

**USDA National Nutrient Database for Standard Reference, Release 20**  
**Fiber, total dietary ( g ) Content of Selected Foods per Common Measure, sorted alphabetically**

| <b>NDB_No</b> | <b>Description</b>   | <b>Weight (g)</b> | <b>Common Measure</b> | <b>Content per Measure</b> |
|---------------|--|-------------------|-----------------------|----------------------------|
| 14006         | Alcoholic beverage, beer, light  | 354               | 12 fl oz              | 0.0                        |
| 14003         | Alcoholic beverage, beer, regular, all   | 355               | 12 fl oz              | 0.0                        |
| 14010         | Alcoholic beverage, daiquiri, prepared-from-recipe                               | 60                | 2 fl oz               | 0.1                        |
| 14037         | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof           | 42                | 1.5 fl oz             | 0.0                        |
| 14550         | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof           | 42                | 1.5 fl oz             | 0.0                        |
| 14551         | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof           | 42                | 1.5 fl oz             | 0.0                        |
| 14414         | Alcoholic beverage, liqueur, coffee, 53 proof                                    | 52                | 1.5 fl oz             | 0.0                        |
| 14017         | Alcoholic beverage, pina colada, prepared-from-recipe                            | 141               | 4.5 fl oz             | 0.4                        |
| 14536         | Alcoholic beverage, wine, dessert, dry   | 103               | 3.5 fl oz             | 0.0                        |
| 14057         | Alcoholic beverage, wine, dessert, sweet   | 103               | 3.5 fl oz             | 0.0                        |
| 14096         | Alcoholic beverage, wine, table, red   | 103               | 3.5 fl oz             | 0.0                        |
| 14106         | Alcoholic beverage, wine, table, white   | 103               | 3.5 fl oz             | 0.0                        |
| 11001         | Alfalfa seeds, sprouted, raw   | 33                | 1 cup                 | 0.6                        |
| 09016         | Apple juice, canned or bottled, unsweetened, without added ascorbic acid         | 248               | 1 cup                 | 0.2                        |
| 09011         | Apples, dried, sulfured, uncooked  | 32                | 5 rings               | 2.8                        |
| 09003         | Apples, raw, with skin   | 138               | 1 apple               | 3.3                        |
| 09004         | Apples, raw, without skin  | 110               | 1 cup                 | 1.4                        |
| 09020         | Applesauce, canned, sweetened, without salt                                      | 255               | 1 cup                 | 3.1                        |
| 09019         | Applesauce, canned, unsweetened, without added ascorbic acid                     | 244               | 1 cup                 | 2.9                        |
| 09403         | Apricot nectar, canned, with added ascorbic acid                                 | 251               | 1 cup                 | 1.5                        |
| 09027         | Apricots, canned, heavy syrup pack, with skin, solids and liquids                | 258               | 1 cup                 | 4.1                        |
| 09024         | Apricots, canned, juice pack, with skin, solids and liquids                      | 244               | 1 cup                 | 3.9                        |
| 09032         | Apricots, dried, sulfured, uncooked  | 35                | 10 halves             | 2.6                        |
| 09021         | Apricots, raw  | 35                | 1 apricot             | 0.7                        |
| 11008         | Artichokes, (globe or french), cooked, boiled, drained, without salt             | 168               | 1 cup                 | 14.4                       |
| 11008         | Artichokes, (globe or french), cooked, boiled, drained, without salt             | 120               | 1 medium              | 10.3                       |
| 11015         | Asparagus, canned, drained solids  | 72                | 4 spears              | 1.2                        |
| 11012         | Asparagus, cooked, boiled, drained   | 60                | 4 spears              | 1.2                        |
| 11019         | Asparagus, frozen, cooked, boiled, drained, without salt                         | 180               | 1 cup                 | 2.9                        |
| 11019         | Asparagus, frozen, cooked, boiled, drained, without salt                         | 60                | 4 spears              | 1.0                        |
| 09038         | Avocados, raw, California  | 28.35             | 1 oz                  | 1.9                        |
| 09039         | Avocados, raw, Florida   | 28.35             | 1 oz                  | 1.6                        |
| 18005         | Bagels, cinnamon-raisin  | 71                | 3-1/2" bagel          | 1.6                        |
| 18005         | Bagels, cinnamon-raisin  | 89                | 4" bagel              | 2.0                        |
| 18003         | Bagels, egg  | 71                | 3-1/2" bagel          | 1.6                        |
| 18003         | Bagels, egg  | 89                | 4" bagel              | 2.0                        |
| 18001         | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 71                | 3-1/2" bagel          | 1.6                        |
| 18001         | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 89                | 4" bagel              | 2.0                        |
| 19077         | Baking chocolate, unsweetened, liquid  | 28.35             | 1 oz                  | 5.1                        |
| 19078         | Baking chocolate, unsweetened, squares   | 28.35             | 1 square              | 4.7                        |
| 11028         | Bamboo shoots, canned, drained solids  | 131               | 1 cup                 | 1.8                        |
| 09040         | Bananas, raw   | 118               | 1 banana              | 3.1                        |
| 09040         | Bananas, raw   | 150               | 1 cup                 | 3.9                        |
| 20006         | Barley, pearled, cooked  | 157               | 1 cup                 | 6.0                        |
| 20005         | Barley, pearled, raw   | 200               | 1 cup                 | 31.2                       |
| 16006         | Beans, baked, canned, plain or vegetarian  | 254               | 1 cup                 | 10.4                       |

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|---------------|--|-------------------|-----------------------|----------------------------|
| 16008         | Beans, baked, canned, with franks  | 259               | 1 cup                 | 17.9                       |
| 16010         | Beans, baked, canned, with pork and sweet sauce  | 253               | 1 cup                 | 10.6                       |
| 16011         | Beans, baked, canned, with pork and tomato sauce   | 253               | 1 cup                 | 10.1                       |
| 16015         | Beans, black, mature seeds, cooked, boiled, without salt   | 172               | 1 cup                 | 15.0                       |
| 16025         | Beans, great northern, mature seeds, cooked, boiled, without salt                                      | 177               | 1 cup                 | 12.4                       |
| 16034         | Beans, kidney, red, mature seeds, canned   | 256               | 1 cup                 | 13.8                       |
| 16033         | Beans, kidney, red, mature seeds, cooked, boiled, without salt   | 177               | 1 cup                 | 13.1                       |
| 16038         | Beans, navy, mature seeds, cooked, boiled, without salt  | 182               | 1 cup                 | 19.1                       |
| 16043         | Beans, pinto, mature seeds, cooked, boiled, without salt   | 171               | 1 cup                 | 15.4                       |
| 11056         | Beans, snap, green, canned, regular pack, drained solids   | 135               | 1 cup                 | 3.1                        |
| 11053         | Beans, snap, green, cooked, boiled, drained, without salt  | 125               | 1 cup                 | 4.0                        |
| 11061         | Beans, snap, green, frozen, cooked, boiled, drained without salt                                       | 135               | 1 cup                 | 4.1                        |
| 11932         | Beans, snap, yellow, canned, regular pack, drained solids  | 135               | 1 cup                 | 1.8                        |
| 11724         | Beans, snap, yellow, cooked, boiled, drained, without salt   | 125               | 1 cup                 | 4.1                        |
| 11732         | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt                                     | 135               | 1 cup                 | 4.1                        |
| 16051         | Beans, white, mature seeds, canned   | 262               | 1 cup                 | 12.6                       |
| 22402         | Beef Macaroni, frozen entree   | 240               | 1 package             | 4.6                        |
| 22905         | Beef stew, canned entree   | 232               | 1 cup                 | 3.5                        |
| 13818         | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised         | 85                | 3 oz                  | 0.0                        |
| 13058         | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised        | 85                | 3 oz                  | 0.0                        |
| 13348         | Beef, cured, corned beef, canned   | 85.05             | 3 oz                  | 0.0                        |
| 13350         | Beef, cured, dried   | 28.35             | 1 oz                  | 0.0                        |
| 23578         | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled  | 85                | 3 oz                  | 0.0                        |
| 23573         | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled  | 85                | 3 oz                  | 0.0                        |
| 23568         | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled  | 85                | 3 oz                  | 0.0                        |
| 13073         | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85                | 3 oz                  | 0.0                        |
| 13085         | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted    | 85                | 3 oz                  | 0.0                        |
| 13869         | Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised    | 85                | 3 oz                  | 0.0                        |
| 23605         | Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised       | 85                | 3 oz                  | 0.0                        |
| 13878         | Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted    | 85                | 3 oz                  | 0.0                        |
| 23598         | Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted       | 85                | 3 oz                  | 0.0                        |
| 13930         | Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled            | 85                | 3 oz                  | 0.0                        |
| 23610         | Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled               | 85                | 3 oz                  | 0.0                        |
| 13327         | Beef, variety meats and by-products, liver, cooked, pan-fried  | 85                | 3 oz                  | 0.0                        |
| 11087         | Beet greens, cooked, boiled, drained, without salt   | 144               | 1 cup                 | 4.2                        |
| 11084         | Beets, canned, drained solids  | 170               | 1 cup                 | 3.1                        |
| 11084         | Beets, canned, drained solids  | 24                | 1 beet                | 0.4                        |
| 11081         | Beets, cooked, boiled, drained   | 170               | 1 cup                 | 3.4                        |
| 11081         | Beets, cooked, boiled, drained   | 50                | 1 beet                | 1.0                        |
| 18016         | Biscuits, plain or buttermilk, prepared from recipe  | 60                | 2-1/2" biscuit        | 0.9                        |
| 18016         | Biscuits, plain or buttermilk, prepared from recipe  | 101               | 4" biscuit            | 1.5                        |
| 18015         | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked                                   | 27                | 2-1/2" biscuit        | 0.2                        |
| 18013         | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked                                    | 21                | 2-1/4" biscuit        | 0.4                        |

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|---------------|--|-------------------|-----------------------|----------------------------|
| 09042         | Blackberries, raw  | 144               | 1 cup                 | 7.6                        |
| 09055         | Blueberries, frozen, sweetened                                   | 230               | 1 cup                 | 5.1                        |
| 09050         | Blueberries, raw   | 145               | 1 cup                 | 3.5                        |
| 07008         | Bologna, beef and pork   | 56.7              | 2 slices              | 0.0                        |
| 07014         | Braunschweiger (a liver sausage), pork                           | 56.7              | 2 slices              | 0.0                        |
| 18079         | Bread crumbs, dry, grated, plain                                 | 28.35             | 1 oz                  | 1.3                        |
| 18376         | Bread crumbs, dry, grated, seasoned                              | 120               | 1 cup                 | 5.9                        |
| 18082         | Bread stuffing, bread, dry mix, prepared                         | 100               | 1/2 cup               | 2.9                        |
| 18019         | Bread, banana, prepared from recipe, made with margarine         | 60                | 1 slice               | 0.7                        |
| 18023         | Bread, cornbread, dry mix, prepared                              | 60                | 1 piece               | 1.4                        |
| 18025         | Bread, cracked-wheat   | 25                | 1 slice               | 1.4                        |
| 18027         | Bread, egg   | 40                | 1/2" slice            | 0.9                        |
| 18029         | Bread, french or vienna (includes sourdough)                     | 25                | 1/2" slice            | 0.6                        |
| 18033         | Bread, italian   | 20                | 1 slice               | 0.5                        |
| 18035         | Bread, Multi-Grain (includes whole-grain)                        | 26                | 1 slice               | 1.9                        |
| 18036         | Bread, Multi-Grain, toasted (includes whole-grain)               | 24                | 1 slice               | 1.9                        |
| 18039         | Bread, oatmeal   | 27                | 1 slice               | 1.1                        |
| 18040         | Bread, oatmeal, toasted  | 25                | 1 slice               | 1.1                        |
| 18041         | Bread, pita, white, enriched                                     | 28                | 4" pita               | 0.6                        |
| 18041         | Bread, pita, white, enriched                                     | 60                | 6-1/2" pita           | 1.3                        |
| 18044         | Bread, pumpernickel  | 32                | 1 slice               | 2.1                        |
| 18045         | Bread, pumpernickel, toasted                                     | 29                | 1 slice               | 2.1                        |
| 18047         | Bread, raisin, enriched  | 26                | 1 slice               | 1.1                        |
| 18048         | Bread, raisin, toasted, enriched                                 | 24                | 1 slice               | 1.1                        |
| 18053         | Bread, reduced-calorie, rye                                      | 23                | 1 slice               | 2.8                        |
| 18055         | Bread, reduced-calorie, wheat                                    | 23                | 1 slice               | 2.8                        |
| 18057         | Bread, reduced-calorie, white                                    | 23                | 1 slice               | 2.2                        |
| 18060         | Bread, rye   | 32                | 1 slice               | 1.9                        |
| 18061         | Bread, rye, toasted  | 24                | 1 slice               | 1.5                        |
| 18064         | Bread, wheat   | 25                | 1 slice               | 0.9                        |
| 18065         | Bread, wheat, toasted  | 23                | 1 slice               | 1.1                        |
| 18069         | Bread, white, commercially prepared (includes soft bread crumbs) | 25                | 1 slice               | 0.6                        |
| 18069         | Bread, white, commercially prepared (includes soft bread crumbs) | 45                | 1 cup                 | 1.1                        |
| 18070         | Bread, white, commercially prepared, toasted                     | 22                | 1 slice               | 0.6                        |
| 18075         | Bread, whole-wheat, commercially prepared                        | 28                | 1 slice               | 1.9                        |
| 18076         | Bread, whole-wheat, commercially prepared, toasted               | 25                | 1 slice               | 2.3                        |
| 11091         | Broccoli, cooked, boiled, drained, without salt                  | 37                | 1 spear               | 1.2                        |
| 11091         | Broccoli, cooked, boiled, drained, without salt                  | 156               | 1 cup                 | 5.1                        |
| 11093         | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 184               | 1 cup                 | 5.5                        |
| 11090         | Broccoli, raw  | 88                | 1 cup                 | 2.3                        |
| 11090         | Broccoli, raw  | 31                | 1 spear               | 0.8                        |
| 11099         | Brussels sprouts, cooked, boiled, drained, without salt          | 156               | 1 cup                 | 4.1                        |
| 11101         | Brussels sprouts, frozen, cooked, boiled, drained, without salt  | 155               | 1 cup                 | 6.4                        |
| 20011         | Buckwheat flour, whole-groat                                     | 120               | 1 cup                 | 12.0                       |
| 20010         | Buckwheat groats, roasted, cooked                                | 168               | 1 cup                 | 4.5                        |
| 20013         | Bulgur, cooked   | 182               | 1 cup                 | 8.2                        |
| 20012         | Bulgur, dry  | 140               | 1 cup                 | 25.6                       |
| 01001         | Butter, salted   | 14.2              | 1 tbs                 | 0.0                        |

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|---------------|--|-------------------|-----------------------|----------------------------|
| 01145         | Butter, without salt   | 14.2              | 1 tbsp                | 0.0                        |
| 11117         | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170               | 1 cup                 | 1.7                        |
| 11120         | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt  | 119               | 1 cup                 | 2.0                        |
| 11110         | Cabbage, cooked, boiled, drained, without salt                     | 150               | 1 cup                 | 2.9                        |
| 11109         | Cabbage, raw   | 70                | 1 cup                 | 1.8                        |
| 11112         | Cabbage, red, raw  | 70                | 1 cup                 | 1.5                        |
| 11114         | Cabbage, savoy, raw  | 70                | 1 cup                 | 2.2                        |
| 18086         | Cake, angelfood, commercially prepared                             | 28                | 1 piece               | 0.4                        |
| 18088         | Cake, angelfood, dry mix, prepared                                 | 50                | 1 piece               | 0.1                        |
| 18090         | Cake, boston cream pie, commercially prepared                      | 92                | 1 piece               | 1.3                        |
| 18096         | Cake, chocolate, commercially prepared with chocolate frosting     | 64                | 1 piece               | 1.8                        |
| 18101         | Cake, chocolate, prepared from recipe without frosting             | 95                | 1 piece               | 1.5                        |
| 18110         | Cake, fruitcake, commercially prepared                             | 43                | 1 piece               | 1.6                        |
| 18119         | Cake, pineapple upside-down, prepared from recipe                  | 115               | 1 piece               | 0.9                        |
| 18120         | Cake, pound, commercially prepared, butter                         | 28                | 1 piece               | 0.1                        |
| 18451         | Cake, pound, commercially prepared, fat-free                       | 28                | 1 slice               | 0.3                        |
| 18127         | Cake, snack cakes, creme-filled, chocolate with frosting           | 50                | 1 cupcake             | 1.6                        |
| 18128         | Cake, snack cakes, creme-filled, sponge                            | 42.5              | 1 cake                | 0.2                        |
| 18452         | Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat     | 43                | 1 cupcake             | 1.8                        |
| 18133         | Cake, sponge, commercially prepared                                | 30                | 1 shortcake           | 0.2                        |
| 18102         | Cake, white, prepared from recipe with coconut frosting            | 112               | 1 piece               | 1.1                        |
| 18139         | Cake, white, prepared from recipe without frosting                 | 74                | 1 piece               | 0.6                        |
| 18140         | Cake, yellow, commercially prepared, with chocolate frosting       | 64                | 1 piece               | 1.2                        |
| 18141         | Cake, yellow, commercially prepared, with vanilla frosting         | 64                | 1 piece               | 0.2                        |
| 19074         | Candies, caramels  | 10.1              | 1 piece               | 0.0                        |
| 19076         | Candies, caramels, chocolate-flavor roll                           | 7                 | 1 piece               | 0.0                        |
| 19071         | Candies, carob, unsweetened  | 28.35             | 1 oz                  | 1.1                        |
| 19100         | Candies, fudge, chocolate, prepared-from-recipe                    | 17                | 1 piece               | 0.3                        |
| 19101         | Candies, fudge, chocolate, with nuts, prepared-from-recipe         | 19                | 1 piece               | 0.5                        |
| 19104         | Candies, fudge, vanilla with nuts                                  | 15                | 1 piece               | 0.1                        |
| 19103         | Candies, fudge, vanilla, prepared-from-recipe                      | 16                | 1 piece               | 0.0                        |
| 19106         | Candies, gumdrops, starch jelly pieces                             | 74                | 10 worms              | 0.1                        |
| 19106         | Candies, gumdrops, starch jelly pieces                             | 22                | 10 bears              | 0.0                        |
| 19106         | Candies, gumdrops, starch jelly pieces                             | 4.2               | 1 medium              | 0.0                        |
| 19107         | Candies, hard  | 6                 | 1 piece               | 0.0                        |
| 19107         | Candies, hard  | 3                 | 1 small piece         | 0.0                        |
| 19108         | Candies, jellybeans  | 28.35             | 10 large              | 0.1                        |
| 19109         | Candies, KIT KAT Wafer Bar   | 42                | 1 bar (1.5 oz)        | 0.4                        |
| 19116         | Candies, marshmallows  | 50                | 1 cup                 | 0.1                        |
| 19141         | Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies             | 7                 | 10 pieces             | 0.2                        |
| 19140         | Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies           | 20                | 10 pieces             | 0.7                        |
| 19135         | Candies, MASTERFOODS USA, MILKY WAY Bar                            | 18                | 1 fun size bar        | 0.2                        |
| 19135         | Candies, MASTERFOODS USA, MILKY WAY Bar                            | 61                | 1 bar (2.15 oz)       | 0.6                        |
| 19155         | Candies, MASTERFOODS USA, SNICKERS Bar                             | 57                | 1 bar (2 oz)          | 1.3                        |
| 19156         | Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits   | 5                 | 1 piece               | 0.0                        |
| 19120         | Candies, milk chocolate  | 44                | 1 bar (1.55 oz)       | 1.5                        |
| 19126         | Candies, milk chocolate coated peanuts                             | 40                | 10 pieces             | 1.9                        |
| 19127         | Candies, milk chocolate coated raisins                             | 10                | 10 pieces             | 0.3                        |

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| 19132         | Candies, milk chocolate, with almonds  | 41                | 1 bar (1.45 oz)        | 2.5                        |
| 19143         | Candies, MR. GOODBAR Chocolate Bar   | 49                | 1 bar (1.75 oz)        | 1.9                        |
| 19069         | Candies, NESTLE, BUTTERFINGER Bar  | 7                 | 1 fun size bar         | 0.1                        |
| 19145         | Candies, NESTLE, CRUNCH Bar and Dessert Topping  | 44                | 1 bar (1.55 oz)        | 0.8                        |
| 19150         | Candies, REESE'S Peanut Butter Cups  | 45                | 1 package (contains 2) | 1.6                        |
| 19080         | Candies, semisweet chocolate   | 168               | 1 cup                  | 9.9                        |
| 19164         | Candies, SPECIAL DARK Chocolate Bar  | 8.4               | 1 miniature            | 0.5                        |
| 19087         | Candies, white chocolate   | 170               | 1 cup                  | 0.3                        |
| 09060         | Carambola, (starfruit), raw  | 108               | 1 cup                  | 3.0                        |
| 09060         | Carambola, (starfruit), raw  | 91                | 1 fruit                | 2.5                        |
| 14121         | Carbonated beverage, club soda   | 355               | 12 fl oz               | 0.0                        |
| 14400         | Carbonated beverage, cola, contains caffeine   | 370               | 12 fl oz               | 0.0                        |
| 14136         | Carbonated beverage, ginger ale  | 366               | 12 fl oz               | 0.0                        |
| 14142         | Carbonated beverage, grape soda  | 372               | 12 fl oz               | 0.0                        |
| 14416         | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine | 355               | 12 fl oz               | 0.0                        |
| 14143         | Carbonated beverage, low calorie, other than cola or pepper, without caffeine            | 355               | 12 fl oz               | 0.0                        |
| 14150         | Carbonated beverage, orange  | 372               | 12 fl oz               | 0.0                        |
| 14153         | Carbonated beverage, pepper-type, contains caffeine                                      | 368               | 12 fl oz               | 0.0                        |
| 14157         | Carbonated beverage, root beer   | 370               | 12 fl oz               | 0.0                        |
| 14145         | Carbonated beverage, SPRITE, lemon-lime, without caffeine                                | 368               | 12 fl oz               | 0.0                        |
| 16055         | Carob flour  | 8                 | 1 tbsp                 | 3.2                        |
| 11655         | Carrot juice, canned   | 236               | 1 cup                  | 1.9                        |
| 11960         | Carrots, baby, raw   | 10                | 1 medium               | 0.3                        |
| 11128         | Carrots, canned, regular pack, drained solids  | 146               | 1 cup                  | 2.2                        |
| 11125         | Carrots, cooked, boiled, drained, without salt   | 156               | 1 cup                  | 4.7                        |
| 11131         | Carrots, frozen, cooked, boiled, drained, without salt                                   | 146               | 1 cup                  | 4.8                        |
| 11124         | Carrots, raw   | 110               | 1 cup                  | 3.1                        |
| 11124         | Carrots, raw   | 72                | 1 carrot               | 2.0                        |
| 11935         | Catsup   | 15                | 1 tbsp                 | 0.0                        |
| 11935         | Catsup   | 6                 | 1 packet               | 0.0                        |
| 11136         | Cauliflower, cooked, boiled, drained, without salt                                       | 124               | 1 cup                  | 2.9                        |
| 11136         | Cauliflower, cooked, boiled, drained, without salt                                       | 54                | 3 flowerets            | 1.2                        |
| 11138         | Cauliflower, frozen, cooked, boiled, drained, without salt                               | 180               | 1 cup                  | 4.9                        |
| 11135         | Cauliflower, raw   | 13                | 1 floweret             | 0.3                        |
| 11135         | Cauliflower, raw   | 100               | 1 cup                  | 2.5                        |
| 11144         | Celery, cooked, boiled, drained, without salt  | 37.5              | 1 stalk                | 0.6                        |
| 11144         | Celery, cooked, boiled, drained, without salt  | 150               | 1 cup                  | 2.4                        |
| 11143         | Celery, raw  | 40                | 1 stalk                | 0.6                        |
| 11143         | Celery, raw  | 120               | 1 cup                  | 1.9                        |
| 08263         | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS                             | 30                | 3/4 cup                | 1.2                        |
| 08262         | Cereals ready-to-eat, GENERAL MILLS, BASIC 4   | 55                | 1 cup                  | 3.2                        |
| 08274         | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX                                     | 30                | 3/4 cup                | 1.0                        |
| 08013         | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS  | 30                | 1 cup                  | 3.0                        |
| 08272         | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH                               | 30                | 3/4 cup                | 1.1                        |
| 08271         | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS   | 30                | 1 cup                  | 1.5                        |
| 08019         | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX   | 30                | 1 cup                  | 1.2                        |

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| <b>NDB_No</b> | <b>Description</b>   | <b>Weight (g)</b> | <b>Common Measure</b> | <b>Content per Measure</b> |
|---------------|--|-------------------|-----------------------|----------------------------|
| 08035         | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS                                    | 30                | 3/4 cup               | 1.0                        |
| 08045         | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS                                | 30                | 1 cup                 | 2.1                        |
| 08057         | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX                                    | 30                | 3/4 cup               | 0.3                        |
| 08243         | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS                                | 55                | 1 cup                 | 3.0                        |
| 08048         | Cereals ready-to-eat, GENERAL MILLS, KIX   | 30                | 1-1/3 cup             | 2.7                        |
| 08050         | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS                                      | 30                | 1 cup                 | 1.4                        |
| 08261         | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN                                   | 55                | 1 cup                 | 5.4                        |
| 08194         | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS                                     | 30                | 3/4 cup               | 1.2                        |
| 08064         | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX   | 31                | 1-1/4 cup             | 0.3                        |
| 08246         | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes                                 | 30                | 1-1/3 cup             | 0.8                        |
| 08247         | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran                                 | 55                | 1 cup                 | 5.0                        |
| 08078         | Cereals ready-to-eat, GENERAL MILLS, TRIX  | 30                | 1 cup                 | 1.0                        |
| 08082         | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX  | 30                | 1 cup                 | 3.2                        |
| 08089         | Cereals ready-to-eat, GENERAL MILLS, WHEATIES  | 30                | 1 cup                 | 3.0                        |
| 08077         | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL                                 | 30                | 3/4 cup               | 2.7                        |
| 08001         | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original                             | 30                | 1/2 cup               | 8.8                        |
| 08003         | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS                                   | 30                | 1 cup                 | 0.5                        |
| 08014         | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES                                | 31                | 3/4 cup               | 0.6                        |
| 08028         | Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes                    | 29                | 3/4 cup               | 5.1                        |
| 08020         | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes                                   | 28                | 1 cup                 | 0.7                        |
| 08068         | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS                                     | 31                | 1 cup                 | 0.2                        |
| 08259         | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX                                       | 29                | 1 cup                 | 0.3                        |
| 08030         | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS                                   | 30                | 1 cup                 | 0.6                        |
| 08069         | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES                                | 31                | 3/4 cup               | 0.6                        |
| 08319         | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size                | 55                | 1 cup                 | 5.5                        |
| 08071         | Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS                                  | 27                | 3/4 cup               | 1.0                        |
| 08058         | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19                                    | 30                | 1 cup                 | 1.0                        |
| 08060         | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN                                   | 61                | 1 cup                 | 6.8                        |
| 08065         | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES                                 | 33                | 1-1/4 cup             | 0.3                        |
| 08288         | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal                   | 30                | 3/4 cup               | 0.1                        |
| 08067         | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K                                     | 31                | 1 cup                 | 0.7                        |
| 08031         | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original                          | 51                | 1 cup                 | 5.1                        |
| 08010         | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH   | 27                | 3/4 cup               | 0.7                        |
| 08011         | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES                          | 26                | 3/4 cup               | 0.7                        |
| 08012         | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH                      | 27                | 3/4 cup               | 0.7                        |
| 08220         | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins                | 50                | 1/2 cup               | 2.8                        |
| 08218         | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins | 51                | 1/2 cup               | 3.3                        |
| 08210         | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE                                 | 32                | 3/4 cup               | 2.0                        |
| 08049         | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain                                   | 32                | 3/4 cup               | 2.1                        |
| 08219         | Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut                 | 49                | 1 cup                 | 2.7                        |
| 08156         | Cereals ready-to-eat, rice, puffed, fortified  | 14                | 1 cup                 | 0.2                        |
| 08084         | Cereals ready-to-eat, wheat germ, toasted, plain                                       | 7.119             | 1 tbsp                | 1.1                        |
| 08157         | Cereals ready-to-eat, wheat, puffed, fortified   | 12                | 1 cup                 | 0.5                        |

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|---------------|--|-------------------|-------------------------------|----------------------------|
| 08147         | Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free  | 46                | 2 biscuits                    | 5.5                        |
| 08091         | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt                                     | 242               | 1 cup                         | 0.7                        |
| 08164         | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt                                    | 242               | 1 cup                         | 0.7                        |
| 08109         | Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water   | 142               | 1 packet                      | 0.4                        |
| 08105         | Cereals, CREAM OF WHEAT, quick, cooked with water, without salt  | 239               | 1 cup                         | 1.2                        |
| 08103         | Cereals, CREAM OF WHEAT, regular, cooked with water, without salt  | 251               | 1 cup                         | 1.3                        |
| 08511         | Cereals, Malt-o-Meal, plain, prepared with water, without salt   | 268               | 1 serving (3 T dry cereal plu | 1.3                        |
| 08123         | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)                            | 177               | 1 packet                      | 3.0                        |
| 08121         | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt | 234               | 1 cup                         | 4.0                        |
| 08093         | Cereals, QUAKER, corn grits, instant, plain, prepared with water   | 137               | 1 packet                      | 1.2                        |
| 08131         | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water   | 155               | 1 packet                      | 2.8                        |
| 08125         | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water   | 149               | 1 packet                      | 2.7                        |
| 08143         | Cereals, WHEATENA, cooked with water   | 243               | 1 cup                         | 6.6                        |
| 01046         | Cheese food, pasteurized process, american, without di sodium phosphate  | 28.35             | 1 oz                          | 0.0                        |
| 01164         | Cheese sauce, prepared from recipe   | 243               | 1 cup                         | 0.2                        |
| 01048         | Cheese spread, pasteurized process, american, without di sodium phosphate  | 28.35             | 1 oz                          | 0.0                        |
| 01004         | Cheese, blue   | 28.35             | 1 oz                          | 0.0                        |
| 01007         | Cheese, camembert  | 38                | 1 wedge                       | 0.0                        |
| 01009         | Cheese, cheddar  | 28.35             | 1 oz                          | 0.0                        |
| 01012         | Cheese, cottage, creamed, large or small curd  | 210               | 1 cup                         | 0.0                        |
| 01013         | Cheese, cottage, creamed, with fruit   | 226               | 1 cup                         | 0.5                        |
| 01016         | Cheese, cottage, lowfat, 1% milkfat  | 226               | 1 cup                         | 0.0                        |
| 01015         | Cheese, cottage, lowfat, 2% milkfat  | 226               | 1 cup                         | 0.0                        |
| 01014         | Cheese, cottage, nonfat, uncreamed, dry, large or small curd   | 145               | 1 cup                         | 0.0                        |
| 01017         | Cheese, cream  | 14.5              | 1 tbsp                        | 0.0                        |
| 01186         | Cheese, cream, fat free  | 15.6              | 1 tbsp                        | 0.0                        |
| 01019         | Cheese, feta   | 28.35             | 1 oz                          | 0.0                        |
| 01168         | Cheese, low fat, cheddar or colby  | 28.35             | 1 oz                          | 0.0                        |
| 01029         | Cheese, mozzarella, part skim milk, low moisture   | 28.35             | 1 oz                          | 0.0                        |
| 01026         | Cheese, mozzarella, whole milk   | 28.35             | 1 oz                          | 0.0                        |
| 01030         | Cheese, muenster   | 28.35             | 1 oz                          | 0.0                        |
| 01031         | Cheese, neufchatel   | 28.35             | 1 oz                          | 0.0                        |
| 01032         | Cheese, parmesan, grated   | 5                 | 1 tbsp                        | 0.0                        |
| 01042         | Cheese, pasteurized process, american, with di sodium phosphate  | 28.35             | 1 oz                          | 0.0                        |
| 01044         | Cheese, pasteurized process, swiss, with di sodium phosphate   | 28.35             | 1 oz                          | 0.0                        |
| 01035         | Cheese, provolone  | 28.35             | 1 oz                          | 0.0                        |
| 01037         | Cheese, ricotta, part skim milk  | 246               | 1 cup                         | 0.0                        |
| 01036         | Cheese, ricotta, whole milk  | 246               | 1 cup                         | 0.0                        |
| 01040         | Cheese, swiss  | 28.35             | 1 oz                          | 0.0                        |
| 18147         | Cheesecake commercially prepared   | 80                | 1 piece                       | 0.3                        |
| 09064         | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)              | 244               | 1 cup                         | 2.7                        |
| 09070         | Cherries, sweet, raw   | 68                | 10 cherries                   | 1.4                        |
| 22906         | Chicken pot pie, frozen entree   | 217               | 1 small pie                   | 1.7                        |

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|---------------|---|-------------------|-----------------------|----------------------------|
| 07017         | Chicken roll, light meat  | 56.7              | 2 slices              | 0.0                        |
| 05058         | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter           | 140               | 1/2 breast            | 0.4                        |
| 05059         | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour            | 98                | 1/2 breast            | 0.1                        |
| 05064         | Chicken, broilers or fryers, breast, meat only, cooked, roasted                     | 86                | 1/2 breast            | 0.0                        |
| 05044         | Chicken, broilers or fryers, dark meat, meat only, cooked, fried                    | 84                | 3 oz                  | 0.0                        |
| 05067         | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter        | 72                | 1 drumstick           | 0.2                        |
| 05068         | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour         | 49                | 1 drumstick           | 0.0                        |
| 05073         | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted                  | 44                | 1 drumstick           | 0.0                        |
| 05022         | Chicken, broilers or fryers, giblets, cooked, simmered                              | 145               | 1 cup                 | 0.0                        |
| 05040         | Chicken, broilers or fryers, light meat, meat only, cooked, fried                   | 84                | 3 oz                  | 0.0                        |
| 05090         | Chicken, broilers or fryers, neck, meat only, cooked, simmered                      | 18                | 1 neck                | 0.0                        |
| 05092         | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter            | 86                | 1 thigh               | 0.3                        |
| 05098         | Chicken, broilers or fryers, thigh, meat only, cooked, roasted                      | 52                | 1 thigh               | 0.0                        |
| 05101         | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter             | 49                | 1 wing                | 0.1                        |
| 05277         | Chicken, canned, meat only, with broth  | 142               | 5 oz                  | 0.0                        |
| 05028         | Chicken, liver, all classes, cooked, simmered                                       | 19.6              | 1 liver               | 0.0                        |
| 05126         | Chicken, stewing, meat only, cooked, stewed   | 140               | 1 cup                 | 0.0                        |
| 16058         | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned                       | 240               | 1 cup                 | 10.6                       |
| 16057         | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 164               | 1 cup                 | 12.5                       |
| 22904         | Chili con carne with beans, canned entree   | 222               | 1 cup                 | 8.7                        |
| 11156         | Chives, raw   | 3                 | 1 tbsp                | 0.1                        |
| 14181         | Chocolate syrup   | 18.75             | 1 tbsp                | 0.5                        |
| 14175         | Chocolate-flavor beverage mix for milk, powder, without added nutrients             | 21.6              | 2-3 heaping tsp       | 1.0                        |
| 14177         | Chocolate-flavor beverage mix, powder, prepared with whole milk                     | 266               | 1 cup                 | 1.1                        |
| 14196         | Cocoa mix, no sugar added, powder   | 15                | 1/2 oz envelope       | 1.1                        |
| 14192         | Cocoa mix, powder   | 28.35             | 3 heaping tsp         | 1.0                        |
| 14194         | Cocoa mix, powder, prepared with water  | 206               | 1 serving             | 1.0                        |
| 14390         | Cocoa mix, with aspartame, powder, prepared with water                              | 192               | 1 serving             | 1.2                        |
| 19165         | Cocoa, dry powder, unsweetened  | 5.4               | 1 tbsp                | 1.8                        |
| 14209         | Coffee, brewed from grounds, prepared with tap water                                | 178               | 6 fl oz               | 0.0                        |
| 14210         | Coffee, brewed, espresso, restaurant-prepared                                       | 60                | 2 fl oz               | 0.0                        |
| 14215         | Coffee, instant, regular, prepared with water                                       | 179               | 6 fl oz               | 0.0                        |
| 18104         | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched            | 63                | 1 piece               | 1.3                        |
| 11159         | Coleslaw, home-prepared   | 120               | 1 cup                 | 1.8                        |
| 11162         | Collards, cooked, boiled, drained, without salt                                     | 190               | 1 cup                 | 5.3                        |
| 11164         | Collards, frozen, chopped, cooked, boiled, drained, without salt                    | 170               | 1 cup                 | 4.8                        |
| 18151         | Cookies, brownies, commercially prepared  | 56                | 1 brownie             | 1.2                        |
| 18197         | Cookies, brownies, dry mix, special dietary, prepared                               | 22                | 1 brownie             | 0.8                        |
| 18155         | Cookies, butter, commercially prepared, enriched                                    | 5                 | 1 cookie              | 0.0                        |
| 18159         | Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched           | 10                | 1 cookie              | 0.3                        |
| 18158         | Cookies, chocolate chip, commercially prepared, regular, lower fat                  | 10                | 1 cookie              | 0.4                        |
| 18165         | Cookies, chocolate chip, prepared from recipe, made with margarine                  | 16                | 1 cookie              | 0.4                        |
| 18164         | Cookies, chocolate chip, refrigerated dough, baked                                  | 26                | 1 cookie              | 0.4                        |
| 18166         | Cookies, chocolate sandwich, with creme filling, regular                            | 10                | 1 cookie              | 0.3                        |
| 18170         | Cookies, fig bars   | 16                | 1 cookie              | 0.7                        |



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|---------------|--|-------------------|-------------------------------|----------------------------|
| 18173         | Cookies, graham crackers, plain or honey (includes cinnamon)                               | 84                | 1 cup                         | 2.4                        |
| 18173         | Cookies, graham crackers, plain or honey (includes cinnamon)                               | 14                | 2 squares                     | 0.4                        |
| 18177         | Cookies, molasses  | 15                | 1 cookie, medium              | 0.2                        |
| 18177         | Cookies, molasses  | 32                | 1 cookie, large (3-1/2" to 4" | 0.3                        |
| 18456         | Cookies, oatmeal, commercially prepared, fat-free  | 11                | 1 cookie                      | 0.8                        |
| 18178         | Cookies, oatmeal, commercially prepared, regular   | 25                | 1 cookie                      | 0.7                        |
| 18179         | Cookies, oatmeal, commercially prepared, soft-type   | 15                | 1 cookie                      | 0.4                        |
| 18185         | Cookies, peanut butter, commercially prepared, regular                                     | 15                | 1 cookie                      | 0.3                        |
| 18193         | Cookies, shortbread, commercially prepared, pecan  | 14                | 1 cookie                      | 0.3                        |
| 18192         | Cookies, shortbread, commercially prepared, plain  | 8                 | 1 cookie                      | 0.1                        |
| 18204         | Cookies, sugar, commercially prepared, regular (includes vanilla)                          | 15                | 1 cookie                      | 0.1                        |
| 18208         | Cookies, sugar, prepared from recipe, made with margarine                                  | 14                | 1 cookie                      | 0.2                        |
| 18206         | Cookies, sugar, refrigerated dough, baked  | 15                | 1 cookie                      | 0.1                        |
| 18210         | Cookies, vanilla sandwich with creme filling   | 15                | 1 cookie                      | 0.2                        |
| 18210         | Cookies, vanilla sandwich with creme filling   | 10                | 1 cookie                      | 0.2                        |
| 18212         | Cookies, vanilla wafers, lower fat   | 4                 | 1 cookie                      | 0.1                        |
| 11901         | Corn, sweet, white, cooked, boiled, drained, without salt                                  | 77                | 1 ear                         | 2.1                        |
| 11174         | Corn, sweet, yellow, canned, cream style, regular pack                                     | 256               | 1 cup                         | 3.1                        |
| 11176         | Corn, sweet, yellow, canned, vacuum pack, regular pack                                     | 210               | 1 cup                         | 4.2                        |
| 11168         | Corn, sweet, yellow, cooked, boiled, drained, without salt                                 | 77                | 1 ear                         | 2.2                        |
| 11179         | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt            | 164               | 1 cup                         | 3.9                        |
| 11181         | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt         | 63                | 1 ear                         | 1.8                        |
| 20022         | Cornmeal, degermed, enriched, yellow   | 138               | 1 cup                         | 5.5                        |
| 20025         | Cornmeal, self-rising, degermed, enriched, yellow  | 138               | 1 cup                         | 9.8                        |
| 20020         | Cornmeal, whole-grain, yellow  | 122               | 1 cup                         | 8.9                        |
| 20027         | Cornstarch   | 8.064             | 1 tbsp                        | 0.1                        |
| 20029         | Couscous, cooked   | 157               | 1 cup                         | 2.2                        |
| 20028         | Couscous, dry  | 173               | 1 cup                         | 8.7                        |
| 11192         | Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt                 | 165               | 1 cup                         | 8.3                        |
| 11196         | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt         | 170               | 1 cup                         | 10.9                       |
| 16064         | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain                | 240               | 1 cup                         | 7.9                        |
| 16063         | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 172               | 1 cup                         | 11.2                       |
| 18214         | Crackers, cheese, regular  | 10                | 10 crackers                   | 0.2                        |
| 18215         | Crackers, cheese, sandwich-type with peanut butter filling                                 | 7                 | 1 sandwich                    | 0.2                        |
| 18217         | Crackers, matzo, plain   | 28.35             | 1 matzo                       | 0.9                        |
| 18220         | Crackers, melba toast, plain   | 20                | 4 pieces                      | 1.3                        |
| 18226         | Crackers, rye, wafers, plain   | 11                | 1 wafer                       | 2.5                        |
| 18228         | Crackers, saltines (includes oyster, soda, soup)   | 12                | 4 crackers                    | 0.4                        |
| 18229         | Crackers, standard snack-type, regular   | 12                | 4 crackers                    | 0.2                        |
| 18230         | Crackers, standard snack-type, sandwich, with cheese filling                               | 7                 | 1 sandwich                    | 0.1                        |
| 18232         | Crackers, wheat, regular   | 8                 | 4 crackers                    | 0.4                        |
| 18235         | Crackers, whole-wheat  | 16                | 4 crackers                    | 1.7                        |
| 14242         | Cranberry juice cocktail, bottled  | 253               | 8 fl oz                       | 0.0                        |
| 09081         | Cranberry sauce, canned, sweetened   | 57                | 1 slice                       | 0.6                        |

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|---------------|---|-------------------|-----------------------|----------------------------|
| 01067         | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein                       | 15                | 1 tbsp                | 0.0                        |
| 01069         | Cream substitute, powdered  | 2                 | 1 tsp                 | 0.0                        |
| 01049         | Cream, fluid, half and half   | 15                | 1 tbsp                | 0.0                        |
| 01053         | Cream, fluid, heavy whipping  | 15                | 1 tbsp                | 0.0                        |
| 01050         | Cream, fluid, light (coffee cream or table cream)   | 15                | 1 tbsp                | 0.0                        |
| 01052         | Cream, fluid, light whipping  | 15                | 1 tbsp                | 0.0                        |
| 01056         | Cream, sour, cultured   | 12                | 1 tbsp                | 0.0                        |
| 01055         | Cream, sour, reduced fat, cultured  | 15                | 1 tbsp                | 0.0                        |
| 01054         | Cream, whipped, cream topping, pressurized  | 3                 | 1 tbsp                | 0.0                        |
| 18239         | Croissants, butter  | 57                | 1 croissant           | 1.5                        |
| 18243         | Croutons, seasoned  | 40                | 1 cup                 | 2.0                        |
| 15137         | Crustaceans, crab, alaska king, cooked, moist heat  | 85                | 3 oz                  | 0.0                        |
| 15138         | Crustaceans, crab, alaska king, imitation, made from surimi                                     | 85                | 3 oz                  | 0.4                        |
| 15141         | Crustaceans, crab, blue, canned   | 135               | 1 cup                 | 0.0                        |
| 15140         | Crustaceans, crab, blue, cooked, moist heat   | 85                | 3 oz                  | 0.0                        |
| 15142         | Crustaceans, crab, blue, crab cakes   | 60                | 1 cake                | 0.0                        |
| 15148         | Crustaceans, lobster, northern, cooked, moist heat  | 85                | 3 oz                  | 0.0                        |
| 15152         | Crustaceans, shrimp, mixed species, canned  | 85.05             | 3 oz                  | 0.0                        |
| 15150         | Crustaceans, shrimp, mixed species, cooked, breaded and fried                                   | 85                | 3 oz                  | 0.3                        |
| 15150         | Crustaceans, shrimp, mixed species, cooked, breaded and fried                                   | 45                | 6 large               | 0.2                        |
| 11206         | Cucumber, peeled, raw   | 119               | 1 cup                 | 0.8                        |
| 11206         | Cucumber, peeled, raw   | 280               | 1 large               | 2.0                        |
| 11205         | Cucumber, with peel, raw  | 104               | 1 cup                 | 0.5                        |
| 11205         | Cucumber, with peel, raw  | 301               | 1 large               | 1.5                        |
| 11208         | Dandelion greens, cooked, boiled, drained, without salt   | 105               | 1 cup                 | 3.0                        |
| 18245         | Danish pastry, cheese   | 71                | 1 danish              | 0.7                        |
| 18246         | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71                | 1 danish              | 1.3                        |
| 09087         | Dates, deglet noor  | 178               | 1 cup                 | 14.2                       |
| 09087         | Dates, deglet noor  | 41.5              | 5 dates               | 3.3                        |
| 01071         | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk                                 | 4                 | 1 tbsp                | 0.0                        |
| 01072         | Dessert topping, pressurized  | 4                 | 1 tbsp                | 0.0                        |
| 01073         | Dessert topping, semi solid, frozen   | 4                 | 1 tbsp                | 0.0                        |
| 02045         | Dill weed, fresh  | 1                 | 5 sprigs              | 0.0                        |
| 18248         | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                                 | 14                | 1 hole                | 0.2                        |
| 18248         | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                                 | 47                | 1 medium              | 0.8                        |
| 18255         | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                               | 13                | 1 hole                | 0.3                        |
| 18255         | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                               | 60                | 1 medium              | 1.3                        |
| 05142         | Duck, domesticated, meat only, cooked, roasted  | 221               | 1/2 duck              | 0.0                        |
| 18257         | Eclairs, custard-filled with chocolate glaze, prepared from recipe                              | 100               | 1 éclair              | 0.6                        |
| 01143         | Egg substitute, liquid  | 62.75             | 1/4 cup               | 0.0                        |
| 01124         | Egg, white, raw, fresh  | 33.4              | 1 large               | 0.0                        |
| 01128         | Egg, whole, cooked, fried   | 46                | 1 large               | 0.0                        |
| 01129         | Egg, whole, cooked, hard-boiled   | 50                | 1 large               | 0.0                        |
| 01131         | Egg, whole, cooked, poached   | 50                | 1 large               | 0.0                        |
| 01132         | Egg, whole, cooked, scrambled   | 61                | 1 large               | 0.0                        |
| 01123         | Egg, whole, raw, fresh  | 58                | 1 extra large         | 0.0                        |
| 01123         | Egg, whole, raw, fresh  | 50                | 1 large               | 0.0                        |

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**Fiber, total dietary ( g ) Content of Selected Foods per Common Measure, sorted alphabetically**

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight (g)</b> | <b>Common Measure</b>      | <b>Content per Measure</b> |
|---------------|---|-------------------|----------------------------|----------------------------|
| 01123         | Egg, whole, raw, fresh  | 44                | 1 medium                   | 0.0                        |
| 01125         | Egg, yolk, raw, fresh   | 16.6              | 1 large                    | 0.0                        |
| 01057         | Eggnog  | 254               | 1 cup                      | 0.0                        |
| 11210         | Eggplant, cooked, boiled, drained, without salt   | 99                | 1 cup                      | 2.5                        |
| 11213         | Endive, raw   | 50                | 1 cup                      | 1.6                        |
| 18258         | English muffins, plain, enriched, with ca prop (includes sourdough)                     | 57                | 1 muffin                   | 2.0                        |
| 18259         | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 52                | 1 muffin                   | 1.5                        |
| 21047         | Entrees, fish fillet, battered or breaded, and fried                                    | 91                | 1 fillet                   | 0.5                        |
| 21302         | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust                     | 106               | 1 slice                    | 1.6                        |
| 21005         | Fast Foods, biscuit, with egg and sausage   | 180               | 1 biscuit                  | 0.4                        |
| 21094         | Fast foods, cheeseburger, regular, double patty and bun, plain                          | 160               | 1 sandwich                 | 1.6                        |
| 21092         | Fast foods, cheeseburger; double, regular patty; plain                                  | 155               | 1 sandwich                 | 1.1                        |
| 21097         | Fast foods, cheeseburger; single, large patty; with condiments and bacon                | 195               | 1 sandwich                 | 2.5                        |
| 21098         | Fast foods, cheeseburger; single, large patty; with condiments and vegetables           | 219               | 1 sandwich                 | 3.1                        |
| 21090         | Fast foods, cheeseburger; single, regular patty, with condiments                        | 113               | 1 sandwich                 | 2.1                        |
| 21089         | Fast foods, cheeseburger; single, regular patty; plain                                  | 102               | 1 sandwich                 | 1.0                        |
| 21229         | Fast foods, chicken, breaded and fried, boneless pieces, plain                          | 106               | 6 pieces                   | 1.0                        |
| 21021         | Fast foods, english muffin, with egg, cheese, and canadian bacon                        | 137               | 1 muffin                   | 0.5                        |
| 21024         | Fast foods, french toast sticks   | 141               | 5 sticks                   | 2.0                        |
| 21108         | Fast foods, hamburger; single, regular patty; with condiments                           | 106               | 1 sandwich                 | 1.9                        |
| 21028         | Fast foods, ice milk, vanilla, soft-serve, with cone                                    | 103               | 1 cone                     | 0.1                        |
| 21138         | Fast foods, potato, french fried in vegetable oil                                       | 169               | 1 large                    | 5.9                        |
| 21138         | Fast foods, potato, french fried in vegetable oil                                       | 85                | 1 small                    | 3.0                        |
| 21138         | Fast foods, potato, french fried in vegetable oil                                       | 134               | 1 medium                   | 4.7                        |
| 21026         | Fast foods, potatoes, hashed brown  | 72                | 1/2 cup                    | 1.9                        |
| 21033         | Fast foods, sundae, hot fudge   | 158               | 1 sundae                   | 0.0                        |
| 09094         | Figs, dried, uncooked   | 38                | 2 figs                     | 3.7                        |
| 15011         | Fish, catfish, channel, cooked, breaded and fried                                       | 85                | 3 oz                       | 0.6                        |
| 15017         | Fish, cod, Atlantic, canned, solids and liquid  | 85                | 3 oz                       | 0.0                        |
| 15192         | Fish, cod, Pacific, cooked, dry heat  | 85                | 3 oz                       | 0.0                        |
| 15027         | Fish, fish portions and sticks, frozen, preheated                                       | 57                | 1 portion (4" x 2" x 1/2") | 0.8                        |
| 15027         | Fish, fish portions and sticks, frozen, preheated                                       | 28                | 1 stick (4" x 1" x 1/2")   | 0.4                        |
| 15029         | Fish, flatfish (flounder and sole species), cooked, dry heat                            | 127               | 1 fillet                   | 0.0                        |
| 15029         | Fish, flatfish (flounder and sole species), cooked, dry heat                            | 85                | 3 oz                       | 0.0                        |
| 15034         | Fish, haddock, cooked, dry heat   | 85                | 3 oz                       | 0.0                        |
| 15034         | Fish, haddock, cooked, dry heat   | 150               | 1 fillet                   | 0.0                        |
| 15037         | Fish, halibut, Atlantic and Pacific, cooked, dry heat                                   | 85                | 3 oz                       | 0.0                        |
| 15037         | Fish, halibut, Atlantic and Pacific, cooked, dry heat                                   | 159               | 1/2 fillet                 | 0.0                        |
| 15041         | Fish, herring, Atlantic, pickled  | 85.05             | 3 oz                       | 0.0                        |
| 15058         | Fish, ocean perch, Atlantic, cooked, dry heat   | 85                | 3 oz                       | 0.0                        |
| 15058         | Fish, ocean perch, Atlantic, cooked, dry heat   | 50                | 1 fillet                   | 0.0                        |
| 15067         | Fish, pollock, walleye, cooked, dry heat  | 85                | 3 oz                       | 0.0                        |
| 15067         | Fish, pollock, walleye, cooked, dry heat  | 60                | 1 fillet                   | 0.0                        |
| 15071         | Fish, rockfish, Pacific, mixed species, cooked, dry heat                                | 149               | 1 fillet                   | 0.0                        |
| 15071         | Fish, rockfish, Pacific, mixed species, cooked, dry heat                                | 85                | 3 oz                       | 0.0                        |
| 15232         | Fish, roughy, orange, cooked, dry heat  | 85                | 3 oz                       | 0.0                        |

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**Fiber, total dietary ( g ) Content of Selected Foods per Common Measure, sorted alphabetically**

| <b>NDB_No</b> | <b>Description</b>  | <b>Weight (g)</b> | <b>Common Measure</b> | <b>Content per Measure</b> |
|---------------|---|-------------------|-----------------------|----------------------------|
| 15077         | Fish, salmon, chinook, smoked   | 85.05             | 3 oz                  | 0.0                        |
| 15084         | Fish, salmon, pink, canned, solids with bone and liquid   | 85                | 3 oz                  | 0.0                        |
| 15086         | Fish, salmon, sockeye, cooked, dry heat   | 85                | 3 oz                  | 0.0                        |
| 15086         | Fish, salmon, sockeye, cooked, dry heat   | 155               | 1/2 fillet            | 0.0                        |
| 15088         | Fish, sardine, Atlantic, canned in oil, drained solids with bone  | 85.05             | 3 oz                  | 0.0                        |
| 15111         | Fish, swordfish, cooked, dry heat   | 106               | 1 piece               | 0.0                        |
| 15111         | Fish, swordfish, cooked, dry heat   | 85                | 3 oz                  | 0.0                        |
| 15241         | Fish, trout, rainbow, farmed, cooked, dry heat  | 85                | 3 oz                  | 0.0                        |
| 15128         | Fish, tuna salad  | 205               | 1 cup                 | 0.0                        |
| 15119         | Fish, tuna, light, canned in oil, drained solids  | 85.05             | 3 oz                  | 0.0                        |
| 15121         | Fish, tuna, light, canned in water, drained solids  | 85                | 3 oz                  | 0.0                        |
| 15126         | Fish, tuna, white, canned in water, drained solids  | 85                | 3 oz                  | 0.0                        |
| 15221         | Fish, tuna, yellowfin, fresh, cooked, dry heat  | 85                | 3 oz                  | 0.0                        |
| 07022         | Frankfurter, beef   | 45                | 1 frank               | 0.0                        |
| 07023         | Frankfurter, beef and pork  | 45                | 1 frank               | 0.0                        |
| 07024         | Frankfurter, chicken  | 45                | 1 frank               | 0.2                        |
| 18268         | French toast, frozen, ready-to-heat   | 59                | 1 slice               | 0.6                        |
| 19226         | Frostings, chocolate, creamy, ready-to-eat  | 38                | 1/12 package          | 0.3                        |
| 19230         | Frostings, vanilla, creamy, ready-to-eat  | 38                | 1/12 package          | 0.0                        |
| 19263         | Frozen novelties, fruit and juice bars  | 77                | 1 bar (2.5 fl oz)     | 0.8                        |
| 19281         | Frozen novelties, ice type, italian, restaurant-prepared  | 116               | 1/2 cup               | 0.0                        |
| 19283         | Frozen novelties, ice type, pop   | 59                | 1 bar (2 fl oz)       | 0.0                        |
| 19393         | Frozen yogurts, chocolate, soft-serve   | 72                | 1/2 cup               | 1.6                        |
| 19293         | Frozen yogurts, vanilla, soft-serve   | 72                | 1/2 cup               | 0.0                        |
| 19294         | Fruit butters, apple  | 17                | 1 tbsp                | 0.3                        |
| 09100         | Fruit cocktail, (peach and pineapple and pear and grape and cherry),<br>canned, heavy syrup, solids and liquids | 248               | 1 cup                 | 2.5                        |
| 09097         | Fruit cocktail, (peach and pineapple and pear and grape and cherry),<br>canned, juice pack, solids and liquids  | 237               | 1 cup                 | 2.4                        |
| 14267         | Fruit punch drink, with added nutrients, canned   | 248               | 8 fl oz               | 0.5                        |
| 09189         | Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and<br>grape and boysenberry), frozen, sweetened  | 250               | 1 cup                 | 4.8                        |
| 11215         | Garlic, raw   | 3                 | 1 clove               | 0.1                        |
| 19173         | Gelatin desserts, dry mix, prepared with water  | 135               | 1/2 cup               | 0.0                        |
| 19176         | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared<br>with water                              | 117               | 1/2 cup               | 0.0                        |
| 14277         | Grape drink, canned   | 250               | 8 fl oz               | 0.0                        |
| 09135         | Grape juice, canned or bottled, unsweetened, without added vitamin C  | 253               | 1 cup                 | 0.3                        |
| 09137         | Grape juice, frozen concentrate, sweetened, diluted with 3 volume<br>water, with added vitamin C                | 250               | 1 cup                 | 0.3                        |
| 09136         | Grape juice, frozen concentrate, sweetened, undiluted, with added<br>vitamin C                                  | 216               | 6-fl-oz can           | 0.6                        |
| 09124         | Grapefruit juice, white, canned, sweetened  | 250               | 1 cup                 | 0.3                        |
| 09123         | Grapefruit juice, white, canned, unsweetened  | 247               | 1 cup                 | 0.2                        |
| 09126         | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with<br>3 volume water                        | 247               | 1 cup                 | 0.2                        |
| 09125         | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted   | 207               | 6-fl-oz can           | 0.8                        |
| 09128         | Grapefruit juice, white, raw  | 247               | 1 cup                 | 0.2                        |
| 09112         | Grapefruit, raw, pink and red, all areas  | 123               | 1/2 grapefruit        | 2.0                        |
| 09116         | Grapefruit, raw, white, all areas   | 118               | 1/2 grapefruit        | 1.3                        |
| 09121         | Grapefruit, sections, canned, light syrup pack, solids and liquids  | 254               | 1 cup                 | 1.0                        |

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| <b>NDB_No</b> | <b>Description</b>   | <b>Weight (g)</b> | <b>Common Measure</b> | <b>Content per Measure</b> |
|---------------|--|-------------------|-----------------------|----------------------------|
| 09132         | Grapes, red or green (European type, such as Thompson seedless), raw   | 50                | 10 grapes             | 0.5                        |
| 09132         | Grapes, red or green (European type, such as Thompson seedless), raw   | 160               | 1 cup                 | 1.4                        |
| 06116         | Gravy, beef, canned, ready-to-serve  | 58.25             | 1/4 cup               | 0.2                        |
| 06119         | Gravy, chicken, canned, ready-to-serve   | 59.5              | 1/4 cup               | 0.2                        |
| 06121         | Gravy, mushroom, canned  | 59.6              | 1/4 cup               | 0.2                        |
| 06125         | Gravy, turkey, canned, ready-to-serve  | 59.6              | 1/4 cup               | 0.2                        |
| 07027         | Ham, chopped, not canned   | 21                | 2 slices              | 0.0                        |
| 07028         | Ham, sliced, extra lean  | 56.7              | 2 slices              | 0.0                        |
| 07029         | Ham, sliced, regular (approximately 11% fat)   | 56.7              | 2 slices              | 0.7                        |
| 11961         | Hearts of palm, canned   | 33                | 1 piece               | 0.8                        |
| 19296         | Honey  | 21                | 1 tbsp                | 0.0                        |
| 02055         | Horseradish, prepared  | 5                 | 1 tsp                 | 0.2                        |
| 16158         | Hummus, commercial   | 14                | 1 tbsp                | 0.8                        |
| 19270         | Ice creams, chocolate  | 66                | 1/2 cup               | 0.8                        |
| 19090         | Ice creams, french vanilla, soft-serve   | 86                | 1/2 cup               | 0.6                        |
| 19095         | Ice creams, vanilla  | 66                | 1/2 cup               | 0.5                        |
| 19088         | Ice creams, vanilla, light   | 66                | 1/2 cup               | 0.2                        |
| 19089         | Ice creams, vanilla, rich  | 74                | 1/2 cup               | 0.0                        |
| 19297         | Jams and preserves   | 20                | 1 tbsp                | 0.2                        |
| 19300         | Jellies  | 19                | 1 tbsp                | 0.2                        |
| 11226         | Jerusalem-artichokes, raw  | 150               | 1 cup                 | 2.4                        |
| 11234         | Kale, cooked, boiled, drained, without salt  | 130               | 1 cup                 | 2.6                        |
| 11236         | Kale, frozen, cooked, boiled, drained, without salt  | 130               | 1 cup                 | 2.6                        |
| 18505         | KELLOGG'S Eggo Lowfat Homestyle Waffles  | 35                | 1 waffle              | 0.4                        |
| 09148         | Kiwi fruit, (chinese gooseberries), fresh, raw   | 76                | 1 medium              | 2.3                        |
| 11242         | Kohlrabi, cooked, boiled, drained, without salt  | 165               | 1 cup                 | 1.8                        |
| 17012         | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85                | 3 oz                  | 0.0                        |
| 17014         | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted    | 85                | 3 oz                  | 0.0                        |
| 17024         | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                           | 85                | 3 oz                  | 0.0                        |
| 17027         | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                              | 85                | 3 oz                  | 0.0                        |
| 17031         | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted                            | 85                | 3 oz                  | 0.0                        |
| 17034         | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted                               | 85                | 3 oz                  | 0.0                        |
| 17044         | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised                  | 85                | 3 oz                  | 0.0                        |
| 17048         | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised                     | 85                | 3 oz                  | 0.0                        |
| 04002         | Lard   | 12.8              | 1 tbsp                | 0.0                        |
| 18369         | Leavening agents, baking powder, double-acting, sodium aluminum sulfate  | 4.6               | 1 tsp                 | 0.0                        |
| 18370         | Leavening agents, baking powder, double-acting, straight phosphate   | 4.6               | 1 tsp                 | 0.0                        |
| 18371         | Leavening agents, baking powder, low-sodium  | 5                 | 1 tsp                 | 0.1                        |
| 18372         | Leavening agents, baking soda  | 4.6               | 1 tsp                 | 0.0                        |
| 18373         | Leavening agents, cream of tartar  | 3                 | 1 tsp                 | 0.0                        |
| 18375         | Leavening agents, yeast, baker's, active dry   | 4                 | 1 tsp                 | 0.8                        |
| 18375         | Leavening agents, yeast, baker's, active dry   | 7                 | 1 pkg                 | 1.5                        |
| 18374         | Leavening agents, yeast, baker's, compressed   | 17                | 1 cake                | 1.4                        |

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| <b>NDB_No</b> | <b>Description</b>  | <b>Weight (g)</b> | <b>Common Measure</b> | <b>Content per Measure</b> |
|---------------|---|-------------------|-----------------------|----------------------------|
| 11247         | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt         | 104               | 1 cup                 | 1.0                        |
| 09153         | Lemon juice, canned or bottled  | 244               | 1 cup                 | 1.0                        |
| 09153         | Lemon juice, canned or bottled  | 15.2              | 1 tbsp                | 0.1                        |
| 09152         | Lemon juice, raw  | 47                | juice of 1 lemon      | 0.2                        |
| 14293         | Lemonade, frozen concentrate, white, prepared with water                            | 248               | 8 fl oz               | 0.0                        |
| 14290         | Lemonade, low calorie, with aspartame, powder, prepared with water                  | 237               | 8 fl oz               | 0.0                        |
| 14297         | Lemonade-flavor drink, powder, prepared with water                                  | 266               | 8 fl oz               | 0.0                        |
| 09150         | Lemons, raw, without peel   | 58                | 1 lemon               | 1.6                        |
| 16070         | Lentils, mature seeds, cooked, boiled, without salt                                 | 198               | 1 cup                 | 15.6                       |
| 11250         | Lettuce, butterhead (includes boston and bibb types), raw                           | 7.5               | 1 medium leaf         | 0.1                        |
| 11250         | Lettuce, butterhead (includes boston and bibb types), raw                           | 163               | 1 head                | 1.8                        |
| 11251         | Lettuce, cos or romaine, raw  | 56                | 1 cup                 | 1.2                        |
| 11251         | Lettuce, cos or romaine, raw  | 10                | 1 leaf                | 0.2                        |
| 11253         | Lettuce, green leaf, raw  | 10                | 1 leaf                | 0.1                        |
| 11253         | Lettuce, green leaf, raw  | 56                | 1 cup                 | 0.7                        |
| 11252         | Lettuce, iceberg (includes crisphead types), raw                                    | 55                | 1 cup                 | 0.7                        |
| 11252         | Lettuce, iceberg (includes crisphead types), raw                                    | 539               | 1 head                | 6.5                        |
| 11252         | Lettuce, iceberg (includes crisphead types), raw                                    | 8                 | 1 medium              | 0.1                        |
| 11040         | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt     | 180               | 1 cup                 | 10.8                       |
| 11038         | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 170               | 1 cup                 | 9.9                        |
| 16073         | Lima beans, large, mature seeds, canned   | 241               | 1 cup                 | 11.6                       |
| 16072         | Lima beans, large, mature seeds, cooked, boiled, without salt                       | 188               | 1 cup                 | 13.2                       |
| 09161         | Lime juice, canned or bottled, unsweetened  | 15.4              | 1 tbsp                | 0.1                        |
| 09161         | Lime juice, canned or bottled, unsweetened  | 246               | 1 cup                 | 1.0                        |
| 09160         | Lime juice, raw   | 38                | juice of 1 lime       | 0.2                        |
| 22247         | Macaroni and Cheese, canned entree  | 252               | 1 cup                 | 1.3                        |
| 20100         | Macaroni, cooked, enriched  | 140               | 1 cup                 | 2.5                        |
| 14315         | Malted drink mix, chocolate, with added nutrients, powder                           | 21                | 3 heaping tsp         | 1.0                        |
| 14316         | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 265               | 1 cup                 | 1.1                        |
| 14309         | Malted drink mix, natural, with added nutrients, powder                             | 21                | 4-5 heaping tsp       | 0.4                        |
| 14310         | Malted drink mix, natural, with added nutrients, powder, prepared with whole milk   | 265               | 1 cup                 | 0.0                        |
| 09176         | Mangos, raw   | 207               | 1 mango               | 3.7                        |
| 09176         | Mangos, raw   | 165               | 1 cup                 | 3.0                        |
| 04613         | Margarine, margarine-like vegetable oil spread, 60% fat, tub                        | 4.8               | 1 tsp                 | 0.0                        |
| 04611         | Margarine, regular, tub, composite, 80% fat, with salt                              | 14.2              | 1 tbsp                | 0.0                        |
| 04132         | Margarine, regular, unspecified oils, with salt added                               | 14.1              | 1 tbsp                | 0.0                        |
| 04612         | Margarine, vegetable oil spread, 60% fat, stick                                     | 4.8               | 1 tsp                 | 0.0                        |
| 04612         | Margarine, vegetable oil spread, 60% fat, stick                                     | 14.3              | 1 tbsp                | 0.0                        |
| 04585         | Margarine-butter blend, soybean oil and butter                                      | 14.2              | 1 tbsp                | 0.0                        |
| 04128         | Margarine-like spread, (approximately 37% fat), unspecified oils                    | 4.8               | 1 tsp                 | 0.0                        |
| 09181         | Melons, cantaloupe, raw   | 160               | 1 cup                 | 1.4                        |
| 09181         | Melons, cantaloupe, raw   | 69                | 1/8 melon             | 0.6                        |
| 09184         | Melons, honeydew, raw   | 160               | 1/8 melon             | 1.3                        |
| 09184         | Melons, honeydew, raw   | 170               | 1 cup                 | 1.4                        |
| 01110         | Milk shakes, thick chocolate  | 300               | 10.6 fl oz            | 0.9                        |

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| <b>NDB_No</b> | <b>Description</b>  | <b>Weight (g)</b> | <b>Common Measure</b> | <b>Content per Measure</b> |
|---------------|---|-------------------|-----------------------|----------------------------|
| 01111         | Milk shakes, thick vanilla  | 313               | 11 fl oz              | 0.0                        |
| 01094         | Milk, buttermilk, dried   | 6.5               | 1 tbsp                | 0.0                        |
| 01088         | Milk, buttermilk, fluid, cultured, lowfat                                 | 245               | 1 cup                 | 0.0                        |
| 01095         | Milk, canned, condensed, sweetened  | 306               | 1 cup                 | 0.0                        |
| 01097         | Milk, canned, evaporated, nonfat  | 256               | 1 cup                 | 0.0                        |
| 01096         | Milk, canned, evaporated, without added vitamin A                         | 252               | 1 cup                 | 0.0                        |
| 01104         | Milk, chocolate, fluid, commercial, lowfat                                | 250               | 1 cup                 | 1.3                        |
| 01103         | Milk, chocolate, fluid, commercial, reduced fat                           | 250               | 1 cup                 | 1.8                        |
| 01102         | Milk, chocolate, fluid, commercial, whole                                 | 250               | 1 cup                 | 2.0                        |
| 01092         | Milk, dry, nonfat, instant, with added vitamin A                          | 23                | 1/3 cup               | 0.0                        |
| 01082         | Milk, lowfat, fluid, 1% milkfat, with added vitamin A                     | 244               | 1 cup                 | 0.0                        |
| 01085         | Milk, nonfat, fluid, with added vitamin A (fat free or skim)              | 245               | 1 cup                 | 0.0                        |
| 01079         | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A                | 244               | 1 cup                 | 0.0                        |
| 01077         | Milk, whole, 3.25% milkfat  | 244               | 1 cup                 | 0.0                        |
| 16112         | Miso  | 68.75             | 1 cup                 | 3.7                        |
| 15160         | Mollusks, clam, mixed species, canned, drained solids                     | 85                | 3 oz                  | 0.0                        |
| 15157         | Mollusks, clam, mixed species, raw  | 85                | 3 oz                  | 0.0                        |
| 15167         | Mollusks, oyster, eastern, wild, raw                                      | 84                | 6 medium              | 0.0                        |
| 18274         | Muffins, blueberry, commercially prepared (Includes mini-muffins)         | 57                | 1 muffin              | 1.0                        |
| 18279         | Muffins, corn, commercially prepared                                      | 57                | 1 muffin              | 1.9                        |
| 18280         | Muffins, corn, dry mix, prepared  | 50                | 1 muffin              | 1.2                        |
| 18283         | Muffins, oat bran   | 57                | 1 muffin              | 2.6                        |
| 18388         | Muffins, wheat bran, toaster-type with raisins, toasted                   | 34                | 1 muffin              | 2.8                        |
| 11044         | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 124               | 1 cup                 | 1.0                        |
| 11043         | Mung beans, mature seeds, sprouted, raw                                   | 104               | 1 cup                 | 1.9                        |
| 11264         | Mushrooms, canned, drained solids   | 156               | 1 cup                 | 3.7                        |
| 11261         | Mushrooms, cooked, boiled, drained, without salt                          | 156               | 1 cup                 | 3.4                        |
| 11269         | Mushrooms, shiitake, cooked, without salt                                 | 145               | 1 cup                 | 3.0                        |
| 11268         | Mushrooms, shiitake, dried  | 3.6               | 1 mushroom            | 0.4                        |
| 11260         | Mushrooms, white, raw   | 70                | 1 cup                 | 0.7                        |
| 11271         | Mustard greens, cooked, boiled, drained, without salt                     | 140               | 1 cup                 | 2.8                        |
| 02046         | Mustard, prepared, yellow   | 5                 | 1 tsp or 1 packet     | 0.2                        |
| 18651         | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes           | 16                | 1 cookie              | 0.3                        |
| 09191         | Nectarines, raw   | 136               | 1 nectarine           | 2.3                        |
| 20113         | Noodles, chinese, chow mein   | 45                | 1 cup                 | 1.8                        |
| 20110         | Noodles, egg, cooked, enriched  | 160               | 1 cup                 | 1.9                        |
| 20112         | Noodles, egg, spinach, cooked, enriched                                   | 160               | 1 cup                 | 3.7                        |
| 12061         | Nuts, almonds   | 28.35             | 1 oz (24 nuts)        | 3.5                        |
| 12078         | Nuts, brazilnuts, dried, unblanched                                       | 28.35             | 1 oz (6-8 nuts)       | 2.1                        |
| 12585         | Nuts, cashew nuts, dry roasted, with salt added                           | 28.35             | 1 oz                  | 0.9                        |
| 12586         | Nuts, cashew nuts, oil roasted, with salt added                           | 28.35             | 1 oz (18 nuts)        | 0.9                        |
| 12167         | Nuts, chestnuts, european, roasted  | 143               | 1 cup                 | 7.3                        |
| 12179         | Nuts, coconut meat, dried (desiccated), sweetened, shredded               | 93                | 1 cup                 | 4.2                        |
| 12104         | Nuts, coconut meat, raw   | 45                | 1 piece               | 4.1                        |
| 12120         | Nuts, hazelnuts or filberts   | 28.35             | 1 oz                  | 2.7                        |
| 12632         | Nuts, macadamia nuts, dry roasted, with salt added                        | 28.35             | 1 oz (10-12 nuts)     | 2.3                        |
| 12635         | Nuts, mixed nuts, dry roasted, with peanuts, with salt added              | 28.35             | 1 oz                  | 2.6                        |

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|---------------|---|-------------------|-----------------------|----------------------------|
| 12637         | Nuts, mixed nuts, with peanuts, oil roasted, with salt added                                    | 28.35             | 1 oz                  | 2.6                        |
| 12142         | Nuts, pecans  | 28.35             | 1 oz (20 halves)      | 2.7                        |
| 12147         | Nuts, pine nuts, dried  | 28.35             | 1 oz                  | 1.0                        |
| 12147         | Nuts, pine nuts, dried  | 8.6               | 1 tbsp                | 0.3                        |
| 12652         | Nuts, pistachio nuts, dry roasted, with salt added  | 28.35             | 1 oz (47 nuts)        | 2.9                        |
| 12155         | Nuts, walnuts, english  | 28.35             | 1 oz (14 halves)      | 1.9                        |
| 20034         | Oat bran, cooked  | 219               | 1 cup                 | 5.7                        |
| 20033         | Oat bran, raw   | 94                | 1 cup                 | 14.5                       |
| 04053         | Oil, olive, salad or cooking  | 13.5              | 1 tbsp                | 0.0                        |
| 04042         | Oil, peanut, salad or cooking   | 13.5              | 1 tbsp                | 0.0                        |
| 04058         | Oil, sesame, salad or cooking   | 13.6              | 1 tbsp                | 0.0                        |
| 04034         | Oil, soybean, salad or cooking, (hydrogenated)  | 13.6              | 1 tbsp                | 0.0                        |
| 04543         | Oil, soybean, salad or cooking, (hydrogenated) and cottonseed                                   | 13.6              | 1 tbsp                | 0.0                        |
| 04511         | Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) | 13.6              | 1 tbsp                | 0.0                        |
| 04582         | Oil, vegetable, canola  | 14                | 1 tbsp                | 0.0                        |
| 04518         | Oil, vegetable, corn, industrial and retail, all purpose salad or cooking                       | 13.6              | 1 tbsp                | 0.0                        |
| 04506         | Oil, vegetable, sunflower, linoleic, (approx. 65%)  | 13.6              | 1 tbsp                | 0.0                        |
| 11279         | Okra, cooked, boiled, drained, without salt   | 160               | 1 cup                 | 4.0                        |
| 11281         | Okra, frozen, cooked, boiled, drained, without salt   | 184               | 1 cup                 | 5.2                        |
| 09193         | Olives, ripe, canned (small-extra large)  | 22                | 5 large               | 0.7                        |
| 11296         | Onion rings, breaded, par fried, frozen, prepared, heated in oven                               | 60                | 10 rings              | 0.8                        |
| 11283         | Onions, cooked, boiled, drained, without salt   | 94                | 1 medium              | 1.3                        |
| 11283         | Onions, cooked, boiled, drained, without salt   | 210               | 1 cup                 | 2.9                        |
| 11284         | Onions, dehydrated flakes   | 5                 | 1 tbsp                | 0.5                        |
| 11282         | Onions, raw   | 110               | 1 whole               | 1.9                        |
| 11282         | Onions, raw   | 14                | 1 slice               | 0.2                        |
| 11282         | Onions, raw   | 160               | 1 cup                 | 2.7                        |
| 11291         | Onions, spring or scallions (includes tops and bulb), raw                                       | 15                | 1 whole               | 0.4                        |
| 11291         | Onions, spring or scallions (includes tops and bulb), raw                                       | 100               | 1 cup                 | 2.6                        |
| 09207         | Orange juice, canned, unsweetened   | 249               | 1 cup                 | 0.5                        |
| 09209         | Orange juice, chilled, includes from concentrate  | 249               | 1 cup                 | 0.5                        |
| 09215         | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water                      | 249               | 1 cup                 | 0.5                        |
| 09214         | Orange juice, frozen concentrate, unsweetened, undiluted  | 213               | 6-fl-oz can           | 1.7                        |
| 09206         | Orange juice, raw   | 86                | juice from 1 orange   | 0.2                        |
| 09206         | Orange juice, raw   | 248               | 1 cup                 | 0.5                        |
| 09200         | Oranges, raw, all commercial varieties  | 180               | 1 cup                 | 4.3                        |
| 09200         | Oranges, raw, all commercial varieties  | 131               | 1 orange              | 3.1                        |
| 18288         | Pancakes plain, frozen, ready-to-heat (includes buttermilk)                                     | 36                | 1 pancake             | 0.9                        |
| 18290         | Pancakes, plain, dry mix, complete, prepared  | 38                | 1 pancake             | 0.5                        |
| 18292         | Pancakes, plain, dry mix, incomplete, prepared  | 38                | 1 pancake             | 0.7                        |
| 09226         | Papayas, raw  | 140               | 1 cup                 | 2.5                        |
| 09226         | Papayas, raw  | 304               | 1 papaya              | 5.5                        |
| 11297         | Parsley, raw  | 10                | 10 sprigs             | 0.3                        |
| 11299         | Parsnips, cooked, boiled, drained, without salt   | 156               | 1 cup                 | 5.6                        |
| 22907         | Pasta with meatballs in tomato sauce, canned entree   | 252               | 1 cup                 | 6.8                        |
| 09241         | Peaches, canned, heavy syrup pack, solids and liquids   | 262               | 1 cup                 | 3.4                        |
| 09241         | Peaches, canned, heavy syrup pack, solids and liquids   | 98                | 1 half                | 1.3                        |



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|---------------|---|-------------------|-----------------------|----------------------------|
| 09238         | Peaches, canned, juice pack, solids and liquids                     | 248               | 1 cup                 | 3.2                        |
| 09238         | Peaches, canned, juice pack, solids and liquids                     | 98                | 1 half                | 1.3                        |
| 09246         | Peaches, dried, sulfured, uncooked                                  | 39                | 3 halves              | 3.2                        |
| 09250         | Peaches, frozen, sliced, sweetened                                  | 250               | 1 cup                 | 4.5                        |
| 09236         | Peaches, raw  | 170               | 1 cup                 | 2.6                        |
| 09236         | Peaches, raw  | 98                | 1 peach               | 1.5                        |
| 16097         | Peanut butter, chunk style, with salt                               | 16                | 1 tbsp                | 1.3                        |
| 16098         | Peanut butter, smooth style, with salt                              | 16                | 1 tbsp                | 1.0                        |
| 16090         | Peanuts, all types, dry-roasted, with salt                          | 28.35             | 1 oz (approx 28)      | 2.3                        |
| 16390         | Peanuts, all types, dry-roasted, without salt                       | 28.35             | 1 oz (approx 28)      | 2.3                        |
| 16089         | Peanuts, all types, oil-roasted, with salt                          | 28.35             | 1 oz                  | 2.7                        |
| 09340         | Pears, asian, raw   | 122               | 1 pear                | 4.4                        |
| 09340         | Pears, asian, raw   | 275               | 1 pear                | 9.9                        |
| 09257         | Pears, canned, heavy syrup pack, solids and liquids                 | 266               | 1 cup                 | 4.3                        |
| 09257         | Pears, canned, heavy syrup pack, solids and liquids                 | 76                | 1 half                | 1.2                        |
| 09254         | Pears, canned, juice pack, solids and liquids                       | 76                | 1 half                | 1.2                        |
| 09254         | Pears, canned, juice pack, solids and liquids                       | 248               | 1 cup                 | 4.0                        |
| 09252         | Pears, raw  | 166               | 1 pear                | 5.1                        |
| 11301         | Peas, edible-podded, boiled, drained, without salt                  | 160               | 1 cup                 | 4.5                        |
| 11303         | Peas, edible-podded, frozen, cooked, boiled, drained, without salt  | 160               | 1 cup                 | 5.0                        |
| 11308         | Peas, green, canned, regular pack, drained solids                   | 170               | 1 cup                 | 7.0                        |
| 11313         | Peas, green, frozen, cooked, boiled, drained, without salt          | 160               | 1 cup                 | 8.8                        |
| 16086         | Peas, split, mature seeds, cooked, boiled, without salt             | 196               | 1 cup                 | 16.3                       |
| 11670         | Peppers, hot chili, green, raw                                      | 45                | 1 pepper              | 0.7                        |
| 11819         | Peppers, hot chili, red, raw  | 45                | 1 pepper              | 0.7                        |
| 11632         | Peppers, jalapeno, canned, solids and liquids                       | 26                | 1/4 cup               | 0.7                        |
| 11334         | Peppers, sweet, green, cooked, boiled, drained, without salt        | 136               | 1 cup                 | 1.6                        |
| 11333         | Peppers, sweet, green, raw  | 149               | 1 cup                 | 2.5                        |
| 11333         | Peppers, sweet, green, raw  | 119               | 1 pepper              | 2.0                        |
| 11333         | Peppers, sweet, green, raw  | 10                | 1 ring                | 0.2                        |
| 11823         | Peppers, sweet, red, cooked, boiled, drained, without salt          | 136               | 1 cup                 | 1.6                        |
| 11821         | Peppers, sweet, red, raw  | 119               | 1 pepper              | 2.5                        |
| 11821         | Peppers, sweet, red, raw  | 149               | 1 cup                 | 3.1                        |
| 11945         | Pickle relish, sweet  | 15                | 1 tbsp                | 0.2                        |
| 11937         | Pickles, cucumber, dill or kosher dill                              | 65                | 1 pickle              | 0.7                        |
| 18330         | Pie crust, cookie-type, prepared from recipe, graham cracker, baked | 239               | 1 pie shell           | 3.6                        |
| 18335         | Pie crust, standard-type, frozen, ready-to-bake, baked              | 126               | 1 pie shell           | 1.3                        |
| 18336         | Pie crust, standard-type, prepared from recipe, baked               | 180               | 1 pie shell           | 3.1                        |
| 19312         | Pie fillings, apple, canned   | 74                | 1/8 of 21-oz can      | 0.7                        |
| 19314         | Pie fillings, canned, cherry  | 74                | 1/8 of 21-oz can      | 0.4                        |
| 18301         | Pie, apple, commercially prepared, enriched flour                   | 117               | 1 piece               | 1.9                        |
| 18305         | Pie, blueberry, commercially prepared                               | 117               | 1 piece               | 1.2                        |
| 18308         | Pie, cherry, commercially prepared                                  | 117               | 1 piece               | 0.9                        |
| 18310         | Pie, chocolate creme, commercially prepared                         | 113               | 1 piece               | 2.3                        |
| 18316         | Pie, coconut custard, commercially prepared                         | 104               | 1 piece               | 1.9                        |
| 18444         | Pie, fried pies, cherry   | 128               | 1 pie                 | 3.3                        |
| 18319         | Pie, fried pies, fruit  | 128               | 1 pie                 | 3.3                        |
| 18320         | Pie, lemon meringue, commercially prepared                          | 113               | 1 piece               | 1.4                        |

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|---------------|--|-------------------|-----------------------|----------------------------|
| 18324         | Pie, pecan, commercially prepared  | 113               | 1 piece               | 4.0                        |
| 18326         | Pie, pumpkin, commercially prepared  | 109               | 1 piece               | 2.9                        |
| 11943         | Pimento, canned  | 12                | 1 tbsp                | 0.2                        |
| 14334         | Pineapple and grapefruit juice drink, canned   | 250               | 8 fl oz               | 0.3                        |
| 14341         | Pineapple and orange juice drink, canned   | 250               | 8 fl oz               | 0.3                        |
| 09273         | Pineapple juice, canned, unsweetened, without added ascorbic acid                          | 250               | 1 cup                 | 0.5                        |
| 09270         | Pineapple, canned, heavy syrup pack, solids and liquids                                    | 49                | 1 slice               | 0.4                        |
| 09270         | Pineapple, canned, heavy syrup pack, solids and liquids                                    | 254               | 1 cup                 | 2.0                        |
| 09268         | Pineapple, canned, juice pack, solids and liquids  | 249               | 1 cup                 | 2.0                        |
| 09268         | Pineapple, canned, juice pack, solids and liquids  | 47                | 1 slice               | 0.4                        |
| 09266         | Pineapple, raw, all varieties  | 155               | 1 cup                 | 2.2                        |
| 21224         | Pizza, cheese topping, regular crust, frozen, cooked                                       | 63                | 1 serving             | 1.4                        |
| 21226         | Pizza, meat and vegetable topping, regular crust, frozen, cooked                           | 79                | 1 serving             | 1.7                        |
| 09278         | Plantains, cooked  | 154               | 1 cup                 | 3.5                        |
| 09277         | Plantains, raw   | 179               | 1 medium              | 4.1                        |
| 09284         | Plums, canned, purple, heavy syrup pack, solids and liquids                                | 46                | 1 plum                | 0.4                        |
| 09284         | Plums, canned, purple, heavy syrup pack, solids and liquids                                | 258               | 1 cup                 | 2.3                        |
| 09282         | Plums, canned, purple, juice pack, solids and liquids                                      | 252               | 1 cup                 | 2.3                        |
| 09282         | Plums, canned, purple, juice pack, solids and liquids                                      | 46                | 1 plum                | 0.4                        |
| 09292         | Plums, dried (prunes), stewed, without added sugar   | 248               | 1 cup                 | 7.7                        |
| 09291         | Plums, dried (prunes), uncooked  | 42                | 5 prunes              | 3.0                        |
| 09279         | Plums, raw   | 66                | 1 plum                | 0.9                        |
| 07065         | Pork and beef sausage, fresh, cooked   | 26                | 2 links               | 0.0                        |
| 07064         | Pork sausage, fresh, cooked  | 26                | 2 links               | 0.0                        |
| 07064         | Pork sausage, fresh, cooked  | 27                | 1 patty               | 0.0                        |
| 10124         | Pork, cured, bacon, cooked, broiled, pan-fried or roasted                                  | 19                | 3 medium slices       | 0.0                        |
| 10131         | Pork, cured, canadian-style bacon, grilled   | 46.5              | 2 slices              | 0.0                        |
| 10185         | Pork, cured, ham, extra lean and regular, canned, roasted                                  | 85                | 3 oz                  | 0.0                        |
| 10151         | Pork, cured, ham, whole, separable lean and fat, roasted                                   | 85                | 3 oz                  | 0.0                        |
| 10153         | Pork, cured, ham, whole, separable lean only, roasted                                      | 85                | 3 oz                  | 0.0                        |
| 10193         | Pork, fresh, backribs, separable lean and fat, cooked, roasted                             | 85                | 3 oz                  | 0.0                        |
| 10009         | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted                     | 85                | 3 oz                  | 0.0                        |
| 10011         | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted                        | 85                | 3 oz                  | 0.0                        |
| 10038         | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled   | 85                | 3 oz                  | 0.0                        |
| 10179         | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 85                | 3 oz                  | 0.0                        |
| 10042         | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled      | 85                | 3 oz                  | 0.0                        |
| 10176         | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried    | 85                | 3 oz                  | 0.0                        |
| 10047         | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted   | 85                | 3 oz                  | 0.0                        |
| 10051         | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted      | 85                | 3 oz                  | 0.0                        |
| 10205         | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised             | 85                | 3 oz                  | 0.0                        |
| 10075         | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised                 | 85                | 3 oz                  | 0.0                        |
| 10078         | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised                    | 85                | 3 oz                  | 0.0                        |
| 10089         | Pork, fresh, spareribs, separable lean and fat, cooked, braised                            | 85                | 3 oz                  | 0.0                        |
| 11672         | Potato pancakes  | 76                | 1 pancake             | 2.4                        |

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|---------------|---|-------------------|-----------------------|----------------------------|
| 11399         | Potato puffs, frozen, oven-heated   | 79                | 10 puffs              | 2.0                        |
| 11414         | Potato salad, home-prepared   | 250               | 1 cup                 | 3.3                        |
| 11674         | Potato, baked, flesh and skin, without salt   | 202               | 1 potato              | 4.4                        |
| 11385         | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter                        | 245               | 1 cup                 | 2.2                        |
| 11373         | Potatoes, au gratin, home-prepared from recipe using butter                                     | 245               | 1 cup                 | 4.4                        |
| 11363         | Potatoes, baked, flesh, without salt  | 156               | 1 potato              | 2.3                        |
| 11364         | Potatoes, baked, skin, without salt   | 58                | 1 skin                | 4.6                        |
| 11365         | Potatoes, boiled, cooked in skin, flesh, without salt   | 136               | 1 potato              | 2.4                        |
| 11367         | Potatoes, boiled, cooked without skin, flesh, without salt                                      | 156               | 1 cup                 | 2.8                        |
| 11367         | Potatoes, boiled, cooked without skin, flesh, without salt                                      | 135               | 1 potato              | 2.4                        |
| 11403         | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated | 50                | 10 strips             | 1.4                        |
| 11391         | Potatoes, hashed brown, frozen, plain, prepared   | 29                | 1 patty               | 0.6                        |
| 11370         | Potatoes, hashed brown, home-prepared   | 156               | 1 cup                 | 5.0                        |
| 11379         | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added    | 210               | 1 cup                 | 1.7                        |
| 11657         | Potatoes, mashed, home-prepared, whole milk added   | 210               | 1 cup                 | 3.2                        |
| 11371         | Potatoes, mashed, home-prepared, whole milk and margarine added                                 | 210               | 1 cup                 | 3.2                        |
| 11387         | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter                        | 245               | 1 cup                 | 2.7                        |
| 11372         | Potatoes, scalloped, home-prepared with butter  | 245               | 1 cup                 | 4.7                        |
| 05306         | Poultry food products, ground turkey, cooked  | 82                | 1 patty               | 0.0                        |
| 09294         | Prune juice, canned   | 256               | 1 cup                 | 2.6                        |
| 19123         | Puddings, chocolate, dry mix, instant, prepared with 2% milk                                    | 147               | 1/2 cup               | 0.6                        |
| 19190         | Puddings, chocolate, dry mix, regular, prepared with 2% milk                                    | 142               | 1/2 cup               | 0.4                        |
| 19183         | Puddings, chocolate, ready-to-eat   | 113               | 4 oz                  | 0.0                        |
| 19193         | Puddings, rice, ready-to-eat  | 113.4             | 4 oz                  | 1.0                        |
| 19218         | Puddings, tapioca, ready-to-eat   | 113               | 4 oz                  | 0.0                        |
| 19212         | Puddings, vanilla, dry mix, regular, prepared with 2% milk                                      | 140               | 1/2 cup               | 0.0                        |
| 19201         | Puddings, vanilla, ready-to-eat   | 113               | 4 oz                  | 0.0                        |
| 11424         | Pumpkin, canned, without salt   | 245               | 1 cup                 | 7.1                        |
| 11423         | Pumpkin, cooked, boiled, drained, without salt  | 245               | 1 cup                 | 2.7                        |
| 11429         | Radishes, raw   | 4.5               | 1 radish              | 0.1                        |
| 09298         | Raisins, seedless   | 145               | 1 cup                 | 5.4                        |
| 09298         | Raisins, seedless   | 14                | 1 packet              | 0.5                        |
| 09306         | Raspberries, frozen, red, sweetened   | 250               | 1 cup                 | 11.0                       |
| 09302         | Raspberries, raw  | 123               | 1 cup                 | 8.0                        |
| 16103         | Refried beans, canned (includes USDA commodity)   | 252               | 1 cup                 | 13.4                       |
| 09310         | Rhubarb, frozen, cooked, with sugar   | 240               | 1 cup                 | 4.8                        |
| 20037         | Rice, brown, long-grain, cooked   | 195               | 1 cup                 | 3.5                        |
| 20047         | Rice, white, long-grain, parboiled, enriched, cooked  | 175               | 1 cup                 | 1.6                        |
| 20046         | Rice, white, long-grain, parboiled, enriched, dry   | 185               | 1 cup                 | 4.1                        |
| 20049         | Rice, white, long-grain, precooked or instant, enriched, prepared                               | 165               | 1 cup                 | 1.0                        |
| 20045         | Rice, white, long-grain, regular, cooked  | 158               | 1 cup                 | 0.6                        |
| 20044         | Rice, white, long-grain, regular, raw, enriched   | 185               | 1 cup                 | 2.4                        |
| 18342         | Rolls, dinner, plain, commercially prepared (includes brown-and-serve)                          | 28                | 1 roll                | 0.6                        |
| 18350         | Rolls, hamburger or hotdog, plain   | 43                | 1 roll                | 0.9                        |
| 18353         | Rolls, hard (includes kaiser)   | 57                | 1 roll                | 1.3                        |
| 11436         | Rutabagas, cooked, boiled, drained, without salt  | 170               | 1 cup                 | 3.1                        |

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|---------------|---|-------------------|-----------------------|----------------------------|
| 04539         | Salad dressing, blue or roquefort cheese dressing, commercial, regular            | 15.3              | 1 tbsp                | 0.0                        |
| 04120         | Salad dressing, french dressing, commercial, regular                              | 15.6              | 1 tbsp                | 0.0                        |
| 04020         | Salad dressing, french dressing, reduced fat                                      | 16.3              | 1 tbsp                | 0.2                        |
| 04133         | Salad dressing, french, home recipe   | 14                | 1 tbsp                | 0.0                        |
| 04134         | Salad dressing, home recipe, cooked   | 16                | 1 tbsp                | 0.0                        |
| 04135         | Salad dressing, home recipe, vinegar and oil                                      | 15.6              | 1 tbsp                | 0.0                        |
| 04114         | Salad dressing, italian dressing, commercial, regular                             | 14.7              | 1 tbsp                | 0.0                        |
| 04021         | Salad dressing, italian dressing, reduced fat                                     | 15                | 1 tbsp                | 0.0                        |
| 04025         | Salad dressing, mayonnaise, soybean oil, with salt                                | 13.8              | 1 tbsp                | 0.0                        |
| 04015         | Salad dressing, russian dressing  | 15.3              | 1 tbsp                | 0.3                        |
| 04022         | Salad dressing, russian dressing, low calorie                                     | 16.3              | 1 tbsp                | 0.0                        |
| 04023         | Salad dressing, thousand island dressing, reduced fat                             | 15.3              | 1 tbsp                | 0.2                        |
| 04017         | Salad dressing, thousand island, commercial, regular                              | 15.6              | 1 tbsp                | 0.1                        |
| 07069         | Salami, cooked, beef and pork   | 56.7              | 2 slices              | 0.0                        |
| 07072         | Salami, dry or hard, pork, beef   | 20                | 2 slices              | 0.0                        |
| 02047         | Salt, table   | 6                 | 1 tsp                 | 0.0                        |
| 07073         | Sandwich spread, pork, beef   | 15                | 1 tbsp                | 0.0                        |
| 06150         | Sauce, barbecue   | 15.75             | 1 tbsp                | 0.1                        |
| 06930         | Sauce, cheese, ready-to-serve   | 63                | 1/4 cup               | 0.3                        |
| 06175         | Sauce, hoisin, ready-to-serve   | 16                | 1 tbsp                | 0.4                        |
| 06166         | Sauce, homemade, white, medium  | 250               | 1 cup                 | 0.5                        |
| 06931         | Sauce, pasta, spaghetti/marinara, ready-to-serve                                  | 250               | 1 cup                 | 6.5                        |
| 06168         | Sauce, ready-to-serve, pepper or hot  | 4.7               | 1 tsp                 | 0.0                        |
| 06164         | Sauce, salsa, ready-to-serve  | 16                | 1 tbsp                | 0.3                        |
| 06112         | Sauce, teriyaki, ready-to-serve   | 18                | 1 tbsp                | 0.0                        |
| 11439         | Sauerkraut, canned, solids and liquids  | 236               | 1 cup                 | 6.8                        |
| 07083         | Sausage, Vienna, canned, chicken, beef, pork                                      | 16                | 1 sausage             | 0.0                        |
| 11445         | Seaweed, kelp, raw  | 10                | 2 tbsp                | 0.1                        |
| 11667         | Seaweed, spirulina, dried   | 0.93              | 1 tbsp                | 0.0                        |
| 12516         | Seeds, pumpkin and squash seed kernels, roasted, with salt added                  | 28.35             | 1 oz (142 seeds)      | 1.1                        |
| 12166         | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 15                | 1 tbsp                | 1.4                        |
| 12201         | Seeds, sesame seed kernels, dried (decorticated)                                  | 8                 | 1 tbsp                | 0.9                        |
| 12537         | Seeds, sunflower seed kernels, dry roasted, with salt added                       | 28.35             | 1 oz                  | 2.6                        |
| 12537         | Seeds, sunflower seed kernels, dry roasted, with salt added                       | 32                | 1/4 cup               | 2.9                        |
| 14346         | Shake, fast food, chocolate   | 333               | 16 fl oz              | 6.3                        |
| 14347         | Shake, fast food, vanilla   | 333               | 16 fl oz              | 3.0                        |
| 19097         | Sherbet, orange   | 74                | 1/2 cup               | 1.0                        |
| 04031         | Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)           | 12.8              | 1 tbsp                | 0.0                        |
| 19002         | Snacks, beef jerky, chopped and formed  | 19.8              | 1 large piece         | 0.4                        |
| 19033         | Snacks, CHEX mix  | 28.35             | 1 oz (about 2/3 cup)  | 1.6                        |
| 19004         | Snacks, corn-based, extruded, chips, barbecue-flavor                              | 28.35             | 1 oz                  | 1.5                        |
| 19003         | Snacks, corn-based, extruded, chips, plain  | 28.35             | 1 oz                  | 1.5                        |
| 19008         | Snacks, corn-based, extruded, puffs or twists, cheese-flavor                      | 28.35             | 1 oz                  | 0.6                        |
| 19013         | Snacks, fruit leather, pieces   | 28.35             | 1 oz                  | 0.0                        |
| 19014         | Snacks, fruit leather, rolls  | 21                | 1 large               | 0.0                        |
| 19015         | Snacks, granola bars, hard, plain   | 28.35             | 1 bar                 | 1.5                        |

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| <b>NDB_No</b> | <b>Description</b>  | <b>Weight (g)</b> | <b>Common Measure</b> | <b>Content per Measure</b> |
|---------------|---|-------------------|-----------------------|----------------------------|
| 19026         | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter             | 28.35             | 1 bar                 | 0.8                        |
| 19404         | Snacks, granola bars, soft, uncoated, chocolate chip                                  | 28.35             | 1 bar                 | 1.1                        |
| 19022         | Snacks, granola bars, soft, uncoated, raisin  | 28.35             | 1 bar                 | 1.2                        |
| 19441         | Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled                      | 37                | 1 bar                 | 0.8                        |
| 19438         | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares                               | 22                | 1 bar                 | 0.1                        |
| 19031         | Snacks, oriental mix, rice-based  | 28.35             | 1 oz (about 1/4 cup)  | 3.7                        |
| 19034         | Snacks, popcorn, air-popped   | 8                 | 1 cup                 | 1.2                        |
| 19036         | Snacks, popcorn, cakes  | 10                | 1 cake                | 0.3                        |
| 19038         | Snacks, popcorn, caramel-coated, with peanuts   | 42                | 1 cup                 | 1.6                        |
| 19039         | Snacks, popcorn, caramel-coated, without peanuts                                      | 35.2              | 1 cup                 | 1.8                        |
| 19040         | Snacks, popcorn, cheese-flavor  | 11                | 1 cup                 | 1.1                        |
| 19035         | Snacks, popcorn, oil-popped, microwave, regular flavor                                | 11                | 1 cup                 | 0.9                        |
| 19041         | Snacks, pork skins, plain   | 28.35             | 1 oz                  | 0.0                        |
| 19042         | Snacks, potato chips, barbecue-flavor   | 28.35             | 1 oz                  | 1.2                        |
| 19045         | Snacks, potato chips, made from dried potatoes, light                                 | 28.35             | 1 oz                  | 1.0                        |
| 19410         | Snacks, potato chips, made from dried potatoes, plain                                 | 28.35             | 1 oz                  | 1.0                        |
| 19046         | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor           | 28.35             | 1 oz                  | 0.3                        |
| 19411         | Snacks, potato chips, plain, salted   | 28.35             | 1 oz                  | 1.2                        |
| 19811         | Snacks, potato chips, plain, unsalted   | 28.35             | 1 oz                  | 1.4                        |
| 19422         | Snacks, potato chips, reduced fat   | 28.35             | 1 oz                  | 1.7                        |
| 19043         | Snacks, potato chips, sour-cream-and-onion-flavor                                     | 28.35             | 1 oz                  | 1.5                        |
| 19047         | Snacks, pretzels, hard, plain, salted   | 60                | 10 pretzels           | 1.8                        |
| 19051         | Snacks, rice cakes, brown rice, plain   | 9                 | 1 cake                | 0.4                        |
| 19057         | Snacks, tortilla chips, nacho cheese  | 28.35             | 1 oz                  | 1.3                        |
| 19424         | Snacks, tortilla chips, nacho-flavor, reduced fat                                     | 28.35             | 1 oz                  | 1.4                        |
| 19056         | Snacks, tortilla chips, plain, white corn   | 28.35             | 1 oz                  | 1.5                        |
| 06007         | Soup, bean with ham, canned, chunky, ready-to-serve, commercial                       | 243               | 1 cup                 | 11.2                       |
| 06404         | Soup, bean with pork, canned, prepared with equal volume water                        | 253               | 1 cup                 | 7.3                        |
| 06075         | Soup, beef broth or bouillon, powder, dry   | 6                 | 1 packet              | 0.0                        |
| 06432         | Soup, beef broth, bouillon, consomme, prepared with equal volume water                | 241               | 1 cup                 | 0.0                        |
| 06409         | Soup, beef noodle, canned, prepared with equal volume water                           | 244               | 1 cup                 | 0.7                        |
| 06419         | Soup, chicken noodle, canned, prepared with equal volume water                        | 241               | 1 cup                 | 0.5                        |
| 06528         | Soup, chicken noodle, dry, mix, prepared with water                                   | 252.3             | 1 cup                 | 0.3                        |
| 06423         | Soup, chicken with rice, canned, prepared with equal volume water                     | 241               | 1 cup                 | 0.7                        |
| 06018         | Soup, chunky chicken noodle, canned, ready-to-serve                                   | 240               | 1 cup                 | 1.0                        |
| 06067         | Soup, chunky vegetable, canned, ready-to-serve  | 240               | 1 cup                 | 1.2                        |
| 06428         | Soup, clam chowder, manhattan, canned, prepared with equal volume water               | 244               | 1 cup                 | 1.5                        |
| 06230         | Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk | 248               | 1 cup                 | 0.7                        |
| 06216         | Soup, cream of chicken, canned, prepared with equal volume milk                       | 248               | 1 cup                 | 0.2                        |
| 06416         | Soup, cream of chicken, canned, prepared with equal volume water                      | 244               | 1 cup                 | 0.2                        |
| 06243         | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk         | 248               | 1 cup                 | 0.0                        |
| 06443         | Soup, cream of mushroom, canned, prepared with equal volume water                     | 244               | 1 cup                 | 0.0                        |
| 06440         | Soup, minestrone, canned, prepared with equal volume water                            | 241               | 1 cup                 | 1.0                        |
| 06094         | Soup, onion, dry, mix   | 39                | 1 packet              | 2.6                        |

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|---------------|---|-------------------|-----------------------|----------------------------|
| 06494         | Soup, onion, dry, mix, prepared with water                              | 246               | 1 cup                 | 0.7                        |
| 06449         | Soup, pea, green, canned, prepared with equal volume water              | 250               | 1 cup                 | 4.8                        |
| 06174         | Soup, stock, fish, home-prepared  | 233               | 1 cup                 | 0.0                        |
| 06359         | Soup, tomato, canned, prepared with equal volume low fat (2%) milk      | 248               | 1 cup                 | 1.5                        |
| 06559         | Soup, tomato, canned, prepared with equal volume water, commercial      | 244               | 1 cup                 | 1.5                        |
| 06471         | Soup, vegetable beef, canned, prepared with equal volume water          | 244               | 1 cup                 | 2.0                        |
| 06468         | Soup, vegetarian vegetable, canned, prepared with equal volume water    | 241               | 1 cup                 | 0.7                        |
| 01058         | Sour dressing, non-butterfat, cultured, filled cream-type               | 12                | 1 tbsp                | 0.0                        |
| 16123         | Soy sauce made from soy and wheat (shoyu)                               | 16                | 1 tbsp                | 0.1                        |
| 11451         | Soybeans, green, cooked, boiled, drained, without salt                  | 180               | 1 cup                 | 7.6                        |
| 16109         | Soybeans, mature cooked, boiled, without salt                           | 172               | 1 cup                 | 10.3                       |
| 16120         | Soymilk, original and vanilla, unfortified                              | 245               | 1 cup                 | 1.5                        |
| 22401         | Spaghetti with meat sauce, frozen entree                                | 283               | 1 package             | 5.1                        |
| 20121         | Spaghetti, cooked, enriched, without added salt                         | 140               | 1 cup                 | 2.5                        |
| 20125         | Spaghetti, whole-wheat, cooked  | 140               | 1 cup                 | 6.3                        |
| 02007         | Spices, celery seed   | 2                 | 1 tsp                 | 0.2                        |
| 02009         | Spices, chili powder  | 2.6               | 1 tsp                 | 0.9                        |
| 02010         | Spices, cinnamon, ground  | 2.3               | 1 tsp                 | 1.2                        |
| 02015         | Spices, curry powder  | 2                 | 1 tsp                 | 0.7                        |
| 02020         | Spices, garlic powder   | 2.8               | 1 tsp                 | 0.3                        |
| 02026         | Spices, onion powder  | 2.1               | 1 tsp                 | 0.1                        |
| 02027         | Spices, oregano, dried  | 1.5               | 1 tsp                 | 0.6                        |
| 02028         | Spices, paprika   | 2.1               | 1 tsp                 | 0.8                        |
| 02029         | Spices, parsley, dried  | 1.3               | 1 tbsp                | 0.4                        |
| 02030         | Spices, pepper, black   | 2.1               | 1 tsp                 | 0.6                        |
| 11658         | Spinach souffle   | 136               | 1 cup                 | 1.0                        |
| 11461         | Spinach, canned, drained solids   | 214               | 1 cup                 | 5.1                        |
| 11458         | Spinach, cooked, boiled, drained, without salt                          | 180               | 1 cup                 | 4.3                        |
| 11464         | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 190               | 1 cup                 | 7.0                        |
| 11457         | Spinach, raw  | 10                | 1 leaf                | 0.2                        |
| 11457         | Spinach, raw  | 30                | 1 cup                 | 0.7                        |
| 11642         | Squash, summer, all varieties, cooked, boiled, drained, without salt    | 180               | 1 cup                 | 2.5                        |
| 11641         | Squash, summer, all varieties, raw                                      | 113               | 1 cup                 | 1.2                        |
| 11644         | Squash, winter, all varieties, cooked, baked, without salt              | 205               | 1 cup                 | 5.7                        |
| 09320         | Strawberries, frozen, sweetened, sliced                                 | 255               | 1 cup                 | 4.8                        |
| 09316         | Strawberries, raw   | 18                | 1 strawberry          | 0.4                        |
| 09316         | Strawberries, raw   | 12                | 1 strawberry          | 0.2                        |
| 09316         | Strawberries, raw   | 166               | 1 cup                 | 3.3                        |
| 19334         | Sugars, brown   | 3.2               | 1 tsp                 | 0.0                        |
| 19335         | Sugars, granulated  | 4.2               | 1 tsp                 | 0.0                        |
| 19336         | Sugars, powdered  | 8                 | 1 tbsp                | 0.0                        |
| 11647         | Sweet potato, canned, syrup pack, drained solids                        | 196               | 1 cup                 | 5.9                        |
| 11512         | Sweet potato, canned, vacuum pack                                       | 255               | 1 cup                 | 4.6                        |
| 11508         | Sweet potato, cooked, baked in skin, without salt                       | 146               | 1 potato              | 4.8                        |
| 11510         | Sweet potato, cooked, boiled, without skin                              | 156               | 1 potato              | 3.9                        |
| 11659         | Sweet potato, cooked, candied, home-prepared                            | 105               | 1 piece               | 2.5                        |
| 18356         | Sweet rolls, cinnamon, commercially prepared with raisins               | 60                | 1 roll                | 1.4                        |
| 19348         | Syrups, chocolate, fudge-type   | 19                | 1 tbsp                | 0.5                        |

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|---------------|---|-------------------|-----------------------|----------------------------|
| 19350         | Syrups, corn, light   | 20                | 1 tbsp                | 0.0                        |
| 19353         | Syrups, maple   | 20                | 1 tbsp                | 0.0                        |
| 19129         | Syrups, table blends, pancake   | 20                | 1 tbsp                | 0.0                        |
| 19128         | Syrups, table blends, pancake, reduced-calorie  | 15                | 1 tbsp                | 0.0                        |
| 18360         | Taco shells, baked  | 13.3              | 1 medium              | 0.6                        |
| 09223         | Tangerine juice, canned, sweetened  | 249               | 1 cup                 | 0.5                        |
| 09220         | Tangerines, (mandarin oranges), canned, light syrup pack  | 252               | 1 cup                 | 1.8                        |
| 09218         | Tangerines, (mandarin oranges), raw   | 84                | 1 tangerine           | 1.5                        |
| 20068         | Tapioca, pearl, dry   | 152               | 1 cup                 | 1.4                        |
| 14355         | Tea, brewed, prepared with tap water  | 178               | 6 fl oz               | 0.0                        |
| 14545         | Tea, herb, chamomile, brewed  | 178               | 6 fl oz               | 0.0                        |
| 14381         | Tea, herb, other than chamomile, brewed   | 178               | 6 fl oz               | 0.0                        |
| 14376         | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared                           | 237               | 8 fl oz               | 0.0                        |
| 14371         | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259               | 8 fl oz               | 0.3                        |
| 14367         | Tea, instant, unsweetened, powder, prepared   | 237               | 8 fl oz               | 0.0                        |
| 18361         | Toaster pastries, brown-sugar-cinnamon  | 50                | 1 pastry              | 0.5                        |
| 18362         | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)                           | 52                | 1 pastry              | 0.6                        |
| 18482         | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge                           | 52                | 1 pastry              | 0.6                        |
| 16126         | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)                         | 81                | 1/4 block             | 0.7                        |
| 16127         | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)                         | 120               | 1 piece               | 0.2                        |
| 11954         | Tomatillos, raw   | 34                | 1 medium              | 0.6                        |
| 11540         | Tomato juice, canned, with salt added   | 243               | 1 cup                 | 1.0                        |
| 11546         | Tomato products, canned, paste, without salt added  | 262               | 1 cup                 | 10.7                       |
| 11547         | Tomato products, canned, puree, without salt added  | 250               | 1 cup                 | 4.8                        |
| 11549         | Tomato products, canned, sauce  | 245               | 1 cup                 | 3.7                        |
| 11531         | Tomatoes, red, ripe, canned, packed in tomato juice   | 240               | 1 cup                 | 2.4                        |
| 11533         | Tomatoes, red, ripe, canned, stewed   | 255               | 1 cup                 | 2.6                        |
| 11529         | Tomatoes, red, ripe, raw, year round average  | 20                | 1 slice               | 0.2                        |
| 11529         | Tomatoes, red, ripe, raw, year round average  | 180               | 1 cup                 | 2.2                        |
| 11529         | Tomatoes, red, ripe, raw, year round average  | 123               | 1 tomato              | 1.5                        |
| 11529         | Tomatoes, red, ripe, raw, year round average  | 17                | 1 cherry tomato       | 0.2                        |
| 11955         | Tomatoes, sun-dried   | 2                 | 1 piece               | 0.2                        |
| 11956         | Tomatoes, sun-dried, packed in oil, drained   | 3                 | 1 piece               | 0.2                        |
| 18363         | Tortillas, ready-to-bake or -fry, corn  | 26                | 1 tortilla            | 1.6                        |
| 18364         | Tortillas, ready-to-bake or -fry, flour   | 32                | 1 tortilla            | 1.0                        |
| 05286         | Turkey and gravy, frozen  | 142               | 5-oz package          | 0.0                        |
| 05292         | Turkey patties, breaded, battered, fried  | 64                | 1 patty               | 0.3                        |
| 05296         | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted                            | 85.05             | 3 oz                  | 0.0                        |
| 05188         | Turkey, all classes, dark meat, cooked, roasted   | 84                | 3 oz                  | 0.0                        |
| 05172         | Turkey, all classes, giblets, cooked, simmered, some giblet fat                                   | 145               | 1 cup                 | 0.0                        |
| 05186         | Turkey, all classes, light meat, cooked, roasted  | 84                | 3 oz                  | 0.0                        |
| 05168         | Turkey, all classes, meat only, cooked, roasted   | 140               | 1 cup                 | 0.0                        |
| 05180         | Turkey, all classes, neck, meat only, cooked, simmered  | 152               | 1 neck                | 0.0                        |
| 11569         | Turnip greens, cooked, boiled, drained, without salt  | 144               | 1 cup                 | 5.0                        |
| 11575         | Turnip greens, frozen, cooked, boiled, drained, without salt                                      | 164               | 1 cup                 | 5.6                        |

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|---------------|--|-------------------|-----------------------|----------------------------|
| 11565         | Turnips, cooked, boiled, drained, without salt                         | 156               | 1 cup                 | 3.1                        |
| 02050         | Vanilla extract  | 4.2               | 1 tsp                 | 0.0                        |
| 17095         | Veal, leg (top round), separable lean and fat, cooked, braised         | 85                | 3 oz                  | 0.0                        |
| 17112         | Veal, rib, separable lean and fat, cooked, roasted                     | 85                | 3 oz                  | 0.0                        |
| 11578         | Vegetable juice cocktail, canned                                       | 242               | 1 cup                 | 1.9                        |
| 11581         | Vegetables, mixed, canned, drained solids                              | 163               | 1 cup                 | 4.9                        |
| 11584         | Vegetables, mixed, frozen, cooked, boiled, drained, without salt       | 182               | 1 cup                 | 8.0                        |
| 02048         | Vinegar, cider   | 15                | 1 tbsp                | 0.0                        |
| 18403         | Waffles, plain, frozen, ready -to-heat, toasted                        | 33                | 1 waffle              | 0.8                        |
| 14429         | Water, tap, municipal  | 237               | 8 fl oz               | 0.0                        |
| 11590         | Waterchestnuts, chinese, canned, solids and liquids                    | 140               | 1 cup                 | 3.5                        |
| 09326         | Watermelon, raw  | 286               | 1 wedge               | 1.1                        |
| 09326         | Watermelon, raw  | 152               | 1 cup                 | 0.6                        |
| 20081         | Wheat flour, white, all-purpose, enriched, bleached                    | 125               | 1 cup                 | 3.4                        |
| 20082         | Wheat flour, white, all-purpose, self-rising, enriched                 | 125               | 1 cup                 | 3.4                        |
| 20083         | Wheat flour, white, bread, enriched                                    | 137               | 1 cup                 | 3.3                        |
| 20084         | Wheat flour, white, cake, enriched                                     | 137               | 1 cup                 | 2.3                        |
| 20080         | Wheat flour, whole-grain   | 120               | 1 cup                 | 14.6                       |
| 20089         | Wild rice, cooked  | 164               | 1 cup                 | 3.0                        |
| 22120         | WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger"<br>Crumbles              | 110               | 1 cup                 | 4.6                        |
| 22121         | WORTHINGTON FOODS, MORNINGSTAR FARMS Grillers<br>Vegan Burgers, frozen | 85                | 1 patty               | 4.5                        |
| 01121         | Yogurt, fruit, low fat, 10 grams protein per 8 ounce                   | 227               | 8-oz container        | 0.0                        |
| 01117         | Yogurt, plain, low fat, 12 grams protein per 8 ounce                   | 227               | 8-oz container        | 0.0                        |
| 01118         | Yogurt, plain, skim milk, 13 grams protein per 8 ounce                 | 227               | 8-oz container        | 0.0                        |
| 01116         | Yogurt, plain, whole milk, 8 grams protein per 8 ounce                 | 227               | 8-oz container        | 0.0                        |