

# USDA National Nutrient Database for Standard Reference, Release 18

## Water ( g ) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	515.50
14121	Carbonated beverage, club soda	355	12 fl oz	354.65
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	354.29
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	353.37
14006	Alcoholic beverage, beer, light	354	12 fl oz	335.88
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	334.15
14136	Carbonated beverage, ginger ale	366	12 fl oz	333.90
14157	Carbonated beverage, root beer	370	12 fl oz	330.41
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	330.39
14142	Carbonated beverage, grape soda	372	12 fl oz	330.34
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	328.99
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	326.46
14150	Carbonated beverage, orange	372	12 fl oz	325.87
11205	Cucumber, with peel, raw	301	1 large	286.64
11206	Cucumber, peeled, raw	280	1 large	270.84
09226	Papayas, raw	304	1 papaya	270.04
09326	Watermelon, raw	286	1 wedge	261.55
09340	Pears, asian, raw	275	1 pear	242.69
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1serving (3 T dry cereal plu	239.89
14346	Shake, fast food, chocolate	333	16 fl oz	238.10
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	237.57
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	237.01
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	236.87
14429	Water, municipal	237	8 fl oz	236.76
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	236.16
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	236.10
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	235.60
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	235.32
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	233.43
01111	Milk shakes, thick vanilla	313	11 fl oz	233.03
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	231.94
14347	Shake, fast food, vanilla	333	16 fl oz	231.93
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	229.54
11540	Tomato juice, canned, with salt added	243	1 cup	228.18
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	227.60
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	226.42
11578	Vegetable juice cocktail, canned	242	1 cup	226.32
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	226.11
06174	Soup, stock, fish, home-prepared	233	1 cup	225.92
09153	Lemon juice, canned or bottled	244	1 cup	225.60
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	224.46
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	224.16
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	223.53
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	222.56
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	222.55

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06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	222.52
09128	Grapefruit juice, white, raw	247	1 cup	222.30
09404	Grapefruit juice, pink, raw	247	1 cup	222.30
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	221.70
09207	Orange juice, canned, unsweetened	249	1 cup	221.63
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	221.11
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	220.82
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	220.57
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	220.48
11424	Pumpkin, canned, without salt	245	1 cup	220.43
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	220.41
22401	Spaghetti with meat sauce, frozen entree	283	1 package	220.23
09209	Orange juice, chilled, includes from concentrate	249	1 cup	220.12
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	220.11
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	219.75
11547	Tomato products, canned, puree, without salt added	250	1 cup	219.70
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	219.43
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	219.40
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	219.37
09206	Orange juice, raw	248	1 cup	218.98
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	218.62
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	218.45
11439	Sauerkraut, canned, solids and liquids	236	1 cup	218.35
11549	Tomato products, canned, sauce	245	1 cup	218.22
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	218.17
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	218.07
14242	Cranberry juice cocktail, bottled	253	8 fl oz	218.01
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	217.97
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	217.53
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	217.49
14342	Rice beverage, RICE DREAM, canned	245	1 cup	217.49
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	217.25
14341	Pineapple and orange juice drink, canned	250	8 fl oz	217.25
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	216.98
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	216.86
09223	Tangerine juice, canned, sweetened	249	1 cup	216.63
01110	Milk shakes, thick chocolate	300	10.6 fl oz	216.60
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	216.58
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	215.95
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	215.93

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14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	215.82
16120	Soy milk, fluid	245	1 cup	215.67
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	215.57
01077	Milk, whole, 3.25% milkfat	244	1 cup	215.50
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	214.90
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	214.45
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	213.73
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	213.33
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	213.02
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	213.01
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	212.92
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	212.82
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	212.32
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	211.73
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	211.37
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	211.35
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	211.25
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	210.72
14277	Grape drink, canned	250	8 fl oz	210.50
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	210.38
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	210.19
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	209.76
11655	Carrot juice, canned	236	1 cup	209.73
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	209.71
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	209.31
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	208.87
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	208.68
09294	Prune juice, canned	256	1 cup	207.97
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	207.94
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	207.71
08143	Cereals, WHEATENA, cooked with water	243	1 cup	207.52
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	207.23
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	206.97
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	206.55
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	206.55
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	206.00
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	205.75
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	205.43
22247	Macaroni and Cheese, canned entree	252	1 cup	205.10
01097	Milk, canned, evaporated, nonfat	256	1 cup	203.26
09020	Applesauce, canned, sweetened, without salt	255	1 cup	202.93
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	201.60
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	201.55
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	200.63

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06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	200.26
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	200.10
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	199.60
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	199.53
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	199.39
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	198.30
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	198.04
11461	Spinach, canned, drained solids	214	1 cup	196.41
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	196.30
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	196.23
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	196.16
21042	Fast foods, chili con carne	253	1 cup	194.05
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	193.97
11512	Sweet potato, canned, vacuum pack	255	1 cup	193.88
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	193.50
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	193.47
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	193.11
11546	Tomato products, canned, paste, without salt added	262	1 cup	192.57
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	191.44
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	191.11
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	191.07
11414	Potato salad, home-prepared	250	1 cup	190.00
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	189.77
22905	Beef stew, canned entree	232	1 cup	189.10
01057	Eggnog	254	1 cup	188.90
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	187.68
06166	Sauce, homemade, white, medium	250	1 cup	187.23
09250	Peaches, frozen, sliced, sweetened	250	1 cup	186.83
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	186.61
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	186.58
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	186.40
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	185.96
16073	Lima beans, large, mature seeds, canned	241	1 cup	185.76
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	184.51
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	184.33
20034	Oat bran, cooked	219	1 cup	183.96
16051	Beans, white, mature seeds, canned	262	1 cup	183.66
01037	Cheese, ricotta, part skim milk	246	1 cup	183.05
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	182.88
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	182.88
09306	Raspberries, frozen, red, sweetened	250	1 cup	181.88
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	181.30
01013	Cheese, cottage, creamed, with fruit	226	1 cup	179.99
16008	Beans, baked, canned, with franks	259	1 cup	179.59
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	179.24

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16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	178.64
09055	Blueberries, frozen, sweetened	230	1 cup	178.02
14194	Cocoa mix, powder, prepared with water	206	1 serving	177.86
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	177.47
14355	Tea, brewed, prepared with tap water	178	6 fl oz	177.47
14545	Tea, herb, chamomile, brewed	178	6 fl oz	177.47
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	177.37
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	177.37
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	176.91
01036	Cheese, ricotta, whole milk	246	1 cup	176.38
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	174.53
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	172.93
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	170.60
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	170.10
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	169.38
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	169.20
09176	Mangos, raw	207	1 mango	169.14
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	169.07
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	168.99
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	168.66
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	167.66
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	167.26
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	166.92
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	165.82
22904	Chili con carne with beans, canned entree	222	1 cup	165.03
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	164.87
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	164.18
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	162.70
01164	Cheese sauce, prepared from recipe	243	1 cup	162.47
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	162.44
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	160.82
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	158.49
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	158.00
09200	Oranges, raw, all commercial varieties	180	1 cup	156.15
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	155.88
11084	Beets, canned, drained solids	170	1 cup	154.63
21082	Fast foods, taco	263	1 large	153.59
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	152.79
09184	Melons, honeydew, raw	170	1 cup	152.69
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	151.48
11674	Potato, baked, flesh and skin, without salt	202	1 potato	151.28
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	151.10
09236	Peaches, raw	170	1 cup	151.08
09316	Strawberries, raw	166	1 cup	150.98
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	150.40
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	149.00
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	148.26
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	148.11

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11081	Beets, cooked, boiled, drained	170	1 cup	148.00
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	146.02
09181	Melons, cantaloupe, raw	160	1 cup	144.24
09184	Melons, honeydew, raw	160	1/8 melon	143.71
21083	Fast foods, taco salad	198	1-1/2 cups	143.25
20037	Rice, brown, long-grain, cooked	195	1 cup	142.53
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	142.26
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	142.08
11264	Mushrooms, canned, drained solids	156	1 cup	142.08
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	142.04
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	141.93
11581	Vegetables, mixed, canned, drained solids	163	1 cup	141.83
11282	Onions, raw	160	1 cup	141.66
20013	Bulgur, cooked	182	1 cup	141.52
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	141.17
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	141.07
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	140.67
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	140.40
11333	Peppers, sweet, green, raw	149	1 cup	139.90
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	139.23
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	139.03
09326	Watermelon, raw	152	1 cup	139.00
09252	Pears, raw	166	1 pear	138.96
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	138.89
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	138.68
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	138.56
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	137.89
11821	Peppers, sweet, red, raw	149	1 cup	137.39
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	136.20
11128	Carrots, canned, regular pack, drained solids	146	1 cup	135.71
09176	Mangos, raw	165	1 cup	134.82
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	134.45
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	134.21
09266	Pineapple, raw, all varieties	155	1 cup	134.01
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	132.24
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	131.87
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	131.78
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	131.21
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	130.23
22906	Chicken pot pie, frozen entree	217	1 small pie	129.96
15128	Fish, tuna salad	205	1 cup	129.48
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	128.86
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	128.35
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	128.34
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	127.38
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	127.23
20010	Buckwheat groats, roasted, cooked	168	1 cup	127.06
09042	Blackberries, raw	144	1 cup	126.94

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11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	126.33
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	125.96
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	125.96
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	125.17
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	125.00
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	124.94
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	124.94
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	124.54
09226	Papayas, raw	140	1 cup	124.36
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	124.07
11028	Bamboo shoots, canned, drained solids	131	1 cup	123.56
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	123.48
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	123.42
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	123.42
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	123.22
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	123.13
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	122.13
09050	Blueberries, raw	145	1 cup	122.10
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	121.45
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	121.43
20089	Wild rice, cooked	164	1 cup	121.25
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	121.05
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	120.99
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	120.84
05286	Turkey and gravy, frozen	142	5-oz package	120.80
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	120.47
09191	Nectarines, raw	136	1 nectarine	119.12
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	118.80
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	118.56
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	118.48
09003	Apples, raw, with skin	138	1 apple	118.07
11363	Potatoes, baked, flesh, without salt	156	1 potato	117.66
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	117.65
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	117.50
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	117.05
11226	Jerusalem-artichokes, raw	150	1 cup	117.02
09277	Plantains, raw	179	1 medium	116.85
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	116.58
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	116.45
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	116.24
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	116.13
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	115.80
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	115.67
21077	Fast foods, frijoles with cheese	167	1 cup	115.41

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	115.35
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	115.32
11206	Cucumber, peeled, raw	119	1 cup	115.11
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	114.98
11143	Celery, raw	120	1 cup	114.52
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	113.99
20029	Couscous, cooked	157	1 cup	113.93
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	113.93
09200	Oranges, raw, all commercial varieties	131	1 orange	113.64
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	113.34
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	113.07
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	112.92
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	112.37
09040	Bananas, raw	150	1 cup	112.37
11333	Peppers, sweet, green, raw	119	1 pepper	111.73
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	111.53
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	111.53
15034	Fish, haddock, cooked, dry heat	150	1 fillet	111.38
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	110.85
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	110.64
11821	Peppers, sweet, red, raw	119	1 pepper	109.73
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	109.65
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	109.63
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	109.38
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	108.60
20110	Noodles, egg, cooked, enriched	160	1 cup	108.37
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	108.31
20045	Rice, white, long-grain, regular, cooked	158	1 cup	108.14
20006	Barley, pearled, cooked	157	1 cup	108.02
09340	Pears, asian, raw	122	1 pear	107.67
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	107.64
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	107.59
11641	Squash, summer, all varieties, raw	113	1 cup	106.94
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	106.77
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	106.20
09302	Raspberries, raw	123	1 cup	105.47
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	105.29
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	104.71
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	104.69
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	104.57
09278	Plantains, cooked	154	1 cup	103.64
21074	Fast foods, enchilada, with cheese	163	1 enchilada	103.06
15141	Crustaceans, crab, blue, canned	135	1 cup	102.82
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	100.76
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	100.22
21082	Fast foods, taco	171	1 small	99.86
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	99.09



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11205	Cucumber, with peel, raw	104	1 cup	99.04
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	98.74
09060	Carambola, (starfruit), raw	108	1 cup	98.69
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	98.19
11159	Coleslaw, home-prepared	120	1 cup	97.80
05277	Chicken, canned, meat only, with broth	142	5 oz	97.48
11282	Onions, raw	110	1 whole	97.39
11124	Carrots, raw	110	1 cup	97.12
11658	Spinach souffle	136	1 cup	96.27
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	95.85
09004	Apples, raw, without skin	110	1 cup	95.34
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	94.63
21088	Tostada with guacamole	130.5	1 tostada	94.63
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	94.43
21033	Fast foods, sundae, hot fudge	158	1 sundae	94.33
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	94.29
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	94.02
20125	Spaghetti, whole-wheat, cooked	140	1 cup	94.01
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	92.91
11135	Cauliflower, raw	100	1 cup	91.91
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	91.64
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	90.83
18327	Pie, pumpkin, prepared from recipe	155	1 piece	90.68
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	89.83
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	89.47
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	89.08
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	88.77
09040	Bananas, raw	118	1 banana	88.39
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	88.18
09236	Peaches, raw	98	1 peach	87.09
20100	Macaroni, cooked, enriched	140	1 cup	86.98
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	86.98
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	86.10
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	85.74
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	85.02
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	84.99
19218	Puddings, tapioca, ready-to-eat	113	4 oz	83.85
09060	Carambola, (starfruit), raw	91	1 fruit	83.16
01095	Milk, canned, condensed, sweetened	306	1 cup	83.11
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	82.68
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	82.59
18309	Pie, cherry, prepared from recipe	180	1 piece	82.44
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	81.73
19201	Puddings, vanilla, ready-to-eat	113	4 oz	80.46
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	78.89
11090	Broccoli, raw	88	1 cup	78.58
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	78.42

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19183	Puddings, chocolate, ready-to-eat	113	4 oz	78.31
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	77.79
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	77.69
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	77.22
19193	Puddings, rice, ready-to-eat	113.4	4 oz	77.00
09206	Orange juice, raw	86	juice from 1 orange	75.94
18306	Pie, blueberry, prepared from recipe	147	1 piece	75.26
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	74.71
11370	Potatoes, hashed brown, home-prepared	156	1 cup	73.71
18302	Pie, apple, prepared from recipe	155	1 piece	73.32
21127	Fast foods, coleslaw	99	3/4 cup	73.28
15111	Fish, swordfish, cooked, dry heat	106	1 piece	72.88
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	72.63
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	72.30
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	71.54
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	71.53
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	70.29
15157	Mollusks, clam, mixed species, raw	85	3 oz	69.55
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	69.44
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	68.81
21023	Breakfast items, french toast with butter	135	2 slices	68.47
11015	Asparagus, canned, drained solids	72	4 spears	67.67
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	67.61
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	67.43
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	67.19
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	66.26
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	65.92
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	65.82
09254	Pears, canned, juice pack, solids and liquids	76	1 half	65.72
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	65.67
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	64.80
11260	Mushrooms, raw	70	1 cup	64.70
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	64.63
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	64.60
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	64.51
11109	Cabbage, raw	70	1 cup	64.51
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	64.27
11114	Cabbage, savoy, raw	70	1 cup	63.70
11124	Carrots, raw	72	1 carrot	63.57
21139	Fast foods, potato, mashed	80	1/3 cup	63.37
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	63.33
18326	Pie, pumpkin, commercially prepared	109	1 piece	63.33
11112	Cabbage, red, raw	70	1 cup	63.27
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	63.13
15034	Fish, haddock, cooked, dry heat	85	3 oz	63.11
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	62.95
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	62.65
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	62.40

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	62.21
09181	Melons, cantaloupe, raw	69	1/8 melon	62.20
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	62.19
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	61.79
18305	Pie, blueberry, commercially prepared	117	1 piece	61.43
15077	Fish, salmon, chinook, smoked	85.05	3 oz	61.24
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	61.07
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	61.07
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	60.94
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	60.61
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	60.29
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	59.93
11937	Pickles, cucumber, dill	65	1 pickle	59.59
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	58.68
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	58.49
15111	Fish, swordfish, cooked, dry heat	85	3 oz	58.44
12167	Nuts, chestnuts, european, roasted	143	1 cup	57.89
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	57.70
09279	Plums, raw	66	1 plum	57.57
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	57.40
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	56.92
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	56.66
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	56.54
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	56.46
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	56.12
09070	Cherries, sweet, raw	68	10 cherries	55.93
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	55.91
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	55.69
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	55.67
11012	Asparagus, cooked, boiled, drained	60	4 spears	55.58
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	55.46
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	55.01
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	54.99
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	54.65
21119	Fast foods, hotdog, with chili	114	1 sandwich	54.49
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	54.35
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	54.32
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	54.31
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	54.09
18308	Pie, cherry, commercially prepared	117	1 piece	54.05
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	53.86
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	53.57
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	53.57
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	53.39
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	53.28
11253	Lettuce, green leaf, raw	56	1 cup	53.24
06121	Gravy, mushroom, canned	59.6	1/4 cup	53.04

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05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	53.00
11251	Lettuce, cos or romaine, raw	56	1 cup	52.98
21118	Fast foods, hotdog, plain	98	1 sandwich	52.88
06125	Gravy, turkey, canned	59.6	1/4 cup	52.81
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	52.71
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	52.71
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	52.67
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	52.60
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	52.56
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	52.40
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	51.98
01143	Egg substitute, liquid	62.75	1/4 cup	51.93
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	51.83
09150	Lemons, raw, without peel	58	1 lemon	51.61
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	51.56
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	51.43
18316	Pie, coconut custard, commercially prepared	104	1 piece	51.17
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	51.11
06116	Gravy, beef, canned	58.25	1/4 cup	50.96
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	50.92
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	50.89
06119	Gravy, chicken, canned	59.5	1/4 cup	50.78
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	50.70
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	50.52
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	50.51
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	50.22
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	50.19
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	50.14
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	49.99
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	49.95
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	49.90
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	49.64
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	49.61
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	49.33
18310	Pie, chocolate creme, commercially prepared	113	1 piece	49.16
13348	Beef, cured, corned beef, canned	85.05	3 oz	49.09
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	48.95
19097	Sherbet, orange	74	1/2 cup	48.91
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	48.91
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	48.86
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	48.75
05306	Poultry food products, ground turkey, cooked	82	1 patty	48.72
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	48.29

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18444	Pie, fried pies, cherry	128	1 pie	48.13
18319	Pie, fried pies, fruit	128	1 pie	48.13
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	47.67
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	47.60
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	47.59
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	47.49
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	47.17
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	47.17
11399	Potato puffs, frozen, oven-heated	79	10 puffs	47.16
18320	Pie, lemon meringue, commercially prepared	113	1 piece	47.12
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	47.09
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	47.02
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	46.96
11213	Endive, raw	50	1 cup	46.90
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	46.79
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	46.78
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	46.72
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	46.70
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	46.12
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	46.12
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	45.94
21078	Fast foods, nachos, with cheese	113	6-8 nachos	45.71
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	45.69
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	45.08
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	45.03
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	44.93
01132	Egg, whole, cooked, scrambled	61	1 large	44.62
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	44.44
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	44.42
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	44.37
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	44.29
01123	Egg, whole, raw, fresh	58	1 extra large	43.99
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	43.83
11081	Beets, cooked, boiled, drained	50	1 beet	43.53
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	43.30
09152	Lemon juice, raw	47	juice of 1 lemon	42.64
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	42.60
19089	Ice creams, vanilla, rich	74	1/2 cup	42.33
21024	Fast foods, french toast sticks	141	5 sticks	42.24
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	41.92
19088	Ice creams, vanilla, light	66	1/2 cup	41.92
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	41.84
18090	Cake, boston cream pie, commercially prepared	92	1 piece	41.77
07028	Ham, sliced, extra lean	56.7	2 slices	41.71

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	40.71
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	40.50
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	40.37
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	40.27
19095	Ice creams, vanilla	66	1/2 cup	40.26
11819	Peppers, hot chili, red, raw	45	1 pepper	39.61
11670	Peppers, hot chili, green, raw	45	1 pepper	39.48
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	39.25
07017	Chicken roll, light meat	56.7	2 slices	38.90
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	38.71
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	38.65
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	38.62
11143	Celery, raw	40	1 stalk	38.17
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	38.14
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	38.05
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	37.99
01123	Egg, whole, raw, fresh	50	1 large	37.92
01131	Egg, whole, cooked, poached	50	1 large	37.77
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	37.59
01129	Egg, whole, cooked, hard-boiled	50	1 large	37.31
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	37.15
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	36.90
19270	Ice creams, chocolate	66	1/2 cup	36.76
09087	Dates, deglet noor	178	1 cup	36.54
18147	Cheesecake commercially prepared	80	1 piece	36.48
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	36.35
11672	Potato pancakes	76	1 pancake	36.24
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	35.56
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	35.29
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	34.99
09081	Cranberry sauce, canned, sweetened	57	1 slice	34.57
09160	Lime juice, raw	38	juice of 1 lime	34.50
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	34.36
07069	Salami, cooked, beef and pork	56.7	2 slices	34.25
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	33.80
21043	Fast foods, clams, breaded and fried	115	3/4 cup	33.58
01123	Egg, whole, raw, fresh	44	1 medium	33.37
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	33.02
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	32.69
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	32.29
05292	Turkey patties, breaded, battered, fried	64	1 patty	31.81
01128	Egg, whole, cooked, fried	46	1 large	31.80
18367	Waffles, plain, prepared from recipe	75	1 waffle	31.50
11954	Tomatillos, raw	34	1 medium	31.15
18268	French toast, frozen, ready-to-heat	59	1 slice	31.03

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	30.78
21015	Fast foods, danish pastry, cheese	91	1 pastry	30.76
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	30.26
09021	Apricots, raw	35	1 apricot	30.22
11001	Alfalfa seeds, sprouted, raw	33	1 cup	30.08
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	29.98
11961	Hearts of palm, canned	33	1 piece	29.77
16112	Miso	68.75	1 cup	29.58
07008	Bologna, beef and pork	56.7	2 slices	29.41
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	29.37
01124	Egg, white, raw, fresh	33.4	1 large	29.25
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	29.19
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	29.16
18003	Bagels, egg	89	4" bagel	29.10
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	28.69
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	28.69
18005	Bagels, cinnamon-raisin	89	4" bagel	28.48
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	28.41
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	27.97
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	27.80
11090	Broccoli, raw	31	1 spear	27.68
11364	Potatoes, baked, skin, without salt	58	1 skin	27.44
11457	Spinach, raw	30	1 cup	27.42
21017	Fast foods, danish pastry, fruit	94	1 pastry	27.26
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	26.84
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	26.08
07024	Frankfurter, chicken	45	1 frank	25.89
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	25.76
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	25.42
21129	Fast foods, hush puppies	78	5 pieces	25.19
07023	Frankfurter, beef and pork	45	1 frank	25.18
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	24.83
18325	Pie, pecan, prepared from recipe	122	1 piece	23.79
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	23.79
07022	Frankfurter, beef	45	1 frank	23.40
18003	Bagels, egg	71	3-1/2" bagel	23.22
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	23.18
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	23.18
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	23.11
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	22.72
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	22.64
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	22.52
09298	Raisins, seedless	145	1 cup	22.37
09039	Avocados, raw, Florida	28.35	1 oz	22.34
18245	Danish pastry, cheese	71	1 danish	22.29
18274	Muffins, blueberry, commercially prepared	57	1 muffin	21.83
11084	Beets, canned, drained solids	24	1 beet	21.83

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18324	Pie, pecan, commercially prepared	113	1 piece	21.81
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	21.50
12104	Nuts, coconut meat, raw	45	1 piece	21.15
18116	Cake, gingerbread, prepared from recipe	74	1 piece	20.72
09038	Avocados, raw, California	28.35	1 oz	20.51
20005	Barley, pearled, raw	200	1 cup	20.18
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	20.14
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	20.10
18283	Muffins, oat bran	57	1 muffin	19.95
01007	Cheese, camembert	38	1 wedge	19.68
18041	Bread, pita, white, enriched	60	6-1/2" pita	19.26
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	19.24
18023	Bread, cornbread, dry mix, prepared	60	1 piece	19.14
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	18.90
18279	Muffins, corn, commercially prepared	57	1 muffin	18.58
18134	Cake, sponge, prepared from recipe	63	1 piece	18.52
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	18.46
20083	Wheat flour, white, bread, enriched	137	1 cup	18.30
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	17.95
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	17.89
18353	Rolls, hard (includes kaiser)	57	1 roll	17.67
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	17.64
01031	Cheese, neufchatel	28.35	1 oz	17.64
09193	Olives, ripe, canned (small-extra large)	22	5 large	17.60
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	17.52
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	17.36
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	17.34
18139	Cake, white, prepared from recipe without frosting	74	1 piece	17.24
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	17.14
20084	Wheat flour, white, cake, enriched	137	1 cup	17.14
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	17.10
20068	Tapioca, pearl, dry	152	1 cup	16.70
18088	Cake, angelfood, dry mix, prepared	50	1 piece	16.45
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	16.40
09316	Strawberries, raw	18	1 strawberry	16.37
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	16.27
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	16.12
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	16.07
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	15.99
01019	Cheese, feta	28.35	1 oz	15.65
13350	Beef, cured, dried	28.35	1 oz	15.25
18280	Muffins, corn, dry mix, prepared	50	1 muffin	15.25
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	15.24
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	15.20
18350	Rolls, hamburger or hotdog, plain	43	1 roll	14.92
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	14.90
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	14.88
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	14.86



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20028	Couscous, dry	173	1 cup	14.81
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	14.66
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	14.38
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	14.25
01026	Cheese, mozzarella, whole milk	28.35	1 oz	14.18
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	14.14
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	14.11
02048	Vinegar, cider	15	1 tbsp	14.07
09153	Lemon juice, canned or bottled	15.2	1 tbsp	14.05
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	14.03
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	14.02
18027	Bread, egg	40	1/2" slice	13.88
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	13.80
07027	Ham, chopped, not canned	21	2 slices	13.71
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	13.51
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	13.47
07064	Pork Sausage, Fresh, Cooked	27	1 patty	13.44
20011	Buckwheat flour, whole-groat	120	1 cup	13.38
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	13.24
18239	Croissants, butter	57	1 croissant	13.22
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	13.17
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	13.09
09291	Plums, dried (prunes), uncooked	42	5 prunes	12.99
07064	Pork Sausage, Fresh, Cooked	26	2 links	12.94
06150	Sauce, barbecue sauce	15.75	1 tbsp	12.74
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	12.70
20012	Bulgur, dry	140	1 cup	12.60
19061	Snacks, trail mix, tropical	140	1 cup	12.60
20020	Cornmeal, whole-grain, yellow	122	1 cup	12.52
09246	Peaches, dried, sulfured, uncooked	39	3 halves	12.40
11282	Onions, raw	14	1 slice	12.40
20080	Wheat flour, whole-grain	120	1 cup	12.32
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	12.25
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	12.18
18044	Bread, pumpernickel	32	1 slice	12.13
01049	Cream, fluid, half and half	15	1 tbsp	12.09
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	12.07
01004	Cheese, blue	28.35	1 oz	12.02
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	12.02
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	11.99
11135	Cauliflower, raw	13	1 floweret	11.95
18060	Bread, rye	32	1 slice	11.94
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	11.93
01030	Cheese, muenster	28.35	1 oz	11.84
01186	Cheese, cream, fat free	15.6	1 tbsp	11.78
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	11.73
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	11.67

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01035	Cheese, provolone	28.35	1 oz	11.61
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	11.59
07065	Pork and beef sausage, fresh, cooked	26	2 links	11.58
09094	Figs, dried, uncooked	38	2 figs	11.42
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	11.32
11943	Pimento, canned	12	1 tbsp	11.17
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	11.10
04134	Salad dressing, home recipe, cooked	16	1 tbsp	11.07
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	11.06
09316	Strawberries, raw	12	1 strawberry	10.91
18110	Cake, fruitcake, commercially prepared	43	1 piece	10.88
09032	Apricots, dried, sulfured, uncooked	35	10 halves	10.81
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	10.60
18053	Bread, reduced-calorie, rye	23	1 slice	10.58
18075	Bread, whole-wheat, commercially prepared	28	1 slice	10.56
01040	Cheese, swiss	28.35	1 oz	10.52
01009	Cheese, cheddar	28.35	1 oz	10.42
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	10.38
11935	Catsup	15	1 tbsp	10.37
09011	Apples, dried, sulfured, uncooked	32	5 rings	10.16
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	10.09
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	10.04
11740	Broccoli, flower clusters, raw	11	1 floweret	9.98
18055	Bread, reduced-calorie, wheat	23	1 slice	9.94
18039	Bread, oatmeal	27	1 slice	9.91
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	9.90
18057	Bread, reduced-calorie, white	23	1 slice	9.87
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	9.80
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	9.80
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	9.78
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	9.67
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	9.64
19294	Fruit butters, apple	17	1 tbsp	9.60
01052	Cream, fluid, light whipping	15	1 tbsp	9.53
11253	Lettuce, green leaf, raw	10	1 leaf	9.51
11251	Lettuce, cos or romaine, raw	10	1 leaf	9.46
11333	Peppers, sweet, green, raw	10	1 ring	9.39
16158	Hummus, commercial	14	1 tbsp	9.32
11945	Pickle relish, sweet	15	1 tbsp	9.31
18086	Cake, angelfood, commercially prepared	28	1 piece	9.30
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	9.29
18064	Bread, wheat (includes wheat berry)	25	1 slice	9.28
18045	Bread, pumpernickel, toasted	29	1 slice	9.22
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	9.18
11457	Spinach, raw	10	1 leaf	9.14
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	9.11
07073	Sandwich spread, pork, beef	15	1 tbsp	9.04
11960	Carrots, baby, raw	10	1 medium	9.04

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18041	Bread, pita, white, enriched	28	4" pita	8.99
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	8.97
18025	Bread, cracked-wheat	25	1 slice	8.95
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	8.93
18133	Cake, sponge, commercially prepared	30	1 shortcake	8.91
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	8.85
11297	Parsley, raw	10	10 sprigs	8.77
18047	Bread, raisin, enriched	26	1 slice	8.74
01125	Egg, yolk, raw, fresh	16.6	1 large	8.68
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	8.68
01053	Cream, fluid, heavy whipping	15	1 tbsp	8.66
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	8.59
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	8.58
09087	Dates, deglet noor	41.5	5 dates	8.52
01056	Cream, sour, cultured	12	1 tbsp	8.51
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	8.29
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	8.24
19116	Candies, marshmallows	50	1 cup	8.20
11445	Seaweed, kelp, raw	10	2 tbsp	8.16
11677	Shallots, raw	10	1 tbsp	7.98
18040	Bread, oatmeal, toasted	25	1 slice	7.80
01017	Cheese, cream	14.5	1 tbsp	7.79
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	7.75
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	7.65
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	7.62
18151	Cookies, brownies, commercially prepared	56	1 brownie	7.62
19129	Syrups, table blends, pancake	20	1 tbsp	7.60
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	7.51
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	7.50
18061	Bread, rye, toasted	24	1 slice	7.44
07072	Salami, dry or hard, pork, beef	20	2 slices	7.43
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	7.39
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	7.27
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	7.26
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.17
18033	Bread, italian	20	1 slice	7.14
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	7.08
18120	Cake, pound, commercially prepared, butter	28	1 piece	6.89
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	6.81
18070	Bread, white, commercially prepared, toasted	22	1 slice	6.69
18048	Bread, raisin, toasted, enriched	24	1 slice	6.67
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	6.50
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	6.46
19353	Syrups, maple	20	1 tbsp	6.42
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	6.40
20033	Oat bran, raw	94	1 cup	6.16
19297	Jams and preserves	20	1 tbsp	6.09
04015	Salad dressing, russian dressing	15.3	1 tbsp	5.90

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## Water ( g ) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	5.82
14181	Chocolate syrup	18.75	1 tbsp	5.81
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	5.73
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	5.70
19300	Jellies	19	1 tbsp	5.66
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	5.61
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	5.40
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	5.37
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	5.06
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	4.94
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	4.63
19350	Syrups, corn, light	20	1 tbsp	4.56
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	4.55
11429	Radishes, raw	4.5	1 radish	4.29
02055	Horseradish, prepared	5	1 tsp	4.25
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	4.23
11935	Catsup	6	1 packet	4.15
19348	Syrups, chocolate, fudge-type	19	1 tbsp	4.14
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	4.08
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	3.84
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.70
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	3.61
19296	Honey	21	1 tbsp	3.59
19013	Snacks, fruit leather, pieces	28.35	1 oz	3.49
04133	Salad dressing, french, home recipe	14	1 tbsp	3.39
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	3.30
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	3.30
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	3.16
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	3.06
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	2.91
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	2.86
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	2.82
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	2.81
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	2.79
11156	Chives, raw	3	1 tbsp	2.72
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	2.67
18170	Cookies, fig bars	16	1 cookie	2.64
01145	Butter, without salt	14.2	1 tbsp	2.55
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	2.48
01072	Dessert topping, pressurized	4	1 tbsp	2.41
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.34
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	2.30
01001	Butter, salted	14.2	1 tbsp	2.25
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	2.24
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	2.21
19087	Candies, white chocolate	170	1 cup	2.21
02050	Vanilla extract	4.2	1 tsp	2.21

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08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	2.17
09298	Raisins, seedless	14	1 packet	2.16
19014	Snacks, fruit leather, rolls	21	1 large	2.14
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	2.11
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	2.06
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	2.01
01073	Dessert topping, semi solid, frozen	4	1 tbsp	2.01
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1.88
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.86
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.85
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	1.84
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	1.83
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	1.81
19108	Candies, jellybeans	28.35	10 large	1.79
11215	Garlic, raw	3	1 clove	1.76
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.75
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	1.71
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.66
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	1.65
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	1.61
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.53
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.51
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.49
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	1.48
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.45
18243	Croutons, seasoned	40	1 cup	1.44
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.43
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.39
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	1.38
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	1.38
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	1.36
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	1.30
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	1.30
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	1.28
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	1.28
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	1.25
18217	Crackers, matzo, plain	28.35	1 matzo	1.22
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.20
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	1.18
19104	Candies, fudge, vanilla with nuts	15	1 piece	1.18
19080	Candies, semisweet chocolate	168	1 cup	1.18
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.15
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.13
19127	Candies, milk chocolate coated raisins	10	10 pieces	1.12
19015	Snacks, granola bars, hard, plain	28.35	1 bar	1.11
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	1.05
01032	Cheese, parmesan, grated	5	1 tbsp	1.04
18220	Crackers, melba toast, plain	20	4 pieces	1.02

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12142	Nuts, pecans	28.35	1 oz (20 halves)	1.00
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.99
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.99
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.99
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.97
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.97
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.96
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.95
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.93
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.93
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.93
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.92
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.91
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.91
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.91
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.90
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.90
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.90
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.90
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.90
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.88
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.87
18177	Cookies, molasses	15	1 cookie, medium	0.87
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.87
02045	Dill weed, fresh	1	5 sprigs	0.86
19074	Candies, caramels	10.1	1 piece	0.86
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.84
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.80
18360	Taco shells, baked	13.3	1 medium	0.80
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.78
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.77
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.77
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.77
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.77
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.76
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.76
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.75
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.74
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.72
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.72
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.71
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.70
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.68
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.68
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.68
20027	Cornstarch	8.064	1 tbsp	0.67

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12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	0.66
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.66
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.66
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.66
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.66
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.65
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.65
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.65
12147	Nuts, pine nuts, dried	28.35	1 oz	0.65
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.65
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.64
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.62
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.62
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.60
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.60
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.59
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.58
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.58
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	0.58
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.57
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.56
18226	Crackers, rye, wafers, plain	11	1 wafer	0.55
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.54
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.54
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.53
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.53
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.52
19041	Snacks, pork skins, plain	28.35	1 oz	0.51
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.51
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.51
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	0.50
19036	Snacks, popcorn, cakes	10	1 cake	0.50
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	0.50
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	0.48
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.47
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.46
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.46
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.46
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.44
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.44
19071	Candies, carob	28.35	1 oz	0.44
18235	Crackers, whole-wheat	16	4 crackers	0.43
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.43
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.43
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.43
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.43

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08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.42
18229	Crackers, standard snack-type, regular	12	4 crackers	0.42
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.41
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.41
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.40
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.40
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.40
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.38
19078	Baking chocolate, unsweetened, squares	28.35	1 square	0.38
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.37
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.36
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.36
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.34
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.34
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.34
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.34
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.33
20113	Noodles, chinese, chow mein	45	1 cup	0.33
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.31
18214	Crackers, cheese, regular	10	10 crackers	0.31
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.30
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.30
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.30
11955	Tomatoes, sun-dried	2	1 piece	0.29
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.29
16055	Carob flour	8	1 tbsp	0.29
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.28
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.28
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.27
19034	Snacks, popcorn, air-popped	8	1 cup	0.27
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	0.26
18232	Crackers, wheat, regular	8	4 crackers	0.25
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.23
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.23
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.23
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.22
02030	Spices, pepper, black	2.1	1 tsp	0.22
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.22
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.22
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.22
02010	Spices, cinnamon, ground	2.3	1 tsp	0.22
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.20
02009	Spices, chili powder	2.6	1 tsp	0.20
02028	Spices, paprika	2.1	1 tsp	0.20
11284	Onions, dehydrated flakes	5	1 tbsp	0.20
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.20
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.20
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.19



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01094	Milk, buttermilk, dried	6.5	1 tbsp	0.19
02015	Spices, curry powder	2	1 tsp	0.19
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.18
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.18
02020	Spices, garlic powder	2.8	1 tsp	0.18
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.16
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	0.14
02007	Spices, celery seed	2	1 tsp	0.12
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.12
02029	Spices, parsley, dried	1.3	1 tbsp	0.12
02027	Spices, oregano, dried	1.5	1 tsp	0.11
02026	Spices, onion powder	2.1	1 tsp	0.11
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.09
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.08
19107	Candies, hard	6	1 piece	0.08
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.08
19334	Sugars, brown	3.2	1 tsp	0.06
18373	Leavening agents, cream of tartar	3	1 tsp	0.05
01069	Cream substitute, powdered	2	1 tsp	0.04
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.04
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.04
19107	Candies, hard	3	1 small piece	0.04
19336	Sugars, powdered	8	1 tbsp	0.02
02047	Salt, table	6	1 tsp	0.01
18372	Leavening agents, baking soda	4.6	1 tsp	0.01
19335	Sugars, granulated	4.2	1 tsp	0.00
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.00
04582	Vegetable oil, canola	14	1 tbsp	0.00
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.00
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.00
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.00
04002	Lard	12.8	1 tbsp	0.00
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.00