15Malted drink mix, chocolate, with added nutrients, powder213 heaping tsp0.1414315Malted drink mix, chocolate, with added nutrients, powder, prepared265I cup0.2014310Malted drink mix, natural, with added nutrients, powder, prepared with265I cup0.3309176Mangos, raw207I mango0.3309176Mangos, raw1651 cup0.0004611Margarine, regular, unspecified oil syncad, 60% fat, tub4.81 tsp0.0004612Margarine, margarine-like vegetable oil spread, 60% fat, stick14.31 tsp0.0004612Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp0.000418Melons, noneydew, raw1601 cup0.260110Mik shakes, thick vanilla31311 fl oz1.150111Mik shakes, thick vanilla31311 fl oz1.15				1 tbsp	0.010
Description       Automatical Cheese, canned entree       252       I cup       0.188         20100       Macaroni, cooked, enriched       140       I cup       0.157         14315       Malted drink mix, chocolate, with added nutrients, powder       21       3 heaping tsp       0.141         14316       Matted drink mix, netword, with added nutrients, powder, prepared       265       I cup       0.20         14310       Malted drink mix, natural, with added nutrients, powder, prepared with       265       I cup       0.33         09176       Mangos, raw       207       I mango       0.33         09176       Mangos, raw       165       I cup       0.26         04613       Margarine, regular, tub; composite, 80% fat, vith salt       14.2       I bsp       0.00         04614       Margarine, regular, tub; composite, 80% fat, vith salt       14.2       I bsp       0.00         04612       Margarine, regular, tub; composite, 80% fat, vith salt       14.2       I bsp       0.00         04612       Margarine, regular, tub; composite, 80% fat, vith salt       14.2       I bsp       0.00         04612       Margarine, regular, doproximately 37% fat), unspecified oils       4.8       I to	09161	•		*	0.162
20100Macaroni, cooked, enriched1401 cup0.1514315Matted drink mix, chocolate, with added nutrients, powder213 heaping tsp0.1414316Malted drink mix, chocolate, with added nutrients, powder, prepared2651 cup1.214309Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup0.2014310Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup0.3309176Mangos, raw2071 mango0.3309176Margarine, magrarine-like vegetable oil spread, 60% fat, tub4.81 tsp0.0004611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.0104132Margarine, regular, unspecified oils, with salt added14.11 tbsp0.0004612Margarine, vegetable oil spread, 60% fat, sick14.31 tbsp0.0004612Margarine, vegetable oil spread, 60% fat, sick4.81 tsp0.0004612Margarine, vegetable oil apread, 60% fat, sick1601.8 melon0.0704134Melons, cantaloupe, raw1601.8 melon0.0704148Melons, cantaloupe, raw1601.8 melon0.0704149Melons, honeydew, raw1001.6 fo1.5 fo0110Mik buttermilk, fuid, cultured, lowfat2561 cup1.630111Mik shakes, thick chocolate3001.6 fo2.201104Milk, buttermilk, fuid, cultured, lowfat <td>09160</td> <td>•</td> <td>38</td> <td>juice of 1 lime</td> <td>0.047</td>	09160	•	38	juice of 1 lime	0.047
14315Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk213 heaping tsp0.14414316Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk2651 cup0.2014310Malted drink mix, natural, with added nutrients, powder, prepared with whole milk2651 cup0.3309176Mangos, raw2071 mango0.3309176Mangos, raw1651 cup0.2604613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp0.0004611Margarine, regular, ub, composite, 80% fat, with salt14.21 tbsp0.00104612Margarine, regular, ub, composite, 80% fat, with salt14.31 tbsp0.00104612Margarine, regular, ub, composite, 80% fat, stick4.81 tsp0.00004612Margarine, regular, ub, composite, 80% fat, stick4.81 tsp0.00004612Margarine, regular, ub, composite, 80% fat, stick4.81 tsp0.00004612Margarine, regular, ub, composite, 80% fat, stick4.81 tsp0.00004613Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.00004614Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp0.03309181Melons, cantaloupe, raw691.6 melon0.07409184Melons, cantaloupe, raw601.6 melon0.02409184Melons, contaloupe, raw3.01.0 fl	22247	Macaroni and Cheese, canned entree	252	1 cup	0.186
H4316Malted drink mix, chocolae, with added nutrients, powder, prepared2651 cup1.021H4309Malted drink mix, natural, with added nutrients, powder214-5 heaping tsp0.20H4310Malted drink mix, natural, with added nutrients, powder, prepared with2651 cup0.9319176Mangos, raw2071 mango0.33190176Mangos, raw1651 cup0.2604613Margarine, margarine-like vegetable oil spread, 60% fat, tub4.81 tsp0.0004611Margarine, regular, tub, composite, 80% fat, with salt14.21 tbsp0.0104612Margarine, regular, tub, composite, 80% fat, with salt14.31 tbsp0.0004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.0004612Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.0004525Margarine, vegetable oil spread, 60% fat, stick4.81 tsp0.0004585Margarine-butter blend, soybean oil and butter14.21 tbsp0.0004585Margarine-like spread, (approximately 37% fat), unspecified oils4.81 tsp0.00705181Melons, cantaloupe, raw1601.6 melon0.0705184Melons, cantaloupe, raw1601.6 melon0.2405184Melons, honeydew, raw1701 cup0.2601104Milk, buttermilk, fuid, cultured, lowfat2551 cup0.6701085Milk, buttermilk, fuid, cultured, lowfat </td <td>20100</td> <td>Macaroni, cooked, enriched</td> <td>140</td> <td>1 cup</td> <td>0.157</td>	20100	Macaroni, cooked, enriched	140	1 cup	0.157
with whole milk       with whole milk       with whole milk         14309       Malted drink mix, natural, with added nutrients, powder, prepared with whole milk       265       1 cup       0.33         14310       Malted drink mix, natural, with added nutrients, powder, prepared with whole milk       265       1 cup       0.33         09176       Mangos, raw       207       1 mango       0.33         09176       Margosi, raw       165       1 cup       0.26         04613       Margarine, margarine-like vegetable oil spread, 60% fat, tub       4.8       1 tsp       0.001         04612       Margarine, regular, unspecified oils, with salt       14.2       1 bbsp       0.001         04132       Margarine, vegetable oil spread, 60% fat, stick       14.3       1 tbsp       0.001         0412       Margarine, vegetable oil spread, 60% fat, stick       4.8       1 tsp       0.001         0412       Margarine, vegetable oil spread, 60% fat, stick       4.8       1 tsp       0.001         0412       Margarine, vegetable oil spread, 60% fat, stick       4.8       1 tsp       0.033         0418       Margarine, vegetable oil spread, 60% fat, stick       4.8       1 tsp       0.033	14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.143
14310     Malted drink mix, natural, with added nutrients, powder, prepared with     265     1 cm     0.933       190176     Mangos, raw     207     1 mango     0.33       190176     Mangos, raw     165     1 cup     0.266       04613     Margarine, margarine-like vegetable oil spread, 60% fat, tub     4.8     1 tsp     0.000       04611     Margarine, regular, tub, composite, 80% fat, with salt     14.2     1 tbsp     0.001       04612     Margarine, vegetable oil spread, 60% fat, stick     14.3     1 tbsp     0.000       04612     Margarine, vegetable oil spread, 60% fat, stick     4.8     1 tsp     0.000       04612     Margarine, vegetable oil spread, 60% fat, stick     4.8     1 tsp     0.000       04612     Margarine, vegetable oil spread, 60% fat, stick     4.8     1 tsp     0.000       04612     Margarine-like spread, (approximately 37% fat), unspecified oils     4.8     1 tsp     0.001       04128     Margarine-like spread, faty stick     69     1/8 melon     0.077       09181     Melons, honeydew, raw     160     1 cup     0.266       0110     Milk shakes, thick chocolate     300     10.6 fl		with whole milk		1 cup	1.028
whole milk       whole milk       whole milk       many       man		Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.201
Manos, raw       165       1 cup       0.26         04413       Margarine, margarine-like vegetable oil spread, 60% fat, tub       4.8       1 tsp       0.00         04611       Margarine, regular, tub, composite, 80% fat, with salt       14.2       1 tbsp       0.01         04132       Margarine, regular, unspecified oils, with salt added       14.1       1 tbsp       0.01         04132       Margarine, vegetable oil spread, 60% fat, stick       14.3       1 tbsp       0.00         0412       Margarine, vegetable oil spread, 60% fat, stick       4.8       1 tsp       0.00         0412       Margarine-like spread, (approximately 37% fat), unspecified oils       4.8       1 tsp       0.03         04128       Margarine-like spread, (approximately 37% fat), unspecified oils       4.8       1 tsp       0.03         09181       Melons, cantaloupe, raw       160       1 cup       0.26         09184       Melons, honeydew, raw       170       1 cup       0.26         01110       Milk shakes, thick chocolate       300       10.6 fl oz       1.08         01114       Milk shakes, thick vanilla       313       1 fl oz       1.15         01094       Mil		whole milk			0.935
04613     Margarine, margarine-like vegetable oil spread, 60% fat, tub     4.8     1 tsp     0.000       04611     Margarine, regular, tub, composite, 80% fat, with salt     14.2     1 tbsp     0.011       04132     Margarine, regular, unspecified oils, with salt added     14.1     1 tbsp     0.001       04132     Margarine, regular, unspecified oils, with salt added     14.1     1 tbsp     0.001       04612     Margarine, vegetable oil spread, 60% fat, stick     4.8     1 tsp     0.002       04612     Margarine-butter blend, soybean oil and butter     14.2     1 tbsp     0.002       04585     Margarine-like spread, (approximately 37% fat), unspecified oils     4.8     1 tsp     0.033       04128     Margarine-like spread, (approximately 37% fat), unspecified oils     4.8     1 tsp     0.033       04181     Melons, cantaloupe, raw     160     1 cup     0.166       05181     Melons, honeydew, raw     170     1 cup     0.246       01110     Milk shakes, thick vanilla     313     11 fl oz     1.157       01110     Milk shakes, thick vanilla     313     11 fl oz     1.257       01084     Melons, honeydew, raw     26		•		1 mango	
Oddfil       Margarine, regular, tub, composite, 80% fat, with salt       14.2       1 bbsp       0.011         04132       Margarine, regular, unspecified oils, with salt added       14.1       1 bbsp       0.012         04132       Margarine, regular, unspecified oils, with salt added       14.1       1 bbsp       0.012         04612       Margarine, vegetable oil spread, 60% fat, stick       14.3       1 tbsp       0.002         04612       Margarine, vegetable oil spread, 60% fat, stick       4.8       1 tsp       0.002         04585       Margarine-butter blend, soybean oil and butter       14.2       1 tbsp       0.002         04128       Margarine-like spread, (approximately 37% fat), unspecified oils       4.8       1 tsp       0.032         09181       Melons, cantaloupe, raw       160       1 cup       0.166         09184       Melons, honeydew, raw       160       1/8 melon       0.244         09184       Melons, honeydew, raw       160       1/8 melon       0.246         01110       Milk shakes, thick vanilla       313       11 fl oz       1.037         01111       Milk shakes, thick vanilla       313       11 fl oz       1.020	09176	-	165	1 cup	0.264
04132     Margarine, regular, unspecified oils, with salt added     14.1     1 tbsp     0.01       04612     Margarine, vegetable oil spread, 60% fat, stick     14.3     1 tbsp     0.00       04612     Margarine, vegetable oil spread, 60% fat, stick     4.8     1 tsp     0.00       04612     Margarine, vegetable oil spread, 60% fat, stick     4.8     1 tsp     0.00       04585     Margarine-butter blend, soybean oil and butter     14.2     1 tbsp     0.00       04128     Margarine-like spread, (approximately 37% fat), unspecified oils     4.8     1 tsp     0.03       09181     Melons, cantaloupe, raw     160     1 cup     0.16       09184     Melons, honeydew, raw     160     1/8 melon     0.07       09184     Melons, honeydew, raw     170     1 cup     0.26       01110     Milk shakes, thick chocolate     300     10.6 fl oz     1.08       01111     Milk shakes, thick chocolate     300     10.6 fl oz     1.08       01111     Milk, buttermilk, dried     6.5     1 tbsp     0.20       01088     Milk, buttermilk, fluid, cultured, lowfat     245     1 cup     0.67       <	04613		4.8	1 tsp	0.000
Odd12       Margarine, vegetable oil spread, 60% fat, stick       14.3       1 tbsp       0.000         04612       Margarine, vegetable oil spread, 60% fat, stick       4.8       1 tsp       0.000         04512       Margarine, vegetable oil spread, 60% fat, stick       4.8       1 tsp       0.000         04585       Margarine-butter blend, soybean oil and butter       14.2       1 tbsp       0.000         04128       Margarine-like spread, (approximately 37% fat), unspecified oils       4.8       1 tsp       0.033         09181       Melons, cantaloupe, raw       160       1 cup       0.166         09184       Melons, honeydew, raw       160       1/8 melon       0.077         09184       Melons, honeydew, raw       160       1/8 melon       0.244         09184       Melons, honeydew, raw       170       1 cup       0.266         01110       Milk shakes, thick chocolate       300       10.6 fl oz       1.089         01111       Milk shakes, thick vanilla       313       11 fl oz       1.157         01094       Milk, buttermilk, fluid, cultured, lowfat       245       1 cup       0.679         01095       Milk, canned, condensed,				1 tbsp	0.012
04612       Margarine, vegetable oil spread, 60% fat, stick       4.8       1 tsp       0.00         04585       Margarine-butter blend, soybean oil and butter       14.2       1 tbsp       0.00         04128       Margarine-like spread, (approximately 37% fat), unspecified oils       4.8       1 tsp       0.03         09181       Melons, cantaloupe, raw       160       1 cup       0.16         09181       Melons, cantaloupe, raw       69       1/8 melon       0.07         09184       Melons, honeydew, raw       160       1/8 melon       0.244         09184       Melons, honeydew, raw       170       1 cup       0.266         01110       Milk shakes, thick chocolate       300       10.6 fl oz       1.089         01111       Milk shakes, thick vanilla       313       11 fl oz       1.157         01094       Milk, buttermilk, dried       6.5       1 tbsp       0.200         01088       Milk, buttermilk, fluid, cultured, lowfat       245       1 cup       0.677         01095       Milk, canned, condensed, sweetened       306       1 cup       1.600         01096       Milk, canned, evaporated, nonfat       252	04132			1 tbsp	0.012
04585       Margarine-butter blend, soybean oil and butter       14.2       1 tbsp       0.00         04128       Margarine-bitke spread, (approximately 37% fat), unspecified oils       4.8       1 tsp       0.03         09181       Melons, cantaloupe, raw       160       1 cup       0.16         09181       Melons, cantaloupe, raw       69       1/8 melon       0.07         09184       Melons, cantaloupe, raw       160       1 cup       0.24         09184       Melons, honeydew, raw       160       1 cup       0.24         09184       Melons, honeydew, raw       170       1 cup       0.26         01110       Milk shakes, thick chocolate       300       10.6 fl oz       1.08         01111       Milk shakes, thick vanilla       313       11 fl oz       1.15         01094       Milk, buttermilk, fluid, cultured, lowfat       245       1 cup       0.67         01095       Milk, canned, evaporated, nonfat       256       1 cup       1.68         01096       Milk, chocolate, fluid, commercial, lowfat       250       1 cup       0.67         0103       Milk, chocolate, fluid, commercial, reduced fat       250 <td< td=""><td></td><td></td><td></td><td>1 tbsp</td><td>0.008</td></td<>				1 tbsp	0.008
Out 128       Margarine-like spread, (approximately 37% fat), unspecified oils       4.8       1 tsp       0.03         09181       Melons, cantaloupe, raw       160       1 cup       0.160         09181       Melons, cantaloupe, raw       69       1/8 melon       0.077         09184       Melons, honeydew, raw       160       1/8 melon       0.244         09184       Melons, honeydew, raw       160       1/8 melon       0.244         09184       Melons, honeydew, raw       170       1 cup       0.266         01110       Milk shakes, thick chocolate       300       10.6 fl oz       1.089         01111       Milk shakes, thick vanilla       313       11 fl oz       1.152         01094       Milk, buttermilk, dried       6.5       1 tusp       0.200         01088       Milk, buttermilk, fluid, cultured, lowfat       245       1 cup       0.674         01095       Milk, canned, evaporated, nonfat       256       1 cup       1.600         01096       Milk, canned, evaporated, without added vitamin A       252       1 cup       1.600         01104       Milk, chocolate, fluid, commercial, lowfat       250       1	04612		4.8	1 tsp	0.003
09181     Melons, cantaloupe, raw     160     1 cup     0.164       09181     Melons, cantaloupe, raw     69     1/8 melon     0.077       09184     Melons, honeydew, raw     160     1/8 melon     0.244       09184     Melons, honeydew, raw     160     1/8 melon     0.244       09184     Melons, honeydew, raw     170     1 cup     0.266       01110     Milk shakes, thick chocolate     300     10.6 fl oz     1.089       01111     Milk shakes, thick chocolate     300     10.6 fl oz     1.152       01111     Milk shakes, thick vanilla     313     11 fl oz     1.152       01094     Milk, buttermilk, dried     6.5     1 tbsp     0.200       01088     Milk, buttermilk, fluid, cultured, lowfat     245     1 cup     0.674       01095     Milk, canned, evaporated, nonfat     256     1 cup     1.889       01096     Milk, canned, evaporated, without added vitamin A     252     1 cup     0.755       01096     Milk, chocolate, fluid, commercial, lowfat     250     1 cup     0.755       01103     Milk, chocolate, fluid, commercial, whole     250				1 tbsp	0.006
Op 181       Melons, cantaloupe, raw       69       1/8 melon       0.07         09184       Melons, honeydew, raw       160       1/8 melon       0.24         09184       Melons, honeydew, raw       170       1 cup       0.26         01110       Milk shakes, thick chocolate       300       10.6 fl oz       1.08         01111       Milk shakes, thick vanilla       313       11 fl oz       1.15         01094       Milk, buttermilk, dried       6.5       1 tbsp       0.20         01108       Milk, buttermilk, fluid, cultured, lowfat       245       1 cup       0.67         01095       Milk, canned, condensed, sweetened       306       1 cup       2.29         01097       Milk, canned, evaporated, nonfat       256       1 cup       1.60         01096       Milk, canned, evaporated, without added vitamin A       252       1 cup       1.600         01104       Milk, chocolate, fluid, commercial, lowfat       250       1 cup       1.34         01102       Milk, chocolate, fluid, commercial, whole       250       1 cup       0.75			4.8	1 tsp	0.033
09184       Melons, honeydew, raw       160       1/8 melon       0.244         09184       Melons, honeydew, raw       170       1 cup       0.264         01100       Milk shakes, thick chocolate       300       10.6 fl oz       1.089         01111       Milk shakes, thick chocolate       300       10.6 fl oz       1.089         01111       Milk shakes, thick vanilla       313       11 fl oz       1.152         01094       Milk, buttermilk, dried       6.5       1 tbsp       0.209         01088       Milk, buttermilk, fluid, cultured, lowfat       245       1 cup       0.674         01095       Milk, canned, condensed, sweetened       306       1 cup       0.674         01097       Milk, canned, evaporated, nonfat       256       1 cup       1.609         01096       Milk, canned, evaporated, without added vitamin A       252       1 cup       1.609         01104       Milk, chocolate, fluid, commercial, lowfat       250       1 cup       0.752         01103       Milk, chocolate, fluid, commercial, reduced fat       250       1 cup       0.753         01102       Milk, chocolate, fluid, commercial, whole       250 <td></td> <td>-</td> <td></td> <td></td> <td>0.168</td>		-			0.168
09184Melons, honeydew, raw1701 cup0.2601110Milk shakes, thick chocolate30010.6 fl oz1.0801111Milk shakes, thick vanilla31311 fl oz1.15201094Milk, buttermilk, dried6.51 tbsp0.2001088Milk, buttermilk, fluid, cultured, lowfat2451 cup0.67401095Milk, canned, condensed, sweetened3061 cup2.29201097Milk, canned, evaporated, nonfat2561 cup1.88901096Milk, canned, evaporated, nonfat2521 cup1.60701104Milk, chocolate, fluid, commercial, lowfat2501 cup0.75201103Milk, chocolate, fluid, commercial, reduced fat2501 cup0.75201102Milk, chocolate, fluid, commercial, whole2501 cup0.75201102Milk, chocolate, fluid, commercial, whole250 <t< td=""><td></td><td>Melons, cantaloupe, raw</td><td>69</td><td></td><td>0.072</td></t<>		Melons, cantaloupe, raw	69		0.072
01110Milk shakes, thick chocolate30010.6 fl oz1.08901111Milk shakes, thick vanilla31311 fl oz1.15201094Milk, buttermilk, dried6.51 tbsp0.20001088Milk, buttermilk, fluid, cultured, lowfat2451 cup0.67401095Milk, canned, condensed, sweetened3061 cup2.29201097Milk, canned, evaporated, nonfat2561 cup1.88901096Milk, canned, evaporated, without added vitamin A2521 cup1.60001104Milk, chocolate, fluid, commercial, lowfat2501 cup0.75201103Milk, chocolate, fluid, commercial, reduced fat2501 cup0.75201102Milk, chocolate, fluid, commercial, whole2501 cup0.733		Melons, honeydew, raw		1/8 melon	0.248
01111Milk shakes, thick vanilla31311 fl oz1.15201094Milk, buttermilk, dried6.51 tbsp0.20001088Milk, buttermilk, fluid, cultured, lowfat2451 cup0.67401095Milk, canned, condensed, sweetened3061 cup2.29201097Milk, canned, evaporated, nonfat2561 cup1.88901096Milk, canned, evaporated, without added vitamin A2521 cup1.60001104Milk, chocolate, fluid, commercial, lowfat2501 cup0.75501103Milk, chocolate, fluid, commercial, reduced fat2501 cup1.34401102Milk, chocolate, fluid, commercial, whole2501 cup0.735		Melons, honeydew, raw	170	1 cup	0.264
D1094Milk, butternilk, dried6.51 tbsp0.20D1088Milk, butternilk, fluid, cultured, lowfat2451 cup0.67D1095Milk, canned, condensed, sweetened3061 cup2.29D1097Milk, canned, evaporated, nonfat2561 cup1.889D1096Milk, canned, evaporated, without added vitamin A2521 cup1.609D104Milk, chocolate, fluid, commercial, lowfat2501 cup0.75D103Milk, chocolate, fluid, commercial, reduced fat2501 cup0.75D102Milk, chocolate, fluid, commercial, whole2501 cup0.75	01110	Milk shakes, thick chocolate	300		1.089
D1088Milk, buttermilk, fluid, cultured, lowfat2451 cup0.674D1095Milk, canned, condensed, sweetened3061 cup2.295D1097Milk, canned, evaporated, nonfat2561 cup1.889D1096Milk, canned, evaporated, without added vitamin A2521 cup1.609D104Milk, chocolate, fluid, commercial, lowfat2501 cup0.755D1103Milk, chocolate, fluid, commercial, reduced fat2501 cup1.345D1102Milk, chocolate, fluid, commercial, whole2501 cup0.755	01111	Milk shakes, thick vanilla	313	11 fl oz	1.152
D1095Milk, canned, condensed, sweetened3061 cup2.29D1097Milk, canned, evaporated, nonfat2561 cup1.889D1096Milk, canned, evaporated, without added vitamin A2521 cup1.600D104Milk, chocolate, fluid, commercial, lowfat2501 cup0.755D1103Milk, chocolate, fluid, commercial, reduced fat2501 cup1.344D1102Milk, chocolate, fluid, commercial, whole2501 cup0.755	01094	Milk, buttermilk, dried	6.5	1 tbsp	0.206
D1097Milk, canned, evaporated, nonfat2561 cup1.889D1096Milk, canned, evaporated, without added vitamin A2521 cup1.609D1104Milk, chocolate, fluid, commercial, lowfat2501 cup0.755D1103Milk, chocolate, fluid, commercial, reduced fat2501 cup1.349D1102Milk, chocolate, fluid, commercial, whole2501 cup0.735		Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.674
D1096Milk, canned, evaporated, without added vitamin A2521 cup1.60D1104Milk, chocolate, fluid, commercial, lowfat2501 cup0.75D1103Milk, chocolate, fluid, commercial, reduced fat2501 cup1.34D1102Milk, chocolate, fluid, commercial, whole2501 cup0.75	01095	Milk, canned, condensed, sweetened	306	1 cup	2.295
D1104Milk, chocolate, fluid, commercial, lowfat2501 cup0.752D1103Milk, chocolate, fluid, commercial, reduced fat2501 cup1.344D1102Milk, chocolate, fluid, commercial, whole2501 cup0.732	01097	Milk, canned, evaporated, nonfat	256	1 cup	1.889
D1103Milk, chocolate, fluid, commercial, reduced fat2501 cup1.343D1102Milk, chocolate, fluid, commercial, whole2501 cup0.733	01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	1.608
D1102Milk, chocolate, fluid, commercial, whole2501 cup0.733	01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	0.755
	01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	1.348
Milk, dry, nonfat, instant, with added vitamin A231/3 cup0.74	01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	0.738
	01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.744

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	0.881
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.875
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	0.869
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.883
16112	Miso	68.75	1 cup	0.232
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.578
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.308
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	0.230
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.155
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.186
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	0.143
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.194
18279	Muffins, corn, commercially prepared	57	1 muffin	0.253
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.226
18283	Muffins, oat bran	57	1 muffin	0.576
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.061
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.301
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.395
11264	Mushrooms, canned, drained solids	156	1 cup	1.265
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.370
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	5.211
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.788
11260	Mushrooms, white, raw	70	1 cup	1.048
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.168
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.015
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.009
09191	Nectarines, raw	136	1 nectarine	0.252
20113	Noodles, chinese, chow mein	45	1 cup	0.240
20110	Noodles, egg, cooked, enriched	160	1 cup	0.421
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.373
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.133
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.052
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.345
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.249
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.792
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.671
12104	Nuts, coconut meat, raw	45	1 piece	0.135
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.260
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.171
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.342
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	0.354
12142	Nuts, pecans	28.35	1 oz (20 halves)	0.245
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.027
12147	Nuts, pine nuts, dried	28.35	1 oz	0.089
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.145
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.162
20034	Oat bran, cooked	219	1 cup	0.475

94031       01, olive, salad or cooking       1.3       1 shop       0.00         04042       01, peant, salad or cooking       1.3.5       1 shop       0.00         04043       01, sopben, salad or cooking, (hydrogenated)       1.3.6       1 shop       0.00         0414       01, sopben, salad or cooking, (hydrogenated) and coinoneed       1.3.6       1 shop       0.00         0415       01, sopben, salad or cooking, obic, over 70% (primary       1.3.6       1 shop       0.00         0416       01, vegenble, corni, industrial and processinal or cooking       1.3.6       1 shop       0.00         0418       01, vegenble, sonitor, industrial and processinal or cooking       1.3.6       1 shop       0.00         0418       01, vegenble, sonitor, industrial and processinal or cooking       1.3.6       1 shop       0.00         11276       Okra, rozked, boiled, drined, without salt       160       1 cup       0.00         11281       Onions, cooked, boiled, drined, without salt       94       1 shop       0.00         11282       Onions, cooked, boiled, drined, without salt       94       1 shop       0.00         11282       Onions, cooked, boiled, drined, without salt       94 <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
9044201, penut, salad or cooking.13.51 hsp.0.000048801, seame, salad or cooking. (hydrogenated)13.61 hsp.0.000434301, soyhean, alad or cooking. (hydrogenated) and contosead13.61 hsp.0.000451101, vegnatabia (formere, salad or cooking. (hydrogenated) and coronsing13.61 hsp.0.000451201, vegnatabia, contosing, oleic, orer 70% (primary13.61 hsp.0.000451201, vegnatabia, contosing, oleic, orer 70% (primary13.61 hsp.0.000450501, vegnatabia, contosing, oleic, orer 70% (primary13.61 hsp.0.000450601, vegnatabia, contosing, oleic, orer 70% (primary13.61 hsp.0.000450701, vegnatabia, contosing, oleic, orer 70% (primary13.61 hsp.0.000450801, vegnatabia, contosing, bind, rotan, contos, contosing, oleic, orgena, contosi, topinary12.21 cop0.010450901, vegnatabia, contosi, topinary2101 cap0.02112.20450001, rotan, contosi, topinary1011 stopina0.011128101, roton, contosi, topinary1011 stopina0.011128201, roton, contosi, topinary on bubb, raw151 stopina0.011129101, roton, struptor scattabia, storeetend, ulfatadi N Storeet2491 cap0.011129101, roton, struptor scattabia, storeetend, ulfatadi N Storeet1311 cap0.011129101, rotan, struptor scattabia, storeet	20033	Oat bran, raw	94	1 cup	1.404
04038       01, asame, salad or cooking, (hydrogenated)       13.6       1 thep       0.0         04034       01, soyben, sald or cooking, (hydrogenated) and cottonseel       13.6       1 thep       0.0         04131       01, vegenab, said or cooking, (hydrogenated) and cottonseel       13.6       1 thep       0.0         04131       01, vegenab, corni, dustrial and retait, all purpose salad or cooking       13.6       1 thep       0.00         04582       01, vegenab, corni, dustrial and retait, all purpose salad or cooking       13.6       1 thep       0.00         04583       01, vegenab, corni, dustrial and retait, all purpose salad or cooking       13.6       1 thep       0.00         04583       01, vegenab, corni, dustrial or thetait, all purpose salad or cooking       13.6       1 thep       0.00         11290       Okra, cooked, boiled, drained, without salt       160       1 cup       0.00         11281       Okra, cooked, boiled, drained, without salt       94       1 medium       0.00         11282       Onions, cooked, boiled, drained, without salt       94       1 eup       0.00         11283       Onions, cooked, boiled, drained, without salt       14       1 eup       0.00         11284	04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
9043401, soybean, sind or cooking, dydrogenated)13.61 thop0.009451301, soybean, sind or cooking, oleic, over 70% (primary sinflower oil of commerce)13.61 thop0.00945201, vegetable, sundrower, sind or cooking, oleic, over 70% (primary sinflower oil of commerce)13.61 thop0.000458401, vegetable, conv, industrial and retail, all purpose salad or cooking of third, industrial and retail, all purpose salad or cooking13.61 thop0.000450601, vegetable, conv, industrial and retail, all purpose salad or cooking13.61 thop0.000450701, vegetable, conv, industrial and retail, all purpose salad or cooking13.61 thop0.000450801, vegetable, conv, industrial and retail, all purpose salad or cooking13.61 suppose0.000450901, vegetable, conv, industrial and retail, all purpose2121200.000.000710901, vegetable, divined, without salt2101 eugr0.000.001128201, ondors, conveds, bloide, drained, without salt1001 subpose0.001128201, ondors, arw1001 subpose0.000.001128201, ondors, pring or scallions (includes tops and bulb), raw151 subpose0.001128201, ondors, pring or scallions (includes tops and bulb), raw151 subpose0.011129001, ondors, pring or scallions (includes tops and bulb), raw151 subpose0.011129101, ondors, pring or scall	04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
94543Oil, sophen, salad or cooking, dividrogenated) and cotonseed13.6I thep0.0094511Oil, vegetable, canola14I thep0.0094582Oil, vegetable, canola14I thep0.0094582Oil, vegetable, canola14I thep0.0094586Oil, vegetable, canola13.6I thep0.0094586Oil, vegetable, canola durinal at purpose salad or cooking13.6I thep0.0094586Oil, vegetable, canola durinal at vithout sal160I cup0.3191797Okra, cooked, holied, drained, without sal160I cup0.01917183Onion rings, breaded, par fried, frozen, prepared, heated in oven6010 rings, cooked, boiled, drained, without salt201 cup0.02917284Onions, cooked, boiled, drained, without salt941 medium0.010.01917284Onions, cooked, boiled, drained, without salt1601 cup0.02917284Onions, spring or callions (includes tops and bulb), raw1601 cup0.01917291Onions, spring or callions (includes tops and bulb), raw1601 cup0.03917291Onions, spring or scallions (includes tops and bulb), raw1601 cup0.31917291Orions, spring or scallions (includes tops and bulb), raw1601 cup0.31917291Orions, spring or scallions (includes tops and bulb), raw1601 cup0.31917291Orions, spring or scallions (includes toutermalk) <td>04058</td> <td>Oil, sesame, salad or cooking</td> <td>13.6</td> <td>1 tbsp</td> <td>0.000</td>	04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
045110.1. vegatable, carnot, industrial and or cooking, oleic, over 70% (primary artifoner oil of commerce)13.61 thsp0.00045820.1. vegatable, carnot, industrial and retail, all purpose salad or cooking13.61 thsp0.00045180.1. vegatable, samoker, indokic, fiquant etail, all purpose salad or cooking13.61 thsp0.00112790.Kra, cooked, boiled, drained, without salt1601 cup0.3112810.Kra, forcen, cooked, boiled, drained, without salt1841 cup0.4112830.Kinos, cooked, boiled, drained, without salt2101 cup0.2112840.Kinos, cooked, boiled, drained, without salt2101 cup0.2112830.Kinos, cooked, boiled, drained, without salt941 medium0.11112840.Kinos, cooked, boiled, drained, without salt1601 cup0.0112820.Kinos, cooked, boiled, drained, without salt1601 cup0.0112820.Kinos, conke, one cultade status1601 cup0.0112820.Kinos, saving or scallions (includes tops and bulb), raw1601 cup0.0112810.Kinos, spring or scallions (includes tops and bulb), raw1601 cup0.3090070.Grange juice, firozen concentrate2491 cup0.309110.Kindes from concentrate2491 cup0.3092060.Grange juice, firozen concentrate, unsweetened, diltured with 3 volume2491 cup0.3092060.Grange juice, fir	04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000
salflower old commerce)       14       1 dsp       000         04512       Oil, vegetable, comi, industrial and retail, all purpose salad or cooking       13.6       1 thep       0.00         04506       Oil, vegetable, comi, industrial and retail, all purpose salad or cooking       13.6       1 thep       0.00         04506       Oil, vegetable, comi, industrial and retail, all purpose salad or cooking       13.6       1 thep       0.00         04506       Oil, vegetable, comi, industrial and retail, all purpose salad or cooking       13.6       1 thep       0.00         11281       Okrn, cooked, boiled, drained, without salt       184       1 cup       0.21         11283       Okions, cooked, boiled, drained, without salt       94       1 desp       0.00         11284       Okions, cava       140       1 skice       0.00         11282       Okions, raw       140       1 skice       0.00         11282       Okions, spring or scallions (includes tops and bulb), raw       15       1 whole       0.01         11291       Okions, spring or scallions (includes tops and bulb), raw       160       1 cup       0.41         0907       Orange juice, rivel conconcentrate       249       1 cup	04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
94518Oil, vegetable, com, industrial and retail, all purpose salad or cooking13.61 top0.0004506Oil, vegetable, sunflower, finoleic, (approx. 65%)13.61 top0.0311279Okra, cooked, boiled, drained, wintout salt1601 cup0.0409193Olives, ripe, coned (maile) extrint large)225 large0.0011284Onions, cooked, boiled, drained, wintout salt2101 cup0.0211283Onions, cooked, boiled, drained, wintout salt941 medium0.0111284Onions, cooked, boiled, drained, wintout salt9101 whole0.0111284Onions, cooked, boiled, drained, wintout salt1001 whole0.0111284Onions, cooked, boiled, drained, wintout salt1001 whole0.0111282Onions, raw1001 cup0.0111282Onions, raw1001 cup0.0111291Onions, spring or scallions (includes tops and bulb), raw151 whole0.0111291Onions, spring or scallions (includes tops and bulb), raw1201 cup0.010007Orange juice, chilled, includes form concentrate2491 cup0.0100160Orange juice, now2481 cup0.0100206Orange juice, raw1011 cup0.0100206Orange juice, raw1041 parcake0.0100207Orange juice, raw1041 parcake0.0100208Pancakes plain, fry mix, competer p	04511		13.6	1 tbsp	0.000
04506       0il, vegetable, sunflower, linoleic, (approx. 65%)       13.6       1 tbsp       0.00         11279       Okn, cooked, boiled, drained, without salt       160       1 cup       0.34         011381       Okn, forzen, cooked, boiled, drained, without salt       184       1 cup       0.44         01935       Olives, ripe, canned (small-extra large)       22       5 large       0.00         11284       Onions, cooked, boiled, drained, without salt       210       1 cup       0.21         11283       Onions, cooked, boiled, drained, without salt       210       1 medium       0.01         11284       Onions, cooked, boiled, drained, without salt       94       1 medium       0.01         11282       Onions, raw       110       1 whole       0.01         11282       Onions, raw       160       1 cup       0.01         11291       Onions, spring or scalilous (includes tops and bulb), raw       160       1 cup       0.02         09205       Orange juice, canned, unsweetened, duiled with 3 volume       249       1 cup       0.02         09214       Orange juice, canned, unsweetened, duiled with 3 volume       213       6-f-oz can       1.41		Oil, vegetable, canola	14	1 tbsp	0.000
11279     Okra, cooked, boiled, drained, withou salt     160     1 cup     0.3.       11281     Okra, cooked, boiled, drained, withou salt     184     1 cup     0.40       09193     Olives, ripe, canned (maile-xtra large)     22     5 large     0.00       011285     Onion rings, breaded, par fired, frozen, prepared, heated in oven     60     10 rings     0.12       11283     Onions, cooked, boiled, drained, without salt     210     1 cup     0.22       11283     Onions, cooked, boiled, drained, without salt     94     1 medium     0.01       11284     Onions, chydraud flakes     5     1 tbsp     0.00       11282     Onions, raw     160     1 cup     0.01       11282     Onions, spring or scallions (includes tops and bulb), raw     15     1 whole     0.00       11291     Onions, spring or scallions (includes tops and bulb), raw     100     1 cup     0.03       09207     Orange juice, cnamed, unsweetened     249     1 cup     0.43       09214     Orange juice, frozen concentrate, unsweetened, undiluted     213     6-fl-oz can     1.19       09206     Orange juice, raw     248     1 cup     0.		Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.000
11281   Okra, frozen, cooked, boiled, drained, without salt   184   1 eup   04, 40, 40, 40, 40, 40, 40, 40, 40, 40,	04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.000
opplipsi       Olives, ripe, canned (small-extra large)       22       5 large       000         11296       Onion rips, breaded, par fried, frozen, prepared, heated in oven       60       10 rings       0.01         11283       Onions, cooked, boiled, drained, without salt       210       1 cup       0.22         11284       Onions, cooked, boiled, drained, without salt       94       1 medium       0.01         11284       Onions, cooked, boiled, drained, without salt       94       1 medium       0.01         11282       Onions, raw       100       1 whole       0.01         11282       Onions, raw       160       1 cup       0.01         11291       Onions, spring or scallions (includes tops and bulb), raw       100       1 cup       0.01         11291       Onions, spring or scallions (includes tops and bulb), raw       100       1 cup       0.01         00207       Orange juice, chilled, includes from concentrate       249       1 cup       0.41         09216       Orange juice, frozen concentrate, unsweetened, diluted with 3 volume       249       1 cup       0.41         09206       Orange juice, frozen concentrate, unsweetened, diluted with 3 volume       11 cup       0.	11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.341
11296     Onion rings, breaded, par fried, frozen, prepared, heated in oven     60     10 rings     0.11       11283     Onions, cooked, boiled, drained, without salt     210     1 cup     0.21       11284     Onions, cooked, boiled, drained, without salt     94     1 medium     0.01       11282     Onions, chyddrated flakes     5     1 thsp     0.00       11282     Onions, raw     140     1 slice     0.01       11282     Onions, raw     160     1 cup     0.01       11282     Onions, raw     160     1 cup     0.01       11291     Onions, spring or scallions (includes tops and bulb), raw     100     1 cup     0.01       01207     Orange juice, cnared, unsweetened     249     1 cup     0.01       02079     Orange juice, frozen concentrate, unsweetened, undiluted     213     6-fl-oz can     1.01       09216     Orange juice, frozen concentrate, unsweetened, undiluted     213     1 cup     0.02       09206     Orange, juice, raw     248     1 cup     0.01       09206     Orange, juice, raw     248     1 cup     0.02       09206     Orange, juice, naw	11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.442
11283       Onions, cooked, bolied, drained, without salt       210       1 c up       0.2         11283       Onions, cooked, bolied, drained, without salt       94       1 medium       0.10         11284       Onions, cooked, bolied, drained, without salt       94       1 medium       0.10         11282       Onions, raw       110       1 whole       0.00         11282       Onions, raw       160       1 cup       0.01         11291       Onions, spring or scallions (includes tops and bulb), raw       15       1 whole       0.03         11291       Onions, spring or scallions (includes tops and bulb), raw       100       1 cup       0.03         09207       Orange juice, chaned, unsweetened, diluted with 3 volume       249       1 cup       0.33         09215       Orange juice, frozen concentrate, unsweetened, undiluted with 3 volume       248       1 cup       0.44         09206       Orange juice, raw       86       juice fron 1 orange       0.14         09206       Orange juice, raw       248       1 cup       0.44         09206       Orange, juice, raw       248       1 cup       0.43         09206       Orange, juice, raw<	09193	Olives, ripe, canned (small-extra large)	22	5 large	0.003
11283     Onions, cooked, boiled, drained, without salt     94     Inedium     0.10       11284     Onions, raw     10     I bbp     0.00       11282     Onions, raw     10     I whole     0.00       11282     Onions, raw     160     I cup     0.00       11282     Onions, raw     160     I cup     0.00       11281     Onions, spring or scallions (includes tops and bulb), raw     15     I whole     0.00       11291     Onions, spring or scallions (includes tops and bulb), raw     100     I cup     0.00       00207     Orange juice, chilled, includes from concentrate     249     I cup     0.40       09214     Orange juice, frozen concentrate, unsweetened, diluted with 3 volume     249     I cup     0.41       09206     Orange juice, raw     86     juice from 1 orange     0.10       09206     Orange, juice, raw     131     I cup     0.41       09206     Orange, juice, raw, all commercial varieties     131     I cup     0.31       18228     Pancakes, plain, frozen, ready-to-heat (includes buttermilk)     36     I pancake     0.10       09226     Papaya, ra	11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.138
11284Onions, delydrated flakes51 tbsp0.0011282Onions, raw1101 whole0.1111282Onions, raw141 slice0.0111282Onions, raw1601 cup0.0111291Onions, spring or scallions (includes tops and bulb), raw151 whole0.0011291Onions, spring or scallions (includes tops and bulb), raw1001 cup0.0009207Orange juice, caned, unsweetened2491 cup0.3309209Orange juice, caned, unsweetened, diluted with 3 volume2491 cup0.3309215Orange juice, rozen concentrate, unsweetened, diluted with 3 volume2491 cup0.3309206Orange juice, rozen concentrate, unsweetened, diluted with 3 volume2491 cup0.4409206Orange juice, raw2481 cup0.4409206Orange juice, raw2481 cup0.4409206Orange juice, raw2481 cup0.4409206Orange, raw, all commercial varieties1801 pancake0.0418288Pancakes plain, dry mix, complete, prepared381 pancake0.0418290Pancakes, plain, dry mix, incomplete, prepared381 pancake0.0419226Papaya, raw101 oprigs0.0519236Paraley, raw101 oprigs0.0419236Paraley, raw101 oprigs0.0519241Paeches, canned, heavy syrup pack, solids a	11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.237
11282     Onions, raw     110     I whole     0.11       11282     Onions, raw     14     1 slice     0.00       11282     Onions, raw     160     1 cup     0.01       11281     Onions, spring or scallions (includes tops and bulb), raw     160     1 cup     0.01       11291     Onions, spring or scallions (includes tops and bulb), raw     100     1 cup     0.03       09207     Orange juice, canned, unsweetened     249     1 cup     0.33       09218     Orange juice, forzen concentrate, unsweetened, diluted with 3 volume     249     1 cup     0.43       09206     Orange juice, forzen concentrate, unsweetened, undiluted     21.3     6-fl-oz can     1.11       09206     Orange juice, raw     248     1 cup     0.43       09200     Orange juice, raw     248     1 cup     0.43       09200     Oranges, raw, all commercial varieties     130     1 cup     0.43       09200     Oranges, raw, all commercial varieties     131     1 orange     0.23       18292     Pancakes plain, frozen, ready-to-beat (includes buttermilk)     36     1 pancake     0.03       18292     <	11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.106
11282Onion, raw14I slice0.011282Onions, raw1601 cup0.1911291Onions, spring or scallions (includes tops and bulb), raw151 whole0.0011291Onions, spring or scallions (includes tops and bulb), raw1001 cup0.0007070Orange juice, canned, unsweetened2491 cup0.3309209Orange juice, canned, unsweetened, diluted with 3 volume2491 cup0.3309214Orange juice, frozen concentrate, unsweetened, diluted with 3 volume2491 cup0.4409206Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can1.1909206Orange juice, raw2481 cup0.4409206Orange juice, raw2481 cup0.4409206Oranges, raw, all commercial varieties1311 orange0.331828Pancakes, plain, frozen, ready-to-heat (includes buttermilk)361 pancake0.0018290Pancakes, plain, dry mix, icomplete, prepared381 pancake0.0018292Pancakes, plain, dry mix, icomplete, prepared381 pancake0.0018294Parsky, raw101 cup0.4319295Parsky, raw101 cup0.4319294Parsky, raw161 cup0.4319294Parsky, canned, heavy syrup pack, solids and liquids2621 cup0.5319294Parsky, canned, heavy syrup pack, solids and liquids16	11284	Onions, dehydrated flakes	5	1 tbsp	0.069
11282     Onions, raw     160     1 cup     0.19       11291     Onions, spring or scallions (includes tops and bulb), raw     15     1 whole     0.00       11291     Onions, spring or scallions (includes tops and bulb), raw     100     1 cup     0.00       09207     Orange juice, canned, unswetened     249     1 cup     0.37       09208     Orange juice, forzen concentrate, unswetened, diluted with 3 volume     249     1 cup     0.47       09215     Orange juice, frozen concentrate, unswetened, undiluted     213     6-fl-oz can     1.19       09206     Orange juice, frozen concentrate, unswetened, undiluted     213     1 cup     0.47       09206     Orange juice, frozen concentrate, unswetened, undiluted     213     1 cup     0.47       09206     Orange juice, raw     248     1 cup     0.47       09206     Orange juice, raw     160     1 cup     0.47       09200     Oranges, raw, all commercial varieties     131     1 orange     0.37       18280     Pancakes, plain, dry mix, complete, prepared     38     1 pancake     0.07       18292     Pancakes, plain, dry mix, incomplete, prepared     36     1 cu	11282	Onions, raw	110	1 whole	0.135
11291Onions, spring or scallions (includes tops and bulb), raw15i whole0.011291Onions, spring or scallions (includes tops and bulb), raw1001 cup0.009207Orange juice, canned, unsweetened2491 cup0.309209Orange juice, chilled, includes form concentrate2491 cup0.309215Orange juice, forzen concentrate, unsweetened, udiluted with 3 volume2491 cup0.309216Orange juice, forzen concentrate, unsweetened, udiluted2136-fl-oz can1.1909206Orange juice, raw2481 cup0.4409200Orange juice, raw2481 cup0.4409200Orange, raw, all commercial varieties1801 cup0.4309200Orange, raw, all commercial varieties1311 orange0.3318288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake0.0118292Pancakes, plain, dry mix, complete, prepared381 pancake0.0119226Papayas, raw101 cup0.3519297Pasta with meatbalis in tomato sauce, canned entree2521 cup0.3519291Pasta with meatbalis in tomato sauce, canned entree2521 cup0.1519241Peaches, canned, heavy syrup pack, solids and liquids981 half0.0009238Peaches, canned, juice pack, solids and liquids2481 cup0.1509244Peaches, canned, juice pack, solids and liquids <td< td=""><td>11282</td><td>Onions, raw</td><td>14</td><td>1 slice</td><td>0.017</td></td<>	11282	Onions, raw	14	1 slice	0.017
11291     Onions, spring or scallions (includes tops and bulb), raw     100     1 cup     0.00       09207     Orange juice, canned, unsweetened     249     1 cup     0.33       09209     Orange juice, chilled, includes from concentrate     249     1 cup     0.33       09214     Orange juice, frozen concentrate, unsweetened, diluted with 3 volume     249     1 cup     0.33       09214     Orange juice, frozen concentrate, unsweetened, undiluted     213     6-fl-oz can     1.19       09206     Orange juice, raw     86     juice from 1 orange     0.14       09206     Orange, raw, all commercial varieties     130     1 cup     0.43       09200     Oranges, raw, all commercial varieties     131     1 orange     0.33       1828     Pancakes plain, frozen, ready-to-heat (includes buttermilk)     36     1 pancake     0.00       18290     Pancakes, plain, dry mix, complete, prepared     38     1 pancake     0.00       18292     Pancakes, plain, dry mix, incomplete, prepared     38     1 pancake     0.00       18292     Pancakes, plain, dry mix, incomplete, prepared     38     1 pancake     0.00       19293     Paranips, cooked, bo	11282	Onions, raw	160	1 cup	0.197
09207Orange juice, canned, unsweetened249I cup0.3309209Orange juice, chilled, includes from concentrate249I cup0.4409215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water249I cup0.3309206Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can1.1909206Orange juice, raw86juice from 1 orange0.1009206Oranges, raw, all commercial varieties180I cup0.4409200Oranges, raw, all commercial varieties1311 orange0.3318288Pancakes plain, frozen, ready-to-heat (includes buttermilk)36I pancake0.0018290Pancakes, plain, dry mix, complete, prepared38I pancake0.0118292Pancakes, plain, dry mix, incomplete, prepared38I pancake0.0219226Papayas, raw101 cup0.3409226Papayas, raw104I cup0.3409226Papayas, raw1561 cup0.9212990Parships, cooked, boiled, drained, without salt1561 cup0.0509241Peaches, canned, heavy syrup pack, solids and liquids2621 cup0.1109236Peaches, canned, heavy syrup pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids2491 cup0.3309236Peaches, dried, suffered, uncoked393 halves0.23 <t< td=""><td>11291</td><td>Onions, spring or scallions (includes tops and bulb), raw</td><td>15</td><td>1 whole</td><td>0.011</td></t<>	11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.011
Orange juice, chilled, includes from concentrate       249       1 cup       0.44         09215       Orange juice, frozen concentrate, unsweetened, diluted with 3 volume       249       1 cup       0.33         09214       Orange juice, frozen concentrate, unsweetened, undiluted       213       6-fl-oz can       1.19         09206       Orange juice, raw       86       juice fron 1 orange       0.11         09206       Orange juice, raw       248       1 cup       0.44         09200       Orange juice, raw, all commercial varieties       131       1 orange       0.33         18288       Pancakes plain, frozen, ready-to-heat (includes buttermilk)       36       1 pancake       0.00         18290       Pancakes, plain, dry mix, incomplete, prepared       38       1 pancake       0.01         18292       Pansay, raw       140       1 cup	11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.075
09215Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water2491 cup0.3309214Orange juice, frozen concentrate, unsweetened, undiluted2136-fl-oz can1.1909206Orange juice, raw86juice from 1 orange0.1009206Orange juice, raw2481 cup0.4409200Oranges, raw, all commercial varieties1801 cup0.4409200Oranges, raw, all commercial varieties1311 orange0.3318288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake0.0018290Pancakes, plain, dry mix, complete, prepared381 pancake0.0118292Pancakes, plain, dry mix, incomplete, prepared381 pancake0.0118294Papayas, raw3041 papaya0.6611297Parsley, raw1010 sprigs0.0011299Parsnips, cooked, boiled, drained, without salt1561 cup0.3509241Peaches, canned, heavy syrup pack, solids and liquids2621 cup0.3509236Peaches, canned, heavy syrup pack, solids and liquids981 half0.0009236Peaches, canned, juice pack, solids and liquids393 halves0.2109236Peaches, dried, suffured, uncoked393 halves0.2109236Peaches, friozen, sliced, sweetened2501 cup0.3509236Peaches, friozen, sliced, sweetened2501 cup0.35 <td>09207</td> <td>Orange juice, canned, unsweetened</td> <td>249</td> <td>1 cup</td> <td>0.374</td>	09207	Orange juice, canned, unsweetened	249	1 cup	0.374
water       valuer         09214       Orange juice, fozen concentrate, unsweetened, undiluted       213       6-fl-oz can       1.19         09206       Orange juice, raw       86       juice from 1 orange       0.10         09206       Orange juice, raw       248       1 cup       0.47         09200       Oranges, raw, all commercial varieties       180       1 cup       0.43         09200       Oranges, raw, all commercial varieties       131       1 orange       0.33         18288       Pancakes plain, frozen, ready-to-heat (includes buttermilk)       36       1 pancake       0.00         18290       Pancakes, plain, dry mix, complete, prepared       38       1 pancake       0.01         18292       Pancakes, plain, dry mix, incomplete, prepared       38       1 pancake       0.00         18292       Pancakes, plain, dry mix, incomplete, prepared       304       1 papaya       0.66         11297       Parsley, raw       10       10 sprigs       0.00         1292       Parsley, raw       10       1 sup       0.17         09214       Peaches, canned, heavy syrup pack, solids and liquids       262       1 cup       0.17	09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.476
09206       Orange juice, raw       86       juice from 1 orange       0.1         09206       Orange juice, raw       248       1 cup       0.4         09200       Oranges, raw, all commercial varieties       180       1 cup       0.4         09200       Oranges, raw, all commercial varieties       131       1 orange       0.3         18288       Pancakes plain, frozen, ready-to-heat (includes buttermilk)       36       1 pancake       0.00         18290       Pancakes, plain, dry mix, complete, prepared       38       1 pancake       0.00         18292       Pancakes, plain, dry mix, incomplete, prepared       38       1 pancake       0.00         18292       Pancakes, plain, dry mix, incomplete, prepared       38       1 pancake       0.00         18292       Pancakes, plain, dry mix, incomplete, prepared       38       1 pancake       0.00         09226       Papayas, raw       140       1 cup       0.3         09226       Papayas, raw       10       10 sprigs       0.00         11297       Parsley, raw       10       1 cup       0.10         09241       Peaches, canned, heavy syrup pack, solids and liquids       26	09215		249	1 cup	0.393
Orange juice, raw       248       1 cup       0.4         09206       Oranges, raw, all commercial varieties       180       1 cup       0.4         09200       Oranges, raw, all commercial varieties       131       1 orange       0.3         18288       Pancakes plain, frozen, ready-to-heat (includes butternilk)       36       1 pancake       0.00         18290       Pancakes, plain, dry mix, complete, prepared       38       1 pancake       0.00         18292       Pancakes, plain, dry mix, incomplete, prepared       38       1 pancake       0.00         09226       Papayas, raw       140       1 cup       0.3         09226       Papayas, raw       10       10 sprigs       0.00         11297       Parsley, raw       10       10 sprigs       0.00         11299       Parsips, cooked, boiled, drained, without salt       156       1 cup       0.1         09238       Peaches, canned, heavy syrup pack, solids and liquids       262       1 cup       0.1         09238       Peaches, canned, juice pack, solids and liquids       98       1 half       0.0         09238       Peaches, drired, sulfured, uncooked       39       3 h	09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1.193
Oranges, raw, all commercial varieties1801 cup0.4409200Oranges, raw, all commercial varieties1311 orange0.3318288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake0.0018290Pancakes, plain, dry mix, complete, prepared381 pancake0.0018292Pancakes, plain, dry mix, incomplete, prepared381 pancake0.0009226Papayas, raw1401 cup0.3309226Papayas, raw3041 papaya0.6611297Parsley, raw1010 sprigs0.0922907Pasta with meatballs in tomato sauce, canned entree2521 cup0.5509241Peaches, canned, heavy syrup pack, solids and liquids2621 cup0.1109238Peaches, canned, juice pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids2481 cup0.1109246Peaches, canned, juice pack, solids and liquids281 cup0.1209236Peaches, raw2501 cup0.3309236Peaches, raw281 cup0.3309236Peaches, raw2501 cup0.3309236Peaches, raw2601 cup0.3309236Peaches, raw393 halves0.2309236Peaches, raw2901 cup0.3309236Peaches, raw281 cup0.3309236Pea	09206	Orange juice, raw	86	juice from 1 orange	0.163
Oranges, raw, all commercial varieties1311 orange0.3318288Pancakes plain, frozen, ready-to-heat (includes butternilk)361 pancake0.0018290Pancakes, plain, dry mix, complete, prepared381 pancake0.0018292Pancakes, plain, dry mix, incomplete, prepared381 pancake0.0109226Papayas, raw1401 cup0.3009226Papayas, raw3041 papaya0.6011297Parsley, raw1010 sprigs0.041299Parsnips, cooked, boiled, drained, without salt1561 cup0.9222907Pasta with meatballs in tomato sauce, canned entree2521 cup0.1109214Peaches, canned, heavy syrup pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids2481 cup0.1209246Peaches, canned, juice pack, solids and liquids2501 cup0.3209236Peaches, raw2501 cup0.3209236Peaches, frozen, sliced, sweetened393 halves0.2209236Peaches, raw2501 cup0.3309246Peaches, raw2501 cup0.3309250Peaches, frozen, sliced, sweetened2501 cup0.3309250Peaches, raw981 half0.0409250Peaches, raw2501 cup0.3309250Peaches, raw981 cup0.33 <t< td=""><td>09206</td><td>Orange juice, raw</td><td>248</td><td>1 cup</td><td>0.471</td></t<>	09206	Orange juice, raw	248	1 cup	0.471
18288Pancakes plain, frozen, ready-to-heat (includes buttermilk)361 pancake0.0018290Pancakes, plain, dry mix, complete, prepared381 pancake0.0018292Pancakes, plain, dry mix, incomplete, prepared381 pancake0.1009226Papayas, raw1401 cup0.3009226Papayas, raw3041 papaya0.6011297Parsley, raw1010 sprigs0.0011299Parsnips, cooked, boiled, drained, without salt1561 cup0.5722907Pasta with meatballs in tomato sauce, canned entree2521 cup0.5709241Peaches, canned, heavy syrup pack, solids and liquids2621 cup0.1709238Peaches, canned, heavy syrup pack, solids and liquids981 half0.0409236Peaches, dried, sulfured, uncooked393 halves0.2709240Peaches, dried, sulfured, uncooked393 halves0.2709250Peaches, frozen, sliced, sweetened2501 cup0.3309250Peaches, frozen, sliced, sweetened2501 cup0.3309250Peaches, raw981 peach0.2709250Peaches, raw101 cup0.3309250Peaches, raw101 cup0.3309250Peaches, raw101 cup0.3309250Peaches, raw1 cup0.3309250Peaches, raw1 cup0.3309250Peache	09200	Oranges, raw, all commercial varieties	180	1 cup	0.450
18290Pancakes, plain, dry mix, complete, prepared38I pancake0.0118292Pancakes, plain, dry mix, incomplete, prepared38I pancake0.1909226Papayas, raw140I cup0.3009226Papayas, raw304I papaya0.6611297Parsley, raw1010 sprigs0.0411299Parsnips, cooked, boiled, drained, without salt156I cup0.9222907Pasta with meatballs in tomato sauce, canned entree252I cup0.5509241Peaches, canned, heavy syrup pack, solids and liquids262I cup0.1209238Peaches, canned, juice pack, solids and liquids98I half0.0409236Peaches, dried, sulfured, uncooked393 halves0.2209236Peaches, forzen, sliced, sweetened250I cup0.3209236Peaches, raw981 papaya0.4209236Peaches, raw1010 sprigs0.4209236Peaches, raw101 cup0.3209236Peaches, raw101 cup0.3209236Peaches, raw101 cup0.3209236Peaches, raw101 cup0.3209236Peaches, raw1701 cup0.3209236Peaches, raw1701 cup0.3209236Peaches, raw10101 cup0.3209236Peaches, raw10101 cup0.32	09200	Oranges, raw, all commercial varieties	131	1 orange	0.328
18292Pancakes, plain, dry mix, incomplete, prepared38I pancake0.1909226Papayas, raw140I cup0.3009226Papayas, raw304I papaya0.6011297Parsley, raw1010 sprigs0.0411299Parsnips, cooked, boiled, drained, without salt156I cup0.9222907Pasta with meatballs in tomato sauce, canned entree252I cup0.5509241Peaches, canned, heavy syrup pack, solids and liquids262I cup0.1209238Peaches, canned, juice pack, solids and liquids98I half0.0409236Peaches, canned, juice pack, solids and liquids248I cup0.1209246Peaches, dried, sulfured, uncooked393 halves0.2209250Peaches, frozen, sliced, sweetened250I cup0.3209236Peaches, raw981 peach0.1209236Peaches, raw10101009236Peaches, raw10101009236Peaches, raw1701 cup0.22	18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.054
09226Papayas, raw1401 cup0.3009226Papayas, raw3041 papaya0.6011297Parsley, raw1010 sprigs0.6011299Parsnips, cooked, boiled, drained, without salt1561 cup0.9222907Pasta with meatballs in tomato sauce, canned entree2521 cup0.5109241Peaches, canned, heavy syrup pack, solids and liquids2621 cup0.1209241Peaches, canned, heavy syrup pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids981 cup0.1209246Peaches, canned, juice pack, solids and liquids2481 cup0.1209250Peaches, dried, sulfured, uncooked393 halves0.2209236Peaches, raw981 peach0.1209236Peaches, raw101.020.3209236Peaches, raw1001.020.3209236Peaches, raw1001.020.3209236Peaches, raw1001.020.3209236Peaches, raw1001.020.1209236Peaches, raw1001.020.2209236Peaches, raw1001.020.2209236Peaches, raw1001.020.2209236Peaches, raw1001.020.2209236Peaches, raw1001.020.2209236Peaches, raw1.02 <td>18290</td> <td>Pancakes, plain, dry mix, complete, prepared</td> <td>38</td> <td>1 pancake</td> <td>0.092</td>	18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.092
09226Papayas, raw3041 papaya0.6011297Parsley, raw1010 sprigs0.6011299Parsnips, cooked, boiled, drained, without salt1561 cup0.9222907Pasta with meatballs in tomato sauce, canned entree2521 cup0.5109241Peaches, canned, heavy syrup pack, solids and liquids2621 cup0.1209241Peaches, canned, heavy syrup pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids981 half0.0409246Peaches, dried, sulfured, uncooked393 halves0.2209250Peaches, frozen, sliced, sweetened2501 cup0.3309236Peaches, raw981 peach0.1209236Peaches, raw1701 cup0.24	18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.192
11297Parsley, raw1010 sprigs0.0411299Parsnips, cooked, boiled, drained, without salt1561 cup0.9222907Pasta with meatballs in tomato sauce, canned entree2521 cup0.5509241Peaches, canned, heavy syrup pack, solids and liquids2621 cup0.1209241Peaches, canned, heavy syrup pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids2481 cup0.1209246Peaches, dried, sulfured, uncooked393 halves0.2209250Peaches, frozen, sliced, sweetened2501 cup0.3209236Peaches, raw981 peach0.1209236Peaches, raw1701 cup0.32	09226	Papayas, raw	140	1 cup	0.305
11299Parsnips, cooked, boiled, drained, without salt1561 cup0.922907Pasta with meatballs in tomato sauce, canned entree2521 cup0.509241Peaches, canned, heavy syrup pack, solids and liquids2621 cup0.1309241Peaches, canned, heavy syrup pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids2481 cup0.1309246Peaches, dried, sulfured, uncooked393 halves0.2209250Peaches, frozen, sliced, sweetened2501 cup0.3309236Peaches, raw981 peach0.1409236Peaches, raw1701 cup0.24	09226	Papayas, raw	304	1 papaya	0.663
22907Pasta with meatballs in tomato sauce, canned entree2521 cup0.509241Peaches, canned, heavy syrup pack, solids and liquids2621 cup0.1309241Peaches, canned, heavy syrup pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids2481 cup0.1209246Peaches, dried, sulfured, uncooked393 halves0.2209250Peaches, frozen, sliced, sweetened2501 cup0.3309236Peaches, raw981 peach0.1209236Peaches, raw1701 cup0.24	11297	Parsley, raw	10	10 sprigs	0.040
09241Peaches, canned, heavy syrup pack, solids and liquids2621 cup0.1209241Peaches, canned, heavy syrup pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids2481 cup0.1209246Peaches, dried, sulfured, uncooked393 halves0.2209250Peaches, frozen, sliced, sweetened2501 cup0.3309236Peaches, raw981 peach0.1409236Peaches, raw1701 cup0.24	11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.917
09241Peaches, canned, heavy syrup pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids2481 cup0.1209246Peaches, dried, sulfured, uncooked393 halves0.2209250Peaches, frozen, sliced, sweetened2501 cup0.3309236Peaches, raw981 peach0.1209236Peaches, raw1701 cup0.22	22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	0.519
09238Peaches, canned, juice pack, solids and liquids981 half0.0409238Peaches, canned, juice pack, solids and liquids2481 cup0.1209246Peaches, dried, sulfured, uncooked393 halves0.2209250Peaches, frozen, sliced, sweetened2501 cup0.3309236Peaches, raw981 peach0.1209236Peaches, raw1701 cup0.22	09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.131
09238Peaches, canned, juice pack, solids and liquids2481 cup0.1209246Peaches, dried, sulfured, uncooked393 halves0.2209250Peaches, frozen, sliced, sweetened2501 cup0.3309236Peaches, raw981 peach0.1209236Peaches, raw1701 cup0.22	09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.049
09246Peaches, dried, sulfured, uncooked393 halves0.2209250Peaches, frozen, sliced, sweetened2501 cup0.3309236Peaches, raw981 peach0.1509236Peaches, raw1701 cup0.26	09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.049
09250       Peaches, frozen, sliced, sweetened       250       1 cup       0.33         09236       Peaches, raw       98       1 peach       0.13         09236       Peaches, raw       170       1 cup       0.20	09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.124
09236       Peaches, raw       98       1 peach       0.15         09236       Peaches, raw       170       1 cup       0.20	09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.220
09236 Peaches, raw 170 1 cup 0.20	09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.330
	09236	Peaches, raw	98	1 peach	0.150
•	09236	Peaches, raw	170	1 cup	0.260
	16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.179

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.170
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.395
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.395
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.341
09340	Pears, asian, raw	275	1 pear	0.193
09340	Pears, asian, raw	122	1 pear	0.085
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.017
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.059
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.055
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.017
09252	Pears, raw	166	1 pear	0.080
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	1.077
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	1.371
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.218
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.227
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.166
11670	Peppers, hot chili, green, raw	45	1 pepper	0.027
11819	Peppers, hot chili, red, raw	45	1 pepper	0.090
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.108
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.107
11333	Peppers, sweet, green, raw	10	1 ring	0.010
11333	Peppers, sweet, green, raw	149	1 cup	0.148
11333	Peppers, sweet, green, raw	119	1 pepper	0.118
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.107
11821	Peppers, sweet, red, raw	119	1 pepper	0.377
11821	Peppers, sweet, red, raw	149	1 cup	0.472
11945	Pickle relish, sweet	15	1 tbsp	0.001
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.033
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	0.526
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.213
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.319
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.031
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.047
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.139
18302	Pie, apple, prepared from recipe	155	1 piece	0.144
18305	Pie, blueberry, commercially prepared	117	1 piece	0.159
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.182
18308	Pie, cherry, commercially prepared	117	1 piece	0.373
18309	Pie, cherry, prepared from recipe	180	1 piece	0.221
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.444
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.248
18444	Pie, fried pies, cherry	128	1 pie	0.141
18319	Pie, fried pies, fruit	128	1 pie	0.141
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.896
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.272
18324	Pie, pecan, commercially prepared	113	1 piece	0.479
18325	Pie, pecan, prepared from recipe	122	1 piece	0.584
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.553

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
8327	Pie, pumpkin, prepared from recipe	155	1 piece	0.690
1943	Pimento, canned	12	1 tbsp	0.001
4334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.133
4341	Pineapple and orange juice drink, canned	250	8 fl oz	0.143
)9273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.140
)9270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.049
)9270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.254
)9268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.249
)9268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.047
)9266	Pineapple, raw, all varieties	155	1 cup	0.330
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	0.138
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	0.262
)9278	Plantains, cooked	154	1 cup	0.359
)9277	Plantains, raw	179	1 medium	0.465
)9284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.186
)9284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.033
)9282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.033
)9282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.181
)9292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.265
)9291	Plums, dried (prunes), uncooked	42	5 prunes	0.177
)9279	Plums, raw	66	1 plum	0.089
)7065	Pork and beef sausage, fresh, cooked	26	2 links	0.125
)7064	Pork sausage, fresh, cooked	26	2 links	0.188
)7064	Pork sausage, fresh, cooked	27	1 patty	0.195
0124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.222
0131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.242
0185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.531
0151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.388
0153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.423
0193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.493
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.524
0011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.570
0038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.559
0179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.782
0042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.571
0176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.848
0047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.447
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.462
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	1.159
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.506
0078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.570
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.638
1672	Potato pancakes	76 79	1 pancake 10 puffs	0.575 0.233

#### **Content per** NDB No Description Weight (g) Measure **Common Measure** 11414 Potato salad, home-prepared 250 1.335 1 cup 11674 Potato, baked, flesh and skin, without salt 202 1 potato 0.760 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk and 245 0.586 1 cup butter 11373 Potatoes, au gratin, home-prepared from recipe using butter 245 1 cup 0.948 11363 Potatoes, baked, flesh, without salt 156 1 potato 0.866 58 1 skin 0.497 11364 Potatoes, baked, skin, without salt 11365 Potatoes, boiled, cooked in skin, flesh, without salt 136 1 potato 0.707 11367 Potatoes, boiled, cooked without skin, flesh, without salt 135 1 potato 0.687 Potatoes, boiled, cooked without skin, flesh, without salt 0.794 11367 156 1 cup 11403 Potatoes, french fried, all types, salt added in processing, frozen, home-50 10 strips 0.261 prepared, oven heated 11391 Potatoes, hashed brown, frozen, plain, prepared 29 1 patty 0.129 11370 Potatoes, hashed brown, home-prepared 156 1 cup 1.393 11379 Potatoes, mashed, dehydrated, prepared from flakes without milk, 210 0.712 1 cup whole milk and butter added 11657 Potatoes, mashed, home-prepared, whole milk added 210 1 cup 1.014 11371 Potatoes, mashed, home-prepared, whole milk and margarine added 210 0.995 1 cup 11387 Potatoes, scalloped, dry mix, prepared with water, whole milk and 245 0.801 1 cup butter 11372 Potatoes, scalloped, home-prepared with butter 245 1 cup 1.259 05306 Poultry food products, ground turkey, cooked 82 0.667 1 patty 09294 Prune juice, canned 256 0.274 1 cup 19123 Puddings, chocolate, dry mix, instant, prepared with 2% milk 147 1/2 cup 0.403 19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 142 0.398 1/2 cup 19183 Puddings, chocolate, ready-to-eat 113 4 oz 0.276 1134 19193 Puddings, rice, ready-to-eat 4 oz 0.401 19218 Puddings, tapioca, ready-to-eat 113 4 oz 0.266 19212 Puddings, vanilla, dry mix, regular, prepared with 2% milk 140 1/2 cup 0.389 19201 Puddings, vanilla, ready-to-eat 113 4 oz 0.173 11424 Pumpkin, canned, without salt 245 1 cup 0.980 11423 Pumpkin, cooked, boiled, drained, without salt 245 0.492 1 cup Radishes, raw 1 radish 0.007 11429 4.5 Raisins, seedless 145 09298 1 cup 0.138 Raisins seedless 14 0.013 09298 1 packet 250 09306 Raspberries, frozen, red, sweetened 1 cup 0.375 09302 Raspberries, raw 123 1 cup 0.405 16103 Refried beans, canned (includes USDA commodity) 252 1 cup 0.244 Rhubarb, frozen, cooked, with sugar 240 09310 1 cup 0.120 20037 Rice, brown, long-grain, cooked 195 0.556 1 cup 20047 Rice, white, long-grain, parboiled, enriched, cooked 175 0.565 1 cup 185 20046 Rice, white, long-grain, parboiled, enriched, dry 2.096 1 cup 20049 Rice, white, long-grain, precooked or instant, enriched, prepared 165 1 cup 0.092 158 20045 Rice, white, long-grain, regular, cooked 0.616 1 cup 20044 185 1.876 Rice, white, long-grain, regular, raw, enriched 1 cup 18342 Rolls, dinner, plain, commercially prepared (includes brown-and-serve) 28 1 roll 0.127 18350 Rolls, hamburger or hotdog, plain 43 1 roll 0.142 18353 Rolls, hard (includes kaiser) 57 1 roll 0.234 Rutabagas, cooked, boiled, drained, without salt 170 0.264 11436 1 cup 04539 Salad dressing, blue or roquefort cheese dressing, commercial, regular 15.3 1 tbsp 0.059

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.000
04133	Salad dressing, french, home recipe	14	1 tbsp	0.000
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.000
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.000
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.027
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.061
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.022
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.000
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.000
07069	Salami, cooked, beef and pork	56.7	2 slices	0.681
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	0.065
06150	Sauce, barbecue	15.75	1 tbsp	0.006
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.079
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.011
06166	Sauce, homemade, white, medium	250	1 cup	0.815
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.190
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.005
06166	Sauce, salsa, ready-to-serve	16	1 tbsp	0.001
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.036
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.030
07083	Sausage, Vienna, canned, chicken, beef, pork	16	*	0.219
11445		10	1 sausage	0.050
11445	Seaweed, kelp, raw	0.93	2 tbsp 1 tbsp	0.004
	Seaweed, spirulina, dried		-	
12516 12166	Seeds, pumpkin and squash seed kernels, roasted, with salt added Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	28.35 15	1 oz (142 seeds) 1 tbsp	0.096 0.104
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.023
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	2.253
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.996
14346	Shake, fast food, chocolate	333	16 fl oz	1.299
14347	Shake, fast food, vanilla	333	16 fl oz	1.871
11677	Shallots, raw	10	1 tbsp	0.029
19097	Sherbet, orange	74	1/2 cup	0.166
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.032
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.128
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.041
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.160
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.090
19014	Snacks, fruit leather, rolls	21	1 large	0.006
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.230
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.150
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.097

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.136
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	0.000
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.000
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.135
19034	Snacks, popcorn, air-popped	8	1 cup	0.041
19036	Snacks, popcorn, cakes	10	1 cake	0.043
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.097
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.029
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.051
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.025
19041	Snacks, pork skins, plain	28.35	1 oz	0.122
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.175
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.071
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.060
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.234
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.232
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.114
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.077
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.234
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.203
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.090
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.198
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.336
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	1.407
19061	Snacks, trail mix, tropical	140	1 cup	1.705
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	0.097
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	0.086
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.018
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.048
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	0.195
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.178
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.106
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	0.336
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.169
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.226
06067 06428	Soup, chunky vegetable, canned, ready-to-serve Soup, clam chowder, manhattan, canned, prepared with equal volume	240 244	1 cup 1 cup	0.336 0.178
06230	water Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.734
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	0.570
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	0.195
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.737
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	0.278
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.337
06094	Soup, onion, dry, mix	39	1 packet	0.333
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.089

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
)6449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	0.123
)6174	Soup, stock, fish, home-prepared	233	1 cup	0.767
)6359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	0.521
)6559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.063
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.342
)6468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.337
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.048
6123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.048
1451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	0.230
6109	Soybeans, mature cooked, boiled, without salt	172	1 cup	0.308
6120	Soymilk, original and vanilla, unfortified	245	1 cup	0.914
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.201
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.157
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.587
02010	Spices, cinnamon, ground	2.3	1 tsp	0.008
02028	Spices, paprika	2.1	1 tsp	0.037
1658	Spinach souffle	136	1 cup	0.592
1461	Spinach, canned, drained solids	214	1 cup	0.101
1458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.261
1464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.143
1457	Spinach, raw	10	1 leaf	0.007
1457	Spinach, raw	30	1 cup	0.020
1642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.247
1641	Squash, summer, all varieties, raw	113	1 cup	0.175
1644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.480
1488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.370
)9320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.275
)9316	Strawberries, raw	166	1 cup	0.208
)9316	Strawberries, raw	12	1 strawberry	0.015
)9316	Strawberries, raw	18	1 strawberry	0.023
9334	Sugars, brown	3.2	1 tsp	0.004
9335	Sugars, granulated	4.2	1 tsp	0.000
9336	Sugars, powdered	8	1 tbsp	0.000
1647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.788
1512	Sweet potato, canned, vacuum pack	255	1 cup	1.334
1508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	1.291
1510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.906
1659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.285
8356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.244
8358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.080
9348	Syrups, chocolate, fudge-type	19	1 tbsp	0.023
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, colli, light Syrups, maple	20	1 tbsp	0.007
19355	Syrups, table blends, pancake	20	1 tbsp	0.007
19129	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.001
19128	Taco shells, baked	13.3	1 medium	0.001
)9223	Tangerine juice, canned, sweetened	249	1 cup	0.311

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.181
20068	Tapioca, pearl, dry	152	1 cup	0.205
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.020
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.020
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.020
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.019
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.031
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.133
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.143
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.000
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.089
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.061
11954	Tomatillos, raw	34	1 medium	0.051
11540	Tomato juice, canned, with salt added	243	1 cup	0.608
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.372
11547	Tomato products, canned, puree, without salt added	250	1 cup	1.100
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.283
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.291
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.015
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.109
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.018
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.160
11955	Tomatoes, sun-dried	2	1 piece	0.042
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.014
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.028
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.052
21088	Tostada with guacamole	130.5	1 tostada	1.005
05286	Turkey and gravy, frozen	142	5-oz package	0.302
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.333
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.686
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.080
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	3.548
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.569
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	1.320
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	1.066
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.395
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.113
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.222
02050	Vanilla extract	4.2	1 tsp	0.001
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.867
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	1.088
11578	Vegetable juice cocktail, canned	242	1 cup	0.644
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.233
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.275

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02048	Vinegar, cider	15	1 tbsp	0.000
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.107
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.364
14429	Water, tap, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.309
09326	Watermelon, raw	286	1 wedge	0.632
09326	Watermelon, raw	152	1 cup	0.336
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.548
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.548
20083	Wheat flour, white, bread, enriched	137	1 cup	0.600
20084	Wheat flour, white, cake, enriched	137	1 cup	0.627
20080	Wheat flour, whole-grain	120	1 cup	1.210
20089	Wild rice, cooked	164	1 cup	0.253
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0.231
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.110
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	1.342
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	1.455
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.883