

USDA National Nutrient Database for Standard Reference, Release 18

Vitamin A, IU Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	2
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	3
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0
11001	Alfalfa seeds, sprouted, raw	33	1 cup	51
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	2
09011	Apples, dried, sulfured, uncooked	32	5 rings	0
09003	Apples, raw, with skin	138	1 apple	75
09004	Apples, raw, without skin	110	1 cup	42
09020	Applesauce, canned, sweetened, without salt	255	1 cup	28
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	71
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	3303
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	3173
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	4126
09032	Apricots, dried, sulfured, uncooked	35	10 halves	1261
09021	Apricots, raw	35	1 apricot	674
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	212
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	297
11015	Asparagus, canned, drained solids	72	4 spears	592
11012	Asparagus, cooked, boiled, drained	60	4 spears	604
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	484
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	1451
09038	Avocados, raw, California	28.35	1 oz	42
09039	Avocados, raw, Florida	28.35	1 oz	40
18005	Bagels, cinnamon-raisin	89	4" bagel	65
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	52
18003	Bagels, egg	71	3-1/2" bagel	77
18003	Bagels, egg	89	4" bagel	97
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0
11028	Bamboo shoots, canned, drained solids	131	1 cup	17
09040	Bananas, raw	118	1 banana	76
09040	Bananas, raw	150	1 cup	96
20006	Barley, pearled, cooked	157	1 cup	11
20005	Barley, pearled, raw	200	1 cup	44
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	274

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16008	Beans, baked, canned, with franks	259	1 cup	225
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	20
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	213
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	10
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	2
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	587
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	875
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	752
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	142
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	101
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	151
16051	Beans, white, mature seeds, canned	262	1 cup	0
22905	Beef stew, canned entree	232	1 cup	3860
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	0
13348	Beef, cured, corned beef, canned	85.05	3 oz	0
13350	Beef, cured, dried	28.35	1 oz	0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	0
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	0
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	0
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	22175
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	11022
11084	Beets, canned, drained solids	170	1 cup	41
11084	Beets, canned, drained solids	24	1 beet	6
11081	Beets, cooked, boiled, drained	50	1 beet	18
11081	Beets, cooked, boiled, drained	170	1 cup	60
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	49
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	83
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0
09042	Blackberries, raw	144	1 cup	308
09055	Blueberries, frozen, sweetened	230	1 cup	113

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09050	Blueberries, raw	145	1 cup	78
07008	Bologna, beef and pork	56.7	2 slices	48
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	7975
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	232
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	516
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	296
18023	Bread, cornbread, dry mix, prepared	60	1 piece	123
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	180
18025	Bread, cracked-wheat	25	1 slice	0
18027	Bread, egg	40	1/2" slice	84
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0
18033	Bread, italian	20	1 slice	0
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0
18039	Bread, oatmeal	27	1 slice	4
18040	Bread, oatmeal, toasted	25	1 slice	4
18041	Bread, pita, white, enriched	60	6-1/2" pita	0
18041	Bread, pita, white, enriched	28	4" pita	0
18044	Bread, pumpernickel	32	1 slice	0
18045	Bread, pumpernickel, toasted	29	1 slice	0
18047	Bread, raisin, enriched	26	1 slice	0
18048	Bread, raisin, toasted, enriched	24	1 slice	0
18053	Bread, reduced-calorie, rye	23	1 slice	1
18055	Bread, reduced-calorie, wheat	23	1 slice	0
18057	Bread, reduced-calorie, white	23	1 slice	1
18060	Bread, rye	32	1 slice	3
18061	Bread, rye, toasted	24	1 slice	2
18064	Bread, wheat (includes wheat berry)	25	1 slice	0
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0
18070	Bread, white, commercially prepared, toasted	22	1 slice	0
18075	Bread, whole-wheat, commercially prepared	28	1 slice	1
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	1
21023	Breakfast items, french toast with butter	135	2 slices	473
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	573
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	2415
11740	Broccoli, flower clusters, raw	11	1 floweret	330
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	2057
11090	Broccoli, raw	31	1 spear	193
11090	Broccoli, raw	88	1 cup	548
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	1209
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	1435
20011	Buckwheat flour, whole-groat	120	1 cup	0
20010	Buckwheat groats, roasted, cooked	168	1 cup	0
20013	Bulgur, cooked	182	1 cup	4
20012	Bulgur, dry	140	1 cup	13

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01001	Butter, salted	14.2	1 tbsp	355
01145	Butter, without salt	14.2	1 tbsp	355
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	7223
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	1151
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	210
11109	Cabbage, raw	70	1 cup	120
11112	Cabbage, red, raw	70	1 cup	781
11114	Cabbage, savoy, raw	70	1 cup	700
18086	Cake, angelfood, commercially prepared	28	1 piece	0
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0
18090	Cake, boston cream pie, commercially prepared	92	1 piece	75
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	54
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	133
18110	Cake, fruitcake, commercially prepared	43	1 piece	12
18116	Cake, gingerbread, prepared from recipe	74	1 piece	36
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	291
18120	Cake, pound, commercially prepared, butter	28	1 piece	170
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	27
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	47
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	9
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	7
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0
18133	Cake, sponge, commercially prepared	30	1 shortcake	46
18134	Cake, sponge, prepared from recipe	63	1 piece	163
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	47
18139	Cake, white, prepared from recipe without frosting	74	1 piece	38
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	70
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	40
19074	Candies, caramels	10.1	1 piece	4
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0
19071	Candies, carob	28.35	1 oz	3
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	27
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	27
19104	Candies, fudge, vanilla with nuts	15	1 piece	23
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	27
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
19107	Candies, hard	3	1 small piece	0
19107	Candies, hard	6	1 piece	0
19108	Candies, jellybeans	28.35	10 large	0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	34
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	7
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	19
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	12
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	39
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	74
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19116	Candies, marshmallows	50	1 cup	0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	77
19126	Candies, milk chocolate coated peanuts	40	10 pieces	49
19127	Candies, milk chocolate coated raisins	10	10 pieces	9
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	64
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	61
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	30
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	25
19080	Candies, semisweet chocolate	168	1 cup	0
19087	Candies, white chocolate	170	1 cup	51
09060	Carambola, (starfruit), raw	108	1 cup	66
09060	Carambola, (starfruit), raw	91	1 fruit	56
14121	Carbonated beverage, club soda	355	12 fl oz	0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0
14142	Carbonated beverage, grape soda	372	12 fl oz	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0
14150	Carbonated beverage, orange	372	12 fl oz	0
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0
14157	Carbonated beverage, root beer	370	12 fl oz	0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0
16055	Carob flour	8	1 tbsp	1
11655	Carrot juice, canned	236	1 cup	45133
11960	Carrots, baby, raw	10	1 medium	1379
11128	Carrots, canned, regular pack, drained solids	146	1 cup	16308
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	26835
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	24274
11124	Carrots, raw	110	1 cup	18492
11124	Carrots, raw	72	1 carrot	12104
11935	Catsup	6	1 packet	56
11935	Catsup	15	1 tbsp	140
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	15
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	6
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	18
11135	Cauliflower, raw	100	1 cup	13
11135	Cauliflower, raw	13	1 floweret	2
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	217
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	869
11143	Celery, raw	120	1 cup	539
11143	Celery, raw	40	1 stalk	180
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	500
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	393
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	500
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	500

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08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	500
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	501
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	500
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	500
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	500
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	531
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	500
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	500
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	517
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	428
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	500
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	500
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	300
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	500
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	500
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	524
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	156
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	508
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	1250
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	501
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	500
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	897
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	483
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	533
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	750
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	517
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	564
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	504
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	509
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	767
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	40
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	37
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	41
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	718
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	9
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	2
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	10

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08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	13
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	7
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	75
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	1252
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	947
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	1
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	1056
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	1070
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	216
01164	Cheese sauce, prepared from recipe	243	1 cup	1473
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	185
01004	Cheese, blue	28.35	1 oz	216
01007	Cheese, camembert	38	1 wedge	312
01009	Cheese, cheddar	28.35	1 oz	284
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	342
01013	Cheese, cottage, creamed, with fruit	226	1 cup	330
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	93
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	176
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	44
01017	Cheese, cream	14.5	1 tbsp	195
01186	Cheese, cream, fat free	15.6	1 tbsp	146
01019	Cheese, feta	28.35	1 oz	120
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	59
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	147
01026	Cheese, mozzarella, whole milk	28.35	1 oz	192
01030	Cheese, muenster	28.35	1 oz	287
01031	Cheese, neufchatel	28.35	1 oz	321
01032	Cheese, parmesan, grated	5	1 tbsp	22
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	272
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	211
01035	Cheese, provolone	28.35	1 oz	249
01037	Cheese, ricotta, part skim milk	246	1 cup	945
01036	Cheese, ricotta, whole milk	246	1 cup	1095
01040	Cheese, swiss	28.35	1 oz	235
18147	Cheesecake commercially prepared	80	1 piece	438

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	1840
09070	Cherries, sweet, raw	68	10 cherries	44
22906	Chicken pot pie, frozen entree	217	1 small pie	2285
07017	Chicken roll, light meat	56.7	2 slices	46
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	94
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	49
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	17
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	66
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	62
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	41
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	26
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	8510
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	25
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	22
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	82
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	34
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	55
05277	Chicken, canned, meat only, with broth	142	5 oz	160
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	2612
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	157
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	58
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	44
22904	Chili con carne with beans, canned entree	222	1 cup	884
11156	Chives, raw	3	1 tbs	131
14181	Chocolate syrup	18.75	1 tbs	0
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	250
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	2
14192	Cocoa mix, powder	28.35	3 heaping tsp	1
14194	Cocoa mix, powder, prepared with water	206	1 serving	4
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	92
19165	Cocoa, dry powder, unsweetened	5.4	1 tbs	0
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	70
11159	Coleslaw, home-prepared	120	1 cup	440
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	15417
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	19538
18151	Cookies, brownies, commercially prepared	56	1 brownie	39
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	30
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	109
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	15
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0
18170	Cookies, fig bars	16	1 cookie	5
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	2
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0
18177	Cookies, molasses	15	1 cookie, medium	0
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	5
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	5
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	102
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	2
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	129
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	7
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	14
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	144
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	6
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	1
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	2
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	189
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	170
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	203
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	326
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	146
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	295
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	570
20020	Cornmeal, whole-grain, yellow	122	1 cup	261
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	0
20028	Couscous, dry	173	1 cup	0
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	1305
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	128
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	31
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	26
18214	Crackers, cheese, regular	10	10 crackers	11
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0
18217	Crackers, matzo, plain	28.35	1 matzo	0
18220	Crackers, melba toast, plain	20	4 pieces	0
18226	Crackers, rye, wafers, plain	11	1 wafer	1
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0
18229	Crackers, standard snack-type, regular	12	4 crackers	0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	4
18232	Crackers, wheat, regular	8	4 crackers	0
18235	Crackers, whole-wheat	16	4 crackers	0
14242	Cranberry juice cocktail, bottled	253	8 fl oz	20
09081	Cranberry sauce, canned, sweetened	57	1 slice	24
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	2
01069	Cream substitute, powdered	2	1 tsp	1
01049	Cream, fluid, half and half	15	1 tbsp	53
01053	Cream, fluid, heavy whipping	15	1 tbsp	221
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	98
01052	Cream, fluid, light whipping	15	1 tbsp	152
01056	Cream, sour, cultured	12	1 tbsp	78
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	56
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	21
18239	Croissants, butter	57	1 croissant	424
18243	Croutons, seasoned	40	1 cup	13
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	25
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	57
15141	Crustaceans, crab, blue, canned	135	1 cup	9
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	6
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	151
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	74
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	85
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	161
11206	Cucumber, peeled, raw	119	1 cup	86
11206	Cucumber, peeled, raw	280	1 large	202
11205	Cucumber, with peel, raw	104	1 cup	109
11205	Cucumber, with peel, raw	301	1 large	316
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	10413
18245	Danish pastry, cheese	71	1 danish	91
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	36
09087	Dates, deglet noor	178	1 cup	18
09087	Dates, deglet noor	41.5	5 dates	4
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	5
01072	Dessert topping, pressurized	4	1 tbsp	3
01073	Dessert topping, semi solid, frozen	4	1 tbsp	6
02045	Dill weed, fresh	1	5 sprigs	77
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	65
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	19
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	11
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	2
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	170
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	828
01143	Egg substitute, liquid	62.75	1/4 cup	226
01124	Egg, white, raw, fresh	33.4	1 large	0
01128	Egg, whole, cooked, fried	46	1 large	335

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01129	Egg, whole, cooked, hard-boiled	50	1 large	293
01131	Egg, whole, cooked, poached	50	1 large	243
01132	Egg, whole, cooked, scrambled	61	1 large	321
01123	Egg, whole, raw, fresh	44	1 medium	214
01123	Egg, whole, raw, fresh	58	1 extra large	282
01123	Egg, whole, raw, fresh	50	1 large	244
01125	Egg, yolk, raw, fresh	16.6	1 large	239
01057	Eggnog	254	1 cup	406
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	37
11213	Endive, raw	50	1 cup	1084
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	35
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	295
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	635
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	625
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	318
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	613
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	277
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	332
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	398
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	462
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	100
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	17
21042	Fast foods, chili con carne	253	1 cup	1662
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	146
21043	Fast foods, clams, breaded and fried	115	3/4 cup	122
21127	Fast foods, coleslaw	99	3/4 cup	338
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	472
21015	Fast foods, danish pastry, cheese	91	1 pastry	155
21017	Fast foods, danish pastry, fruit	94	1 pastry	86
21074	Fast foods, enchilada, with cheese	163	1 enchilada	1161
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	586
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	432
21024	Fast foods, french toast sticks	141	5 sticks	7
21077	Fast foods, frijoles with cheese	167	1 cup	456
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	102
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	54
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	74
21118	Fast foods, hotdog, plain	98	1 sandwich	0
21119	Fast foods, hotdog, with chili	114	1 sandwich	58
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	207
21129	Fast foods, hush puppies	78	5 pieces	94
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	211
21078	Fast foods, nachos, with cheese	113	6-8 nachos	559
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	8

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21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	281
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0
21139	Fast foods, potato, mashed	80	1/3 cup	33
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	18
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	210
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	822
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	935
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	120
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	424
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	413
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	187
21033	Fast foods, sundae, hot fudge	158	1 sundae	221
21082	Fast foods, taco	171	1 small	855
21082	Fast foods, taco	263	1 large	1315
21083	Fast foods, taco salad	198	1-1/2 cups	588
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	1276
09094	Figs, dried, uncooked	38	2 figs	4
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	24
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	40
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	27
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	62
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	30
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	55
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	37
15034	Fish, haddock, cooked, dry heat	85	3 oz	54
15034	Fish, haddock, cooked, dry heat	150	1 fillet	95
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	152
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	285
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	731
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	39
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	23
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	71
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	50
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	355
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	202
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	68
15077	Fish, salmon, chinook, smoked	85.05	3 oz	74
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	48
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	178
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	324
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	92
15111	Fish, swordfish, cooked, dry heat	106	1 piece	145
15111	Fish, swordfish, cooked, dry heat	85	3 oz	116
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	244
15128	Fish, tuna salad	205	1 cup	199
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	65

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15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	48
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	17
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	58
07022	Frankfurter, beef	45	1 frank	0
07023	Frankfurter, beef and pork	45	1 frank	26
07024	Frankfurter, chicken	45	1 frank	59
18268	French toast, frozen, ready-to-heat	59	1 slice	110
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	327
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	14
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	194
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	115
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	153
19294	Fruit butters, apple	17	1 tbsp	2
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	508
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	723
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	69
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	805
11215	Garlic, raw	3	1 clove	0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0
14277	Grape drink, canned	250	8 fl oz	0
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	20
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	20
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	58
09404	Grapefruit juice, pink, raw	247	1 cup	1087
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	18
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	17
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	22
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	64
09128	Grapefruit juice, white, raw	247	1 cup	82
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	1415
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	39
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	33
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	106
06116	Gravy, beef, canned	58.25	1/4 cup	2
06119	Gravy, chicken, canned	59.5	1/4 cup	2
06121	Gravy, mushroom, canned	59.6	1/4 cup	0
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	0
06125	Gravy, turkey, canned	59.6	1/4 cup	0

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07027	Ham, chopped, not canned	21	2 slices	0
07028	Ham, sliced, extra lean	56.7	2 slices	0
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	514
11961	Hearts of palm, canned	33	1 piece	0
19296	Honey	21	1 tbsp	0
02055	Horseradish, prepared	5	1 tsp	0
16158	Hummus, commercial	14	1 tbsp	4
19270	Ice creams, chocolate	66	1/2 cup	275
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	507
19095	Ice creams, vanilla	66	1/2 cup	279
19088	Ice creams, vanilla, light	66	1/2 cup	296
19089	Ice creams, vanilla, rich	74	1/2 cup	483
19297	Jams and preserves	20	1 tbsp	0
19300	Jellies	19	1 tbsp	1
11226	Jerusalem-artichokes, raw	150	1 cup	30
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	17707
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	19115
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	506
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	66
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	58
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0
04002	Lard	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	48
09153	Lemon juice, canned or bottled	244	1 cup	37
09153	Lemon juice, canned or bottled	15.2	1 tbsp	2
09152	Lemon juice, raw	47	juice of 1 lemon	9
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	5

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0
09150	Lemons, raw, without peel	58	1 lemon	13
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	16
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	5399
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	248
11251	Lettuce, cos or romaine, raw	10	1 leaf	581
11251	Lettuce, cos or romaine, raw	56	1 cup	3252
11253	Lettuce, green leaf, raw	56	1 cup	4147
11253	Lettuce, green leaf, raw	10	1 leaf	741
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	40
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	2706
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	276
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	301
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	323
16073	Lima beans, large, mature seeds, canned	241	1 cup	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	2
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	39
09160	Lime juice, raw	38	juice of 1 lime	19
22247	Macaroni and Cheese, canned entree	252	1 cup	164
20100	Macaroni, cooked, enriched	140	1 cup	0
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	2751
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	3032
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	2222
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	2496
09176	Mangos, raw	207	1 mango	1584
09176	Mangos, raw	165	1 cup	1262
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	508
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	504
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	171
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	511
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	171
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	508
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	172
09181	Melons, cantaloupe, raw	69	1/8 melon	2334
09181	Melons, cantaloupe, raw	160	1 cup	5411
09184	Melons, honeydew, raw	160	1/8 melon	80
09184	Melons, honeydew, raw	170	1 cup	85
01110	Milk shakes, thick chocolate	300	10.6 fl oz	201
01111	Milk shakes, thick vanilla	313	11 fl oz	285
01094	Milk, buttermilk, dried	6.5	1 tbsp	11
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	64
01095	Milk, canned, condensed, sweetened	306	1 cup	817
01097	Milk, canned, evaporated, nonfat	256	1 cup	1009
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	587

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	490
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	568
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	238
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	544
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	478
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	500
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	461
01077	Milk, whole, 3.25% milkfat	244	1 cup	249
16112	Miso	68.75	1 cup	60
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	513
15157	Mollusks, clam, mixed species, raw	85	3 oz	255
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	257
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	84
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	70
18274	Muffins, blueberry, commercially prepared	57	1 muffin	51
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	80
18279	Muffins, corn, commercially prepared	57	1 muffin	119
18280	Muffins, corn, dry mix, prepared	50	1 muffin	105
18283	Muffins, oat bran	57	1 muffin	0
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	65
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	16
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	22
11264	Mushrooms, canned, drained solids	156	1 cup	0
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0
11260	Mushrooms, raw	70	1 cup	0
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	8852
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	7
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0
09191	Nectarines, raw	136	1 nectarine	452
20113	Noodles, chinese, chow mein	45	1 cup	0
20110	Noodles, egg, cooked, enriched	160	1 cup	34
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	165
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0
12167	Nuts, chestnuts, european, roasted	143	1 cup	34
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0
12104	Nuts, coconut meat, raw	45	1 piece	0
12120	Nuts, hazelnuts or filberts	28.35	1 oz	6
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2
12142	Nuts, pecans	28.35	1 oz (20 halves)	16
12147	Nuts, pine nuts, dried	28.35	1 oz	8

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12147	Nuts, pine nuts, dried	8.6	1 tbsp	2
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	74
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	6
20034	Oat bran, cooked	219	1 cup	0
20033	Oat bran, raw	94	1 cup	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	453
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	624
09193	Olives, ripe, canned (small-extra large)	22	5 large	89
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	135
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	4
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	2
11284	Onions, dehydrated flakes	5	1 tbsp	1
11282	Onions, raw	110	1 whole	2
11282	Onions, raw	14	1 slice	0
11282	Onions, raw	160	1 cup	3
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	150
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	997
09207	Orange juice, canned, unsweetened	249	1 cup	436
09209	Orange juice, chilled, includes from concentrate	249	1 cup	194
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	266
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	807
09206	Orange juice, raw	86	juice from 1 orange	172
09206	Orange juice, raw	248	1 cup	496
09200	Oranges, raw, all commercial varieties	131	1 orange	295
09200	Oranges, raw, all commercial varieties	180	1 cup	405
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	78
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	12
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	95
09226	Papayas, raw	304	1 papaya	3326
09226	Papayas, raw	140	1 cup	1532
11297	Parsley, raw	10	10 sprigs	842
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	499
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	325
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	870
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	373
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	945
09246	Peaches, dried, sulfured, uncooked	39	3 halves	844
09250	Peaches, frozen, sliced, sweetened	250	1 cup	710

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09236	Peaches, raw	98	1 peach	319
09236	Peaches, raw	170	1 cup	554
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0
09340	Pears, asian, raw	275	1 pear	0
09340	Pears, asian, raw	122	1 pear	0
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	15
09254	Pears, canned, juice pack, solids and liquids	76	1 half	5
09252	Pears, raw	166	1 pear	38
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	1648
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	2098
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	906
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	3360
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	14
11670	Peppers, hot chili, green, raw	45	1 pepper	531
11819	Peppers, hot chili, red, raw	45	1 pepper	428
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	442
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	397
11333	Peppers, sweet, green, raw	149	1 cup	551
11333	Peppers, sweet, green, raw	119	1 pepper	440
11333	Peppers, sweet, green, raw	10	1 ring	37
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	7476
11821	Peppers, sweet, red, raw	149	1 cup	4665
11821	Peppers, sweet, red, raw	119	1 pepper	3726
11945	Pickle relish, sweet	15	1 tbsp	125
11937	Pickles, cucumber, dill	65	1 pickle	119
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1974
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	152
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	146
18302	Pie, apple, prepared from recipe	155	1 piece	90
18305	Pie, blueberry, commercially prepared	117	1 piece	235
18306	Pie, blueberry, prepared from recipe	147	1 piece	62
18308	Pie, cherry, commercially prepared	117	1 piece	312
18309	Pie, cherry, prepared from recipe	180	1 piece	736
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0
18316	Pie, coconut custard, commercially prepared	104	1 piece	114
18444	Pie, fried pies, cherry	128	1 pie	220
18319	Pie, fried pies, fruit	128	1 pie	35
18320	Pie, lemon meringue, commercially prepared	113	1 piece	195
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	203

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18324	Pie, pecan, commercially prepared	113	1 piece	198
18325	Pie, pecan, prepared from recipe	122	1 piece	436
18326	Pie, pumpkin, commercially prepared	109	1 piece	3698
18327	Pie, pumpkin, prepared from recipe	155	1 piece	12431
11943	Pimento, canned	12	1 tbsp	319
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	5
14341	Pineapple and orange juice drink, canned	250	8 fl oz	48
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	13
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	36
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	7
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	95
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	18
09266	Pineapple, raw, all varieties	155	1 cup	87
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	242
09278	Plantains, cooked	154	1 cup	1400
09277	Plantains, raw	179	1 medium	2017
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	119
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	668
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	2543
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	464
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	848
09291	Plums, dried (prunes), uncooked	42	5 prunes	328
09279	Plums, raw	66	1 plum	228
07065	Pork and beef sausage, fresh, cooked	26	2 links	0
07064	Pork Sausage, Fresh, Cooked	26	2 links	11
07064	Pork Sausage, Fresh, Cooked	27	1 patty	11
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	7
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	8
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	9
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	8
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	8
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	7
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	7
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	7
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	5
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	7
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	8
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	7
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	9

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11672	Potato pancakes	76	1 pancake	86
11399	Potato puffs, frozen, oven-heated	79	10 puffs	4
11414	Potato salad, home-prepared	250	1 cup	393
11674	Potato, baked, flesh and skin, without salt	202	1 potato	20
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	522
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	647
11363	Potatoes, baked, flesh, without salt	156	1 potato	0
11364	Potatoes, baked, skin, without salt	58	1 skin	6
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	4
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	4
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	5
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	3
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0
11370	Potatoes, hashed brown, home-prepared	156	1 cup	8
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	332
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	38
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	376
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	363
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	331
05306	Poultry food products, ground turkey, cooked	82	1 patty	0
09294	Prune juice, canned	256	1 cup	8
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	250
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	250
19183	Puddings, chocolate, ready-to-eat	113	4 oz	41
19193	Puddings, rice, ready-to-eat	113.4	4 oz	96
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	224
19201	Puddings, vanilla, ready-to-eat	113	4 oz	24
11424	Pumpkin, canned, without salt	245	1 cup	38129
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	12230
11429	Radishes, raw	4.5	1 radish	0
09298	Raisins, seedless	145	1 cup	0
09298	Raisins, seedless	14	1 packet	0
09306	Raspberries, frozen, red, sweetened	250	1 cup	150
09302	Raspberries, raw	123	1 cup	41
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	0
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	175
14342	Rice beverage, RICE DREAM, canned	245	1 cup	5
20037	Rice, brown, long-grain, cooked	195	1 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18353	Rolls, hard (includes kaiser)	57	1 roll	0
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	3
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	39
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	72
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	88
04133	Salad dressing, french, home recipe	14	1 tbsp	72
04134	Salad dressing, home recipe, cooked	16	1 tbsp	27
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	5
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	2
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	39
04015	Salad dressing, russian dressing	15.3	1 tbsp	135
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	5
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	48
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	33
07069	Salami, cooked, beef and pork	56.7	2 slices	0
07072	Salami, dry or hard, pork, beef	20	2 slices	0
02047	Salt, table	6	1 tsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	13
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	406
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	153
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	312
06150	Sauce, barbecue sauce	15.75	1 tbsp	3
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	199
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	1
06166	Sauce, homemade, white, medium	250	1 cup	818
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	128
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1350
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	8
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	47
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	42
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0
11445	Seaweed, kelp, raw	10	2 tbsp	12
11667	Seaweed, spirulina, dried	0.93	1 tbsp	5
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	108
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	10
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	5
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	3
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	3
14346	Shake, fast food, chocolate	333	16 fl oz	310
14347	Shake, fast food, vanilla	333	16 fl oz	1012
11677	Shallots, raw	10	1 tbsp	119
19097	Sherbet, orange	74	1/2 cup	33
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0

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19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	41
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	173
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	36
19013	Snacks, fruit leather, pieces	28.35	1 oz	16
19014	Snacks, fruit leather, rolls	21	1 large	12
19015	Snacks, granola bars, hard, plain	28.35	1 bar	43
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	7
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	12
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	750
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	238
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0
19034	Snacks, popcorn, air-popped	8	1 cup	16
19036	Snacks, popcorn, cakes	10	1 cake	7
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	33
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	3
19040	Snacks, popcorn, cheese-flavor	11	1 cup	27
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	17
19041	Snacks, pork skins, plain	28.35	1 oz	11
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	62
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	214
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	48
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	108
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	23
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	64
19061	Snacks, trail mix, tropical	140	1 cup	69
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	3951
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	888
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	0
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	122
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	1222
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	696
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	28
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	5990
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	448

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06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	996
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	193
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	561
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	714
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	124
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	49
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	2338
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	2
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	203
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	920
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	1644
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	951
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	1357
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	244
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	3196
06174	Soup, stock, fish, home-prepared	233	1 cup	14
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	479
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	478
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1891
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	5820
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	2316
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1
16120	Soy milk, fluid	245	1 cup	1499
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	281
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	15
22401	Spaghetti with meat sauce, frozen entree	283	1 package	492
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0
20125	Spaghetti, whole-wheat, cooked	140	1 cup	4
02007	Spices, celery seed	2	1 tsp	1
02009	Spices, chili powder	2.6	1 tsp	771
02010	Spices, cinnamon, ground	2.3	1 tsp	6
02015	Spices, curry powder	2	1 tsp	20
02020	Spices, garlic powder	2.8	1 tsp	0
02026	Spices, onion powder	2.1	1 tsp	0
02027	Spices, oregano, dried	1.5	1 tsp	104
02028	Spices, paprika	2.1	1 tsp	1107
02029	Spices, parsley, dried	1.3	1 tbsp	132
02030	Spices, pepper, black	2.1	1 tsp	6
11658	Spinach souffle	136	1 cup	3909

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11461	Spinach, canned, drained solids	214	1 cup	20974
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	18866
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	22916
11457	Spinach, raw	30	1 cup	2813
11457	Spinach, raw	10	1 leaf	938
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	382
11641	Squash, summer, all varieties, raw	113	1 cup	226
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	10707
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	8014
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	61
09316	Strawberries, raw	18	1 strawberry	2
09316	Strawberries, raw	166	1 cup	20
09316	Strawberries, raw	12	1 strawberry	1
19334	Sugars, brown	3.2	1 tsp	0
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	17971
11512	Sweet potato, canned, vacuum pack	255	1 cup	20357
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	28058
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	24554
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	4398
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	128
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1
19348	Syrups, chocolate, fudge-type	19	1 tbsp	3
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	0
19129	Syrups, table blends, pancake	20	1 tbsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	0
09223	Tangerine juice, canned, sweetened	249	1 cup	630
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	2117
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	572
20068	Tapioca, pearl, dry	152	1 cup	0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	36
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	493
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	502
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	500
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	8
11954	Tomatillos, raw	34	1 medium	39

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11540	Tomato juice, canned, with salt added	243	1 cup	1094
11546	Tomato products, canned, paste, without salt added	262	1 cup	3996
11547	Tomato products, canned, puree, without salt added	250	1 cup	1275
11549	Tomato products, canned, sauce	245	1 cup	853
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	444
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	281
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	167
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	1499
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	1025
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	142
11955	Tomatoes, sun-dried	2	1 piece	17
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	39
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0
21088	Tostada with guacamole	130.5	1 tostada	876
05286	Turkey and gravy, frozen	142	5-oz package	60
05292	Turkey patties, breaded, battered, fried	64	1 patty	24
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	51896
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	10980
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	17655
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0
02050	Vanilla extract	4.2	1 tsp	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0
11578	Vegetable juice cocktail, canned	242	1 cup	3770
04582	Vegetable oil, canola	14	1 tbsp	0
11581	Vegetables, mixed, canned, drained solids	163	1 cup	18985
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	7784
02048	Vinegar, cider	15	1 tbsp	0
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	439
18367	Waffles, plain, prepared from recipe	75	1 waffle	171
14429	Water, municipal	237	8 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0
09326	Watermelon, raw	152	1 cup	865
09326	Watermelon, raw	286	1 wedge	1627
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0
20083	Wheat flour, white, bread, enriched	137	1 cup	3
20084	Wheat flour, white, cake, enriched	137	1 cup	0
20080	Wheat flour, whole-grain	120	1 cup	11
20089	Wild rice, cooked	164	1 cup	5
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	0

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22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	82
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	116
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	16
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	225