14003Alcoholic beverage, daiquir, pregnatar35512 fl oz1414010Alcoholic beverage, daiquir, pregnade-from-recipe002.1 foz14550Alcoholic beverage, distille, all (gin, rum, vodta, whiskey) 80 proof421.5 fl oz14551Alcoholic beverage, durg, uc, otter, 5 proof221.5 fl oz1.514454Alcoholic beverage, burg, uc, otter, 5 proof221.5 fl oz1.514077Alcoholic beverage, burg, uc, otter, 5 proof221.5 fl oz1.514087Alcoholic beverage, wine, dessert, dy1033.5 fl oz1.514096Alcoholic beverage, wine, ubsert, swet1033.5 fl oz1.514004Alcoholic beverage, wine, ubsert, swet1033.5 fl oz1.514005Alcoholic beverage, wine, ubsert, swet1033.5 fl oz1.514006Apple julice, canced or britled, unnevetened, without added ancorbic2481.002.007016Apples, nov. without skin1381.apple1.007010Applesance, canced, werstened, without added ancorbic add2411.001.0007010Applesance, cancel verstened, without added ancorbic add2511.002.007010Applesance, cancel verstened, without added ancorbic add2441.002.007010Applesance, cancel verstened, without added ancorbic add2.11.002.007010Applesance, cancel verstened, without added ancorbic add2.11.002.007020Applesanc	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14010Aleoholic beverage, distilled, all (in, run, vedia, whiskey) 80 proof421.5 fl oz14037Aleoholic beverage, distilled, all (in, run, vedia, whiskey) 80 proof421.5 fl oz14551Aleoholic beverage, distilled, all (in, run, vedia, whiskey) 90 proof421.5 fl oz14141Aleoholic beverage, distilled, all (in, run, vedia, whiskey) 90 proof421.5 fl oz14141Aleoholic beverage, ina collad, prepared-from-recipe1414.5 fl oz1114356Aleoholic beverage, wine, dessert, dry1033.5 fl oz6214066Aleoholic beverage, wine, dessert, dry033.5 fl oz6214076Aleoholic beverage, wine, dassert, dry331 cap2214066Aleoholic beverage, wine, table, red1033.5 fl oz1114106Alebolic beverage, wine, table, red1235 rings1114106Alebolic beverage, wine, table, white1033.5 fl oz1200016Apple juice, canned or bortied, unewetened, without added ascorbie241 cap2200017Apples, rine, vinitakin, solida and liquida2551 cap1200018Apples, raw, without added ascorbie acid2511 cap3200019Applesauce, anned, newetened, without added ascorbie acid2511 cap3200020Aprices, canned, newetened, without added ascorbie acid2511 cap3200030Apples, raw, withat without added ascorbie acid2511 cap3200040 <t< td=""><td>14006</td><td>Alcoholic beverage, beer, light</td><td>354</td><td>12 fl oz</td><td>74</td></t<>	14006	Alcoholic beverage, beer, light	354	12 fl oz	74
1437 Alsoholic beverage, distilled, all (gin, run, vodla, whiskey) 80 proof 42 1.5 fl oz 1458 Alcoholic beverage, distilled, all (gin, run, vodla, whiskey) 50 proof 42 1.5 fl oz 14414 Alcoholic beverage, liquere, ordfer, 53 proof 52 1.5 fl oz 11 14414 Alcoholic beverage, liquere, ordfer, 53 proof 52 1.5 fl oz 11 1456 Alcoholic beverage, wine, dessert, avect 103 3.5 fl oz 62 14067 Alcoholic beverage, wine, table, vetel 103 3.5 fl oz 11 14064 Alcoholic beverage, wine, table, vetel 103 3.5 fl oz 12 11001 Alcoholic beverage, wine, table, vetel 13 1 cap 2 11001 Alcoholic beverage, wine, table, vetel 33 1 cap 2 11001 Alcoholic beverage, wine, table, vetel 32 5 rings 1 11001 Alpel, sine, without sin 25 1 cap 2 10001 Apples, ruw, with skin 255 1 cap 2 10001 Apples, ruw, with skin, solids and liquids 24 1 cap 2 10001 <td>14003</td> <td>Alcoholic beverage, beer, regular</td> <td>355</td> <td>12 fl oz</td> <td>96</td>	14003	Alcoholic beverage, beer, regular	355	12 fl oz	96
Alcoholic beverage, distilled, all (gin, run, vodla, whiskey) 86 proof 42 1.5 fl oz 1451 Alcoholic beverage, distilled, all (gin, run, vodla, whiskey) 90 proof 42 1.5 fl oz 1.6 14017 Alcoholic beverage, spina colada, propared-from-recipe 141 4.5 fl oz 10 14037 Alcoholic beverage, wine, dessert, dry 103 3.5 fl oz 6 14066 Alcoholic beverage, wine, dessert, dry 103 3.5 fl oz 6 14066 Alcoholic beverage, wine, dassert, dry 103 3.5 fl oz 6 14066 Alcoholic beverage, wine, dassert, dry 103 3.5 fl oz 6 14066 Alcoholic beverage, wine, dassert, dry 138 1 cap 2 14106 Alcoholic beverage, wine, dassert, dry 138 1 app 2 14006 Alcoholic beverage, wine, dassert, dry 138 1 app 2 14001 Alfibra eeds, sprouted, unsoveelened, without added ascorbic acid 251 1 cap 18 14004 Apples, arw, with akin 101 1 cap 42 14004 Apples, dry, with akin 255 1 cap 32	14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	13
Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof 42 1.5 fl oz 14414 Alcoholic beverage, linguer, cofflee, 55 proof 52 1.5 fl oz 1 14536 Alcoholic beverage, wine, dessert, dry 103 3.5 fl oz 6 14657 Alcoholic beverage, wine, dessert, sweet 103 3.5 fl oz 6 14066 Alcoholic beverage, wine, table, white 103 3.5 fl oz 6 11001 Alfaffa seds, sprouted, ruw 33 1 cup 2 10010 Alfaffa seds, sprouted, ruw 32 2 rings 1 10001 Apples, ruw, with skin 138 1 cup 2 10001 Apples, ruw, with skin 138 1 cup 2 10001 Apples, ruw, with skin 255 1 cup 2 10002 Applesauce, runned, without skin, solids and liquids 254 1 cup 4 1002 Apricots, cunned, hursy symp pask, withskin, solids and liquids 254 1 cup 4 1002 Apricots, cunned, hursy symp pask, with skin, solids and liquids 254 1 cup 3 1002 Apricots, cunned,	14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	1
H414Alcoholic beverage, intra coldar, prepared-from-recipe1414.5 fl oc14114017Alcoholic beverage, intra coldar, prepared-from-recipe1414.5 fl oc101435Alcoholic beverage, wine, dessert, sweet1033.5 fl oc5214067Alcoholic beverage, wine, inde, red1033.5 fl oc5214066Alcoholic beverage, wine, inde, red1033.5 fl oc521406Alcoholic beverage, wine, inde, wine331 cup2220016Apple juice, canned or bortled, unsweetened, without added ascorbic2181 cup2220017Apples, inw, without skin1381 apple1220018Apples, inw, without skin1101 cup1220019Applesance, anned, without added ascorbic acid2441 cup1220020Apricot nextur, anned, without skin, solids and liquids2581 cup3220021Apricot, canned, investened, without added ascorbic acid2441 cup3420022Apricot, canned, investened, without salt1681 cup3220023Apricot, canned, investened, without salt1681 cup3220024Apricot, canned, investened, without salt1201 macinum4220024Apricot, canned, investened, without salt1201 macinum4220025Apricot, saltsulfared, uncooked351 car1020026Apricot, saltsulfared, uncooked351 car10 <td>14550</td> <td>Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof</td> <td>42</td> <td>1.5 fl oz</td> <td>1</td>	14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	1
14017 Alcoholic beverage, pina colada, prepared-from-recipe 141 4.5 fl az 11 14356 Alcoholic beverage, wine, dessert, avect 103 3.5 fl az 62 14096 Alcoholic beverage, wine, table, rold 103 3.5 fl az 62 14096 Alcoholic beverage, wine, table, rold 103 3.5 fl az 62 10011 Alpfel jine, canned or bottled, unsweetened, without added ascorbic 248 1 cup 62 10011 Apple, jine, canned, or bottled, unsweetened, without added ascorbic 248 1 apple 10 10010 Apple, sine, with sin 138 1 apple 10 1 cup 25 10010 Apples, aria, without skin 110 1 cup 25 1 cup 21 10010 Applesauce, canned, without skin 255 1 cup 23 23 24	14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	1
14356 Alcoholic beverage, wine, dessert, dry 103 3.5 fl oz 4 14057 Alcoholic beverage, wine, dessert, sevect 103 3.5 fl oz 6 14066 Alcoholic beverage, wine, table, red 103 3.5 fl oz 6 11001 Alfafa seeds, sprouted, raw 33 1 cup 2 and 33 1 cup 2 90016 Apples, dried, suffred, uncooked 22 5 rings 14 90006 Apples, aw, with sin 138 1 apple 16 90006 Apples, aw, without skin 110 1 cup 25 90007 Apples.ace, canned, without added ascorbic acid 244 1 cup 20 90018 Apples.ace, canned, without added ascorbic acid 251 1 cup 20 90024 Apricots, canned, huweschened, without added ascorbic acid 258 1 cup 36 90021 Apricots, dried, uncooked 35 10 halves 44 90022 Apricots, dried, uncooked 35 1 apricot 56 90021 Apricots, canned, huined, sholids and liquids 27 4 pears	14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	16
14057Alcoholic beverage, wine, dessert, sveet.1033.5 fl az.140414066Alcoholic beverage, wine, table, red1033.5 fl az.110114161Alcoholic beverage, wine, table, white1033.5 fl az.121001Alfalfa seeds, sprouted, rav331 cup223011Apple; uice, canned or bottled, unsweetened, without added ascorbic2481 cup2290016Apple; rav., with skin1381 apple1490013Apples, rav., with skin1101 cup1290014Apples, rav., with skin2551 cup1290015Apples, rav., with skin, solids and liquids2581 cup3390026Apricots, canned, with adda ascorbic acid2511 cup4490027Apricots, canned, with adda ascorbic acid2581 oblaves4490024Apricots, canned, with adda ascorbic acid2581 oblaves4490024Apricots, canned, ince pack, with skin, solids and liquids2581 apricot5591058Apricots, canned, jurice pack, with skin, solids and liquids2641 cup4490021Apricots, raw351 apricot551 apricot5591058Apricots, raw351 apricot551 apricot5591058Apricots, raw351 apricot551 apricot5591058Apricots, raw, Chirined, unined, without salt1604 spears10191059 <t< td=""><td>14017</td><td>Alcoholic beverage, pina colada, prepared-from-recipe</td><td>141</td><td>4.5 fl oz</td><td>100</td></t<>	14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	100
14066 Alcoholic beverage, wine, table, white 103 3.5 fl oz 11 14106 Alcoholic beverage, wine, table, white 103 3.5 fl oz 62 11001 Alfafa seeds, sprouted, raw 33 1 cup 22 08016 Apple, sired, suffured, uncooked 32 5 rings 14 09003 Apples, raw, with skin 138 1 apple 14 09004 Apples, raw, without skin 100 1 cup 92 09005 Apples, raw, without skin 100 1 cup 92 09006 Applesauce, anead, unsweetened, without added ascorbic acid 244 1 cup 24 09007 Apricots, canned, juice pack, with skin, solids and liquids 258 1 cup 32 090021 Apricots, canned, juice pack, with skin, solids and liquids 254 1 cup 44 09022 Apricots, canned, juice pack, with skin, solids and liquids 254 1 cup 44 09021 Apricots, canned, biole, drained, without salt 180 1 cup 45 11015 Asparagus, cooked, boiled, drained, without salt 180 1 cup 32	14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	95
14106Alcoholic beverage, wine, table, white1033.5 fl oz311001Alfulfa scales, sprouted, raw331 cup2320016Apple juice, eanned or bottled, unsweetened, without added ascorbic2481 cup2420011Apples, raw, without skin1381 apple1420002Apples, raw, without skin1101 cup2520011Apples, raw, without skin2551 cup11020002Applesauce, canned, without added ascorbic acid2441 cup2420002Applesauce, canned, with added ascorbic acid2511 cup24200027Apricots, canned, with added ascorbic acid2581 cup34200027Apricots, canned, with skin, solids and liquids2581 cup3420021Apricots, canned, ince oked3510 halves4420021Apricots, canned, ince oked351 apricot3520022Apricots, canned, ince oked351 apricot3520021Apricots, raw351 apricot3520022Apricots, raw351 apricot3620033Avacadas, ray, California1201 medium4420021Apricots, raw361 cup3520032Apricots, raw351 apricot3520033Avacadas, ray, Californiad604 spears1220104Aparagus, cincad, drained, without salt1801 cup3420334 <td>14057</td> <td>Alcoholic beverage, wine, dessert, sweet</td> <td>103</td> <td>3.5 fl oz</td> <td>95</td>	14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	95
11011Aifalfa seeds, sprouted, raw331 cup209016Apple juice, canned or bottled, unsweetened, without added ascorbic cid2481 cup2409011Apples, fuid, suffured, uncooked325 rings1409003Apples, raw, with skin1381 apple1409004Apples, raw, with skin1001 cup1609005Apples, raw, with skin2551 cup1309006Apples, raw, with skin2551 cup2809017Applesauce, canned, unsweetened, without added ascorbic acid2441 cup2809027Apricot nectra, canned, with added ascorbic acid2581 cup3609024Apricots, canned, juice pack, with skin, solids and liquids2441 cup4409021Apricots, canned, juice pack, with skin, solids and liquids2441 cup4409022Apricots, canned, juice pack, with skin, solids and liquids2441 cup4409021Apricots, canned, juice pack, with skin, solids and liquids2441 cup4409021Apricots, canned, juice pack, with skin, solids and liquids2441 cup4511008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup3311012Asparagus, conced, boiled, drained, without salt1604 spears11011013Asparagus, forzer, cooked, boiled, drained, without salt1801 cup3411014Asparagus, forzer, cooked, boiled, drain	14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	115
oppole acidApple juice, anned or bottled, unsweetened, without added ascorbic acid2481 cp2409011Apples, frid, sulfured, uncooked325 rings1409033Apples, raw, with skin1381 apple1409044Apples, raw, with skin1101 cup609019Applesauce, canned, sweetened, without salt2551 cup1209019Applesauce, canned, unsweetened, without added ascorbic acid2441 cup2309021Apricot nectar, canned, with added ascorbic acid2581 cup2409022Apricots, canned, juice pack, with skin, solids and liquids2581 cup4409024Apricots, canned, juice pack, with skin, solids and liquids2441 cup4409021Apricots, raw351 apricot3609022Apricots, raw351 apricot4409023Apricots, raw351 apricot4511018Artichekes, (globe or franch), cooked, boiled, drained, without salt1201 medium4411015Asparagus, forzen, cooked, boiled, drained, without salt1201 cup3311019Asparagus, forzen, cooked, boiled, drained, without salt1801 cup3411019Asparagus, forzen, cooked, boiled, drained, without salt604 spears10111019Asparagus, forzen, cooked, boiled, drained, without salt1801 cup1211019Asparagus, forzen, cooked, boiled, drained, without salt6	14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	82
acid 32 5 ringsh 14 09011 Apples, dried, unteroked 32 5 ringsh 14 09003 Apples, raw, with skin 138 1 apple 14 09004 Apples, raw, without skin 158 1 cup 15 09010 Applesauce, canned, sweetened, without salt 255 1 cup 12 09013 Apricot nectar, canned, with adda ascorbic acid 244 1 cup 33 09024 Apricots, canned, neavy symp pack, with skin, solids and liquids 258 1 cup 34 09024 Apricots, canned, uiterae, uncooked 35 1 0 halves 44 09021 Apricots, raw 35 1 apricot 45 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 168 1 cup 35 11015 Asparagus, forzen, cooked, boiled, drained, without salt 180 1 cup 35 11012 Asparagus, forzen, cooked, boiled, drained, without salt 180 1 cup 31 11019 Asparagus, forzen, cooked, boiled, drained, without salt	11001	Alfalfa seeds, sprouted, raw	33	1 cup	26
Apples, raw, with skin 138 1 apple 14 09004 Apples, raw, without skin 110 1 cup 6 09002 Applesauce, canned, sweetened, without salt 255 1 cup 18 09019 Applesauce, canned, unsweetened, without salt 251 1 cup 22 09027 Apricots, canned, unsweetened, with skin, solids and liquids 258 1 cup 44 09032 Apricots, canned, unsweetened, with skin, solids and liquids 244 1 cup 44 09032 Apricots, canned, uncoaked 35 1 apricot 45 09021 Apricots, canned, uncoaked, boiled, drained, without salt 168 1 cup 45 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120 1 medium 44 11015 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 33 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 43 11019 Asparagus, frozen, cooked, boiled, drained, without salt 60 4 spears 110 <	09016		248	1 cup	295
Oppose Apples, raw, without skin 110 1 cup 4 09002 Applesauce, canned, without salt 255 1 cup 11 09019 Applesauce, canned, with added ascorbic acid 244 1 cup 26 09020 Apricot nectar, canned, with added ascorbic acid 251 1 cup 26 09027 Apricots, canned, havy syrup pack, with skin, solids and liquids 258 1 cup 44 09021 Apricots, canned, juice pack, with skin, solids and liquids 254 1 cup 44 09022 Apricots, craw 35 1 apricot 45 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120 1 medium 44 11015 Asparagus, cooked, boiled, drained, without salt 120 1 medium 44 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 33 11019 Asparagus, frozen, cooked, boiled, drained, without salt 60 4 spears 11 1019 Asparagus, frozen, cooked, boiled, drained, without salt 160 4 spears	09011	Apples, dried, sulfured, uncooked	32	5 rings	144
Opposed Applesauce, eanned, sweetened, without salt 255 1 cup 13 09019 Applesauce, eanned, unsweetened, without added ascorbic acid 244 1 cup 18 09019 Apricots, canned, incerve, with skin, solids and liquids 251 1 cup 26 09027 Apricots, canned, incer pack, with skin, solids and liquids 258 1 cup 44 09028 Apricots, canned, juice pack, with skin, solids and liquids 244 1 cup 44 09024 Apricots, arwel, juice pack, with skin, solids and liquids 244 1 cup 44 09021 Apricots, raw 35 1 apricot 45 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 168 1 cup 35 11012 Asparagus, conded, boiled, drained, without salt 180 1 cup 31 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 31 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 16 109038 Avocados, raw, California 28.35	09003	Apples, raw, with skin	138	1 apple	148
Applesauce, canned, unsweetened, without added ascorbic acid244I cup1809403Apricot, canned, unsweetened, without added ascorbic acid251I cup2309027Apricots, canned, heavy syrup pack, with skin, solids and liquids258I cup3609024Apricots, canned, juice pack, with skin, solids and liquids244I cup4409032Apricots, canned, uncooked35I paricot4609021Apricots, raw35I apricot4609021Apricots, canned, our fench), cooked, boiled, drained, without salt168I cup5911008Artichokes, (globe or french), cooked, boiled, drained, without salt120I medium4411015Asparagus, conced, boiled, drained, without salt180I cup3111019Asparagus, frozen, cooked, boiled, drained, without salt180I cup3111019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1010038Avocados, raw, Florida28.35I oz1611093Bagels, cinnamon-raisin894" bagel60118005Bagels, cinnamon-raisin713-1/2" bagel6111801Bagels, cigg713-1/2" bagel62118021Bagels, cigg713-1/2" bagel62118031Bagels, cinnamon-raisin713-1/2" bagel62118041Bagels, cigg713-1/2" bagel62118051Bagels, cigg713-1/2	09004	Apples, raw, without skin	110	1 cup	99
Opp03 Apricot nectar, canned, with added ascorbic acid 251 1 cup 22 09027 Apricots, canned, havy syrup pack, with skin, solids and liquids 258 1 cup 36 09024 Apricots, canned, juice pack, with skin, solids and liquids 244 1 cup 44 09032 Apricots, canned, juice pack, with skin, solids and liquids 244 1 cup 44 09021 Apricots, cand, juice pack, with skin, solids and liquids 35 1 apricot 44 09021 Apricots, circk, uncooked 35 1 apricot 45 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 168 1 cup 45 11018 Artichokes, (globe, or french), cooked, boiled, drained, without salt 180 1 cup 32 11019 Asparagus, conced, boiled, drained, without salt 180 1 cup 12 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 12 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 12 11019 Asparagus, frozen, co	09020	Applesauce, canned, sweetened, without salt	255	1 cup	156
Opport Apricots, canned, heavy syrup pack, with skin, solids and liquids 258 1 cup 36 09024 Apricots, canned, juice pack, with skin, solids and liquids 244 1 cup 44 09021 Apricots, dried, sulfured, uncooked 35 10 halves 44 09021 Apricots, raw 35 1 apricot 45 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 168 1 cup 45 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120 1 medium 44 11015 Asparagus, canned, drained solids 72 4 spears 121 11012 Asparagus, cooked, boiled, drained, without salt 180 1 cup 33 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 31 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 32 11019 Asparagus, raw, Clorida 28,35 1 oz 10 18003 Bagels, cinnamon-raisin 71 3-1/2" bagel 42	09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	183
Oppo24Apricots, canned, juice pack, with skin, solids and liquids244I cup4409032Apricots, dried, sulfured, uncooked3510 halves4409021Apricots, raw351 apricot5511008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup5511008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium4411015Asparagus, canned, drained, solids724 spears12111012Asparagus, frozen, cooked, boiled, drained, without salt1801 cup3311019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1009038Avocados, raw, California28.351 oz16218005Bagels, cinnamon-raisin894" bagel1618003Bagels, cinnamon-raisin713-1/2" bagel2618001Bagels, cgg713-1/2" bagel2618001Bagels, gg713-1/2" bagel2618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)1073-1/2" bagel2619077Baking chocolate, unsweetened, liquid28.351 oz3219078Baking chocolate, unsweetened, squares28.351 oz3219078Baking chocolate, unsweetened, squares28.351 oz3219078Baking chocolate, unsweetened, squares28.351 oz3219078Baking chocola	09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	286
90932Apricots, dried, sulfared, uncooked3510 halves4490921Apricots, raw351 apricot5511008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup5511008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 mcdium4411015Asparagus, canned, drained solids724 spears1211012Asparagus, frozen, cooked, boiled, drained, without salt604 spears1211019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1609038Avocados, raw, California28.351 oz1409039Avocados, raw, Florida28.351 oz1618005Bagels, cinnamon-raisin894" bagel1218001Bagels, cags713-1/2" bagel1618001Bagels, cags713-1/2" bagel218001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel219077Baking chocolate, unsweetened, Iquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 oz319074Baking chocolate, unsweetened, squares28.351 square319075Baking chocolate, unsweetened, Iquid28.351 oz319076Baking chocolate, unsweetened, Iquid28.351 oz319076Baking chocolate, unsweetened, Iquid28.35 </td <td>09027</td> <td>Apricots, canned, heavy syrup pack, with skin, solids and liquids</td> <td>258</td> <td>1 cup</td> <td>361</td>	09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	361
Apricots, raw351 apricot5511008Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup5511008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium4211015Asparagus, canned, drained solids724 spears1211012Asparagus, cooked, boiled, drained604 spears1211013Asparagus, frozen, cooked, boiled, drained, without salt1801 cup3311019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1609038Avocados, raw, California28.351 oz1609039Avocados, raw, California28.351 oz1618005Bagels, cinnamon-raisin894" bagel1618003Bagels, cinnamon-raisin713-1/2" bagel2618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel2619077Baking chocolate, unsweetened, liquid28.351 oz3219078Baking chocolate, unsweetened, squares28.351 square3219074Baking chocolate, unsweetened, squares28.351 ozp3219074Baking chocolate, unsweetened, squares28.351 square3219074Baking chocolate, unsweetened, squares28.351 square3219075Baking chocolate, unsweetened, squares28.351 square3219074Bahana	09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	403
Artichokes, (globe or french), cooked, boiled, drained, without salt1681 cup5511008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium4211015Asparagus, canned, drained solids724 spears1211012Asparagus, cooked, boiled, drained604 spears1211019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup3311019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1009038Avocados, raw, California28.351 oz1409039Avocados, raw, California28.351 oz1618005Bagels, cinnamon-raisin894" bagel1218005Bagels, cinnamon-raisin713-1/2" bagel1218001Bagels, lain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel2218001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel2219078Baking chocolate, unsweetened, liquid28.351 oz3219078Baking chocolate, unsweetened, squares28.351 square2219080Bananas, raw1501 cup1409040Bananas, raw1501 cup1409040Bananas, raw1501 cup142005Barley, pearled, cooked1571 cup14	09032	Apricots, dried, sulfured, uncooked	35	10 halves	407
11008Artichokes, (globe or french), cooked, boiled, drained, without salt1201 medium4411015Asparagus, canned, drained solids724 spears1211012Asparagus, cooked, boiled, drained604 spears1311019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup3311019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1609038Avocados, raw, California28.351 oz1609039Avocados, raw, Florida28.351 oz1618005Bagels, cinnamon-raisin713-1/2" bagel1618003Bagels, cinnamon-raisin713-1/2" bagel618001Bagels, pag713-1/2" bagel618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel619077Baking chocolate, unsweetened, liquid28.351 oz3219078Baking chocolate, unsweetened, squares28.351 square2211028Bambo shots, canned, drained solids1311 cup1009400Bananas, raw1501 cup4409400Bananas, raw1501 cup442005Barley, pearled, cooked1571 cup442005Barley, pearled, raw2001 cup55	09021	Apricots, raw	35	1 apricot	91
11015Asparagus, canned, drained solids724 spears1211012Asparagus, cooked, boiled, drained604 spears1311019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup3311019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1009038Avocados, raw, California28.351 oz1409039Avocados, raw, Florida28.351 oz1618005Bagels, cinnamon-raisin894" bagel1518005Bagels, cinnamon-raisin713-1/2" bagel161803Bagels, egg713-1/2" bagel618001Bagels, page713-1/2" bagel618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel619077Baking chocolate, unsweetened, liquid28.351 oz319078Baking chocolate, unsweetened, squares28.351 oz319070Bananas, raw1181 banana4409040Bananas, raw1501 cup409040Bananas, raw1501 cup409040Barley, parled, cooked1571 cup42005Barley, parled, raw2001 cup5	11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	595
IntegrationAsparagus, rooked, boiled, drained604 spears1111012Asparagus, frozen, cooked, boiled, drained, without salt1801 cup3311019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1009038Avocados, raw, California28.351 oz1409039Avocados, raw, Florida28.351 oz1018005Bagels, cinnamon-raisin894" bagel1218005Bagels, cinnamon-raisin713-1/2" bagel1018003Bagels, egg894" bagel6018003Bagels, egg713-1/2" bagel4418001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel4519077Baking chocolate, unsweetened, liquid28.351 oz323219078Baking chocolate, unsweetened, squares28.351 oz3219074Bamboo shoots, canned, drained solids1311 cup1009040Bananas, raw1181 banana4209040Bananas, raw1501 cup322006Barley, pearled, cooked1571 cup422005Barley, pearled, raw2001 cup5218004Bananas, raw1501 cup4218005Barley, pearled, raw2001 cup5218005Barley, pearled, cooked1571 cup4418005Barley, pearl	11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	425
11019Asparagus, frozen, cooked, boiled, drained, without salt1801 cup3311019Asparagus, frozen, cooked, boiled, drained, without salt604 spears1009038Avocados, raw, California28.351 oz1409039Avocados, raw, Florida28.351 oz1018005Bagels, cinnamon-raisin894" bagel1218005Bagels, cinnamon-raisin713-1/2" bagel1018003Bagels, egg713-1/2" bagel418001Bagels, egg713-1/2" bagel418001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel419077Baking chocolate, unsweetened, liquid28.351 oz3219078Baking chocolate, unsweetened, squares28.351 square2211028Bamboo shoots, canned, drained solids1311 cup1009040Bananas, raw1181 banana4209040Bananas, raw1501 cup5220006Barley, pearled, cooked1571 cup5220005Barley, pearled, raw2001 cup52	11015	Asparagus, canned, drained solids	72	4 spears	124
International and the set of	11012	Asparagus, cooked, boiled, drained	60	4 spears	134
Avocados, raw, California28.351 oz10209038Avocados, raw, Florida28.351 oz10209039Avocados, raw, Florida28.351 oz10218005Bagels, cinnamon-raisin894" bagel12318005Bagels, cinnamon-raisin713-1/2" bagel10218003Bagels, egg894" bagel6218003Bagels, egg713-1/2" bagel4218001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel4218001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel4218001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel4219077Baking chocolate, unsweetened, liquid28.351 oz3219078Baking chocolate, unsweetened, squares28.351 square2211028Bamboo shoots, canned, drained solids1311 cup1009040Bananas, raw1501 cup422006Barley, pearled, cooked1571 cup422005Barley, pearled, raw2001 cup52	11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	310
Avocados, raw, Florida28.351 oz1018005Bagels, cinnamon-raisin894" bagel1218005Bagels, cinnamon-raisin713-1/2" bagel1018003Bagels, egg894" bagel618003Bagels, egg713-1/2" bagel418003Bagels, egg713-1/2" bagel418001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel418001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel619077Baking chocolate, unsweetened, liquid28.351 oz3319078Baking chocolate, unsweetened, squares28.351 square231908Banboo shoots, canned, drained solids1311 cup1009040Bananas, raw1501 cup532005Barley, pearled, cooked1571 cup42005Barley, pearled, raw2001 cup54	11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	103
18005Bagels, cinnamon-raisin894" bagel1318005Bagels, cinnamon-raisin713-1/2" bagel1618003Bagels, egg894" bagel618003Bagels, egg713-1/2" bagel618003Bagels, egg713-1/2" bagel618003Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, popy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, popy, sesame)994" bagel9919077Baking chocolate, unsweetened, liquid28.351 oz3219078Baking chocolate, unsweetened, squares28.351 square2211028Bamboo shoots, canned, drained solids1311 cup1009040Bananas, raw1501 cup522005Barley, pearled, cooked1571 cup142005Barley, pearled, raw2001 cup52	09038	Avocados, raw, California	28.35	1 oz	144
18005Bagels, cinnamon-raisin713-1/2" bagel1018003Bagels, egg894" bagel618003Bagels, egg713-1/2" bagel618004Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel618001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel619077Baking chocolate, unsweetened, liquid28.351 oz3-119078Baking chocolate, unsweetened, squares28.351 square2211028Bamboo shoots, canned, drained solids1311 cup1009040Bananas, raw1501 cup1409040Bananas, raw1571 cup142005Barley, pearled, cooked2001 cup54	09039	Avocados, raw, Florida	28.35	1 oz	100
18003Bagels, egg894" bagel618003Bagels, egg713-1/2" bagel418001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel718001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel719077Baking chocolate, unsweetened, liquid28.351 oz3319078Baking chocolate, unsweetened, squares28.351 square3319078Banboo shoots, canned, drained solids1311 cup1009040Bananas, raw1501 cup5320066Barley, pearled, cooked1571 cup142005Barley, pearled, raw2001 cup54	18005	Bagels, cinnamon-raisin	89	4" bagel	132
18003Bagels, egg713-1/2" bagel418001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel7118001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel7118001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel7119077Baking chocolate, unsweetened, liquid28.351 oz7219078Baking chocolate, unsweetened, squares28.351 square7211028Bamboo shoots, canned, drained solids1311 cup1009040Bananas, raw1501 cup522006Barley, pearled, cooked1571 cup142005Barley, pearled, raw2001 cup52	18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	105
18001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)713-1/2" bagel7118001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel9118001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel9219077Baking chocolate, unsweetened, liquid28.351 oz3219078Baking chocolate, unsweetened, squares28.351 square2211028Bamboo shoots, canned, drained solids1311 cup1009040Bananas, raw1181 banana4209040Bananas, raw1501 cup5220066Barley, pearled, cooked1571 cup1420055Barley, pearled, raw2001 cup52	18003	Bagels, egg	89	4" bagel	61
poppy, sesame)894" bagel9018001Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)894" bagel9019077Baking chocolate, unsweetened, liquid28.351 oz3219078Baking chocolate, unsweetened, squares28.351 square2211028Bamboo shoots, canned, drained solids1311 cup1009040Bananas, raw1181 banana4209040Bananas, raw1501 cup522006Barley, pearled, cooked1571 cup142005Barley, pearled, raw2001 cup54	18003	Bagels, egg	71	3-1/2" bagel	48
poppy, sesame)28.351 oz3319077Baking chocolate, unsweetened, liquid28.351 oz3319078Baking chocolate, unsweetened, squares28.351 square2311028Bamboo shoots, canned, drained solids1311 cup1009040Bananas, raw1181 banana4209040Bananas, raw1501 cup522006Barley, pearled, cooked1571 cup142005Barley, pearled, raw2001 cup54	18001		71	3-1/2" bagel	72
19078Baking chocolate, unsweetened, squares28.351 square2211028Bamboo shoots, canned, drained solids1311 cup1009040Bananas, raw1181 banana4209040Bananas, raw1501 cup5220066Barley, pearled, cooked1571 cup1420055Barley, pearled, raw2001 cup52	18001		89	4" bagel	90
11028Bamboo shoots, canned, drained solids1311 cup1009040Bananas, raw1181 banana4209040Bananas, raw1501 cup532006Barley, pearled, cooked1571 cup142005Barley, pearled, raw2001 cup54				1 oz	331
09040Bananas, raw1181 banana4209040Bananas, raw1501 cup5320006Barley, pearled, cooked1571 cup1420005Barley, pearled, raw2001 cup54	19078	Baking chocolate, unsweetened, squares	28.35	1 square	235
09040Bananas, raw1501 cup532006Barley, pearled, cooked1571 cup142005Barley, pearled, raw2001 cup56	11028	Bamboo shoots, canned, drained solids	131	1 cup	105
20006Barley, pearled, cooked1571 cup1420005Barley, pearled, raw2001 cup56	09040	Bananas, raw	118	1 banana	422
20005 Barley, pearled, raw 200 1 cup 50	09040	Bananas, raw	150	1 cup	537
	20006	Barley, pearled, cooked	157	1 cup	146
16006Beans, baked, canned, plain or vegetarian2541 cup55	20005	Barley, pearled, raw	200	1 cup	560
	16006	Beans, baked, canned, plain or vegetarian	254	1 cup	551

Content per NDB No Description Weight (g) **Common Measure** Measure 16008 Beans, baked, canned, with franks 609 259 1 cup 16010 Beans, baked, canned, with pork and sweet sauce 253 1 cup 673 16011 Beans, baked, canned, with pork and tomato sauce 253 1 cup 746 16015 Beans, black, mature seeds, cooked, boiled, without salt 172 1 cup 611 16025 Beans, great northern, mature seeds, cooked, boiled, without salt 177 1 cup 692 16034 Beans, kidney, red, mature seeds, canned 256 658 1 cup 16033 Beans, kidney, red, mature seeds, cooked, boiled, without salt 177 1 cup 713 16038 Beans, navy, mature seeds, cooked, boiled, without salt 182 708 1 cup Beans, pinto, mature seeds, cooked, boiled, without salt 171 746 16043 1 cup 11056 Beans, snap, green, canned, regular pack, drained solids 135 1 cup 147 11053 Beans, snap, green, cooked, boiled, drained, without salt 125 183 1 cup Beans, snap, green, frozen, cooked, boiled, drained without salt 170 11061 135 1 cup 11932 Beans, snap, yellow, canned, regular pack, drained solids 135 1 cup 147 11724 Beans, snap, yellow, cooked, boiled, drained, without salt 125 1 cup 374 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135 1 cup 170 16051 Beans, white, mature seeds, canned 262 1 cup 1189 22905 Beef stew, canned entree 232 1 cup 404 13050 Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all 85 3 oz 196 grades, cooked, braised 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all 85 224 3 oz grades, cooked, braised 13348 Beef, cured, corned beef, canned 85.05 3 oz 116 28.35 82 13350 Beef, cured, dried 1 ozBeef, ground, 75% lean meat / 25% fat, patty, cooked, broiled 23578 85 3 oz 246 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled 85 3 oz 258 23568 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 85 3 oz 270 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 13073 85 3 oz256 fat, all grades, cooked, roasted 13085 Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, 85 3 oz 318 all grades, cooked, roasted Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, 3 oz 226 13869 85 all grades, cooked, braised Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all 23605 85 3 oz 240 grades, cooked, braised 13878 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, 85 3 oz 193 all grades, cooked, roasted 23598 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all 85 3 oz 205 grades, cooked, roasted 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, 85 3 oz 286 cooked, broiled 23610 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, 85 3 oz 320 cooked, broiled Beef, variety meats and by-products, liver, cooked, pan-fried 298 13327 85 3 oz 11087 Beet greens, cooked, boiled, drained, without salt 144 1 cup 1309 11084 Beets, canned, drained solids 170 1 cup 252 Beets, canned, drained solids 11084 24 1 beet 36 11081 Beets, cooked, boiled, drained 50 1 beet 153 11081 Beets, cooked, boiled, drained 170 519 1 cup 122 18016 Biscuits, plain or buttermilk, prepared from recipe 101 4" biscuit 18016 Biscuits, plain or buttermilk, prepared from recipe 60 2-1/2" biscuit 73 18015 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked 27 2-1/2" biscuit 42 18013 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked 2-1/4" biscuit 39 21 09042 Blackberries, raw 144 1 cup 233

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
9055	Blueberries, frozen, sweetened	230	1 cup	138
9050	Blueberries, raw	145	1 cup	112
07008	Bologna, beef and pork	56.7	2 slices	179
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	113
8079	Bread crumbs, dry, grated, plain	28.35	1 oz	56
8376	Bread crumbs, dry, grated, seasoned	120	1 cup	277
8082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	74
8019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	80
8023	Bread, cornbread, dry mix, prepared	60	1 piece	77
8024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	96
8025	Bread, cracked-wheat	25	1 slice	44
8027	Bread, egg	40	1/2" slice	46
8029	Bread, french or vienna (includes sourdough)	25	1/2" slice	28
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	123
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	69
8033	Bread, italian	20	1 slice	22
8035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	53
8036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	53
8039	Bread, oatmeal	27	1 slice	38
8040	Bread, oatmeal, toasted	25	1 slice	39
8041	Bread, pita, white, enriched	28	4" pita	34
8041	Bread, pita, white, enriched	60	6-1/2" pita	72
8044	Bread, pumpernickel	32	1 slice	67
8045	Bread, pumpernickel, toasted	29	1 slice	66
8047	Bread, raisin, enriched	26	1 slice	59
8048	Bread, raisin, toasted, enriched	24	1 slice	59
8053	Bread, reduced-calorie, rye	23	1 slice	23
8055	Bread, reduced-calorie, wheat	23	1 slice	28
8057	Bread, reduced-calorie, white	23	1 slice	17
8060	Bread, rye	32	1 slice	53
8061	Bread, rye, toasted	24	1 slice	44
8064	Bread, wheat (includes wheat berry)	25	1 slice	50
8065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	50
8069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	25
8069	Bread, white, commercially prepared (includes soft bread crumbs)	45	l cup	45
8070	Bread, white, commercially prepared (notices control of a commercially prepared, toasted	22	1 slice	29
8075	Bread, whole-wheat, commercially prepared	28	1 slice	71
8076	Bread, whole-wheat, commercially prepared	25	1 slice	71
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	320
21023	Breakfast items, french toast with butter	135	2 slices	177
1091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	457
1091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	108
1740	Broccoli, flower clusters, raw	11	1 spear 1 floweret	36
1093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	261
1093	Broccoli, raw	31	1 spear	201 98
1090	Broccoli, raw	88	-	98 278
1090	Brussels sprouts, cooked, boiled, drained, without salt	88 156	1 cup 1 cup	278 495
1077	Brussers sprouts, cooken, bolien, mainen, without sait	150	r cup	493

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20011	Buckwheat flour, whole-groat	120	1 cup	692
20010	Buckwheat groats, roasted, cooked	168	1 cup	148
20013	Bulgur, cooked	182	1 cup	124
20012	Bulgur, dry	140	1 cup	574
01001	Butter, salted	14.2	1 tbsp	3
01145	Butter, without salt	14.2	1 tbsp	3
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	631
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	268
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	146
11109	Cabbage, raw	70	1 cup	172
11112	Cabbage, red, raw	70	1 cup	170
11114	Cabbage, savoy, raw	70	1 cup	161
18086	Cake, angelfood, commercially prepared	28	1 piece	26
18088	Cake, angelfood, dry mix, prepared	50	1 piece	68
18090	Cake, boston cream pie, commercially prepared	92	1 piece	36
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	128
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	133
18110	Cake, fruitcake, commercially prepared	43	1 piece	66
18116	Cake, gingerbread, prepared from recipe	74	1 piece	325
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	129
18120	Cake, pound, commercially prepared, butter	28	1 piece	33
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	31
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	69
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	61
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	37
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	96
18133	Cake, sponge, commercially prepared	30	1 shortcake	30
18134	Cake, sponge, prepared from recipe	63	1 piece	89
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	111
18139	Cake, white, prepared from recipe without frosting	74	1 piece	70
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	114
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	34
19074	Candies, caramels	10.1	1 piece	22
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	8
19071	Candies, carob	28.35	1 oz	179
19087	Candies, confectioner's coating, white	170	1 cup	486
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	22
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	34
19104	Candies, fudge, vanilla with nuts	15	1 piece	15
9103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	7
9106	Candies, gundrops, starch jelly pieces	22	10 bears	1
9106	Candies, gumdrops, starch jelly pieces	74	10 worms	4
9106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19107	Candies, hard	3	1 small piece	0
9107	Candies, hard	6	1 piece	0
9108	Candies, jellybeans	28.35	10 large	10
9109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	97
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	14

Content per NDB No Description Weight (g) **Common Measure** Measure 19140 Candies, M&M MARS, "M&M's" Peanut Chocolate Candies 20 10 pieces 69 19135 Candies, M&M MARS, MARS MILKY WAY Bar 61 1 bar (2.15 oz) 147 Candies, M&M MARS, MARS MILKY WAY Bar 18 43 19135 1 fun size bar Candies, M&M MARS, SNICKERS Bar 19155 57 184 1 bar (2 oz) 19156 Candies, M&M MARS, STARBURST Fruit Chews 5 1 piece 0 19116 Candies, marshmallows 50 1 cup 3 19120 Candies, milk chocolate 44 1 bar (1.55 oz) 164 201 19126 Candies, milk chocolate coated peanuts 40 10 pieces 19127 Candies, milk chocolate coated raisins 10 10 pieces 51 Candies, milk chocolate, with almonds 41 182 19132 1 bar (1.45 oz) Candies, MR. GOODBAR Chocolate Bar 193 19143 49 1 bar (1.75 oz) 19069 Candies, NESTLE, BUTTERFINGER Bar 7 1 fun size bar 28 Candies, NESTLE, CRUNCH Bar and Dessert Topping 19145 44 1 bar (1.55 oz) 151 Candies, REESE'S Peanut Butter Cups 1 package (contains 2) 154 19150 45 19080 Candies, semisweet chocolate 168 1 cup 613 19164 Candies, SPECIAL DARK Chocolate Bar 8.4 1 miniature 42 09060 Carambola, (starfruit), raw 108 1 cup 144 09060 Carambola, (starfruit), raw 91 1 fruit 121 14121 355 12 fl oz 7 Carbonated beverage, club soda 370 12 fl oz 14400 Carbonated beverage, cola, contains caffeine 4 12 fl oz 14136 Carbonated beverage, ginger ale 366 4 14142 Carbonated beverage, grape soda 372 12 fl oz 4 368 12 fl oz 14145 Carbonated beverage, lemon-lime soda 4 14416 Carbonated beverage, low calorie, cola or pepper-type, with 355 12 fl oz 21 aspartame, contains caffeine Carbonated beverage, low calorie, other than cola or pepper, without 355 12 fl oz 7 14143 caffeine 372 12 fl oz 7 14150 Carbonated beverage, orange 14153 Carbonated beverage, pepper-type, contains caffeine 368 12 fl oz 4 370 12 fl oz 14157 Carbonated beverage, root beer 4 16055 Carob flour 8 1 tbsp 66 11655 Carrot juice, canned 236 1 cup 689 Carrots, baby, raw 1 medium 24 11960 10 11128 Carrots, canned, regular pack, drained solids 146 1 cup 261 11125 Carrots, cooked, boiled, drained, without salt 156 367 1 cup 11131 Carrots, frozen, cooked, boiled, drained, without salt 146 1 cup 280 Carrots, raw 110 352 11124 1 cup 230 11124 Carrots, raw 72 1 carrot 11935 Catsup 6 1 packet 23 11935 Catsup 15 1 tbsp 57 11136 Cauliflower, cooked, boiled, drained, without salt 124 1 cup 176 Cauliflower, cooked, boiled, drained, without salt 54 77 11136 3 flowerets Cauliflower, frozen, cooked, boiled, drained, without salt 180 250 11138 1 cup 11135 Cauliflower, raw 13 1 floweret 39 11135 Cauliflower, raw 100 1 cup 303 37.5 1 stalk 107 11144 Celery, cooked, boiled, drained, without salt 11144 Celery, cooked, boiled, drained, without salt 150 426 1 cup 11143 Celery, raw 40 1 stalk 104 120 312 11143 Celery, raw 1 cup

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	58
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	155
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	25
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	209
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	43
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	50
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	25
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	33
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	50
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	92
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	30
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	135
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	35
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	57
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	238
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	42
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	30
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	28
08247	Cereals ready to eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	354
08078	Cereals ready to eat, GENERAL MILLS, TO THE Raisin Drait	30	1 cup	17
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	113
08082	Cereals ready-to-cat, GENERAL MILLS, WHEATTES	30	1 cup	113
08077	Cereals ready-to-eat, GENERAL MILLS, WHEATES	30	3/4 cup	103
08001	•		*	306
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	
	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	36
08014 08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	31 29	3/4 cup 3/4 cup	61 171
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	22
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	26
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	38
08030	Cereals ready to eat, RELLOGG, RELLOGG'S FROOT LOOPS	30	1 cup	36
08069	Cereals ready to eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	23
08319	Cereals ready to eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	190
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	50
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	372
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	39
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	24
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	41
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	61
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	l cup	173
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	54
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	54
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	51
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	181

98220 Creads ready-to-ent, QUAKER, Low Fat 100% Natural Granola with 50 1/2 cup 98215 Centrals ready-to-ent, QUAKER, Low Fat 100% Natural Carcal with 51 1/2 cup 98210 Centrals ready-to-ent, QUAKER, QUAKER CAT CINNAMON LIFE 32 3/4 cup 9816 Centals ready-to-ent, QUAKER, QUAKER CAT CINNAMON LIFE 32 3/4 cup 9816 Centals ready-to-ent, QUAKER, QUAKER CAT CINNAMON LIFE 32 3/4 cup 9816 Centals ready-to-ent, wheat garm, fasseld, film 7.119 1 thep 9817 Centals ready-to-ent, wheat garm, fasseld, film 7.119 1 thep 9817 Centals condyrets, upflied, fortified 122 1 cup 9817 Centals, com grits, wheat, graffa, fortified 222 1 cup 98184 Varter, without all 239 1 cup 98185 Centals, CREAMO WHEAT, mich cand duits, centered, cooked with 242 1 packet 98186 Centals, CREAMO WHEAT, regular, dooked with water, without all 239 1 cup 98187 Centals, CREAMO WHEAT, regular, dooked with water, without all 241 1 cup 98188 Centals, CREAMO WHEAT, regular, dooked with water, 240 1 cup 98189 Centals, CREAMO WHEAT, mich, conduct with water, 240 1 cup 98181 Cen	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
88:18Creak ready-to-art. QUAKER, QUAKER 109%. Natural Carcal with11/2 cap98:100Cereak ready-to-art. QUAKER, QUAKER OAT CINNAMON LIFE23/4 cap08:010Cereak ready-to-art. Metha germ. Lossted. Jplin3/23/4 cap08:016Cereak ready-to-art. metha gerfed. fortitied141 cap08:017Cereak ready-to-art. wheat germ. Lossted. Jplin7.1191 bypac08:117Cereak ready-to-art. wheat germ. Lossted. Jplin2/21 cap08:118Cereak, cready-to-art. wheat germ. Lossted. Iplin, program dist free4/22 biscuits08:119Cereak, cready-to-art. Wheat germ. Lossted. Iplin, program dist free4/21 cap08:110Cereak, cready-to-art. WHEAT, regular and quick, enriched, cooked with2/21 cap08:118Cereak, CREAM OF WHEAT, regular, cooked with water1/21 cap08:119Cereak, CREAM OF WHEAT, regular, cooked with water1/21 cap08:110Cereak, CREAM OF WHEAT, regular, cooked with water1/31 cap08:111Cereak, CREAM OF WHEAT, regular, cooked with water1/31 cap08:112Cereak, CREAM OF WHEAT, regular, cooked with water1/31 cap08:113Cereak, CREAM OF WHEAT, regular and checolare, cooked with water1/31 cap08:114Cereak, CREAM OF WHEAT, regular and checolare, cooked with water1/31 cap08:114Cereak, CREAM OF WHEAT, regular and checolare, cooked with water1/31 cap08:114Cereak, CREAM OF WHEAT, regular and checolare, cooked wit	08220		50	1/2 cup	204
98210244 cap08649Cereals ready-to-sent, QUAKER, QUAKER NAT LITE, plain3234 cap08640Cereals ready-to-sent, (net, puffed, fortifed)141 cap08641Cereals ready-to-sent, wheat garn, tosated, plain, sagar and salt free402 biacuita08671Cereals ready-to-sent, wheat garn, tosated, plain, sagar and salt free422 biacuita08671Cereals, ready-to-sent, wheat, stredded, plain, sagar and salt free421 cap08164Cereals, caps, tosated, plain, sagar and salt free421 cap08165Cereals, caps, topical, plain, regular and quick, enriched, cooked with2421 cap08166Cereals, CREAM OF WIHEAT, regular, cooked with warer141 cap08167Cereals, CREAM OF WIHEAT, regular, cooked with warer without1 cap08168Cereals, CREAM OF WIHEAT, regular, cooked with warer211 cap08171Cereals, cREAM OF WIHEAT, regular, cooked with warer171 packet08181Cereals, cap, caps, unstant, plain, prepared with warer131 cap08172Cereals, QUAKER, cont gris, instant, plain, prepared with warer131 cap08181Cereals, QUAKER, listant Oatmeal, apples and cinnuon, prepared1921 packet08192Cereals, QUAKER, sistant Oatmeal, apples and cinnuon, prepared1491 cap08194Cheres, fout, gris, instant, plain, prepared with water2431 cap08194Cheres, prepared from recipe2431 cap08194Cheres, Guata, Cate, Cate, Gu	08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with	51	1/2 cup	257
08156Cercals ready-to-cart, rice, puffed, fortified14I cup08064Cercals ready-oc-cart, wheat, puffed, fortified12I cup08177Cercals ready-oc-cart, wheat, after, fortified242I cup08178Cercals, ready-to-cart, wheat, after, fortified242I cup08164Cercals, curg riss, white, regular and quick, enriched, cooked with242I cup08164Cercals, CERAM OF WHEAT, rink'n eta, plain, prepared with water12I cup08109Cercals, CREAM OF WHEAT, rink'n eta, plain, prepared with water120I cup08110Cercals, CREAM OF WHEAT, regular, cooked with water, without att210I cup08111Cercals, MALT-O-MEAL, plain and chocolate, cooked with water177I packet08122Cercals, MALT-O-MEAL, plain and chocolate, cooked with water137I packet08131Cercals, MALT-O-MEAL, plain, prepared with water137I packet08132Cercals, OLAKER, corn griss, instant, Jain, prepared with water137I packet08133Cercals, OLAKER, Instant Otameal, apple and brown sugar, prepared149I cup08132Cercals, OLAKER, Instant Otameal, apple and brown sugar, prepared149I cup08143Cercals, WHEATEATENA, cooked with water243I cup01044Checes, foold, pasterized process, american, without di sodium28.35I oz01045Checes, chubed dir28.35I oz01046Checes, chubed dir24.3I cup01047Checes, chubed dir<	08210		32	3/4 cup	82
80884Cereals ready-to-art, wheat gern, tostiod, plain7.191 bip88175Cereals ready-to-art, wheat, gern, tostiod, plain, sugar and sult free62 biscuits80817Cereals, corng ris, white, regular and quick, enriched, cooked with water, without stalt2421 cup808164Cereals, corng ris, yellow, regular and quick, enriched, cooked with water, without stalt2421 cup808165Cereals, CREAM OF WHEAT, mix'n cat, plain, prepared with water1421 packet808163Cereals, CREAM OF WHEAT, englar, cooked with water, without stalt2101 cup80817Cereals, GREAM OF WHEAT, englar, cooked with water, without 	08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	91
88157Cereals ready-to-eat, wheat, jurffed, fortified12L exp88147Cereals ready-to-eat, wheat, jurffed, fortified662 bicurs88161Cereals corn girs, wheat, shredded, plain, sugar and sait free662 bicurs88164water, without sait2421 cup88164Cereals, corn girs, withow, regular and quick, enriched, cooked with2421 cup88165Cereals, CREAM OF WHEAT, mich cat plain, prepared with water1421 cup88166Cereals, CREAM OF WHEAT, exole with water, without al231 cup88175Cereals, KIAAM OF WHEAT, guich, cooked with water, without al241 cup88176Cereals, KIAAM OF WHEAT, mich cat plain, prepared with water171 packet88177Cereals, sott, regular and quick and instant, unerriefled, cooked with water171 packet88178Cereals, cust, regular, sott, so	08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	16
08147Cereals, ready-to-cat, wheat, sheeded, plain, sugar and salt free462 biscuits08091Cereals, com grits, white, regular and quick, enriched, cooked with2421 cup08164Cereals, com grits, yellow, regular and quick, enriched, cooked with2421 cup08109Cereals, CREAM OF WIEAT, mix net, plain, prepared with water1421 packet08103Cereals, CREAM OF WIEAT, regular, cooked with water, without salt2391 cup08103Cereals, CREAM OF WIEAT, regular, cooked with water, without salt2401 cup08117Cereals, CREAM OF WIEAT, regular, cooked with water, without salt2411 cup08123Cereals, CREAM OF WIEAT, regular, cooked with water,2401 cup08131Cereals, cotts, regular and quick and instant, unenriched, cooked with water1371 packet08132Cereals, QLAKER, orn grits, instant, plain, prepared with water1371 packet08131Cereals, QLAKER, notam Catmeal, maple and brown sugar, prepared1551 packet08132Cereals, QLAKER, cons grits, instant, plain, prepared with water1371 packet08131Cereals, QLAKER, Instant Oatmeal, maple and brown sugar, prepared1491 cup08132Cereals, QLAKER, Instant Oatmeal, maple and choolainam28.351 cup08143Cereals, QLAKER, Instant Oatmeal, maple and choolainam28.351 cup01044Cheese food, pasteurized proceses, american, without di sodium28.351 cup01044Cheese, chodar28.351 cup <tr< td=""><td>08084</td><td>Cereals ready-to-eat, wheat germ, toasted, plain</td><td>7.119</td><td>1 tbsp</td><td>67</td></tr<>	08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	67
080911Creaks, com grig, while, regular and quick, enriched, cooked with water, without salt water, without salt242I cup08164Cereaks, cornels, vellaw, regular and quick, enriched, cooked with water, without salt242I cup08105Cereaks, CREAM OF WHEAT, mich eat, plain, prepared with water142I packet08105Cereaks, CREAM OF WHEAT, quick, cooked with water, without salt239I cup08105Cereaks, CREAM OF WHEAT, regular, cooked with water, without salt240I cup08117Cereaks, instant, fortified, plain, prepared with water177I packet08123Cereaks, onts, instant, fortified, plain, prepared with water137I cup08124Cereaks, onts, instant, fortified, plain, prepared with water137I packet08131Cereaks, QUAKER, Instant Oatmeal, maple and brown sugar, prepared155I packet08131Cereaks, QUAKER, Instant Oatmeal, apples and cinnamon, prepared149I packet08143Cereaks, WHEAT, mich and with water243I cup01044Cheese froud, pasteurized process, american, without di sodium28.35I oz01045Cheese suece, repared from recip243I cup01046Cheese, contage, creamed, large or small curd210I cup01041Cheese, contage, creamed, with fruit226I cup01042Cheese, contage, contage, reamed, dry, large or small curd145I cup01044Cheese, contage, lowfat, 1% milfaft226I cup01045Cheese, conta	08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	42
88091Carcals, com grits, while, regular and quick, enriched, cooked with water, without sait water, without sait242l cup88164Cereals, CREAM OF WIEAT, mix net, plain, prepared with water142l packet88105Cereals, CREAM OF WIEAT, quick, cooked with water, without sait239l cup88117Carcals, CREAM OF WIEAT, regular, cooked with water, without sait210l cup88117Carcals, CREAM OF WIEAT, regular, cooked with water, without sait210l cup88117Carcals, cus, instant, fortified, plain, prepared with water177l packet88123Carcals, cus, instant, fortified, plain, prepared with water177l packet88124Carcals, cus, regular and quick, anniched, cooked with water, without sait153l packet88125Carcals, QuAKER, corn grits, instant, plain, prepared with water155l packet88131Carcals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared155l packet88132Carcals, QUAKER, Instant Oatmeal, maples and cinnamon, prepared149l cup98143Carcals, WIEAT, Too, cooked with water243l cup01044Cheese sauce, prepared from recipe243l cup01045Cheese sauce, prepared from recipe243l cup01046Cheese, contage, creamed, unit fruit226l cup01047Cheese, contage, creamed, with fruit226l cup01048Cheese, contage, creamed, dir, large or small curd145l cup01040Cheese, contage, nordin, 1	08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	*	173
water, without alt1421 packet08109Cereals, CREAM OF WHEAT, mix'n et, plain, prepared with water,1421 packet08105Cereals, CREAM OF WHEAT, regular, cooked with water,2511 cup08117Cereals, CREAM OF WHEAT, regular, cooked with water,2401 cup08117Cereals, OREAM OF WHEAT, regular, cooked with water,2401 cup08123Cereals, oats, instant, fortified, plain, prepared with water1771 packet08121Wereals, oats, instant, fortified, plain, prepared with water1371 packet08131Cereals, QUAKER, corn grits, instant, plain, prepared with water1371 packet08131Cereals, QUAKER, Instant Colmeal, maple and brown sugar, prepared1551 packet08132Cereals, QUAKER, Instant Colmeal, apples and cinnamon, prepared1491 packet08143Cereals, WHEATENA, cooked with water2431 cup01046Cheese spread, pasteurized process, american, without di sodium28.351 oz01046Cheese spread, pasteurized process, american, without di sodium28.351 oz01044Cheese, contage, creamed, turge or small curd2101 cup01045Cheese, contage, creamed, turge or small curd2261 cup01046Cheese, contage, contage, norta, lucereamed, dry, large or small curd1251 cup01041Cheese, contage, norta, lucereamed, dry, large or small curd1451 cup01041Cheese, contage, norta, lucereamed, dry, large or small curd1451 cup <td>08091</td> <td></td> <td>242</td> <td>1 cup</td> <td>51</td>	08091		242	1 cup	51
08105Cereals, CREAM OF WHEAT, quick, cooked with water, without239I cup08103Cereals, CREAM OF WHEAT, regular, cooked with water, without251I cup08117Cereals, CREAM OF WHEAT, regular, cooked with water, without240I cup08117Cereals, oats, instant, fortified, plain, prepared with water177I packet08123Cereals, oats, regular and quick and instant, unenriched, cooked with244I cup08131Cereals, QUAKER, corn gris, instant, plain, prepared with water137I packet08131Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared149I packet08132Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared149I packet08143Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared149I cup01044Cheese squae, prepared form recipe243I cup01045Cheese squae, prepared form recipe243I cup01046Cheese squae, prepared form recipe243I cup01047Cheese, contage, creamed, uith duit di sodium28.35I oz01048Cheese, contage, creamed, uith futit28.35I oz01049Cheese, contage, creamed, uith futit226I cup01041Cheese, contage, creamed, divi, large or small curd145I cup01041Cheese, contage, creamed, divi, large or small curd145I cup01041Cheese, contage, nonfat, uncreamed, divi, large or small curd145I cup01041Cheese, contage,	08164		242	1 cup	51
08103 08117Cereals, CREAM OF WHEAT, regular, cooked with water, without salt251I cup08117 08117Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt240I cup08123Cereals, otas, instant, fortified, plain, prepared with water177I packet08121Cereals, otas, instant, fortified, plain, prepared with water137I packet08123Cereals, QUAKER, com gris, instant, plain, prepared with water137I packet08131Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared149I packet08143Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared149I packet08143Cereals, WIEATENA, cooked with water243I cup01046Cheese food, pasteurized process, american, without di sodium phosphate28.35I oz01040Cheese, spread, pasteurized process, american, without di sodium phosphate28.35I oz01041Cheese, cheedar28.35I oz01042Cheese, cottage, creamed, farge or small curd210I cup01031Cheese, cottage, creamed, dry, large or small curd226I cup01044Cheese, cottage, nonfat, uncreamed, dry, large or small curd145I cup01044Cheese, cottage, nonfat, 1% milkfat226I cup01015Cheese, cottage, nonfat, 1% milkfat226I cup01016Cheese, cottage, nonfat, uncreamed, dry, large or small curd14.5I desp01017Cheese, cottage, nonfat, uncreamed, dry, lar	08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	38
saltCareals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt240I cup88123Cereals, oats, instant, fortified, plain, prepared with water177I packet88121Cereals, oats, ingular and quick and instant, unenriched, cooked with water, without salt1234I cup88033Cereals, QUAKER, corn gris, instant, plain, prepared with water137I packet88131Cereals, QUAKER, Instant Outmeal, maple and brown sugar, prepared155I packet88135Cereals, QUAKER, Instant Outmeal, apples and cinnamon, prepared149I cup88145Cereals, QUAKER, Instant Outmeal, apples and cinnamon, prepared149I cup88146Cheese ford, Backet, Instant, Outmeal, apples and cinnamon, prepared149I cup88146Cheese ford, Dataceurized process, american, without di sodium28.35I oz91046Cheese ford, pasteurized process, american, without di sodium28.35I oz91044Cheese, oluga, creamed, farg or small curd210I cup91045Cheese, cutage, reamed, arg or small curd210I cup91046Cheese, cottage, creamed, dry, large or small curd226I cup91047Cheese, cottage, cottage, creamed, dry, large or small curd145I cup91048Cheese, cottage, lowfat, 1% milkfat226I cup91049Cheese, cottage, norfat, urereamed, dry, large or small curd145I cup91040Cheese, cottage, norfat, urereamed, dry, large or small curd145I cup910416 <td>08105</td> <td>Cereals, CREAM OF WHEAT, quick, cooked with water, without salt</td> <td>239</td> <td>1 cup</td> <td>45</td>	08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	45
without salt177I packet08123Cereals, oats, instant, fortified, plain, prepared with water177I packet08093Cereals, oats, regular and quick and instant, unenriched, cooked with234I cup08093Cereals, QUAKER, corn grits, instant, plain, prepared with water137I packet08131Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared155I packet08132Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared149I packet08143Cereals, QUAKER, cooked with water243I cup01046Cheese stuce, prepared from recipe243I cup01046Cheese stuce, prepared from recipe243I cup01048Cheese stuce, prepared from recipe243I cup01040Cheese stuce, prepared from recipe243I cup01041Cheese, stuce, anembert28.35I oz01042Cheese, spread, pasteurized process, american, without di sodium28.35I oz01044Cheese, cottage, creamed, large or small curd210I cup01051Cheese, cottage, creamed, large or small curd226I cup01015Cheese, cottage, norfat, uncreamed, dry, large or small curd145I cup01017Cheese, cottage, norfat, uncreamed, dry, large or small curd145I dup01018Cheese, cottage, norfat, uncreamed, dry, large or small curd145I cup01019Cheese, cottage, norfat, uncreamed, dry, large or small curd145I cup0101	08103		251	1 cup	45
NoteCereals, oats regular and quick and instant, unenriched, cooked with water, without salt234I cup08093Cereals, QUAKER, corn gris, instant, plain, prepared with water137I packet08131Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water155I packet08125Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water149I packet08143Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water149I cup08143Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water1 cup08143Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water1 cup01046Cheese food pasteurized process, american, without di sodium phosphate24.31 cup01047Cheese e, acce, prepared from recipe24.31 cup01048Cheese, enemebert28.351 oz01007Cheese, cheddar28.351 oz01009Cheese, cottage, creamed, large or small curd2101 cup01015Cheese, cottage, nonfat, unreamed, dry, large or small curd2261 cup01017Cheese, cream14.51 dup01018Cheese, cream, fult free28.351 oz01019Cheese, cream, fult free28.351 oz01011Cheese, cottage, nonfat, unreamed, dry, large or small curd14.51 dup01017Cheese, cream28.351 oz0108Cheese, eream,	08117		240	1 cup	31
water, without saft137I packet08093Cereals, QUAKER, corn grits, instant, plain, prepared with water137I packet08131Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared155I packet08125Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared149I packet08143Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared149I packet08143Cereals, WHEATENA, cooked with water243I cup01046Cheese food, pasteurized process, american, without di sodium28.35I oz01048Cheese sepread, pasteurized process, american, without di sodium28.35I oz01040Cheese, sepread, pasteurized process, american, without di sodium28.35I oz01041Cheese, cheddar28.35I oz01042Cheese, cheddar28.35I oz01043Cheese, cheddar28.35I oz01044Cheese, cheddar28.35I oz0105Cheese, cheddar226I cup01016Cheese, cottage, lowfat, 1% milkfat226I cup01017Cheese, cottage, lowfat, 2% milkfat28.35I oz01018Cheese, cottage, nonfat, uncreamed, dry, large or small curd145I cup01014Cheese, cream14.5I tusp01015Cheese, cream, fat free28.35I oz01016Cheese, cream, fat free28.35I oz01017Cheese, cream, fat free28.35I oz01018	08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	94
08131Cereals, OUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water1551 packet08125Cereals, OUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water1491 packet08143Cereals, OUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water1491 packet08143Cereals, OUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water1 cup01046Cheese food, pasteurized process, american, without di sodium phosphate28.351 oz01047Cheese spread, pasteurized process, american, without di sodium phosphate28.351 oz01048Cheese, spread, pasteurized process, american, without di sodium phosphate28.351 oz01040Cheese, checker, prepared from recipe28.351 oz01041Cheese, checker381 wedge01042Cheese, checker28.351 oz01043Cheese, certage, creamed, large or small curd2101 cup01018Cheese, cottage, creamed, with fruit2261 cup01019Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 dos01019Cheese, cream, fat free15.61 bsp01019Cheese, encard, with, four28.351 oz01019Cheese, nozzarella, pant skim milk, low moisture28.351 oz01020Cheese, mozzarella, whole milk28.351 oz010310 </td <td>08121</td> <td></td> <td>234</td> <td>1 cup</td> <td>131</td>	08121		234	1 cup	131
with boiling waterIt water149I packet08125Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared149I packet08143Cereals, WHEATENA, cooked with water243I cup01046Cheese food, pasteurized process, american, without di sodium28.35I oz01164Cheese suce, prepared from recipe243I cup01048Cheese spread, pasteurized process, american, without di sodium28.35I oz01040Cheese spread, pasteurized process, american, without di sodium28.35I oz01041Cheese, chead28.35I oz01042Cheese, chead28.35I oz01043Cheese, cheddar28.35I oz01044Cheese, cottage, creamed, large or small curd210I cup01015Cheese, cottage, creamed, with fuit226I cup01016Cheese, cottage, nonfat, 1% milkfat226I cup01017Cheese, cottage, nonfat, uncreamed, dry, large or small curd145I cup01018Cheese, cottage, nonfat, uncreamed, dry, large or small curd145I dup01019Cheese, ream14.5I dup01019Cheese, nozzarella, part skim milk, low moisture28.35I oz01020Cheese, mozzarella, whole milk28.35I oz01031Cheese, mozzarella, whole milk, low moisture28.35I oz01032Cheese, neuchatel28.35I oz01034Cheese, neuchatel28.35I oz01035	08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	38
with boiling water2431 cup08143Cereals, WHEATENA, cooked with water2431 oz01046Cheese food, pasteurized process, american, without di sodium phosphate28.351 oz01144Cheese sauce, prepared from recipe2431 cup01048Cheese spread, pasteurized process, american, without di sodium phosphate28.351 oz01040Cheese, blue28.351 oz01040Cheese, blue28.351 oz01050Cheese, camembert381 wedge01061Cheese, cottage, creamed, large or small curd2101 cup01012Cheese, cottage, creamed, large or small curd2101 cup01013Cheese, cottage, normad, large or small curd2261 cup01014Cheese, cottage, lowfat, 1% milkfat2261 cup01015Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01015Cheese, cream1 stp1 cup01016Cheese, cream, fat free28.351 oz01017Cheese, novzarella, part skim milk, low moisture28.351 oz0108Cheese, mozzarella, whole milk, low moisture28.351 oz0109Cheese, mozzarella, whole milk, low moisture28.351 oz01015Cheese, mozzarella, whole milk, low moisture28.351 oz01020Cheese, mozzarella, whole milk, low moisture28.351 oz <td>08131</td> <td>with boiling water</td> <td>155</td> <td>1 packet</td> <td>107</td>	08131	with boiling water	155	1 packet	107
01046Cheese food, pasteurized process, american, without di sodium phosphate28.351 oz01164Cheese sauce, prepared from recipe2431 cup01048Cheese spread, pasteurized process, american, without di sodium phosphate28.351 oz01040Cheese, blue28.351 oz01040Cheese, blue28.351 oz01041Cheese, cheese, cheese, american, without di sodium28.351 oz01042Cheese, cheese, ch		with boiling water		1 packet	109
phosphate2431 cup01164Cheese spread pasturized process, american, without di sodium phosphate28.351 oz01048Cheese spread, pasturized process, american, without di sodium phosphate28.351 oz01004Cheese, blue28.351 oz01007Cheese, chedar28.351 oz01009Cheese, cheddar28.351 oz01010Cheese, cheddar28.351 oz01012Cheese, cottage, creamed, large or small curd2101 cup01013Cheese, cottage, creamed, with fruit2261 cup01016Cheese, cottage, lowfat, 1% milkfat2261 cup01017Cheese, cottage, lowfat, 2% milkfat2261 cup01018Cheese, cottage, nonfat, uncreamed, dry, large or small curd14.51 cup01017Cheese, cottage, nonfat, uncreamed, dry, large or small curd14.51 bsp01018Cheese, cream1 free1 oz01019Cheese, norzarella, part skim milk, low moisture28.351 oz01020Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, muenster28.351 oz01031Cheese, nuenster28.351 oz01032Cheese, nuenster28.351 oz01034Cheese, muenster28.351 oz01035Cheese, muenster28.351 oz01036Cheese, muenster28.351 oz01037Cheese, muenster28.351 oz<	08143	Cereals, WHEATENA, cooked with water	243	1 cup	187
10.0000 phosphate28.351 oz01004Cheese spread, pasteurized process, american, without di sodium phosphate28.351 oz01004Cheese, blue28.351 oz01007Cheese, cheddar28.351 oz01009Cheese, cheddar28.351 oz01010Cheese, cheddar2101 cup01012Cheese, cottage, creamed, with fruit2261 cup01013Cheese, cottage, lowfat, 1% milkfat2261 cup01015Cheese, cottage, lowfat, 2% milkfat2261 cup01014Cheese, cottage, lowfat, 2% milkfat2261 cup01015Cheese, cottage, lowfat, 2% milkfat2261 cup01017Cheese, cottage, lowfat, 2% milkfat2261 cup01018Cheese, cream, fat free15.61 tbsp01019Cheese, cream, fat free28.351 oz01190Cheese, ifta28.351 oz01020Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01030Cheese, muenster28.351 oz01031Cheese, neurifentel28.351 oz01032Cheese, neurifentel28.351 oz01031Cheese, neurifentel28.351 oz01032Cheese, muenster28.351 oz01034Cheese, partuesa, grated51 oz01035Cheese, partuesa, grated51 oz <td></td> <td>phosphate</td> <td></td> <td>1 oz</td> <td>82</td>		phosphate		1 oz	82
phosphatephosphate01004Cheese, blue28.351 oz01007Cheese, camembert381 wedge01009Cheese, cheddar28.351 oz01012Cheese, cottage, creamed, large or small curd2101 cup01013Cheese, cottage, creamed, with fruit2261 cup01016Cheese, cottage, lowfat, 1% milkfat2261 cup01015Cheese, cottage, lowfat, 2% milkfat2261 cup01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01017Cheese, cottage, nonfat, uncreamed, dry, large or small curd14.51 bsp01186Cheese, cream15.61 tbsp01190Cheese, feta28.351 oz01019Cheese, mozzarella, part skim milk, low moisture28.351 oz01020Cheese, mozzarella, whole milk28.351 oz01030Cheese, neurfehatel28.351 oz01031Cheese, neurfehatel28.351 oz01032Cheese, parmesan, grated51 tbsp01032Cheese, parterized process, american, with di sodium phosphate28.351 oz				1	345
01007Cheese, canembert381 wedge01009Cheese, cheddar28.351 oz01012Cheese, cottage, creamed, large or small curd2101 cup01013Cheese, cottage, creamed, with fruit2261 cup01016Cheese, cottage, lowfat, 1% milkfat2261 cup01015Cheese, cottage, lowfat, 2% milkfat2261 cup01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01017Cheese, cream14.51 tbsp01018Cheese, cream, fat free28.351 oz01019Cheese, feta28.351 oz01020Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01031Cheese, mozzarella, whole milk28.351 oz01030Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, mozzarella, part skim milk, low moisture28.351 oz01031Cheese, muenster28.351 oz01032Cheese, neufchatel28.351 oz01034Cheese, neufchatel28.351 oz01034Cheese, neufchatel28.351 oz01034Cheese, neufchatel28.351 oz01034Cheese, neufchatel28.351 oz01034Cheese, neufchatel28.351 oz01034		phosphate			69
NoteCheese, cheddar28.351 oz01012Cheese, cottage, creamed, large or small curd2101 cup01013Cheese, cottage, creamed, with fruit2261 cup01016Cheese, cottage, lowfat, 1% milkfat2261 cup01015Cheese, cottage, lowfat, 2% milkfat2261 cup01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01017Cheese, cottage, nonfat, uncreamed, dry, large or small curd14.51 tbsp01018Cheese, cream15.61 tbsp01186Cheese, cream, fat free15.61 oz01019Cheese, feta28.351 oz01020Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01031Cheese, nuenster28.351 oz01032Cheese, nuenster28.351 oz01034Cheese, nuenster28.351 oz01035Cheese, nuenster28.351 oz01036Cheese, nuenster28.351 oz01037Cheese, nuenster28.351 oz01038Cheese, nuenster28.351 oz01039Cheese, nuenster28.351 oz01030Cheese, nuenster28.351 oz01031Cheese, partenziad process, american, with di sodium phosphate28.351 oz01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz <td></td> <td>,</td> <td></td> <td></td> <td>73</td>		,			73
01012Cheese, cottage, creamed, large or small curd2101 cup01013Cheese, cottage, creamed, with fruit2261 cup01016Cheese, cottage, lowfat, 1% milkfat2261 cup01015Cheese, cottage, lowfat, 2% milkfat2261 cup01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01017Cheese, cottage, nonfat, uncreamed, dry, large or small curd14.51 tbsp01018Cheese, cream, fat free15.61 tbsp0119Cheese, feta28.351 oz01019Cheese, nozzarella, part skim milk, low moisture28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01031Cheese, muenster28.351 oz01032Cheese, nuenster28.351 oz01034Cheese, nuenster28.351 oz01035Cheese, nuenster28.351 oz01036Cheese, nuenster28.351 oz01037Cheese, parmesan, grated51 tbsp01038Cheese, parteurized process, american, with di sodium phosphate28.351 oz					71
Olional Cheese, cottage, creamed, with fruit226I cup01016Cheese, cottage, lowfat, 1% milkfat226I cup01015Cheese, cottage, lowfat, 2% milkfat226I cup01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd145I cup01017Cheese, cream14.5I tbsp01018Cheese, cream, fat free15.6I tbsp01019Cheese, feta28.35I oz01020Cheese, nozzarella, part skim milk, low moisture28.35I oz01030Cheese, muenster28.35I oz01031Cheese, neufchatel28.35I oz01032Cheese, neufchatel28.35I oz01034Cheese, muenster28.35I oz01035Cheese, muenster28.35I oz01036Cheese, muenster28.35I oz01037Cheese, muenster28.35I oz01038Cheese, neufchatel28.35I oz01039Cheese, muenster28.35I oz01031Cheese, neufchatel28.35I oz01032Cheese, neufchatel28.35I oz01034Cheese, parterized process, american, with di sodium phosphate28.35I oz					28
01016Cheese, cottage, lowfat, 1% milkfat2261 cup01015Cheese, cottage, lowfat, 2% milkfat2261 cup01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01017Cheese, cream14.51 tbsp01186Cheese, cream, fat free15.61 tbsp01019Cheese, feta28.351 oz01029Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, muenster28.351 oz01031Cheese, neufchatel28.351 oz01032Cheese, namesan, grated51 tbsp01032Cheese, pasteurized process, american, with di sodium phosphate28.351 oz				*	176
01015Cheese, cottage, lowfat, 2% milkfat2261 cup01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01017Cheese, cream14.51 tbsp01186Cheese, cream, fat free15.61 tbsp01019Cheese, feta28.351 oz01020Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01031Cheese, nuenster28.351 oz01032Cheese, namestar, grated28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz				*	203
01014Cheese, cottage, nonfat, uncreamed, dry, large or small curd1451 cup01017Cheese, cream14.51 tbsp01186Cheese, cream, fat free15.61 tbsp01019Cheese, feta28.351 oz01168Cheese, low fat, cheddar or colby28.351 oz01029Cheese, mozzarella, part skim milk, low moisture28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01031Cheese, nuenster28.351 oz01032Cheese, nuenster28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz		-		*	194
01017Cheese, cream14.51 tbsp01186Cheese, cream, fat free15.61 tbsp01019Cheese, feta28.351 oz01168Cheese, low fat, cheddar or colby28.351 oz01029Cheese, mozzarella, part skim milk, low moisture28.351 oz01026Cheese, mozzarella, whole milk28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01031Cheese, neurster28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz					217
01186Cheese, cream, fat free15.61 tbsp01019Cheese, feta28.351 oz01168Cheese, low fat, cheddar or colby28.351 oz01029Cheese, mozzarella, part skim milk, low moisture28.351 oz01026Cheese, mozzarella, whole milk28.351 oz01030Cheese, muenster28.351 oz01031Cheese, neufchatel28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz				*	46
01019Cheese, feta28.351 oz01168Cheese, low fat, cheddar or colby28.351 oz01029Cheese, mozzarella, part skim milk, low moisture28.351 oz01026Cheese, mozzarella, whole milk28.351 oz01030Cheese, mozzarella, whole milk28.351 oz01031Cheese, neufster28.351 oz01032Cheese, neufster28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz					17
01168Cheese, low fat, cheddar or colby28.351 oz01029Cheese, mozzarella, part skim milk, low moisture28.351 oz01026Cheese, mozzarella, whole milk28.351 oz01030Cheese, muenster28.351 oz01031Cheese, neufchatel28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz				•	25
01029Cheese, mozzarella, part skim milk, low moisture28.351 oz01026Cheese, mozzarella, whole milk28.351 oz01030Cheese, muenster28.351 oz01031Cheese, neufchatel28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz					18
01026Cheese, mozzarella, whole milk28.351 oz01030Cheese, muenster28.351 oz01031Cheese, neufchatel28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz		•			19
01030Cheese, muenster28.351 oz01031Cheese, neufchatel28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz					27
01031Cheese, neufchatel28.351 oz01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz					22
01032Cheese, parmesan, grated51 tbsp01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz					38
01042Cheese, pasteurized process, american, with di sodium phosphate28.351 oz					32
				•	6
01044 Cheese, pasteurized process, swiss, with di sodium phosphate 28.35 1 oz					48
	01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	l oz	61

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01035	Cheese, provolone	28.35	1 oz	39
01037	Cheese, ricotta, part skim milk	246	1 cup	308
01036	Cheese, ricotta, whole milk	246	1 cup	258
01040	Cheese, swiss	28.35	1 oz	22
18147	Cheesecake commercially prepared	80	1 piece	72
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	239
09070	Cherries, sweet, raw	68	10 cherries	151
22906	Chicken pot pie, frozen entree	217	1 small pie	256
07017	Chicken roll, light meat	56.7	2 slices	129
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	281
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	254
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	220
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	213
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	134
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	112
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	108
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	325
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	221
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	25
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	165
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	124
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	68
05277	Chicken, canned, meat only, with broth	142	5 oz	196
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	52
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	283
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	413
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	477
22904	Chili con carne with beans, canned entree	222	1 cup	608
11156	Chives, raw	3	1 tbsp	9
14181	Chocolate syrup	18.75	1 tbsp	42
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	128
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	458
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	405
14192	Cocoa mix, powder	28.35	3 heaping tsp	202
14194	Cocoa mix, powder, prepared with water	206	1 serving	202
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	405
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	82
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	87
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	69
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	54
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	77
11159	Coleslaw, home-prepared	120	1 cup	217
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	220
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	427
18151	Cookies, brownies, commercially prepared	56	1 brownie	83

18153 Cookies, batter, commercially prepared, encluited 5 1 cookie 6 18159 Cookies, chocolaine chip, commercially prepared, regular, lower fut 10 1 cookie 12 18156 Cookies, chocolaine chip, commercially prepared, regular, lower fut 10 1 cookie 33 18164 Cookies, chocolaine sing, refrigerand dongt, bailed 26 1 cookie 33 18164 Cookies, chocolaine sing, refrigerand dongt, bailed 26 1 cookie 33 18170 Cookies, guban crackers, plain or honey (includes cinnamon) 14 2 squares 15 18173 Cookies, guban crackers, plain or honey (includes cinnamon) 14 1 cookie 32 18173 Cookies, annual commercially prepared, frequirat 25 1 cookie 32 18174 Cookies, annual, commercially prepared, regular 15 1 cookie 32 18175 Cookies, annual, commercially prepared, regular 15 1 cookie 32 18174 Cookies, annual, commercially prepared, regular 15 1 cookie 32 18175 Cookies, annual, commercially prepared, regular 15 1 cookie 32 18185 Cookies, annual, commercially prepared, regular 15 1 cookie 32 18185 <td< th=""><th>NDB_No</th><th>Description</th><th>Weight (g)</th><th>Common Measure</th><th>Content per Measure</th></td<>	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18159 Cookies, chooselare chip, commercially prepared, regular, lower fut 10 1 cookie 12 18158 Cookies, chooselare chip, commercially prepared, regular, lower fut 10 1 cookie 12 18164 Cookies, chooselare chip, prepared from respe, made with margarine 16 1 cookie 16 18164 Cookies, chooselare chip, prepared from respe, made with margarine 16 1 cookie 16 18176 Cookies, gabane cackers, plain of honey (includes cimanon) 14 2 gapares 15 18177 Cookies, mathane cackers, plain of honey (includes cimanon) 14 1 cap 11 18177 Cookies, notance 15 1 cookie, mathane 11 1 18178 Cookies, notance 15 1 cookie 22 18177 Cookies, notance 15 1 cookie 23 18178 Cookies, notance 15 1 cookie 24 18179 Cookies, notance 15 1 cookie 24 18180 Cookies, notance 15 1 cookie 24 18181 Cookies, notance 16 1 1 18182 Cookies, notance 16 1 1 18183 Cookies, notance 16 16 <	18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	69
enrobation enrobation instruction instruction 18184 Cookies, chooselate chip, prepared from recipe, made with magarine 16 1 cookie 38 18164 Cookies, chooselate chip, retrigerated dough, baked 26 1 cookie 58 18164 Cookies, chooselate chip, retrigerated dough, baked 26 1 cookie 58 18170 Cookies, graham crackers, plain or honey (includes cimamon) 14 2 squares 18 18173 Cookies, graham crackers, plain or honey (includes cimamon) 14 1 cookie, molianes 18 18177 Cookies, notanese: 15 1 cookie, molianes 12 18175 Cookies, outment, commercially prepared, regular 25 1 cookie 34 18176 Cookies, outment, commercially prepared, regular 15 1 cookie 34 18187 Cookies, notanese 36 1 cookie 34 18187 Cookies, outment, onomercially prepared, regular 15 1 cookie 34 18188 Cookies, gourt friend prepared,	18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6
18165 Cookies, choociante chip, prepared from recipe, made with margarine 16 1 cookie 36 18164 Cookies, choociante chip, rifrigerated dough, baked 26 1 cookie 55 18164 Cookies, chootien admy chip, with errere filling, regular 16 1 cookie 32 18173 Cookies, grahum cruckers, plain or honey (includes cinnamon) 14 2 squares 16 18174 Cookies, grahum cruckers, plain or honey (includes cinnamon) 14 1 cookie 17 18175 Cookies, annamez, consercially prepared, far-free 11 10 1 cookie 32 18175 Cookies, ontimeal, commercially prepared, regular 25 1 cookie 32 18178 Cookies, natural, commercially prepared, regular 15 1 cookie 32 18184 Cookies, penant butter, commercially prepared, regular 15 1 cookie 32 18185 Cookies, naturat commercially prepared, regular 15 1 cookie 32 18184 Cookies, naturat commercially prepared, penand 14 1 cookie 32 18184 Cooki	18159		10	1 cookie	15
18164 Cookies, chocolate sandwich, with errore filling, regular 10 1 cookie 55 18166 Cookies, relparar 10 1 cookies 10 18170 Cookies, graham canckers, plain or honey (includes cinnamon) 14 2 squares 19 18173 Cookies, graham canckers, plain or honey (includes cinnamon) 84 1 cup 11 18175 Cookies, molasses 15 1 cookie, molasse 12 18175 Cookies, outmeaid, commercially prepared, regular 25 1 cookie 22 18176 Cookies, outmeaid, commercially prepared, regular 15 1 cookie 24 18178 Cookies, outmeaid, commercially prepared, regular 15 1 cookie 24 18184 Cookies, spanur butter, commercially prepared, regular 15 1 cookie 24 18193 Cookies, spanur butter, commercially prepared, regular 15 1 cookie 24 18194 Cookies, spanur butter, prepared from recipe 20 1 cookie 24 18194 Cookies, spanur butter, prepared from recipe 20 1 cookie	18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12
18166 Cookies, chocolate sandwich, with ereme filling, regular 10 1 cookie 19 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 19 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 11 18173 Cookies, molasses 32 1 cookie, includes 22 18174 Cookies, outmeal, commercially prepared, regular 25 1 cookie 22 18175 Cookies, outmeal, commercially prepared, regular 15 1 cookie 23 18184 Cookies, contanel, commercially prepared, regular 15 1 cookie 24 18185 Cookies, panel butter, commercially prepared, regular 15 1 cookie 24 18185 Cookies, sugar, commercially prepared, pean 14 1 cookie 24 18192 Cookies, sugar, commercially prepared, pean 14 1 cookie 24 18192 Cookies, sugar, refract regular (includes vanilla) 15 1 cookie 24 18192 Cookies, sugar, refractere fugalt 14 1 cookie	18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	36
18170 Cookies, fighans 16 1 cookie 32 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares. 11 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 111 18177 Cookies, molasses 22 1 cookie, medium 55 18177 Cookies, oatmeal, commercially prepared, far-free 11 1 cookie 22 18178 Cookies, oatmeal, commercially prepared, far-free 15 1 cookie 22 18179 Cookies, oatmeal, commercially prepared, graft, ppe 15 1 cookie 24 18184 Cookies, oatmeal, commercially prepared, graft, ppe 15 1 cookie 24 18185 Cookies, oatmeal, commercially prepared, pecan 14 1 cookie 44 18192 Cookies, shorthread, commercially prepared, pecan 15 1 cookie 45 18204 Cookies, sugar, refigerated dough, haed 15 1 cookie 46 18205 Cookies, sugar, refigerated dough, haed 15 1 cookie 46 18206 Cookies, sugar, meaned full merger full 16	18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	52
18173 Cookies, graham enakers, plain or honey (includes einnamon) 14 2 squares 19 18173 Cookies, graham enakers, plain or honey (includes einnamon) 84 1 cookie, molasses 1 cookie, molasses 1 cookie, includes einnamon) 10 18174 Cookies, molasses 32 1 cookie, large (3-1/2* to 4* 111 18456 Cookies, outmal, commercially prepared, frepuler 15 1 cookie 32 18179 Cookies, outmal, commercially prepared, regular 15 1 cookie 32 18184 Cookies, pontant butter, commercially prepared, regular 15 1 cookie 32 18185 Cookies, pontant butter, commercially prepared, regular 15 1 cookie 34 18192 Cookies, shortbread, commercially prepared, regular 14 1 cookie 34 18208 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 34 18204 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 34 18205 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie <td< td=""><td>18166</td><td>Cookies, chocolate sandwich, with creme filling, regular</td><td>10</td><td>1 cookie</td><td>19</td></td<>	18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	19
18173 Cookies, graham erackers, plain or honey (includes einnamon) 84 1 eap 113 18177 Cookies, molasses 15 1 cookies, large (3-1/2" to 4" 111 18456 Cookies, oatmeal, commercially prepared, fat-free 11 1 cookie 22 18178 Cookies, oatmeal, commercially prepared, soft-type 15 1 cookie 24 18184 Cookies, oatmeal, enperted from recipe, with raisms 15 1 cookie 22 18185 Cookies, parant butter, prepared from recipe, with raisms 15 1 cookie 24 18185 Cookies, shortbread, commercially prepared, pregared 20 1 cookie 24 18184 Cookies, shortbread, commercially prepared, pregared 24 1 cookie 25 18185 Cookies, sugar, commercially prepared, pregared 14 1 cookie 24 18184 Cookies, sugar, commercially prepared, pregared 15 1 cookie 24 18185 Cookies, sugar, commercially prepared, pregared 15 1 cookie 24 18180 Cookies, sugar, commercially prepared, pregared 15 1 cookie 24 18204 Cooki	18170	Cookies, fig bars	16	1 cookie	33
18177 Cookies, molasses 15 1 cookie, medium 52 18177 Cookies, nolasses 32 1 cookie, inger (3-1/2" to 4" 111 18456 Cookies, outmeal, commercially prepared, regular 25 1 cookie 32 18179 Cookies, outmeal, commercially prepared, regular 25 1 cookie 32 18184 Cookies, outmeal, prepared from recipe, with raisins 15 1 cookie 32 18185 Cookies, peanut butter, prepared from recipe 20 1 cookie 44 18193 Cookies, shorthread, commercially prepared, regular 15 1 cookie 44 18193 Cookies, shorthread, commercially prepared, pean 14 1 cookie 41 18194 Cookies, shorthread, commercially prepared, pean 14 1 cookie 41 18192 Cookies, shorthread, commercially prepared, pean 14 1 cookie 41 18192 Cookies, sugar, refigerated dough, haked 15 1 cookie 41 18204 Cookies, sugar, refigerated dough, haked 15 1 cookie 41 18205 Cookies, vanilla sandwich with creme filling 15	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	19
18177Cookies, molasses32I cookie, large (3-1/2" to 4"11118456Cookies, outmeal, commercially prepared, fai-free111 cookie2218178Cookies, outmeal, commercially prepared, soft-type151 cookie3018184Cookies, pant butter, commercially prepared, soft-type151 cookie3018185Cookies, pant butter, prepared from recipe, with raisins151 cookie4018185Cookies, pant butter, prepared from recipe201 cookie4018192Cookies, shortbread, commercially prepared, pegular151 cookie4118192Cookies, shortbread, commercially prepared, pegular151 cookie4218193Cookies, sugar, prepared from recipe, made with margarine141 cookie4118206Cookies, sugar, prepared from recipe, made with margarine141 cookie4218206Cookies, sugar, prepared from recipe, made with margarine151 cookie4218206Cookies, sugar, perigeratid foung, baked151 cookie4218210Cookies, vanilla sandwich with creme filling151 cookie4418212Cookies, vanilla sandwich with creme filling151 cuokie4218214Cookies, vanilla sandwich with creme filling151 cuokie4418214Cookies, vanilla sandwich with creme filling1641 cup4918214Cookies, vanilla sandwich with creme filling1641 cup42 <tr< td=""><td>18173</td><td>Cookies, graham crackers, plain or honey (includes cinnamon)</td><td>84</td><td>1 cup</td><td>113</td></tr<>	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	113
18456Cookies, outment, commercially prepared, fait-free11cookie2218178Cookies, outmeal, commercially prepared, soft-type151cookie3618179Cookies, outmeal, appeared from recipe, with raisins151cookie3218184Cookies, outmeal, prepared from recipe, with raisins151cookie3218185Cookies, peanut butter, commercially prepared, regular151cookie4418193Cookies, shortbread, commercially prepared, regular151cookie4418193Cookies, sugar, commercially prepared, pean141cookie4618204Cookies, sugar, prepared from recipe, made with margarine141cookie4618205Cookies, sugar, prepared from recipe, made with margarine151cookie4618206Cookies, sugar, refigrated dough, baked151cookie4618210Cookies, vanilla sandwich with creme filling101cookie4618212Cookies, vanilla sandwich with creme filling151cookie4618214Cookies, vanilla sandwich with creme filling151cookie4718216Cookies, vanilla sandwich with creme filling151cookie4718217Cookies, vanilla sandwich with creme filling171ear19211174Corn, sweet, yellow, conced, boiled, drained, without salt771ear192<	18177	Cookies, molasses	15	1 cookie, medium	52
18178 Cookies, outment, commercially prepared, negular 25 1 cookie 36 18179 Cookies, outment, commercially prepared, negular 15 1 cookie 36 18184 Cookies, peanut butter, ormmercially prepared, regular 15 1 cookie 36 18185 Cookies, peanut butter, ormmercially prepared, pecan 14 1 cookie 44 18193 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 46 18194 Cookies, sugar, commercially prepared, pecan 14 1 cookie 46 18194 Cookies, sugar, commercially prepared, pecan 14 1 cookie 47 18204 Cookies, sugar, commercially prepared, pecan 14 1 cookie 41 18204 Cookies, sugar, commercially prepared, pecan 14 1 cookie 42 18204 Cookies, sugar, prepared from recipe, made with margarine 14 1 cookie 42 18204 Cookies, vanilla sandwich with creme filling 15 1 cookie 42 18210 Cookies, vanilla sandwich with creme filling 15 1 cookie 43 11174 Corn, sweet, yellow, canned, c	18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	111
18179Cookies, oatmeal, commercially prepared, soft-type151 cookie2018184Cookies, oatmeal, prepared from recipe, with misins151 cookie3618185Cookies, peanut butter, prepared from recipe201 cookie4418193Cookies, shortbread, commercially prepared, pecan141 cookie4618192Cookies, shortbread, commercially prepared, pecan141 cookie6618192Cookies, shortbread, commercially prepared, regular (includes vanilla)151 cookie6718204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie6818205Cookies, sugar, prepared from recipe, made with margarine141 cookie6218206Cookies, vanilla sandwich with creme filling101 cookie6218210Cookies, vanilla sandwich with creme filling101 cookie6218210Cookies, vanilla sandwich with creme filling101 cookie6211764Corn, sweet, yellow, canned, cream style, regular pack2561 cup3911774Corn, sweet, yellow, coned, vacuum pack, regular pack2101 cup3911881Corn, sweet, yellow, coned, vacuum pack, regular pack2101 cup3811811Corn, sweet, yellow, coned, under yacuum pack, regular pack2101 cup3220020Commeal, self-rising, degermed, enriched, yellow1381 cup2220025Commeal, self-rising, degermed, enriched, yellow <td< td=""><td>18456</td><td>Cookies, oatmeal, commercially prepared, fat-free</td><td>11</td><td>1 cookie</td><td>23</td></td<>	18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	23
18184Cookies, oatmeal, prepared from recipe, with nisins151 cookie3618185Cookies, peanut butter, commercially prepared, regular151 cookie2218189Cookies, shortbread, commercially prepared, pecan141 cookie1618192Cookies, shortbread, commercially prepared, regular (includes vanilla)151 cookie2618204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie2618208Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie2618208Cookies, sugar, refrigerated dough, baked151 cookie2618210Cookies, vanilla sandwich with creme filling101 cookie2618210Cookies, vanilla sandwich with creme filling151 cookie2618210Cookies, vanilla wafers, lower fat41 cookie2618210Cookies, vanilla wafers, lower fat41 cookie2618210Cookies, vanilla wafers, lower fat41 cookie26182117Corn, sweet, yellow, canned, vacuum pack, regular pack2561 cup3811174Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup3811181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt771 ear19920020Commeal, self-rising, degermed, enriched, yellow1381 cup2320021Commeal, self-rising, degermed, enriched, pellow137 <td>18178</td> <td>Cookies, oatmeal, commercially prepared, regular</td> <td>25</td> <td>1 cookie</td> <td>36</td>	18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	36
18185Cookies, peanut butter, commercially prepared, regular15I cookie2218189Cookies, peanut butter, reprared from recipe20I cookie4418193Cookies, shorthread, commercially prepared, pecan14I cookie4618192Cookies, shorthread, commercially prepared, pelain8I cookie5618204Cookies, sugar, commercially prepared, regular (includes vanilla)15I cookie5618205Cookies, sugar, prepared from recipe, made with margarine14I cookie1118206Cookies, sugar, refrigerated dough, baked15I cookie2618210Cookies, vanilla sandwich with creme filling10I cookie6618210Cookies, vanilla sandwich with creme filling15I cookie6618212Cookies, vanilla wafers, lower fat4I cookie6418214Corn, sweet, vellow, canned, ercam style, regular pack256I cup3911174Corn, sweet, vellow, canned, ercam style, regular pack210I cup3911174Corn, sweet, vellow, canned, ercam style, regular pack210I cup3911181Corn, sweet, vellow, forzen, kernels cut off cob, boiled, drained, without salt77I car1902022Cornmeal, well-grain, vellow138I cup222025Cornmeal, self-rising, degermed, erriched, vellow138I cup392029Couscous, cocked177I cup392029Couscous,	18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	20
18189Cookies, peanut butter, prepared from recipe201 cookie4418193Cookies, shortbread, commercially prepared, pean141 cookie1618192Cookies, shortbread, commercially prepared, plain81 cookie6518204Cookies, sugar, commercially prepared, pealur (includes vanilla)151 cookie6518208Cookies, sugar, refrigerated dough, baked151 cookie1218210Cookies, sugar, refrigerated dough, baked151 cookie6518210Cookies, vanilla sandwich with creme filling101 cookie6518210Cookies, vanilla sandwich with creme filling151 cookie6418212Cookies, vanilla wafers, lower fat41 cookie641101Corn, sweet, white, cooked, boiled, drained, without salt771 ear19211174Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup3911176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup3811179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1381 cup22320022Commeal, elef-rising, degreed, enriched, yellow1381 cup3920025Commeal, whole-grain, yellow1731 cup9920026Commeal, whole-grain, yellow1731 cup9920027Comstarch8.0641 tbsp6620029Couscous, cooked1571 cup99 </td <td>18184</td> <td>Cookies, oatmeal, prepared from recipe, with raisins</td> <td>15</td> <td>1 cookie</td> <td>36</td>	18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	36
18193Cookies, shortbread, commercially prepared, pecan141 cookie1618192Cookies, shortbread, commercially prepared, plain81 cookie618204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie618208Cookies, sugar, prepared from recipe, made with margarine141 cookie618206Cookies, sugar, refrigerated dough, baked151 cookie2218210Cookies, vanilla sandwich with creme filling101 cookie618212Cookies, vanilla sandwich with creme filling151 cookie718212Cookies, vanilla wafers, lower fat41 cookie71901Corn, sweet, wellow, canned, vacuum pack, regular pack2561 cup3911174Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup3911179Corn, sweet, yellow, conked, boiled, drained, without salt771 car1902002Commeal, elegermed, enriched, yellow1381 cup222002Commeal, elegermed, enriched, yellow1381 cup3920020Commeal, elef-rising, degermed, enriched, yellow1381 cup3920020Commeal, elef-rising, degermed, enriched, yellow,1571 cup3920020Commeal, elef-rising, degermed, enriched, yellow1381 cup3920020Commeal, elef-rising, degermed, enriched, yellow1651 cup6920029Couscous, ohy17	18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	25
18192Cookies, shorthread, commercially prepared, lpain81 cookie418204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie518208Cookies, sugar, prepared from recipt, made with margarine141 cookie1118206Cookies, sugar, refrigerated dough, baked151 cookie2218210Cookies, vanilla sandwich with creme filling101 cookie6518210Cookies, vanilla sandwich with creme filling151 cookie6418212Cookies, vanilla wafers, lower fat41 cookie641901Corn, sweet, white, cooked, boiled, drained, without salt771 ear1921174Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup39111168Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup38211181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt1381 cup22220020Commeal, degermed, enriched, yellow1381 cup23220020Commeal, self-rising, degermed, enriched, yellow1571 cup99120029Couscous, cooked1571 cup99120029Couscous, cooked1571 cup69120029Couscous, only1731 cup69120029Couscous, only1731 cup69120029Couscous, only1731 cup691 <td< td=""><td>18189</td><td>Cookies, peanut butter, prepared from recipe</td><td>20</td><td>1 cookie</td><td>46</td></td<>	18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	46
18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie1118208Cookies, sugar, prepared from recipe, made with margarine141 cookie1118206Cookies, sugar, refrigerated dough, baked151 cookie2218210Cookies, vanilla sandwich with creme filling101 cookie2618210Cookies, vanilla sandwich with creme filling151 cookie418212Cookies, vanilla wafers, lower fat41 cookie41174Corn, sweet, white, cooked, boiled, drained, without salt771 ear1921174Corn, sweet, yellow, canned, cream style, regular pack2561 cup3431176Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear1921177Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear1921178Corn, sweet, yellow, fozen, kernels cut off cob, boiled, drained, flat1 cup3831181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, flat1 cup22220022Commeal, self-rising, degermed, enriched, yellow1381 cup23520029Couscous, cooked1571 cup9920028Couscous, cooked1571 cup28120029Couscous, cooked1571 cup69020029Couscous, cooked, boiled, drained, trained, train	18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	10
18208Cookies, sugar, prepared from recipe, made with margarine141 cookie1118206Cookies, sugar, refrigerated dough, baked151 cookie2418210Cookies, vanilla sandwich with creme filling101 cookie2418210Cookies, vanilla sandwich with creme filling151 cookie2418212Cookies, vanilla wafers, lower fat41 cookie241901Corn, sweet, withe, cooked, boiled, drained, without salt771 ear1921174Corn, sweet, yellow, canned, cream style, regular pack2561 cup3411176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup3911186Corn, sweet, yellow, conned, vacuum pack, regular pack2101 cup3811179Corn, sweet, yellow, frozen, kernels out off cob, boiled, drained, without salt1641 cup3811181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt1381 cup22420022Commeal, egermed, enriched, yellow1381 cup23520025Commeal, self-rising, degermed, enriched, yellow1381 cup9920028Couscous, cooked1571 cup9920029Couscous, dry1731 cup6311192Cowpeas, (blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup6311194Cowpeas, common (blackeyes, crowder, southern), mature seeds, without salt1701 cup<	18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	8
18206Cookies, sugar, refrigerated dough, baked151 cookie2418210Cookies, vanilla sandwich with creme filling101 cookie918210Cookies, vanilla sandwich with creme filling151 cookie1418212Cookies, vanilla wafers, lower fat41 cookie418214Corn, sweet, white, cooked, boiled, drained, without salt771 ear19011174Corn, sweet, yellow, canned, cream style, regular pack2561 cup3431176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup3821179Corn, sweet, yellow, forzen, kernels cut off cob, boiled, drained, without salt1641 cup3821181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear22420020Cornmeal, degermed, enriched, yellow1381 cup23420020Cornmeal, degermed, enriched, yellow1381 cup9920020Cornstarch8.0641 fbsp020020Couscous, cooked1571 cup9920028Couscous, dry1731 cup9920028Couscous, dry1731 cup6311196Cowpeas (blackeyes), immature seeds, forzen, cooked, boiled, drained, without salt1651 cup11192Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup6311064Cowpeas, common (blackeyes, crowder, southern), mature seeds	18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	9
18210Cookies, vanilla sandwich with creme filling101 cookie918210Cookies, vanilla sandwich with creme filling151 cookie1418212Cookies, vanilla wafers, lower fat41 cookie418214Corn, sweet, white, cooked, boiled, drained, without salt771 ear1921174Corn, sweet, yellow, canned, cream style, regular pack2561 cup3431176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup3911178Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear1921179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained,1641 cup38220022Cornmeal, degermed, enriched, yellow1381 cup22420025Cornmeal, degermed, enriched, yellow1381 cup23520020Cornstarch8.0641 tbsp020029Couscous, cooked1571 cup9920028Couscous, cooked1571 cup9920129Couscous, cooked1571 cup992029Couscous, cooked1571 cup992031Compasa (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup1196Cowpeas, (blackeyes, inmature seeds, frozen, cooked, boiled, drained, without salt1701 cup631196Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1701 cup41	18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	11
18210Cookies, vanilla sandwich with creme filling151 cookie1418212Cookies, vanilla wafers, lower fat41 cookie418212Cookies, vanilla wafers, lower fat41 cookie41901Corn, sweet, white, cooked, boiled, drained, without salt771 ear19211174Corn, sweet, yellow, canned, cream style, regular pack2561 cup34311176Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear19211178Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear19211179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup22220022Cornmeal, degermed, enriched, yellow1381 cup22220025Cornmeal, degermed, enriched, yellow1381 cup23520020Cornmeal, whole-grain, yellow, flozen, kernels cooked, boiled, drained, without salt1651 cup9920025Cornmeal, self-rising, degermed, enriched, yellow1381 cup23520020Cornstarch8.0641 tbsp020021Courseous, cooked1571 cup9920028Couscous, cooked1571 cup26520029Couscous, dry1731 cup6311190Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup631196Cowpeas, common (blackeyes, crowder, southern), mature seeds,<	18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	24
18212Cookies, vanilla wafers, lower fat4I cookie411901Corn, sweet, white, cooked, boiled, drained, without salt77I ear19211174Corn, sweet, yellow, canned, cream style, regular pack256I cup34311176Corn, sweet, yellow, canned, vacuum pack, regular pack210I cup39111168Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear19211179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt164I cup38211181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt63I ear22220022Cornmeal, degermed, enriched, yellow138I cup23320020Cornmeal, self-rising, degermed, enriched, yellow138I cup35620020Cornstarch8.0641 tbsp0620027Couscous, cooked157I cup9920028Couscous, cooked157I cup9920129Couscous, cooked157I cup6920129Couscous, cooked157I cup6920129Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup631196Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, cooked, boiled, without salt1721 cup4716063Cowpeas, cheese, regular1010 crackers157	18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	9
11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear19711174Corn, sweet, yellow, canned, cream style, regular pack2561 cup34311176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup39111168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear19211179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, diated, without salt1641 cup38211181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, diated, without salt631 ear22220022Cornmeal, edgermed, enriched, yellow1381 cup22320025Cornmeal, self-rising, degermed, enriched, yellow1381 cup23520020Cornmeal, whole-grain, yellow1221 cup35620027Cornstarch8.0641 btsp0020028Couscous, cooked1571 cup9120028Couscous, dry1731 cup69611192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, 1651 cup63111064Cowpeas, common (blackeyes, crowder, southern), mature seeds, 2401 cup41316063Cowpeas, common (blackeyes, crowder, southern), mature seeds, 1721 cup47316063Cowpeas, chese, regular1010 crackers152	18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	14
11174Corn, sweet, yellow, canned, cream style, regular pack256I cup34311176Corn, sweet, yellow, canned, vacuum pack, regular pack210I cup3911118Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear19211179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt164I cup38211181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt63I ear22420022Commeal, degermed, enriched, yellow138I cup22420025Cornmeal, self-rising, degermed, enriched, yellow138I cup35620020Cornmeal, whole-grain, yellow122I cup35620027Comstarch8.0641 tbsp0620028Couscous, cooked157I cup9120028Couscous, dry173I cup93521192Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup6961196Cowpeas, common (blackeyes, crowder, southern), mature seeds, conned, glain1701 cup41316063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup41318214Crackers, cheese, regular1010 crackers157	18212	Cookies, vanilla wafers, lower fat	4	1 cookie	4
11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup3911118Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear19211179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, drained, and the salt1641 cup38211181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, drained, and the salt631 ear15520022Cornmeal, degermed, enriched, yellow1381 cup22220025Cornmeal, self-rising, degermed, enriched, yellow1381 cup23520020Cornmeal, whole-grain, yellow1221 cup35020027Cornstarch8.0641 tbsp0020028Couscous, cooked1571 cup9120028Couscous, dry1731 cup9120028Couscous, dry1731 cup6311192Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, drained, plain1651 cup6311196Cowpeas, common (blackeyes, crowder, southern), mature seeds, 2401 cup41316063Cowpeas, common (blackeyes, crowder, southern), mature seeds, 1721 cup47618214Crackers, cheese, regular1010 crackers15	11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	192
11168Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear19211179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup38211181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear15820022Cornmeal, degermed, enriched, yellow1381 cup22420025Cornmeal, self-rising, degermed, enriched, yellow1381 cup23520020Cornmeal, whole-grain, yellow1221 cup35020027Cornstarch8.0641 tbsp0020029Couscous, cooked1571 cup9120028Couscous, dry1731 cup28520028Couscous, dry1731 cup69011190Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup63411914Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, without salt1701 cup47416063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers475	11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	343
11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup38211181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear15520022Cornmeal, degermed, enriched, yellow1381 cup22420025Cornmeal, self-rising, degermed, enriched, yellow1381 cup23520020Cornmeal, whole-grain, yellow1221 cup35020027Cornstarch8.0641 tbsp020028Couscous, cooked1571 cup9120028Couscous, dry1731 cup28511192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup63611196Cowpeas, collackeyes, rowder, southern), mature seeds, cooked, boiled, drained, without salt1701 cup43116063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers15	11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	391
without salt11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear15820022Cornmeal, degermed, enriched, yellow1381 cup22420025Cornmeal, self-rising, degermed, enriched, yellow1381 cup23520020Cornmeal, whole-grain, yellow1221 cup35020027Cornstarch8.0641 tbsp6020029Couscous, cooked1571 cup9120028Couscous, dry1731 cup2852019Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup69011196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup63816064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt2401 cup41316063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers150	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	192
without saltinterview of the transformation of transformation of the transformation o	11179		164	1 cup	382
20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup23520020Cornmeal, whole-grain, yellow1221 cup35020027Cornstarch8.0641 tbsp020029Couscous, cooked1571 cup9120028Couscous, dry1731 cup28711192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup69011196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, and company1701 cup63816064Cowpeas, common (blackeyes, crowder, southern), mature seeds, 2401 cup41316063Cowpeas, common (blackeyes, crowder, southern), mature seeds, 1721 cup47818214Crackers, cheese, regular1010 crackers155	11181		63	1 ear	158
20020Cornmeal, whole-grain, yellow1221 cup35020027Cornstarch8.0641 tbsp020029Couscous, cooked1571 cup9120028Couscous, dry1731 cup2872019Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup69011192Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup6381664Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup41316063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup47818214Crackers, cheese, regular1010 crackers1571 cup	20022	Cornmeal, degermed, enriched, yellow	138	1 cup	224
20027Cornstarch8.0641 tbsp020029Couscous, cooked1571 cup9120028Couscous, dry1731 cup28511192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup69011196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup611664Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup4116063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup4718214Crackers, cheese, regular1010 crackers11	20025		138	1 cup	235
20029Couscous, cooked1571 cup9120028Couscous, dry1731 cup28511192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup69011196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup63816064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup41316063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup47818214Crackers, cheese, regular1010 crackers1571 cup	20020	Cornmeal, whole-grain, yellow	122	1 cup	350
20028Couscous, dry1731 cup28711192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup69011196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup63816064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup41316063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup47818214Crackers, cheese, regular1010 crackers15	20027	Cornstarch	8.064	1 tbsp	0
11192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup69011196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup63816064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup41316063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup47818214Crackers, cheese, regular1010 crackers15	20029	Couscous, cooked	157	1 cup	91
without salt11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup63816064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup41316063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup47818214Crackers, cheese, regular1010 crackers15	20028	Couscous, dry	173	1 cup	287
without salt16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup41316063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup47818214Crackers, cheese, regular1010 crackers15	11192	1	165	1 cup	690
canned, plain 16063 Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt 18214 Crackers, cheese, regular 10 10 crackers 15		without salt			638
cooked, boiled, without salt18214Crackers, cheese, regular1010 crackers15		canned, plain			413
		cooked, boiled, without salt			478
18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich15		-			15
	18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	15

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	32
18220	Crackers, melba toast, plain	20	4 pieces	40
18226	Crackers, rye, wafers, plain	11	1 wafer	54
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	18
18229	Crackers, standard snack-type, regular	12	4 crackers	16
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	30
18232	Crackers, wheat, regular	8	4 crackers	15
18235	Crackers, whole-wheat	16	4 crackers	48
14242	Cranberry juice cocktail, bottled	253	8 fl oz	46
09081	Cranberry sauce, canned, sweetened	57	1 slice	15
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	29
01069	Cream substitute, powdered	2	1 tsp	16
01049	Cream, fluid, half and half	15	1 tbsp	20
01053	Cream, fluid, heavy whipping	15	1 tbsp	11
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	18
01052	Cream, fluid, light whipping	15	1 tbsp	15
01056	Cream, sour, cultured	12	1 tbsp	17
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	19
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	4
18239	Croissants, butter	57	1 croissant	67
18243	Croutons, seasoned	40	1 cup	72
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	223
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	77
15141	Crustaceans, crab, blue, canned	135	1 cup	505
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	275
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	194
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	299
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	179
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	101
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	191
11206	Cucumber, peeled, raw	119	1 cup	162
11206	Cucumber, peeled, raw	280	1 large	381
11205	Cucumber, with peel, raw	301	1 large	442
11205	Cucumber, with peel, raw	104	1 cup	153
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	244
18245	Danish pastry, cheese	71	1 danish	70
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	59
09087	Dates, deglet noor	178	1 cup	1168
09087	Dates, deglet noor	41.5	5 dates	272
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	6
01072	Dessert topping, pressurized	4	1 tbsp	1
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
02045	Dill weed, fresh	1	5 sprigs	7
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	18
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	60
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	14
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	65

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	557
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	117
01143	Egg substitute, liquid	62.75	1/4 cup	207
01124	Egg, white, raw, fresh	33.4	1 large	54
01128	Egg, whole, cooked, fried	46	1 large	68
01129	Egg, whole, cooked, hard-boiled	50	1 large	63
01131	Egg, whole, cooked, poached	50	1 large	67
01132	Egg, whole, cooked, scrambled	61	1 large	84
01123	Egg, whole, raw, fresh	44	1 medium	59
01123	Egg, whole, raw, fresh	50	1 large	67
01123	Egg, whole, raw, fresh	58	1 extra large	78
01125	Egg, yolk, raw, fresh	16.6	1 large	18
01057	Eggnog	254	1 cup	419
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	122
11213	Endive, raw	50	1 cup	157
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	75
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	74
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	291
21051	Entrees, pizza with pepperoni	71	1 slice	153
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	248
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	328
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	445
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	285
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	308
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	335
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	223
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	353
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	277
21042	Fast foods, chili con carne	253	1 cup	691
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	586
21043	Fast foods, clams, breaded and fried	115	3/4 cup	266
21127	Fast foods, coleslaw	99	3/4 cup	177
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	201
21015	Fast foods, danish pastry, cheese	91	1 pastry	116
21017	Fast foods, danish pastry, fruit	94	1 pastry	110
21074	Fast foods, enchilada, with cheese	163	1 enchilada	240
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	199
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	353
21024	Fast foods, french toast sticks	141	5 sticks	127
21077	Fast foods, frijoles with cheese	167	1 cup	605
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	570
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	527
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	251
21118	Fast foods, hotdog, plain	98	1 sandwich	143
21119	Fast foods, hotdog, with chili	114	1 sandwich	166
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	263

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21129	Fast foods, hush puppies	78	5 pieces	188
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	169
21078	Fast foods, nachos, with cheese	113	6-8 nachos	172
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	129
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	251
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	1164
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	923
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	586
21139	Fast foods, potato, mashed	80	1/3 cup	235
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	267
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	316
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	371
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	447
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	184
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	394
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	330
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	335
21033	Fast foods, sundae, hot fudge	158	1 sundae	395
21082	Fast foods, taco	263	1 large	729
21082	Fast foods, taco	171	1 small	474
21083	Fast foods, taco salad	198	1-1/2 cups	416
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	491
09094	Figs, dried, uncooked	38	2 figs	258
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	289
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	449
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	439
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	149
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	73
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	437
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	292
15034	Fish, haddock, cooked, dry heat	85	3 oz	339
15034	Fish, haddock, cooked, dry heat	150	1 fillet	599
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	916
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	490
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	59
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	175
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	298
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	232
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	329
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	775
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	442
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	327
15077	Fish, salmon, chinook, smoked	85.05	3 oz	149
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	277
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	581
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	319
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	338
15111	Fish, swordfish, cooked, dry heat	85	3 oz	314

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15111	Fish, swordfish, cooked, dry heat	106	1 piece	391
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	375
15128	Fish, tuna salad	205	1 cup	365
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	176
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	201
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	201
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	484
07022	Frankfurter, beef	45	1 frank	70
07023	Frankfurter, beef and pork	45	1 frank	75
07024	Frankfurter, chicken	45	1 frank	38
18268	French toast, frozen, ready-to-heat	59	1 slice	79
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	87
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	74
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	13
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	41
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	188
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	152
19294	Fruit butters, apple	17	1 tbsp	15
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	218
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	225
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	62
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	328
11215	Garlic, raw	3	1 clove	12
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	1
14277	Grape drink, canned	250	8 fl oz	30
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	334
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	53
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	160
09404	Grapefruit juice, pink, raw	247	1 cup	400
09124	Grapefruit juice, white, canned, sweetened	250	l cup	405
09123 09126	Grapefruit juice, white, canned, unsweetened Grapefruit juice, white, frozen concentrate, unsweetened, diluted with	247 247	1 cup 1 cup	378 336
09125	3 volume water Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	1002
09123	Grapefruit juice, white, raw	247	1 cup	400
09128	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	400 166
09112	Grapefruit, raw, white, all areas	123	1/2 grapefruit	100
09110	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1/2 graperiun 1 cup	328
09121	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	328
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	96
06116	Gravy, beef, canned	58.25	1/4 cup	47
06119	Gravy, chicken, canned	59.5	1/4 cup	65
06121	Gravy, mushroom, canned	59.6	1/4 cup	63

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	48
06125	Gravy, turkey, canned	59.6	1/4 cup	65
07027	Ham, chopped, not canned	21	2 slices	67
07028	Ham, sliced, extra lean	56.7	2 slices	198
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	163
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	365
11961	Hearts of palm, canned	33	1 piece	58
19296	Honey	21	1 tbsp	11
02055	Horseradish, prepared	5	1 tsp	12
16158	Hummus, commercial	14	1 tbsp	32
19270	Ice creams, chocolate	66	1/2 cup	164
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	152
19095	Ice creams, vanilla	66	1/2 cup	131
19088	Ice creams, vanilla, light	66	1/2 cup	137
19089	Ice creams, vanilla, rich	74	1/2 cup	116
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	7
19283	Ice novelties, pop	59	1 bar (2 fl oz)	2
19297	Jams and preserves	20	1 tbsp	15
19300	Jellies	19	1 tbsp	10
11226	Jerusalem-artichokes, raw	150	1 cup	644
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	296
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	417
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	50
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	237
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	561
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	266
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	287
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	278
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	320
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	230
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	268
17044 17048	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4"	85 85	3 oz 3 oz	260 287
04002	fat, choice, cooked, braised	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	505
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	495
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	80
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	140
18374	Leavening agents, yeast, baker's, compressed	17	l cake	102

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	90
09153	Lemon juice, canned or bottled	15.2	1 tbsp	16
09153	Lemon juice, canned or bottled	244	1 cup	249
09152	Lemon juice, raw	47	juice of 1 lemon	58
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	50
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	3
09150	Lemons, raw, without peel	58	1 lemon	80
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	731
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	18
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	388
11251	Lettuce, cos or romaine, raw	10	l leaf	25
11251	Lettuce, cos or romaine, raw	56	1 cup	138
11253	Lettuce, green leaf, raw	10	1 leaf	19
11253	Lettuce, green leaf, raw	56	1 cup	109
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	11
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	760
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	78
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	740
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	517
16073	Lima beans, large, mature seeds, canned	241	1 cup	530
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	955
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	12
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	185
09160	Lime juice, raw	38	juice of 1 lime	44
22247	Macaroni and Cheese, canned entree	252	1 cup	212
20100	Macaroni, cooked, enriched	140	1 cup	43
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	251
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	578
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	203
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	530
09176	Mangos, raw	165	1 cup	257
09176	Mangos, raw	207	1 mango	323
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	5
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	6
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	4
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	1
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	5
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	1
09181	Melons, cantaloupe, raw	69	1/8 melon	184
09181	Melons, cantaloupe, raw	160	1 cup	427
09184	Melons, honeydew, raw	170	1 cup	388
09184	Melons, honeydew, raw	160	1/8 melon	365
01110	Milk shakes, thick chocolate	300	10.6 fl oz	672

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01111	Milk shakes, thick vanilla	313	11 fl oz	573
01094	Milk, buttermilk, dried	6.5	1 tbsp	103
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	370
01095	Milk, canned, condensed, sweetened	306	1 cup	1135
01097	Milk, canned, evaporated, nonfat	256	1 cup	850
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	764
01102	Milk, chocolate, fluid, commercial,	250	1 cup	418
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	425
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	423
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	392
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	366
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	382
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	366
01077	Milk, whole, 3.25% milkfat	244	1 cup	349
16112	Miso	68.75	1 cup	144
19305	Molasses, blackstrap	20	1 tbsp	498
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	534
15157	Mollusks, clam, mixed species, raw	85	3 oz	267
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	207
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	131
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	310
18274	Muffins, blueberry, commercially prepared	57	1 muffin	70
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	70
18279	Muffins, corn, commercially prepared	57	1 muffin	39
18280	Muffins, corn, dry mix, prepared	50	1 muffin	66
18283	Muffins, oat bran	57	1 muffin	289
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	60
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	125
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	155
11264	Mushrooms, canned, drained solids	156	1 cup	201
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	555
11260	Mushrooms, raw	70	1 cup	220
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	170
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	55
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	283
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	8
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	18
09191	Nectarines, raw	136	1 nectarine	273
20113	Noodles, chinese, chow mein	45	1 cup	54
20110	Noodles, egg, cooked, enriched	160	1 cup	45
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	59
12061	Nuts, almonds	28.35	1 oz (24 nuts)	206
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	187
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	160
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	179
12167	Nuts, chestnuts, european, roasted	143	1 cup	847
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	313

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12104	Nuts, coconut meat, raw	45	1 piece	160
12120	Nuts, hazelnuts or filberts	28.35	1 oz	193
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	103
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	169
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	165
12142	Nuts, pecans	28.35	1 oz (20 halves)	116
12147	Nuts, pine nuts, dried	8.6	1 tbsp	51
12147	Nuts, pine nuts, dried	28.35	1 oz	169
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	295
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	125
20034	Oat bran, cooked	219	1 cup	201
20033	Oat bran, raw	94	1 cup	532
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	216
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	431
09193	Olives, ripe, canned (small-extra large)	22	5 large	2
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	77
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	349
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	156
11284	Onions, dehydrated flakes	5	1 tbsp	81
11282	Onions, raw	110	1 whole	158
11282	Onions, raw	14	1 slice	20
11282	Onions, raw	160	l cup	230
11202	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	236
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	41
09207	Orange juice, canned, unsweetened	249	1 cup	436
09209	Orange juice, chilled, includes from concentrate	249	1 cup	473
09209	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	473
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1436
09206	Orange juice, raw	86	juice from 1 orange	172
09206	Orange juice, raw	248	1 cup	496
09200	Oranges, raw, all commercial varieties	180	1 cup	326
09200	Oranges, raw, all commercial varieties	131	1 orange	237
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	l pancake	26
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	67
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	76
09226	Papayas, raw	140	1 cup	360
09226	Papayas, raw	304	1 papaya	781
11297	Parsley, raw	10	10 sprigs	55
114/1	Parsnips, cooked, boiled, drained, without salt	156	1 cup	573

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	416
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	241
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	90
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	125
)9238	Peaches, canned, juice pack, solids and liquids	248	1 cup	317
)9246	Peaches, dried, sulfured, uncooked	39	3 halves	388
)9250	Peaches, frozen, sliced, sweetened	250	1 cup	325
)9236	Peaches, raw	170	1 cup	323
09236	Peaches, raw	98	1 peach	186
16097	Peanut butter, chunk style, with salt	16	1 tbsp	119
16098	Peanut butter, smooth style, with salt	16	1 tbsp	104
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	187
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	187
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	206
09340	Pears, asian, raw	122	1 pear	148
09340	Pears, asian, raw	275	1 pear	333
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	173
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	49
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	238
09254	Pears, canned, juice pack, solids and liquids	76	1 half	73
09252	Pears, raw	166	1 pear	198
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	384
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	347
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	294
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	176
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	710
11670	Peppers, hot chili, green, raw	45	1 pepper	153
11819	Peppers, hot chili, red, raw	45	1 pepper	145
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	50
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	226
11333	Peppers, sweet, green, raw	149	1 cup	261
11333	Peppers, sweet, green, raw	10	1 ring	18
11333	Peppers, sweet, green, raw	119	1 pepper	208
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	226
11821	Peppers, sweet, red, raw	119	1 pepper	251
1821	Peppers, sweet, red, raw	149	1 cup	314
11945	Pickle relish, sweet	15	1 tbsp	4
11937	Pickles, cucumber, dill	65	1 pickle	75
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	210
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	139
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	121
9312	Pie fillings, apple, canned	74	1/8 of 21-oz can	33
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	78
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	76
8302	Pie, apple, prepared from recipe	155	1 piece	122
8305	Pie, blueberry, commercially prepared	117	1 piece	59
18306	Pie, blueberry, prepared from recipe	147	1 piece	74
18308	Pie, cherry, commercially prepared	117	1 piece	95

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18309	Pie, cherry, prepared from recipe	180	1 piece	139
18310	Pie, chocolate creme, commercially prepared	113	1 piece	144
18316	Pie, coconut custard, commercially prepared	104	1 piece	182
18444	Pie, fried pies, cherry	128	1 pie	83
18319	Pie, fried pies, fruit	128	1 pie	83
18320	Pie, lemon meringue, commercially prepared	113	1 piece	101
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	83
18324	Pie, pecan, commercially prepared	113	1 piece	84
18325	Pie, pecan, prepared from recipe	122	1 piece	162
18326	Pie, pumpkin, commercially prepared	109	1 piece	168
18327	Pie, pumpkin, prepared from recipe	155	1 piece	288
11943	Pimento, canned	12	1 tbsp	19
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	153
14341	Pineapple and orange juice drink, canned	250	8 fl oz	115
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	335
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	51
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	264
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	57
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	304
09266	Pineapple, raw, all varieties	155	1 cup	178
21224	Pizza, cheese, regular crust, frozen	63	1 serving	96
21226	Pizza, meat and vegetable, regular crust, frozen	79	1 serving	165
09278	Plantains, cooked	154	1 cup	716
09277	Plantains, raw	179	1 medium	893
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	235
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	42
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	71
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	388
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	796
09291	Plums, dried (prunes), uncooked	42	5 prunes	307
09279	Plums, raw	66	1 plum	104
07065	Pork and beef sausage, fresh, cooked	26	2 links	49
07064	Pork sausage, fresh, cooked	26	2 links	76
07064	Pork sausage, fresh, cooked	27	1 patty	79
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	107
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	181
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	298
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	243
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	269
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	268
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	299
10005	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	317
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	304
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	361
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	319
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	382

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	358
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	371
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	279
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	314
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	344
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	272
11672	Potato pancakes, home-prepared	76	1 pancake	597
11399	Potato puffs, frozen, prepared	79	10 puffs	300
11414	Potato salad, home-prepared	250	1 cup	635
11674	Potato, baked, flesh and skin, without salt	202	1 potato	1081
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	537
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	970
11363	Potatoes, baked, flesh, without salt	156	1 potato	610
11364	Potatoes, baked, skin, without salt	58	1 skin	332
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	515
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	512
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	443
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	209
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	126
11370	Potatoes, hashed brown, home-prepared	156	1 cup	899
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	340
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	622
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	685
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	497
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	926
05306	Poultry food products, ground turkey, cooked	82	1 patty	221
09294	Prune juice, canned	256	1 cup	707
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	247
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	237
19183	Puddings, chocolate, ready-to-eat	113	4 oz	203
19193	Puddings, rice, ready-to-eat	113.4	4 oz	68
19218	Puddings, tapioca, ready-to-eat	113	4 oz	108
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	192
19201	Puddings, vanilla, ready-to-eat	113	4 oz	128
11424	Pumpkin, canned, without salt	245	1 cup	505
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	564
11429	Radishes, raw	4.5	1 radish	10
09298	Raisins, seedless	14	1 packet	105
09298	Raisins, seedless	145	1 cup	1086
09306	Raspberries, frozen, red, sweetened	250	1 cup	285
09302	Raspberries, raw	123	1 cup	186
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	673
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	230
14342	Rice beverage, RICE DREAM, canned	245	1 cup	69

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20037	Rice, brown, long-grain, cooked	195	1 cup	84
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	65
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	222
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	7
20045	Rice, white, long-grain, regular, cooked	158	1 cup	55
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	213
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	37
18350	Rolls, hamburger or hotdog, plain	43	1 roll	40
18353	Rolls, hard (includes kaiser)	57	1 roll	62
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	554
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	6
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	10
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	17
04133	Salad dressing, french, home recipe	14	1 tbsp	3
04134	Salad dressing, home recipe, cooked	16	1 tbsp	19
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	7
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	13
04021	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5
04025	Salad dressing, russian dressing	15.3	1 tbsp	24
04013	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	24
04022		15.3	*	20 31
04023	Salad dressing, thousand island dressing, reduced fat		1 tbsp	
	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	17
07069	Salami, cooked, beef and pork	56.7	2 slices	112
07072	Salami, dry or hard, pork, beef	20	2 slices	76
02047	Salt, table	6	1 tsp	0
07073	Sandwich spread, pork, beef	15	1 tbsp	17
21097 21089	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195 102	1 sandwich 1 sandwich	332 164
	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain Sandwiches and burgers, hamburger, large, single meat patty, with		1 sandwich	
21113 06150	condiments and vegetables Sauce, barbecue sauce	218 15.75	1 tbsp	480 27
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	19
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	19
06166	Sauce, homemade, white, medium	250	*	390
06909		63	1 cup	20
	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve Sauce, pasta, spaghetti/marinara, ready-to-serve		1/4 cup	
06931		250	1 cup	940
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	7
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	48
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	41
11439	Sauerkraut, canned, solids and liquids	236	1 cup	401
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	16
11445	Seaweed, kelp, raw	10	2 tbsp	9
11667	Seaweed, spirulina, dried	0.93	1 tbsp	13
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	229
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	62
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	33

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	241
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	272
14346	Shake, fast food, chocolate	333	16 fl oz	666
14347	Shake, fast food, vanilla	333	16 fl oz	579
11677	Shallots, raw	10	1 tbsp	33
19097	Sherbet, orange	74	1/2 cup	71
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	118
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	76
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	67
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	40
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	47
19013	Snacks, fruit leather, pieces	28.35	1 oz	46
19014	Snacks, fruit leather, rolls	21	1 large	62
19015	Snacks, granola bars, hard, plain	28.35	1 bar	95
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	96
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	96
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	103
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	73
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	9
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	93
19034	Snacks, popcorn, air-popped	8	1 cup	24
19036	Snacks, popcorn, cakes	10	1 cake	33
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	149
19030	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	38
19040	Snacks, popcorn, cheese-flavor	11	1 cup	29
19040	Snacks, popcorn, cil-popped	11	1 cup	25
19033	Snacks, pork skins, plain	28.35	1 oz	23 36
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	357
19045	Snacks, potato chips, made from dried potatoes, light	28.35	l oz	285
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	286
19046 19411	Snacks, potato chips, made from dried potatoes, sour-cream and onion- flavor Snacks, potato chips, plain, salted	28.35 28.35	l oz l oz	141 361
19411		28.35		361
	Snacks, potato chips, plain, unsalted		1 oz	
19422	Snacks, potato chips, reduced fat	28.35	1 oz	494
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	377
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	88
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	26
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	61
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	77
19056	Snacks, tortilla chips, plain	28.35	l oz	56
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	946
19061	Snacks, trail mix, tropical	140	1 cup	993
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	425
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	402
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	27

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	154
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	100
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	108
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	55
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	33
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	367
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	101
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	188
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	300
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	88
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	273
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	270
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	100
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	313
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	281
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	64
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	190
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	209
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	275
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	336
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	306
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	283
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	290
06174	Soup, stock, fish, home-prepared	233	1 cup	336
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	449
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	264
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	173
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	396
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	210
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	19
16120	Soy milk, fluid	245	1 cup	304
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	35
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	970
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	886
22401	Spaghetti with meat sauce, frozen entree	283	1 package	408
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	43
20125	Spaghetti, whole-wheat, cooked	140	1 cup	62
02007	Spices, celery seed	2	1 tsp	28

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02009	Spices, chili powder	2.6	1 tsp	50
02010	Spices, cinnamon, ground	2.3	1 tsp	12
02015	Spices, curry powder	2	1 tsp	31
02020	Spices, garlic powder	2.8	1 tsp	31
02026	Spices, onion powder	2.1	1 tsp	20
02027	Spices, oregano, dried	1.5	1 tsp	25
02028	Spices, paprika	2.1	1 tsp	49
02029	Spices, parsley, dried	1.3	1 tbsp	49
02030	Spices, pepper, black	2.1	1 tsp	26
11658	Spinach souffle, home-prepared	136	1 cup	201
11461	Spinach, canned, drained solids	214	1 cup	740
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	839
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	574
11457	Spinach, raw	30	1 cup	167
11457	Spinach, raw	10	1 leaf	56
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	346
11641	Squash, summer, all varieties, raw	113	1 cup	296
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	896
11488	Squash, whiter, butternut, frozen, cooked, boiled, without salt	240	1 cup	319
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	250
09320	Strawberries, raw	166	•	250 254
09310		18	1 cup	234
09316	Strawberries, raw Strawberries, raw	18	1 strawberry	28 18
			1 strawberry	
19334	Sugars, brown	3.2	1 tsp	11
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	378
11512	Sweet potato, canned, vacuum pack	255	1 cup	796
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	694
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	359
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	198
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	67
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	19
19348	Syrups, chocolate, fudge-type	19	1 tbsp	86
19350	Syrups, corn, light	20	1 tbsp	1
19353	Syrups, maple	20	1 tbsp	41
19129	Syrups, table blends, pancake	20	1 tbsp	3
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	24
09223	Tangerine juice, canned, sweetened	249	1 cup	443
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	197
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	139
20068	Tapioca, pearl, dry	152	1 cup	17
14355	Tea, brewed, prepared with tap water	178	6 fl oz	66
14545	Tea, herb, chamomile, brewed	178	6 fl oz	16
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	16
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	31

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
4371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	49
4367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	47
8361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	57
8362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	58
8482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	82
6126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	120
6127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	144
1954	Tomatillos, raw	34	1 medium	91
1540	Tomato juice, canned, with salt added	243	1 cup	556
1546	Tomato products, canned, paste, without salt added	262	1 cup	2657
1547	Tomato products, canned, puree, without salt added	250	1 cup	1098
1549	Tomato products, canned, sauce	245	1 cup	811
1533	Tomatoes, red, ripe, canned, stewed	255	1 cup	528
1531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	451
1529	Tomatoes, red, ripe, raw, year round average	180	1 cup	427
1529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	40
1529	Tomatoes, red, ripe, raw, year round average	20	1 slice	47
1529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	292
1955	Tomatoes, sun-dried	2	1 piece	69
1956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	47
8363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	48
8364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	50
1088	Tostada with guacamole	130.5	1 tostada	325
5286	Turkey and gravy, frozen	142	5-oz package	87
5292	Turkey patties, breaded, battered, fried	64	1 patty	176
5296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	253
5188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	244
5172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	392
5186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	256
5168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	417
5180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	226
1569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	292
1575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	367
1565	Turnips, cooked, boiled, drained, without salt	156	1 cup	276
2050	Vanilla extract	4.2	1 tsp	6
7095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	326
7112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	251
1578	Vegetable juice cocktail, canned	242	1 cup	467
4582	Vegetable oil, canola	14	1 tbsp	0
1581	Vegetables, mixed, canned, drained solids	163	1 cup	474
1584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	308
2048	Vinegar, cider	15	1 tbsp	15
8403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	42
8367	Waffles, plain, prepared from recipe	75	1 waffle	119
4429	Water, municipal	237	8 fl oz	0
	*	140	1 cup	165

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09326	Watermelon, raw	286	1 wedge	320
09326	Watermelon, raw	152	1 cup	170
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	134
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	155
20083	Wheat flour, white, bread, enriched	137	1 cup	137
20084	Wheat flour, white, cake, enriched	137	1 cup	144
20080	Wheat flour, whole-grain	120	1 cup	486
20089	Wild rice, cooked	164	1 cup	166
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	178
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	434
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	443
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	531
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	579
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	352