14006 Alcoholic beverage, beer, light 354 14003 Alcoholic beverage, beer, regular, all 355	12 fl oz 12 fl oz 2 fl oz 1.5 fl oz	74 96
	2 fl oz	96
14010 Alashalia hayaraga daigyini managad from posing		
14010 Alcoholic beverage, daiquiri, prepared-from-recipe 60	1.5 fl oz	13
14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 42		1
14550 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof 42	1.5 fl oz	1
14551 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof 42	1.5 fl oz	1
14414 Alcoholic beverage, liqueur, coffee, 53 proof 52	1.5 fl oz	16
14017 Alcoholic beverage, pina colada, prepared-from-recipe 141	4.5 fl oz	100
14536 Alcoholic beverage, wine, dessert, dry 103	3.5 fl oz	95
14057 Alcoholic beverage, wine, dessert, sweet 103	3.5 fl oz	95
14096 Alcoholic beverage, wine, table, red 103	3.5 fl oz	131
14106 Alcoholic beverage, wine, table, white 103	3.5 fl oz	73
11001 Alfalfa seeds, sprouted, raw 33	1 cup	26
Apple juice, canned or bottled, unsweetened, without added ascorbic acid 248	1 cup	295
09011 Apples, dried, sulfured, uncooked 32	5 rings	144
09003 Apples, raw, with skin 138	1 apple	148
09004 Apples, raw, without skin 110	1 cup	99
09020 Applesauce, canned, sweetened, without salt 255	1 cup	156
09019 Applesauce, canned, unsweetened, without added ascorbic acid 244	1 cup	183
09403 Apricot nectar, canned, with added ascorbic acid 251	1 cup	286
09027 Apricots, canned, heavy syrup pack, with skin, solids and liquids 258	1 cup	361
09024 Apricots, canned, juice pack, with skin, solids and liquids 244	1 cup	403
09032 Apricots, dried, sulfured, uncooked 35	10 halves	407
09021 Apricots, raw 35	1 apricot	91
11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 168	1 cup	480
11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 120	1 medium	343
11015 Asparagus, canned, drained solids 72	4 spears	124
11012 Asparagus, cooked, boiled, drained 60	4 spears	134
11019 Asparagus, frozen, cooked, boiled, drained, without salt 60	4 spears	103
11019 Asparagus, frozen, cooked, boiled, drained, without salt 180	1 cup	310
09038 Avocados, raw, California 28.35	1 oz	144
09039 Avocados, raw, Florida 28.35	1 oz	100
18005 Bagels, cinnamon-raisin 71	3-1/2" bagel	105
18005 Bagels, cinnamon-raisin 89	4" bagel	132
18003 Bagels, egg 89	4" bagel	61
18003 Bagels, egg 71	3-1/2" bagel	48
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	4" bagel	67
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) 71	3-1/2" bagel	53
19077 Baking chocolate, unsweetened, liquid 28.35	1 oz	331
19078 Baking chocolate, unsweetened, squares 28.35	1 square	235
11028 Bamboo shoots, canned, drained solids 131	1 cup	105
09040 Bananas, raw 150	1 cup	537
09040 Bananas, raw 118	1 banana	422
20006 Barley, pearled, cooked 157	1 cup	146
20005 Barley, pearled, raw 200	1 cup	560
16006 Beans, baked, canned, plain or vegetarian 254	1 cup	569

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16008	Beans, baked, canned, with franks	259	1 cup	609
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	653
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	746
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	611
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	692
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	655
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	713
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	708
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	746
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	150
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	183
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	215
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	147
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	374
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	170
16051	Beans, white, mature seeds, canned	262	1 cup	1189
22402	Beef Macaroni, frozen entree	240	1 package	365
22905	Beef stew, canned entree	232	1 cup	404
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	196
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	224
13348	Beef, cured, corned beef, canned	85.05	3 oz	116
13350	Beef, cured, dried	28.35	1 oz	67
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	246
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	258
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	270
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	256
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	318
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	226
23605	Beef, round, bottom round, separable lean only,trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	240
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	193
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	205
13930 23610	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades,	85 85	3 oz	286 320
13327	cooked, broiled Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	298
11087	Beet greens, cooked, boiled, drained, without salt			1309
11087		144 170	1 cup	252
11084	Beets, canned, drained solids	24	1 cup	
	Beets, canned, drained solids		1 beet	36
11081	Beets, cooked, boiled, drained	170	1 cup	519
11081	Beets, cooked, boiled, drained	50	1 beet	153
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	73
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	122
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	48
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	39

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09042	Blackberries, raw	144	1 cup	233
09055	Blueberries, frozen, sweetened	230	1 cup	138
09050	Blueberries, raw	145	1 cup	112
07008	Bologna, beef and pork	56.7	2 slices	179
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	113
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	56
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	277
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	74
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	80
18023	Bread, cornbread, dry mix, prepared	60	1 piece	77
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	96
18025	Bread, cracked-wheat	25	1 slice	44
18027	Bread, egg	40	1/2" slice	46
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	32
18033	Bread, italian	20	1 slice	22
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	60
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	60
18039	Bread, oatmeal	27	1 slice	38
18040	Bread, oatmeal, toasted	25	1 slice	39
18041	Bread, pita, white, enriched	60	6-1/2" pita	72
18041	Bread, pita, white, enriched	28	4" pita	34
18044	Bread, pumpernickel	32	1 slice	67
18045	Bread, pumpernickel, toasted	29	1 slice	66
18047	Bread, raisin, enriched	26	1 slice	59
18048	Bread, raisin, toasted, enriched	24	1 slice	59
18053	Bread, reduced-calorie, rye	23	1 slice	23
18055	Bread, reduced-calorie, wheat	23	1 slice	28
18057	Bread, reduced-calorie, white	23	1 slice	17
18060	Bread, rye	32	1 slice	53
18061	Bread, rye, toasted	24	1 slice	44
18064	Bread, wheat	25	1 slice	46
		23		51
18065 18069	Bread, wheat, toasted Bread, white, commercially prepared (includes soft bread crumbs)	45	1 slice	45
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 cup 1 slice	
18070	Bread, white, commercially prepared, toasted	22	1 slice	25 29
18075	Bread, whole-wheat, commercially prepared	28	1 slice	69
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18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	82
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	108
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	457
11740	Broccoli, flower clusters, raw	11	1 floweret	36
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	261
11090	Broccoli, raw	88	1 cup	278
11090	Broccoli, raw	31	1 spear	98
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	495
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	450
20011	Buckwheat flour, whole-groat	120	1 cup	692
20010	Buckwheat groats, roasted, cooked	168	1 cup	148
20013	Bulgur, cooked	182	1 cup	124

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20012	Bulgur, dry	140	1 cup	574
01001	Butter, salted	14.2	1 tbsp	3
01145	Butter, without salt	14.2	1 tbsp	3
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	631
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	268
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	294
11109	Cabbage, raw	70	1 cup	119
11112	Cabbage, red, raw	70	1 cup	170
11114	Cabbage, savoy, raw	70	1 cup	161
18086	Cake, angelfood, commercially prepared	28	1 piece	26
18088	Cake, angelfood, dry mix, prepared	50	1 piece	68
18090	Cake, boston cream pie, commercially prepared	92	1 piece	36
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	128
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	133
18110	Cake, fruitcake, commercially prepared	43	1 piece	66
18116	Cake, gingerbread, prepared from recipe	74	1 piece	325
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	129
18120	Cake, pound, commercially prepared, butter	28	1 piece	33
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	31
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	69
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	88
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	37
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	96
18133	Cake, sponge, commercially prepared	30	1 shortcake	30
18134	Cake, sponge, prepared from recipe	63	1 piece	89
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	111
18139	Cake, white, prepared from recipe without frosting	74	1 piece	70
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	114
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	34
19074	Candies, caramels	10.1	1 piece	22
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	8
19071	Candies, carob, unsweetened	28.35	1 oz	179
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	23
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	35
19104	Candies, fudge, vanilla with nuts	15	1 piece	15
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	8
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	4
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	1
19107	Candies, hard	6	1 piece	0
19107	Candies, hard	3	1 small piece	0
19108	Candies, jellybeans	28.35	10 large	10
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	97
19116	Candies, marshmallows	50	1 cup	3
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	18
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	69
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	76
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	22

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	184
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	164
19126	Candies, milk chocolate coated peanuts	40	10 pieces	201
19127	Candies, milk chocolate coated raisins	10	10 pieces	51
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	182
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	193
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	15
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	134
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	154
19080	Candies, semisweet chocolate	168	1 cup	613
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	42
19087	Candies, white chocolate	170	1 cup	486
09060	Carambola, (starfruit), raw	108	1 cup	144
09060	Carambola, (starfruit), raw	91	1 fruit	121
14121	Carbonated beverage, club soda	355	12 fl oz	7
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	7
14136	Carbonated beverage, ginger ale	366	12 fl oz	4
14142	Carbonated beverage, grape soda	372	12 fl oz	4
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	28
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	7
14150	Carbonated beverage, orange	372	12 fl oz	7
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	4
14157	Carbonated beverage, root beer	370	12 fl oz	4
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	4
16055	Carob flour	8	1 tbsp	66
11655	Carrot juice, canned	236	1 cup	689
11960	Carrots, baby, raw	10	1 medium	24
11128	Carrots, canned, regular pack, drained solids	146	1 cup	261
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	367
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	280
11124	Carrots, raw	110	1 cup	352
11124	Carrots, raw	72	1 carrot	230
11935	Catsup	15	1 tbsp	57
11935	Catsup	6	1 packet	23
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	77
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	176
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	250
11135	Cauliflower, raw	13	1 floweret	39
11135	Cauliflower, raw	100	1 cup	303
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	107
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	426
11143	Celery, raw	40	1 stalk	104
11143	Celery, raw	120	1 cup	312
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	60
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	150

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	40
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	183
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	46
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	60
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	45
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	60
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	123
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	35
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	135
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	56
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	55
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	200
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	65
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	50
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	28
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	310
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	30
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	114
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	105
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	90
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	306
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	32
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	61
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	171
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	22
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	26
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	33
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	32
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	18
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	190
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	41
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	50
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	346
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	37
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	24
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	61
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	173
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	50
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	49
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	64
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	206
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	247
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	83

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	91
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	111
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	16
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	67
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	42
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	173
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	51
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	51
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	38
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	45
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	43
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	54
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	108
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	164
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	38
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	107
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	109
08143	Cereals, WHEATENA, cooked with water	243	1 cup	187
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	82
01164	Cheese sauce, prepared from recipe	243	1 cup	345
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	69
01004	Cheese, blue	28.35	1 oz	73
01007	Cheese, camembert	38	1 wedge	71
01009	Cheese, cheddar	28.35	1 oz	28
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	176
01013	Cheese, cottage, creamed, with fruit	226	1 cup	203
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	194
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	217
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	46
01017	Cheese, cream	14.5	1 tbsp	17
01186	Cheese, cream, fat free	15.6	1 tbsp	25
01019	Cheese, feta	28.35	1 oz	18
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	19
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	27
01026	Cheese, mozzarella, whole milk	28.35	1 oz	22
01030	Cheese, muenster	28.35	1 oz	38
01031	Cheese, neufchatel	28.35	1 oz	32
01032	Cheese, parmesan, grated	5	1 tbsp	6
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	48
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	61
01035	Cheese, provolone	28.35	1 oz	39
01037	Cheese, ricotta, part skim milk	246	1 cup	308
01036	Cheese, ricotta, whole milk	246	1 cup	258

1917 Cheese, swiss 28.35 1 oz 1 piece 1918 1917 Cheese, cale commercially prepared 80 1 piece 1918 1918 1 cap 1 cap 1918 1 cap	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
Cherries, sour, red. camed, water pack, solids and liquids (includes 244 1 cup 1 cmp	01040	Cheese, swiss	28.35	1 oz	22
USDA commodity red tart cherries, canned) 070170 Chickens, sower, may 22906 Chicken pot pie, frozen entree 217 1 small pie 207017 Chicken pot pie, frozen entree 217 2 slices 30508 Chicken, broilers or fivers, breast, meat and skin, cooked, fried, bater 30509 Chicken, broilers or fivers, breast, meat and skin, cooked, fried, flour 30509 Chicken, broilers or fivers, breast, meat and skin, cooked, fried, flour 30504 Chicken, broilers or fivers, dark meat, meat only, cooked, fried, flour 30504 Chicken, broilers or fivers, dark meat, meat only, cooked, fried, flour 30506 Chicken, broilers or fivers, dark meat, meat only, cooked, fried, flour 30508 Chicken, broilers or fivers, dark meat, meat only, cooked, fried, flour 30508 Chicken, broilers or fivers, drumstick, meat and skin, cooked, fried, flour 30509 Chicken, broilers or fivers, drumstick, meat and skin, cooked, fried, flour 30509 Chicken, broilers or fivers, gibties, cooked, simmered 30509 Chicken, broilers or fivers, gibties, cooked, simmered 30509 Chicken, broilers or fivers, gibt, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broilers or fivers, high, meat and skin, cooked, fried, batter 30509 Chicken, broiler	18147	Cheesecake commercially prepared	80	1 piece	72
22906	09064	* · · · · · · · · · · · · · · · · · · ·	244	1 cup	239
Chicken roll, light meat 56.7 2 stices	09070	Cherries, sweet, raw	68	10 cherries	151
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter 140 1/2 breast	22906	Chicken pot pie, frozen entree	217	1 small pie	256
Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	07017	Chicken roll, light meat	56.7	2 slices	249
Chicken, broilers or fryers, breast, meat only, cooked, roasted Chicken, broilers or fryers, dramstick, meat and skin, cooked, fried Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, Chicken, broilers or fryers, gibth meat, meat only, cooked, fried Chicken, broilers or fryers, light meat, meat only, cooked, fried Chicken, broilers or fryers, light meat, meat only, cooked, fried Chicken, broilers or fryers, light meat, meat only, cooked, fried Chicken, broilers or fryers, light, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, there, thigh, thi	05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	281
Chicken, broilers or fryers, dark meat, meat only, cooked, fried, 72 1 drumstick	05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	254
Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour Chicken, broilers or fryers, drumstick, meat only, cooked, roasted Chicken, broilers or fryers, giblets, cooked, simmered Chicken, broilers or fryers, light meat, meat only, cooked, fried, batter Chicken, broilers or fryers, high, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat only, cooked, roasted Chicken, broilers or fryers, thigh, meat only, cooked, fried, batter Chicken, broilers or fryers, thigh, meat only, cooked, fried, batter Chicken, broilers or fryers, thigh, meat only, cooked, fried, batter Chicken, broilers or fryers, thigh, meat only, cooked, fried, batter Chicken, liver, all classes, cooked, simmered Chicken, stewing, meat only, cooked, stewed Chicken, stewing, meat only, cooked	05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	220
batter Sono Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, 49	05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	213
flour Chicken, broilers or fryers, drumstick, meat only, cooked, roasted Chicken, broilers or fryers, giblets, cooked, simmered Chicken, broilers or fryers, light meat, meat only, cooked, fried Chicken, broilers or fryers, neck, meat only, cooked, fried Chicken, broilers or fryers, neck, meat only, cooked, fried Chicken, broilers or fryers, neck, meat only, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, high, meat and skin, cooked, fried, batter Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter Chicken, invertible, meat only, with broth Chicken, invertible, meat only, cooked, stewed Chicken, iter, all classes, cooked, simmered Chicken, iter, all classes, cooked, simmered Chicken, stewing, meat only, cooked, stewed Chicken, stewing, meat	05067	· · · · · · · · · · · · · · · · · · ·	72	1 drumstick	134
Chicken, broilers or fiyers, giblets, cooked, simmered Chicken, broilers or fryers, light meat, meat only, cooked, fried Chicken, broilers or fryers, light meat, meat only, cooked, fried Chicken, broilers or fryers, high, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter Chicken, stewing, meat only, cooked, stewed Chicken, stewing, meat only, stewing,		flour			112
Chicken, broilers or fryers, light meat, meal only, cooked, fried 84 1 neck Chicken, broilers or fryers, neck, meat only, cooked, simmered 18 1 neck Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter 86 1 thigh Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter 86 1 thigh Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter 49 1 wing Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter 49 1 wing Chicken, liver, all classes, cooked, simmered 19.6 1 liver Chicken, itver, all classes, cooked, simmered 19.6 1 liver Chicken, stewing, meat only, worked, stewed 140 1 cup 16052 Chicken, stewing, meat only, cooked, stewed 140 1 cup 16058 Chicken, stewing, meat only, cooked, stewed 140 1 cup 16057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 16057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 17057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 17058 Chicken, stewing, meat only, cooked, stewed 18.7 1 thigh provided the state of the cook of		Chicken, broilers or fryers, drumstick, meat only, cooked, roasted		1 drumstick	108
Chicken, broilers or fryers, neck, meat only, cooked, simmered 18 1 neck Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter 86 1 thigh Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter 49 1 twing Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter 49 1 wing Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter 49 1 twing Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter 49 1 twing Chicken, canned, meat only, with broth 142 5 oz Chicken, liver, all classes, cooked, simmered 19.6 1 liver Chicken, stewing, meat only, cooked, stewed 140 1 cup Chickens, stewing, meat only, cooked, stewed 140 1 cup Chickeas (garbanzo beans, bengal gram), mature seeds, canned 240 1 cup Chickeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup Chili con came with beans, canned entree 222 1 cup Chili con came with beans, canned entree 222 1 cup Chili Chives, raw 3 1 tbsp Chocolate-flavor beverage mix for milk, powder, without added 21.6 2-3 heaping tsp mutrients Chocolate-flavor beverage mix, powder, prepared with whole milk 266 1 cup Cocoa mix, no sugar added, powder 28.35 3 heaping tsp 14170 Chocolate-flavor beverage mix powder, prepared with whole milk 266 1 cup 14192 Cocoa mix, powder prepared with water 206 1 serving 14194 Cocoa mix, powder, prepared with water 206 1 serving 14195 Cocoa mix, powder, prepared with water 206 1 serving 14200 Coffee, brewed from grounds, prepared with tap water 178 6 fl oz 14210 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 14210 Coffee, instant, regular, prepared with water 179 6 fl oz 14210 Coffee, instant, regular, prepared with water 179 6 fl oz 14210 Coffee, instant, regular, prepared with water 179 6 fl oz 14210 Collards, frozen, chopped, cooked, boiled, drained, without salt 190 1 cup 141164 Collards, frozen, chopped, cooked, boiled, drained, without salt 190 1 cup 141165 Collards, frozen, chopped, cooked, boiled, drained, without salt 190 1 cup 141166 Collards, froze			145	1 cup	325
Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter Chicken, broilers or fryers, thigh, meat only, cooked, roasted Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter Chicken, canned, meat only, with broth 142 5 oz Chicken, canned, meat only, with broth 142 5 oz Chicken, iver, all classes, cooked, simmered 19.6 1 liver Chicken, stewing, meat only, cooked, stewed 140 1 cup 16058 Chicken, stewing, meat only, cooked, stewed 140 1 cup 16058 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned 240 1 cup 16057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 161657 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 11156 Chicken, stewing, meat only, cooked, stewed 1 cup 11156 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 1 fot 1 cup 11156 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 1 fot 1 cup 11156 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 1 fot 1 cup 11156 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 1 fot 1 cup 11156 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 1 fot 1 cup 11156 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned 2 22 1 cup 1 cup 1 cup 1 cup 1 cup 1 cup 1 cocoa mix, no sugar added, powder 1 cup 1 cocoa mix, no sugar added, powder 1 cup 1 cocoa mix, powder, prepared with water 1 cocoa mix, no sugar added, powder, prepared with water 1 per late of the prevent of the prepared with water 1 per late of the prevent of the prepared with water 1 per late of the prevent of the prepared with water 1 per late of the prevent of the prepared with water 1 per late of the prevent of the prepared with water 1 per late of the preve	05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	221
Chicken, broilers or fryers, thigh, meat only, cooked, roasted 52 1 thigh 05101 Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter 49 1 wing 05277 Chicken, canned, meat only, with broth 142 5 oz 050528 Chicken, liver, all classes, cooked, simmered 19.6 1 liver 05126 Chicken, stewing, meat only, cooked, stewed 140 1 cup 16058 Chicken, stewing, meat only, cooked, stewed 140 1 cup 16058 Chickens (garbanzo beans, bengal gram), mature seeds, canned 240 1 cup 16057 Chickepeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram) and the seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, canned entree 222 1 cup 16057 Chickepeas (garbanzo beans, bengal gram) and the seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram) and the seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram) and the seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram) and the seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram) and the seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 16057 Chickepeas (garbanzo beans, bengal gram), mature seeds, cooked, 161 1 cup 16057 Chickepeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, drained, without salt 170 1 cup 16057 Chickepeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, drained, without salt 170 1 cup 16057 Chickepeas (garbanzo beans, bengal gram, peaced 16057 Chickepeas (garbanzo beans, bengal gram), mature seeds, conamon sith crumb topping, commercially prepared 160		·	18	1 neck	25
Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter 49 1 wing 05277 Chicken, canned, meat only, with broth 142 5 oz 05028 Chicken, liver, all classes, cooked, simmered 19.6 1 liver 05126 Chicken, stewing, meat only, cooked, stewed 140 1 cup 16058 Chickpeas (garbanzo beans, bengal gram), mature seeds, canned 240 1 cup 16057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 161657 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 161657 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 161657 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 161657 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 161657 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 161657 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 161657 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, 164 1 cup 161657 Chocolate-flavor beverage mix for milk, powder, without added 18.75 1 tbsp 18.75 1 tbs	05092	, , , , , , , , , , , , , , , , , , ,		1 thigh	165
Chicken, canned, meat only, with broth 142 5 oz Chicken, liver, all classes, cooked, simmered 19.6 1 liver Chicken, stewing, meat only, cooked, stewed 140 1 cup Chickpeas (garbanzo beans, bengal gram), mature seeds, canned 240 1 cup Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 1 cup Chile Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 1 cup Chile Chives, raw 3 1 tosp Chickpeas raw 3 1 tosp Chocolate syrup 18.75 1 tosp Chocolate-flavor beverage mix for milk, powder, without added 21.6 2-3 heaping tsp nutrients 22.6 1 cup Chocolate-flavor beverage mix, powder, prepared with whole milk 266 1 cup Chocolate-flavor beverage mix, powder 28.35 3 heaping tsp 14192 Cocoa mix, no sugar added, powder 25.35 3 heaping tsp 14194 Cocoa mix, powder, prepared with water 206 1 serving 14390 Cocoa mix, with aspartame, powder, prepared with water 192 1 serving 14400 Cocoa mix, with aspartame, powder, prepared with water 192 1 serving 14400 Coffee, brewed from grounds, prepared with tap water 178 6 fl oz 14210 Coffee, brewed from grounds, prepared with tap water 179 6 fl oz 14101 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 14101 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 14101 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 14101 Coffee, instant, regular, prepared with water 179 6 fl oz 14101 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 14110 Coffee, instant, regular, prepared with water 179 6 fl oz 14110 Coffee, instant, regular, prepared with water 179 6 fl oz 14110 Coffee, instant, regular, prepared with water 179 6 fl oz 141110 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 1411111 Cookies, brownies, commercially prepared 56 1 brownie 18190 1 cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 18190 1 cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 18190 1 cookies, brownies, dry mix, special dietary, prepared 22 1 brownie 18190 1 cookies, brownie	05098			1 thigh	124
Chicken, liver, all classes, cooked, simmered 19.6 1 liver 19.6 1 cup 19.6 1	05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	68
Chicken, stewing, meat only, cooked, stewed Chickpeas (garbanzo beans, bengal gram), mature seeds, canned Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt Chili con came with beans, canned entree Chili con came with beans, canned entree Chives, raw Chocolate-gram bears, conned entree Chocolate-gram bears, canned entree Chocolate-flavor beverage mix for milk, powder, without added nutrients Chocolate-flavor beverage mix, powder, prepared with whole milk Cocoa mix, no sugar added, powder Cocoa mix, no sugar added, powder Cocoa mix, powder, prepared with water Cocoa mix, powder, prepared with water Cocoa mix, powder, prepared with water Cocoa mix, with aspartame, powder, prepared with water Cocoa mix, with aspartame, powder, prepared with water Cocoa, dry powder, unsweetened Cocoa, dry powder, unsweetened Cocoa, dry powder, unsweetened Coffee, brewed from grounds, prepared with tap water Coffee, brewed, espresso, restaurant-prepared Coffee, bre	05277	Chicken, canned, meat only, with broth	142	5 oz	196
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned 240 1 cup 16057 Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, biled, without salt 22904 Chili con carne with beans, canned entree 2292 1 cup 11156 Chives, raw 3 1 tbsp 14181 Chocolate syrup 14185 Chocolate-flavor beverage mix for milk, powder, without added nurients 14177 Chocolate-flavor beverage mix, powder, prepared with whole milk 266 1 cup 14196 Cocoa mix, nos ugar added, powder 15 1/2 oz envelope 14192 Cocoa mix, powder, prepared with water 206 1 serving 14194 Cocoa mix, with aspartame, powder, prepared with water 190 1 serving 14165 Cocoa, dry powder, unsweetened 5.4 1 tbsp 14209 Coffee, brewed from grounds, prepared with tap water 14210 Coffee, brewed, espresso, restaurant-prepared 14210 Coffee, instant, regular, prepared with water 179 6fl oz 18104 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 11159 Coleslaw, home-prepared 120 1 cup 11162 Collards, cooked, boiled, drained, without salt 170 1 cup 18151 Cookies, brownies, commercially prepared 56 1 brownie 18197 Cookies, brownies, commercially prepared 22 1 brownie	05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	52
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt Chili con carne with beans, canned entree 2222 1 cup 11156 Chives, raw 3 1 tbsp 14181 Chocolate-flavor beverage mix for milk, powder, without added nutrients Chocolate-flavor beverage mix, powder, prepared with whole milk Cocoa mix, no sugar added, powder 15 1/2 oz envelope 14192 Cocoa mix, powder, prepared with water 128.35 3 heaping tsp 14194 Cocoa mix, powder, prepared with water 192 1 serving 14390 Cocoa mix, with aspartame, powder, prepared with water 191 19165 Cocoa, dry powder, unsweetened 5.4 1 tbsp 14209 Coffee, brewed from grounds, prepared with tap water 178 6 fl oz 14210 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 14215 Coffee, instant, regular, prepared with water 179 6 fl oz 14215 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 1159 Coleslaw, home-prepared 120 1 cup 1 cup 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 18197 Cookies, brownies, dry mix, special dietary, prepared 222 1 cup	05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	283
boiled, without salt Chili con carne with beans, canned entree 2222 1 cup 11156 Chives, raw 3 1 tbsp 14181 Chocolate syrup 14175 Chocolate-flavor beverage mix for milk, powder, without added nutrients 14177 Chocolate-flavor beverage mix, powder, prepared with whole milk 14177 Chocolate-flavor beverage mix, powder, prepared with whole milk 14170 Cocoa mix, no sugar added, powder 14190 Cocoa mix, powder 14191 Cocoa mix, powder 14191 Cocoa mix, powder, prepared with water 14194 Cocoa mix, powder, prepared with water 14195 Cocoa, dry powder, prepared with water 14196 Cocoa, dry powder, prepared with water 14197 Cocoa, dry powder, unsweetened 14198 Cocoa, dry powder, unsweetened 14199 Coffee, brewed, espresso, restaurant-prepared 14210 Coffee, brewed, espresso, restaurant-prepared 14210 Coffee, instant, regular, prepared with water 14215 Coffee, instant, regular, prepared with water 14216 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 1410 Collards, cooked, boiled, drained, without salt 1410 Collards, frozen, chopped, cooked, boiled, drained, without salt 1410 Collards, frozen, chopped, cooked, boiled, drained, without salt 1410 Cookies, brownies, dry mix, special dietary, prepared	16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	413
11156 Chives, raw 3 1 t bsp 14181 Chocolate syrup 18.75 1 tbsp 14175 Chocolate-flavor beverage mix, powder, without added nutrients 14177 Chocolate-flavor beverage mix, powder, prepared with whole milk 266 1 cup 14196 Cocoa mix, no sugar added, powder 15 1/2 oz envelope 14192 Cocoa mix, powder, prepared with water 28.35 3 heaping tsp 14194 Cocoa mix, powder, prepared with water 192 1 serving 14390 Cocoa mix, with aspartame, powder, prepared with water 192 1 serving 14209 Coffee, brewed from grounds, prepared with tap water 178 6 fl oz 14210 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 14215 Coffee, instant, regular, prepared with water 179 6 fl oz 18104 Coffeeake, cinnamon with crumb topping, commercially prepared, enriched 11159 Coleslaw, home-prepared 120 1 cup 11162 Collards, cooked, boiled, drained, without salt 190 1 cup 18151 Cookies, brownies, commercially prepared 56 1 brownie 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	16057		164	1 cup	477
14181 Chocolate syrup 18.75 1 tbsp 14175 Chocolate-flavor beverage mix for milk, powder, without added nutrients 14177 Chocolate-flavor beverage mix, powder, prepared with whole milk 266 1 cup 14196 Cocoa mix, no sugar added, powder 15 1/2 oz envelope 14192 Cocoa mix, powder 28.35 3 heaping tsp 14194 Cocoa mix, powder, prepared with water 206 1 serving 14390 Cocoa mix, with aspartame, powder, prepared with water 192 1 serving 19165 Cocoa, dry powder, unsweetened 5.4 1 tbsp 14209 Coffee, brewed from grounds, prepared with tap water 14210 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 14215 Coffee, instant, regular, prepared with water 179 6 fl oz 18104 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 11159 Coleslaw, home-prepared 120 1 cup 11162 Collards, cooked, boiled, drained, without salt 170 1 cup 18151 Cockies, brownies, commercially prepared 56 1 brownie 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	22904	Chili con carne with beans, canned entree	222	1 cup	608
14175 Chocolate-flavor beverage mix for milk, powder, without added nutrients 14177 Chocolate-flavor beverage mix, powder, prepared with whole milk 14186 Cocoa mix, no sugar added, powder 14192 Cocoa mix, powder 14194 Cocoa mix, powder 14195 Cocoa mix, powder 14196 Cocoa mix, powder 14197 Chocolate-flavor beverage mix, powder 14198 Cocoa mix, powder 14199 Cocoa mix, powder, prepared with water 14199 Cocoa mix, with aspartame, powder, prepared with water 14190 Cocoa mix, with aspartame, powder, prepared with water 14190 Coffee, brewed from grounds, prepared with tap water 14200 Coffee, brewed, espresso, restaurant-prepared 14210 Coffee, brewed, espresso, restaurant-prepared 14215 Coffee, instant, regular, prepared with water 14216 Coffeeake, cinnamon with crumb topping, commercially prepared, enriched 14216 Collards, cooked, boiled, drained, without salt 1420 Collards, cooked, boiled, drained, without salt 1420 Collards, frozen, chopped, cooked, boiled, drained, without salt 1420 Collards, frozen, chopped, cooked, boiled, drained, without salt 15	11156	Chives, raw	3	1 tbsp	9
nutrients 14177 Chocolate-flavor beverage mix, powder, prepared with whole milk 14196 Cocoa mix, no sugar added, powder 14192 Cocoa mix, powder 14194 Cocoa mix, powder 15 1/2 oz envelope 14195 Cocoa mix, powder 15 1/2 oz envelope 14196 Cocoa mix, powder 15 1/2 oz envelope 14197 Cocoa mix, powder 14198 Cocoa mix, powder, prepared with water 14199 Cocoa mix, with aspartame, powder, prepared with water 14190 Cocoa mix, with aspartame, powder, prepared with water 14209 Coffee, brewed from grounds, prepared with tap water 14210 Coffee, brewed, espresso, restaurant-prepared 14210 Coffee, brewed, espresso, restaurant-prepared 14215 Coffee, instant, regular, prepared with water 179 6fl oz 18104 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 11159 Coleslaw, home-prepared 120 1 cup 11162 Collards, cooked, boiled, drained, without salt 170 1 cup 18151 Cookies, brownies, commercially prepared 56 1 brownie	14181	Chocolate syrup	18.75	1 tbsp	42
14196 Cocoa mix, no sugar added, powder 15 1/2 oz envelope 14192 Cocoa mix, powder 28.35 3 heaping tsp 14194 Cocoa mix, powder, prepared with water 206 1 serving 14390 Cocoa mix, with aspartame, powder, prepared with water 192 1 serving 19165 Cocoa, dry powder, unsweetened 5.4 1 tbsp 14209 Coffee, brewed from grounds, prepared with tap water 178 6 fl oz 14210 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 14215 Coffee, instant, regular, prepared with water 179 6 fl oz 18104 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 11159 Coleslaw, home-prepared 120 1 cup 11162 Collards, cooked, boiled, drained, without salt 190 1 cup 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 18151 Cookies, brownies, commercially prepared 56 1 brownie			21.6	2-3 heaping tsp	128
14192 Cocoa mix, powder 14194 Cocoa mix, powder, prepared with water 14195 Cocoa mix, with aspartame, powder, prepared with water 14196 Cocoa mix, with aspartame, powder, prepared with water 14197 Cocoa mix, with aspartame, powder, prepared with water 14198 Cocoa, dry powder, unsweetened 14199 Coffee, brewed from grounds, prepared with tap water 14209 Coffee, brewed, espresso, restaurant-prepared 14210 Coffee, brewed, espresso, restaurant-prepared 14210 Coffee, instant, regular, prepared with water 14215 Coffee, instant, regular, prepared with water 14216 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 14217 Collards, cooked, boiled, drained, without salt 1420 1 cup 14218 Collards, cooked, boiled, drained, without salt 1420 1 cup 14219 Collards, cooked, boiled, drained, without salt 1420 1 cup 14210 Collards, frozen, chopped, cooked, boiled, drained, without salt 150 1 cup 1621 1 brownie 170 1 cup	14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	458
14194 Cocoa mix, powder, prepared with water 14390 Cocoa mix, with aspartame, powder, prepared with water 192 1 serving 19165 Cocoa, dry powder, unsweetened 15.4 1 tbsp 14209 Coffee, brewed from grounds, prepared with tap water 178 6 fl oz 14210 Coffee, brewed, espresso, restaurant-prepared 179 6 fl oz 14215 Coffee, instant, regular, prepared with water 179 6 fl oz 18104 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 11159 Coleslaw, home-prepared 120 1 cup 11162 Collards, cooked, boiled, drained, without salt 190 1 cup 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 18151 Cookies, brownies, commercially prepared 1806 1 brownie 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	14196	•		•	405
Cocoa mix, with aspartame, powder, prepared with water 192 1 serving Cocoa, dry powder, unsweetened 5.4 1 tbsp Coffee, brewed from grounds, prepared with tap water 178 6 fl oz Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz Coffee, instant, regular, prepared with water 179 6 fl oz Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 120 1 piece Coleslaw, home-prepared 120 1 cup Collards, cooked, boiled, drained, without salt 190 1 cup Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup Cookies, brownies, commercially prepared 56 1 brownie Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	14192	•	28.35	3 heaping tsp	202
19165 Cocoa, dry powder, unsweetened 14209 Coffee, brewed from grounds, prepared with tap water 178 6 fl oz 14210 Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 14215 Coffee, instant, regular, prepared with water 179 6 fl oz 18104 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 11159 Coleslaw, home-prepared 120 1 cup 11162 Collards, cooked, boiled, drained, without salt 190 1 cup 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 18151 Cookies, brownies, commercially prepared 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	14194	Cocoa mix, powder, prepared with water	206	1 serving	204
Coffee, brewed from grounds, prepared with tap water Coffee, brewed, espresso, restaurant-prepared Coffee, instant, regular, prepared with water Coffeecake, cinnamon with crumb topping, commercially prepared, enriched Coffeecake, cinnamon with crumb topping, commercially prepared, enriched Coleslaw, home-prepared Collards, cooked, boiled, drained, without salt Collards, frozen, chopped, cooked, boiled, drained, without salt Cookies, brownies, commercially prepared Cookies, brownies, commercially prepared Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	405
Coffee, brewed, espresso, restaurant-prepared 60 2 fl oz 14215 Coffee, instant, regular, prepared with water 179 6 fl oz 18104 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 11159 Coleslaw, home-prepared 120 1 cup 11162 Collards, cooked, boiled, drained, without salt 190 1 cup 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 18151 Cookies, brownies, commercially prepared 56 1 brownie 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	82
Coffee, instant, regular, prepared with water 179 6 fl oz R104 Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 120 1 cup Coleslaw, home-prepared 120 1 cup Collards, cooked, boiled, drained, without salt 190 1 cup Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup Cookies, brownies, commercially prepared 56 1 brownie Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	87
Coffeecake, cinnamon with crumb topping, commercially prepared, enriched 11159 Coleslaw, home-prepared 120 1 cup 11162 Collards, cooked, boiled, drained, without salt 190 1 cup 11164 Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup 18151 Cookies, brownies, commercially prepared 56 1 brownie 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	69
enriched 11159 Coleslaw, home-prepared 120 1 cup 11162 Collards, cooked, boiled, drained, without salt 1164 Collards, frozen, chopped, cooked, boiled, drained, without salt 1170 1 cup 18151 Cookies, brownies, commercially prepared 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	14215	Coffee, instant, regular, prepared with water	179	6 fl oz	54
Collards, cooked, boiled, drained, without salt 190 1 cup Collards, frozen, chopped, cooked, boiled, drained, without salt 170 1 cup Cookies, brownies, commercially prepared 56 1 brownie Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	18104	** * * * * * * * * * * * * * * * * * * *	63	1 piece	77
Cookies, brownies, commercially prepared Cookies, brownies, dry mix, special dietary, prepared Cookies, brownies, dry mix, special dietary, prepared Cookies, brownies, dry mix, special dietary, prepared Cookies, brownies	11159	• •	120	1 cup	217
18151 Cookies, brownies, commercially prepared 56 1 brownie 18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	11162	Collards, cooked, boiled, drained, without salt	190	1 cup	220
18197 Cookies, brownies, dry mix, special dietary, prepared 22 1 brownie	11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	427
	18151	Cookies, brownies, commercially prepared	56	1 brownie	83
18155 Cookies, butter, commercially prepared, enriched 5 1 cookie	18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	69
	18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	6

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	15
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	12
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	36
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	52
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	19
18170	Cookies, fig bars	16	1 cookie	33
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	113
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	19
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	111
18177	Cookies, molasses	15	1 cookie, medium	52
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	23
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	36
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	20
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	36
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	25
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	46
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	10
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	8
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	9
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	11
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	24
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	14
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	9
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	4
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	192
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	343
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	391
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	163
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	382
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	158
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	210
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	235
20020	Cornmeal, whole-grain, yellow	122	1 cup	350
20027	Cornstarch	8.064	1 tbsp	0
20029	Couscous, cooked	157	1 cup	91
20028	Couscous, dry	173	1 cup	287
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	690
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	638
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	413
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	478
18214	Crackers, cheese, regular	10	10 crackers	15
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	15
18217	Crackers, matzo, plain	28.35	1 matzo	32
18220	Crackers, melba toast, plain	20	4 pieces	40

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18226	Crackers, rye, wafers, plain	11	1 wafer	54
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	18
18229	Crackers, standard snack-type, regular	12	4 crackers	16
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	30
18232	Crackers, wheat, regular	8	4 crackers	15
18235	Crackers, whole-wheat	16	4 crackers	48
14242	Cranberry juice cocktail, bottled	253	8 fl oz	35
09081	Cranberry sauce, canned, sweetened	57	1 slice	15
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	29
01069	Cream substitute, powdered	2	1 tsp	16
01049	Cream, fluid, half and half	15	1 tbsp	20
01053	Cream, fluid, heavy whipping	15	1 tbsp	11
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	18
01052	Cream, fluid, light whipping	15	1 tbsp	15
01056	Cream, sour, cultured	12	1 tbsp	17
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	19
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	4
18239	Croissants, butter	57	1 croissant	67
18243	Croutons, seasoned	40	1 cup	72
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	223
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	77
15141	Crustaceans, crab, blue, canned	135	1 cup	505
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	275
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	194
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	299
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	68
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	191
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	101
11206	Cucumber, peeled, raw	119	1 cup	162
11206	Cucumber, peeled, raw	280	1 large	381
11205	Cucumber, with peel, raw	104	1 cup	153
11205	Cucumber, with peel, raw	301	1 large	442
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	244
18245	Danish pastry, cheese	71	1 danish	70
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	59
09087	Dates, deglet noor	41.5	5 dates	272
09087	Dates, deglet noor	178	1 cup	1168
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	6
01072	Dessert topping, pressurized	4	1 tbsp	1
01073	Dessert topping, semi solid, frozen	4	1 tbsp	1
02045	Dill weed, fresh	1	5 sprigs	7
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	16
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	53
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	60
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	13
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	557
	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	117

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01143	Egg substitute, liquid	62.75	1/4 cup	207
01124	Egg, white, raw, fresh	33.4	1 large	54
01128	Egg, whole, cooked, fried	46	1 large	68
01129	Egg, whole, cooked, hard-boiled	50	1 large	63
01131	Egg, whole, cooked, poached	50	1 large	67
01132	Egg, whole, cooked, scrambled	61	1 large	84
01123	Egg, whole, raw, fresh	58	1 extra large	78
01123	Egg, whole, raw, fresh	44	1 medium	59
01123	Egg, whole, raw, fresh	50	1 large	67
01125	Egg, yolk, raw, fresh	16.6	1 large	18
01057	Eggnog	254	1 cup	419
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	122
11213	Endive, raw	50	1 cup	157
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	62
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	67
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	291
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	182
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	268
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	248
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	328
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	304
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	335
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	335
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	464
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	460
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	208
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	194
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	353
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	277
21042	Fast foods, chili con carne	253	1 cup	691
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	586
21043	Fast foods, clams, breaded and fried	115	3/4 cup	266
21127	Fast foods, coleslaw	99	3/4 cup	177
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	201
21015	Fast foods, danish pastry, cheese	91	1 pastry	116
21017	Fast foods, danish pastry, fruit	94	1 pastry	110
21074	Fast foods, enchilada, with cheese	163	1 enchilada	240
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	208
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	353
21024	Fast foods, french toast sticks	141	5 sticks	157
21023	Fast foods, french toast with butter	135	2 slices	177
21077	Fast foods, frijoles with cheese	167	1 cup	605
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	570
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	527
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	480

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	194
21118	Fast foods, hotdog, plain	98	1 sandwich	143
21119	Fast foods, hotdog, with chili	114	1 sandwich	166
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	263
21129	Fast foods, hush puppies	78	5 pieces	188
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	169
21078	Fast foods, nachos, with cheese	113	6-8 nachos	172
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	129
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	251
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	468
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	930
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	737
21139	Fast foods, potato, mashed	80	1/3 cup	235
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	256
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	316
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	371
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	447
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	184
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	394
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	330
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	335
21033	Fast foods, sundae, hot fudge	158	1 sundae	395
21082	Fast foods, taco	263	1 large	729
21082	Fast foods, taco	171	1 small	474
21083	Fast foods, taco salad	198	1-1/2 cups	416
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	491
09094	Figs, dried, uncooked	38	2 figs	258
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	289
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	449
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	439
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	123
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	60
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	292
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	437
15034	Fish, haddock, cooked, dry heat	85	3 oz	339
15034	Fish, haddock, cooked, dry heat	150	1 fillet	599
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	916
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	490
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	59
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	175
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	298
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	329
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	232
15071	Fish, poliock, waneye, cooked, dry heat Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	442
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	775
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	154
15077	Fish, salmon, chinook, smoked	85.05	3 oz	134
13011	1 ion, outmon, chinook, shoked	03.03	J OL	149

1986 Fish, salmon, sockeye, cooked, dry heat 155 12 filler	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15088 Fish, savedine, Atlantic, canned in oil, drained solids with hone 85.05 3 noz 151111 Fish, swedfish, cooked, dry heat 85 3 oz 15241 Fish, trout, rainbow, farmed, cooked, dry heat 85 3 oz 15128 Fish, trout, rainbow, farmed, cooked, dry heat 85 3 oz 151219 Fish, tuna, light, canned in water, drained solids 85 oz 3 oz 151210 Fish, tuna, kiple, canned in water, drained solids 85 3 oz 151211 Fish, tuna, kiple, canned in water, drained solids 85 3 oz 15221 Fish, tuna, wither, chained solids 85 3 oz 15221 Fish, tuna, wither, chicken 45 1 frank 15220 FromKfurter, beef 45 1 frank 15220 FromKfurter, chicken 45 1 frank 15220 FromKfurter, chicken 45 1 frank 15220 FromKruter, boats, frozen, ready-to-beat 45 1 frank 15220 Frostings, variall, and and prace and solid for fact (2%) milk 65 1 slice 15220 </td <td>15086</td> <td>Fish, salmon, sockeye, cooked, dry heat</td> <td>85</td> <td>3 oz</td> <td>319</td>	15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	319
15111 Fish, swordfish, cooked, dry heat	15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	581
1511	15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	338
15241 Fish, trous, rainbow, farmed, cooked, dry heat 205 1 cup	15111	Fish, swordfish, cooked, dry heat	106	1 piece	391
15128 Fish, tuna salad 205 1 cup	15111	Fish, swordfish, cooked, dry heat	85	3 oz	314
15119 Fish, tunn, light, canned in oil, drained solids	15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	375
15121 Fish, tuna, light, canned in water, drained solids	15128	Fish, tuna salad	205	1 cup	365
15126 Fish, tuna, white, canned in water, drained solids	15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	176
15221 Fish, tuna, yellowfin, fresh, cooked, dry heat 85 1 frank 1	15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	201
070222 Frankfurter, beef and pork 45 1 frank 070233 Frankfurter, beef and pork 45 1 frank 07024 Frankfurter, chicken 45 1 frank 18268 French toast, frozen, ready-to-heat 59 1 slice 18269 Frostings, chocolate, creamy, ready-to-eat 38 1/12 package 19226 Frostings, synilla, creamy, ready-to-eat 38 1/12 package 19230 Frozen novelties, ice type, tailan, restaurant-prepared 116 1/2 cup 19281 Frozen novelties, ice type, tailan, restaurant-prepared 116 1/2 cup 19283 Frozen syogurs, chocolate, soft-serve 72 1/2 cup 19293 Frozen yogurs, chocolate, soft-serve 72 1/2 cup 19293 Frozen yogurs, chocolate, soft-serve 72 1/2 cup 19294 Fruit butters, apple 17 1 tbsp 09007 Prait cocktail, Geach and pineapple and pear and grape and cherry), carned, beavy syrup, solids and liquids 248 8 fl oz 090189 Fruit, inxed, Qeach and cherry-sweet and -sour and raspberry and grape and boysenberr	15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	201
07023 Frankfurter, beef and pork 45 1 frank 07024 Frankfurter, chicken 45 1 frank 18268 French toast, frozen, ready-to-heat 59 1 slice 18269 Frostings, chocolate, creamy, ready-to-eat 38 1/12 package 19226 Frostings, chocolate, creamy, ready-to-eat 38 1/12 package 19230 Frostings, vanilla, creamy, ready-to-eat 38 1/12 package 19281 Frozen novelties, fice type, italian, restaurant-prepared 116 1/2 cup 19283 Frozen novelties, fice type, pop 59 1 bar (2.7 fl oz) 19293 Frozen yogurts, chocolate, soft-serve 72 1/2 cup 19294 Fruit butters, apple 17 1 thsp 09100 Pruit cocktail, (peach and pineapple and pear and grape and cherry), canned, beavy syrup, solids and liquids 248 1 cup 14267 Fruit punch drink, with added nutrients, canned 248 8 fl oz 09189 Pruit, mixed, (peach and pineapple and pear and grape and cherry), canned, beavy syrup, solids and liquids 250 1 cup 135142 <t< td=""><td>15221</td><td>Fish, tuna, yellowfin, fresh, cooked, dry heat</td><td>85</td><td>3 oz</td><td>484</td></t<>	15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	484
07024 Frankfurter, chicken 45 1 frank 18268 French toast, frozen, ready-to-heat 59 1 slice 18269 French toast, prepared from recipe, made with low fat (2%) milk 65 1 slice 19226 Frostings, chocolate, creamy, ready-to-eat 38 1/12 package 19230 Frozen sovelties, fruit and juice bars 77 1 bar (2.5 fl oz) 19281 Frozen novelties, ice type, tulian, restaurant-prepared 116 1/2 cup 19283 Frozen novelties, ice type, pop 59 1 bar (2 fl oz) 19293 Frozen yogurts, chocolate, soft-serve 72 1/2 cup 19293 Frozen yogurts, vanilla, soft-serve 72 1/2 cup 19294 Fruit butters, apple 17 1 dsp 09100 Fruit coktail, (peach and pineapple and par and grape and cherry), canned, heavy syrup, solids and liquids 17 1 cup 14267 Fruit punch drink, with added nurients, canned 248 8 fl oz 09189 Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry). frozen, sweetened 250 1 cup 351	07022	Frankfurter, beef	45	1 frank	70
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18268 French toast, frozen, ready-to-heat 59 1 slice	07024	•	45	1 frank	91
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Frostings, vanilla, creamy, ready-to-eat Frozen novelties, fruit and juice bars Frozen novelties, ice type, tialian, restaurant-prepared Frozen novelties, ice type, pop Frozen novelties, ice type, pop Frozen novelties, ice type, pop Frozen vogurts, chocolate, soft-serve 72 1/2 cup Frozen yogurts, chocolate, soft-serve 72 1/2 cup Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids Pruit punch drink, with added nutrients, canned 248 8 fl oz Fruit punch drink, with added nutrients, canned 248 8 fl oz Fruit punch drink, with added nutrients, canned 248 8 fl oz Fruit punch drink, with added nutrients, canned 250 grape and boysenberry), frozen, sweetened Frybread, made with lard (Navajo) 160 10-1/2" bread 35142 Frybread, made with lard (Navajo) 160 10-1/2" bread 35142 Frybread, made with lard (Navajo) 90 5" bread 311215 Galtin desserts, dry mix, prepared with water 135 1/2 cup 14277 Grape drink, canned Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water 14279 Grape drink, canned Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C 90136 Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C 90140 Grape juice, frozen concentrate, sweetened 250 1 cup Grape fruit juice, pink, raw 247 1 cup 90124 Grapefruit juice, white, canned, sweetened 90125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted with 3 volume water 90126 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted with 3 volume water 90127 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted with 3 volume water 90126 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted with 3 volume water 90127 Grapefruit juice, white, frozen concentrate, unsweetened, undilu					74
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Fruit butters, apple 17 1 tbsp				•	152
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water, with added vitamin C O9136 Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C O9404 Grapefruit juice, pink, raw O9124 Grapefruit juice, white, canned, sweetened O9125 Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water O9126 Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water O9127 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted O9128 Grapefruit juice, white, raw O9129 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted O9129 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted O9129 Grapefruit juice, white, raw O9129 Grapefruit juice, white, raw				1 cup	334
vitamin C 09404 Grapefruit juice, pink, raw 09124 Grapefruit juice, white, canned, sweetened 09123 Grapefruit juice, white, canned, unsweetened 09126 Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water 09125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 09128 Grapefruit juice, white, raw 247 1 cup 6-fl-oz can 1 cup	09137		250	1 cup	53
Grapefruit juice, white, canned, sweetened Grapefruit juice, white, canned, unsweetened Grapefruit juice, white, canned, unsweetened Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water Grapefruit juice, white, frozen concentrate, unsweetened, undiluted Grapefruit juice, white, frozen concentrate, unsweetened, undiluted Grapefruit juice, white, frozen concentrate, unsweetened, undiluted Grapefruit juice, white, raw Grapefruit juice, white, raw 247 1 cup	09136	vitamin C	216	6-fl-oz can	160
Grapefruit juice, white, canned, unsweetened 247 1 cup Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 207 6-fl-oz can Grapefruit juice, white, raw 247 1 cup	09404		247	1 cup	400
Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 207 6-fl-oz can Grapefruit juice, white, raw 247 1 cup	09124	Grapefruit juice, white, canned, sweetened	250	1 cup	405
3 volume water 09125 Grapefruit juice, white, frozen concentrate, unsweetened, undiluted 207 6-fl-oz can 09128 Grapefruit juice, white, raw 247 1 cup	09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	378
09128 Grapefruit juice, white, raw 247 1 cup	09126	3 volume water	247	1 cup	336
•			207	6-fl-oz can	1002
O9112 Grapefruit, raw, pink and red, all areas 123 1/2 grapefruit	09128	Grapefruit juice, white, raw	247	1 cup	400
	09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	166

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	175
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	328
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	306
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	96
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	47
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	65
06121	Gravy, mushroom, canned	59.6	1/4 cup	63
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	65
07027	Ham, chopped, not canned	21	2 slices	67
07028	Ham, sliced, extra lean	56.7	2 slices	368
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	163
11961	Hearts of palm, canned	33	1 piece	58
19296	Honey	21	1 tbsp	11
02055	Horseradish, prepared	5	1 tsp	12
16158	Hummus, commercial	14	1 tbsp	32
19270	Ice creams, chocolate	66	1/2 cup	164
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	152
19095	Ice creams, vanilla	66	1/2 cup	131
19088	Ice creams, vanilla, light	66	1/2 cup	137
19089	Ice creams, vanilla, rich	74	1/2 cup	116
19297	Jams and preserves	20	1 tbsp	15
19300	Jellies	19	1 tbsp	10
11226	Jerusalem-artichokes, raw	150	1 cup	644
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	296
11234	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	417
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 cup 1 waffle	50
09148		76	1 medium	237
	Kiwi fruit, (chinese gooseberries), fresh, raw Kohlrabi, cooked, boiled, drained, without salt			
11242 17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	165 85	1 cup 3 oz	561 266
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	287
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	278
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	320
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	230
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	268
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	260
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	287
04002	Lard	12.8	1 tbsp	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	1
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	505
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	495
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	140

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	80
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	102
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	90
09153	Lemon juice, canned or bottled	244	1 cup	249
09153	Lemon juice, canned or bottled	15.2	1 tbsp	16
09152	Lemon juice, raw	47	juice of 1 lemon	58
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	37
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	2
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	3
09150	Lemons, raw, without peel	58	1 lemon	80
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	731
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	388
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	18
11251	Lettuce, cos or romaine, raw	10	1 leaf	25
11251	Lettuce, cos or romaine, raw	56	1 cup	138
11253	Lettuce, green leaf, raw	10	1 leaf	19
11253	Lettuce, green leaf, raw	56	1 cup	109
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	78
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	11
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	760
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	740
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	517
16073	Lima beans, large, mature seeds, canned	241	1 cup	530
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	955
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	12
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	185
09160	Lime juice, raw	38	juice of 1 lime	44
22247	Macaroni and Cheese, canned entree	252	1 cup	212
20100	Macaroni, cooked, enriched	140	1 cup	62
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	251
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	578
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	124
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	530
09176	Mangos, raw	207	1 mango	323
09176	Mangos, raw	165	1 cup	257
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	1
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	2
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	6
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	4
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	3
04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	2
09181	Melons, cantaloupe, raw	160	1 cup	427
09181	Melons, cantaloupe, raw	69	1/8 melon	184
09184	Melons, honeydew, raw	170	1 cup	388

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09184	Melons, honeydew, raw	160	1/8 melon	365
01110	Milk shakes, thick chocolate	300	10.6 fl oz	672
01111	Milk shakes, thick vanilla	313	11 fl oz	573
01094	Milk, buttermilk, dried	6.5	1 tbsp	103
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	370
01095	Milk, canned, condensed, sweetened	306	1 cup	1135
01097	Milk, canned, evaporated, nonfat	256	1 cup	850
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	764
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	425
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	423
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	418
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	392
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	366
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	382
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	366
01077	Milk, whole, 3.25% milkfat	244	1 cup	349
16112	Miso	68.75	1 cup	144
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	534
15157	Mollusks, clam, mixed species, raw	85	3 oz	267
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	207
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	131
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	310
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	55
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	70
18279	Muffins, corn, commercially prepared	57	1 muffin	39
18280	Muffins, corn, dry mix, prepared	50	1 muffin	66
18283	Muffins, oat bran	57	1 muffin	289
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	60
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	125
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	155
11264	Mushrooms, canned, drained solids	156	1 cup	201
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	555
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	170
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	55
11260	Mushrooms, white, raw	70	1 cup	223
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	283
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	7
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	18
09191	Nectarines, raw	136	1 nectarine	273
20113	Noodles, chinese, chow mein	45	1 cup	54
20110	Noodles, egg, cooked, enriched	160	1 cup	61
20110	Noodles, egg, spinach, cooked, enriched	160	1 cup	59
12061	Nuts, almonds	28.35	1 oz (24 nuts)	200
12001	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	187
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	160
12585 12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	179
12300	radis, cashew huts, on roasied, with sail added	28.33 143	1 02 (10 Huts)	1/9

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	313
12104	Nuts, coconut meat, raw	45	1 piece	160
12120	Nuts, hazelnuts or filberts	28.35	1 oz	193
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	103
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	169
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	165
12142	Nuts, pecans	28.35	1 oz (20 halves)	116
12147	Nuts, pine nuts, dried	28.35	1 oz	169
12147	Nuts, pine nuts, dried	8.6	1 tbsp	51
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	295
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	125
20034	Oat bran, cooked	219	1 cup	201
20033	Oat bran, raw	94	1 cup	532
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04582	Oil, vegetable, canola	14	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	216
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	431
09193	Olives, ripe, canned (small-extra large)	22	5 large	2
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	77
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	349
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	156
11284	Onions, dehydrated flakes	5	1 tbsp	81
11282	Onions, raw	110	1 whole	161
11282	Onions, raw	14	1 slice	20
11282	Onions, raw	160		234
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	276
		15	1 cup 1 whole	41
11291	Onions, spring or scallions (includes tops and bulb), raw			
09207	Orange juice, canned, unsweetened	249	1 cup	436
09209 09215	Orange juice, chilled, includes from concentrate Orange juice, frozen concentrate, unsweetened, diluted with 3 volume	249 249	1 cup 1 cup	473 473
09214	water Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	1436
09206	Orange juice, raw	248	1 cup	496
09206	Orange juice, raw	86	juice from 1 orange	172
09200	Oranges, raw, all commercial varieties	131	1 orange	237
09200	Oranges, raw, all commercial varieties Oranges, raw, all commercial varieties	180	•	326
			1 cup	
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	45
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	67
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	76
09226	Papayas, raw	304	1 papaya	781
09226	Papayas, raw	140	1 cup	360

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11297	Parsley, raw	10	10 sprigs	55
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	573
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	416
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	241
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	90
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	125
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	317
09246	Peaches, dried, sulfured, uncooked	39	3 halves	388
09250	Peaches, frozen, sliced, sweetened	250	1 cup	325
09236	Peaches, raw	170	1 cup	323
09236	Peaches, raw	98	1 peach	186
16097	Peanut butter, chunk style, with salt	16	1 tbsp	119
16098	Peanut butter, smooth style, with salt	16	1 tbsp	104
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	187
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	187
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	206
09340	Pears, asian, raw	275	1 pear	333
09340	Pears, asian, raw	122	1 pear	148
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	49
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	173
09254	Pears, canned, juice pack, solids and liquids	76	1 half	73
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	238
09252	Pears, raw	166	1 pear	198
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	384
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	347
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	294
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	176
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	710
11670	Peppers, hot chili, green, raw	45	1 pepper	153
11819	Peppers, hot chili, red, raw	45	1 pepper	145
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	50
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	226
11333	Peppers, sweet, green, raw	119	1 pepper	208
11333	Peppers, sweet, green, raw	149	1 cup	261
11333	Peppers, sweet, green, raw	10	1 ring	18
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	226
11821	Peppers, sweet, red, raw	149	1 cup	314
11821	Peppers, sweet, red, raw	119	1 pepper	251
11945	Pickle relish, sweet	15	1 tbsp	4
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	60
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	210
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	139
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	121
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	33
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	78
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	76
18302	Pie, apple, prepared from recipe	155	1 piece	122
	Pie, blueberry, commercially prepared	117	1 piece	59

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18306	Pie, blueberry, prepared from recipe	147	1 piece	74
18308	Pie, cherry, commercially prepared	117	1 piece	95
18309	Pie, cherry, prepared from recipe	180	1 piece	139
18310	Pie, chocolate creme, commercially prepared	113	1 piece	144
18316	Pie, coconut custard, commercially prepared	104	1 piece	182
18444	Pie, fried pies, cherry	128	1 pie	83
18319	Pie, fried pies, fruit	128	1 pie	83
18320	Pie, lemon meringue, commercially prepared	113	1 piece	101
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	83
18324	Pie, pecan, commercially prepared	113	1 piece	84
18325	Pie, pecan, prepared from recipe	122	1 piece	162
18326	Pie, pumpkin, commercially prepared	109	1 piece	168
18327	Pie, pumpkin, prepared from recipe	155	1 piece	288
11943	Pimento, canned	12	1 tbsp	19
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	153
14341	Pineapple and orange juice drink, canned	250	8 fl oz	115
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	325
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	264
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	51
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	57
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	304
09266	Pineapple, raw, all varieties	155	1 cup	169
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	96
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	165
09278	Plantains, cooked	154	1 cup	716
09277	Plantains, raw	179	1 medium	893
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	235
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	42
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	71
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	388
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	796
09291	Plums, dried (prunes), stewed, without added sugar	42	5 prunes	307
09279	Plums, raw	66	1 plum	104
07065	Pork and beef sausage, fresh, cooked	26	2 links	49
07063	Pork sausage, fresh, cooked	27	1 patty	79
07064	Pork sausage, fresh, cooked	26	2 links	76
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	107
	•			
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	181
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	298
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	243
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	269
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	268
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	299
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	317
10038 10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat,	85 85	3 oz	292 361
10177	cooked, pan-fried	os	3 oz	301

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	303
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	382
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	358
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	371
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	245
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	314
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	344
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	272
11672	Potato pancakes	76	1 pancake	473
11399	Potato puffs, frozen, oven-heated	79	10 puffs	246
11414	Potato salad, home-prepared	250	1 cup	635
11674	Potato, baked, flesh and skin, without salt	202	1 potato	1081
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	537
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	970
11363	Potatoes, baked, flesh, without salt	156	1 potato	610
11364	Potatoes, baked, skin, without salt	58	1 skin	332
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	515
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	512
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	443
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	226
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	126
11370	Potatoes, hashed brown, home-prepared	156	1 cup	899
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	349
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	626
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	689
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	497
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	926
05306	Poultry food products, ground turkey, cooked	82	1 patty	221
09294	Prune juice, canned	256	1 cup	707
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	247
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	237
19183	Puddings, chocolate, ready-to-eat	113	4 oz	208
19193	Puddings, rice, ready-to-eat	113.4	4 oz	68
19218	Puddings, tapioca, ready-to-eat	113	4 oz	104
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	192
19201	Puddings, vanilla, ready-to-eat	113	4 oz	73
11424	Pumpkin, canned, without salt	245	1 cup	505
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	564
11429	Radishes, raw	4.5	1 radish	10
09298	Raisins, seedless	14	1 packet	105
09298	Raisins, seedless	145	1 cup	1086
09306	Raspberries, frozen, red, sweetened	250	1 cup	285
09302	Raspberries, raw	123	1 cup	186

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	673
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	230
20037	Rice, brown, long-grain, cooked	195	1 cup	84
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	98
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	346
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	15
20045	Rice, white, long-grain, regular, cooked	158	1 cup	55
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	213
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	39
18350	Rolls, hamburger or hotdog, plain	43	1 roll	40
18353	Rolls, hard (includes kaiser)	57	1 roll	62
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	554
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	6
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	10
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	17
04133	Salad dressing, french, home recipe	14	1 tbsp	3
04134	Salad dressing, home recipe, cooked	16	1 tbsp	19
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	7
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	13
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	2
04015	Salad dressing, russian dressing	15.3	1 tbsp	26
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	26
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	31
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	17
07069	Salami, cooked, beef and pork	56.7	2 slices	179
07072	Salami, dry or hard, pork, beef	20	2 slices	76
02047	Salt, table	6		0
07073		15	1 then	
	Sandwich spread, pork, beef		1 then	17
06150	Sauce, barbecue	15.75	1 tbsp	33
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	19
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	19
06166	Sauce, homemade, white, medium	250	1 cup	390
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	790
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	7
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	48
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	41
11439	Sauerkraut, canned, solids and liquids	236	1 cup	401
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	16
11445	Seaweed, kelp, raw	10	2 tbsp	9
11667	Seaweed, spirulina, dried	0.93	1 tbsp	13
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	229
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	62
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	30
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	241
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	272
14346	Shake, fast food, chocolate	333	16 fl oz	666
14347	Shake, fast food, vanilla	333	16 fl oz	553

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11677	Shallots, raw	10	1 tbsp	33
19097	Sherbet, orange	74	1/2 cup	71
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	118
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	76
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	67
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	38
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	56
19013	Snacks, fruit leather, pieces	28.35	1 oz	46
19014	Snacks, fruit leather, rolls	21	1 large	62
19015	Snacks, granola bars, hard, plain	28.35	1 bar	95
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	96
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	67
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	103
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	73
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	9
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	93
19034	Snacks, popcorn, air-popped	8	1 cup	26
19036	Snacks, popcorn, cakes	10	1 cake	33
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	149
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	38
19040	Snacks, popcorn, cheese-flavor	11	1 cup	29
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	20
19041	Snacks, pork skins, plain	28.35	1 oz	36
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	357
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	285
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	286
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	141
19411	Snacks, potato chips, plain, salted	28.35	1 oz	466
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	361
19422	Snacks, potato chips, reduced fat	28.35	1 oz	494
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	377
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	82
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	26
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	67
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	77
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	61
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	946
19061	Snacks, trail mix, tropical	140	1 cup	993
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	425
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	372
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	27
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	154
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	98
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	53

1962 1962	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06423 Soup, chicken with rice, canned, prepared with equal volume water 241 1 cup 290 06018 Soup, chunky chicken moelle, canned, ready-to-serve 240 1 cup 240 06026 Soup, chunky vegetables, canned, ready-to-serve 240 1 cup 380 06230 Soup, clam chowder, new england, canned, prepared with equal volume 244 1 cup 285 06216 Soup, creum of chicken, canned, prepared with equal volume water 244 1 cup 288 06216 Soup, creum of chicken, canned, prepared with equal volume water 244 1 cup 288 06216 Soup, creum of mashroom, canned, prepared with equal volume water 244 1 cup 38 06416 Soup, creum of mashroom, canned, prepared with equal volume water 244 1 cup 33 06416 Soup, creum of mashroom, canned, prepared with equal volume water 241 1 cup 33 06449 Soup, noine, day, mis, prepared with equal volume water 246 1 cup 36 06449 Soup, south, frish, home-prepared 23 1 cup 36 06559	06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	33
06018 Soup, chunky chicken noodle, canned, ready-to-serve 240 1 cup 396 06067 Soup, chunky vegetable, canned, ready-to-serve 240 1 cup 396 06282 Soup, chunk vy vegetable, canned, prepared with equal volume 244 1 cup 456 06210 Soup, cream of chicker, canned, prepared with equal volume milk 248 1 cup 273 06210 Soup, cream of chicker, canned, prepared with equal volume water 244 1 cup 388 06213 Song, cream of chicker, canned, prepared with equal volume water 244 1 cup 388 06214 Song, cream of mushroom, canned, prepared with equal volume water 241 1 cup 73 06413 Song, cream of mushroom, canned, prepared with equal volume water 241 1 cup 33 06414 Soup, minestrose, canned, prepared with equal volume water 250 1 cup 76 06449 Soup, sone, sock, sick, sick, borne-prepared 250 1 cup 33 06174 Soup, stock, sick, sick, borne-prepared 2 1 cup 36 06559 Soup, tomate,	06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	367
660677 Song, churky vegetable, canned, repared with equal volume 244 1 cup 181 66128 Soug, char chowder, nambattan, canned, prepared with equal volume 244 1 cup 181 66230 Soug, claim chowder, new england, canned, prepared with equal volume milk 248 1 cup 273 66216 Song, cream of chicken, canned, prepared with equal volume water 244 1 cup 88 66216 Song, cream of chicken, canned, prepared with equal volume water 244 1 cup 88 66243 Song, cream of mushroom, canned, prepared with equal volume water 241 1 cup 73 66440 Song, minestrone, canned, prepared with equal volume water 241 1 cup 73 66440 Song, minestrone, canned, prepared with equal volume water 246 1 cup 76 66449 Song, conna, dry, mix, prepared with equal volume water 250 1 cup 178 66449 Song, pong, pea, green, conned, prepared with equal volume water 244 1 cup 273 66471 Song, bornatz, canned, prepared with equal volume water 244 1 cup 273 <	06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	99
06428 Sing, claim chowder, manhattan, carned, prepared with equal volume water variety of the control	06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	240
water	06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	396
Notime bow fat (2%) milk	06428	1	244	1 cup	181
06416 Soup, cream of chicken, canned, prepared with equal volume water 244 1 cup 288 06243 acoup, cream of mushroom, canned, prepared with equal volume water 248 1 cup 328 06443 Soup, cream of mushroom, canned, prepared with equal volume water 244 1 cup 313 06440 Soup, noinon, dry, mix 39 1 packet 281 06494 Soup, noinon, dry, mix, prepared with equal volume water 246 1 cup 76 06449 Soup, peu, green, canned, prepared with equal volume water 250 1 cup 178 06174 Soup, sock, fish, home-prepared 233 1 cup 336 063759 Soup, tomato, canned, prepared with equal volume water 244 1 cup 273 06471 Soup, togetable beef canned, prepared with equal volume water 244 1 cup 267 06478 Soup, togetable canned, prepared with equal volume water 241 1 cup 27 06478 Soup, togetable canned, prepared with equal volume water 241 1 cup 20 06478 Soup, togetable canned, prepared wit	06230		248	1 cup	456
06243 Soup, cream of mushroom, canned, prepared with equal volume water (2%) milk 248 1 cup 268 06443 Soup, cream of mushroom, canned, prepared with equal volume water 244 1 cup 313 06440 Soup, miend, fly, mix 39 1 packet 281 06494 Soup, onion, fly, mix 246 1 cup 76 06449 Soup, onion, fly, mix 246 1 cup 76 06449 Soup, onion, fly, mix 250 1 cup 76 06449 Soup, sondo, canned, prepared with equal volume water 250 1 cup 336 0674 Soup, tomato, canned, prepared with equal volume water 233 1 cup 366 06559 Soup, tomato, canned, prepared with equal volume water 244 1 cup 168 06471 Soup, vegetarian vegetable, canned, prepared with equal volume water 241 1 cup 207 01058 Sour dressing, non-buterfat, cultured, filled cream-type 12 1 bsp 19 16123 Soy sauce made from soy and wheat (shoyu) 16 1 bsp 28	06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	273
Fact (2%) milk Soup, cream of mushroom, canned, prepared with equal volume water 244 1 cup 313	06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	88
06440 Soup, minestrone, camed, prepared with equal volume water 241 1 cup 313 06094 Soup, onion, dry, mix 39 1 packet 281 06449 Soup, onion, dry, mix, prepared with water 246 1 cup 178 06449 Soup, stock, fish, home-prepared with equal volume water 250 1 cup 336 06174 Soup, stock, fish, home-prepared with equal volume water 250 1 cup 336 06174 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 466 06559 Soup, tomato, canned, prepared with equal volume water 244 1 cup 168 06468 Soup, vegetable beef, canned, prepared with equal volume water 241 1 cup 207 10158 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 tbsp 19 16169 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 207 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 36 20121 Spaghetti, whole-wheat, cooked 245 <td>06243</td> <td></td> <td>248</td> <td>1 cup</td> <td>268</td>	06243		248	1 cup	268
06094 Soup, onion, dry, mix 39 1 packet 281 06494 Soup, onion, dry, mix, prepared with water 250 1 cup 76 06494 Soup, stock, fish, home-prepared 233 1 cup 336 06174 Soup, stock, fish, home-prepared 233 1 cup 336 06339 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 273 06471 Soup, wegetable beef, canned, prepared with equal volume water 244 1 cup 288 06468 Soup, vegetatrian vegetable, canned, prepared with equal volume water 241 1 cup 207 01058 Sour dressing, aon-butterfar, cultured, filled cream-type 12 1 tbsp 19 16123 Soy sauce made from soy and wheat (shoyu) 16 1 tbsp 35 16149 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 28 16120 Soymilk, original and vanilla, unfortified 245 1 cup 28 16120 Soymilk, original and vanilla, unfortified 245 1 cup 36 <td>06443</td> <td>Soup, cream of mushroom, canned, prepared with equal volume water</td> <td>244</td> <td>1 cup</td> <td>73</td>	06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	73
06494 Soup, onion, dry, mix, prepared with water 246 1 cup 76 06449 Soup, pea, green, canned, prepared with equal volume water 250 1 cup 178 06174 Soup, stock, fish, home-prepared 233 1 cup 336 06359 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 466 06559 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 168 06468 Soup, vegetable beef, canned, prepared with equal volume water 241 1 cup 207 06468 Sour, vegetarian vegetable, canned, prepared with equal volume water 241 1 cup 207 16123 Soy sauce made from soy and wheat (shoyu) 16 1 tbsp 35 11451 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 970 16109 Soybeans, mature cooked, boiled, drained, without salt 180 1 cup 28 16102 Soymilk, original and vanilla, unfortified 245 1 cup 62 2011 Spaghetti, whole-wheat, cooked, enriched, wit	06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	313
6649 Soup, pea, green, canned, prepared with equal volume water 250 1 cup 178 06174 Soup, stock, fish, home-prepared 233 1 cup 336 06359 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 273 06471 Soup, tomato, canned, prepared with equal volume water 244 1 cup 168 06468 Soup, vegetable beef, canned, prepared with equal volume water 241 1 cup 207 01058 Sour dressing, non-butterfalt, cultured, filled cream-type 12 1 tbsp 19 16123 Soy sauce made from soy and wheat (shoyu) 16 1 tbsp 35 16124 Soybeans, mature cooked, boiled, drained, without salt 180 1 cup 288 16120 Soymilk, original and vanilla, unfortified 245 1 cup 288 16120 Soymilk, original and vanilla, unfortified 245 1 cup 28 220121 Spaghettii, whole-wheat, cooked, without added salt 140 1 cup 62 20122 Spices, cleriy seed 2 1 tsp	06094	Soup, onion, dry, mix	39	1 packet	281
06174 Soup, stock, fish, home-prepared 233 1 cup 336 06339 Soup, tomato, canned, prepared with equal volume low fat (2%) milk 248 1 cup 466 06559 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 273 06471 Soup, vegetarian vegetable, canned, prepared with equal volume water 244 1 cup 206 06468 Soup, vegetarian vegetable, canned, prepared with equal volume water 241 1 cup 207 01058 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 tbsp 19 16123 Soy sauce made from soy and wheat (shouy) 16 1 tbsp 35 1619 Soybeans, green, cooked, boiled, drianed, without salt 180 1 cup 88 16120 Soybeans, amatre cooked, boiled, drianed, without salt 172 1 cup 28 24010 Spaghetti with meat sauce, frozen entree 283 1 package 408 241012 Spaghetti, whole-wheat, cooked 140 1 cup 62 20125 Spaghetti, whole-wheat, cooked 2<	06494	Soup, onion, dry, mix, prepared with water	246	1 cup	76
06359 Sopp, tomato, canned, prepared with equal volume low fat (2%) milk 248 1 cup 466 06559 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 168 06471 Soup, vegetable beef, canned, prepared with equal volume water 244 1 cup 207 01058 Sour, vegetarian vegetable, canned, prepared with equal volume water 241 1 cup 207 01058 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 tbsp 19 16123 Soy sauce made from soy and wheat (shoyu) 16 1 tbsp 35 11451 Soybeans, mature cooked, boiled, drained, without salt 180 1 cup 970 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 886 16120 Soymilk, original and vanilla, unfortified 245 1 cup 289 22401 Spaghetti with meat sauce, frozen entree 283 1 package 408 20121 Spaghetti, whole-wheat, cooked 140 1 cup 62 20125 Spaghetti, whole-wheat, cooked 2 <td>06449</td> <td>Soup, pea, green, canned, prepared with equal volume water</td> <td>250</td> <td>1 cup</td> <td>178</td>	06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	178
06559 Soup, tomato, canned, prepared with equal volume water, commercial 244 1 cup 168 06471 Soup, vegetable beef, canned, prepared with equal volume water 244 1 cup 168 06468 Soup, vegetarian vegetable, canned, prepared with equal volume water 241 1 cup 207 1058 Sour dressing, non-butterfat, cultured, filled crean-type 12 1 tbsp 19 16123 Soy sauce made from soy and wheat (shovu) 16 1 tbsp 35 11451 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 970 16109 Soybeans, mature cooked, boiled, drained, without salt 172 1 cup 288 16120 Soymilk, original and vanilla, unfortified 245 1 cup 289 22401 Spaghetti, whole-wheat, cooked 140 1 cup 62 20121 Spaghetti, whole-wheat, cooked 140 1 cup 62 20207 Spices, celery seed 2 1 tsp 30 20208 Spices, chili powder 2.6 1 tsp 31	06174	Soup, stock, fish, home-prepared	233	1 cup	336
06471 Soup, vegetable beef, canned, prepared with equal volume water 244 1 cup 168 06468 Soup, vegetarian vegetable, canned, prepared with equal volume water 241 1 cup 207 01058 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 tbsp 19 16123 Soy sauce made from soy and wheat (shoyu) 16 1 tbsp 35 16145 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 970 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 886 16120 Soymilk, original and vanilla, unfortified 245 1 cup 289 22401 Spaghetti, whole-wheat, cooked 140 1 cup 62 20121 Spaghetti, whole-wheat, cooked 2 1 tsp 28 20207 Spices, celery seed 2 1 tsp 30 20207 Spices, chili powder 2.6 1 tsp 31 20207 Spices, cinnamon, ground 2.3 1 tsp 31 20202 Spices, cinnamon, g	06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	466
06468 Soup, vegetarian vegetable, canned, prepared with equal volume water 241 1 cup 207 01058 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 tbsp 19 16123 Soy sauce made from soy and wheat (shoyu) 16 1 tbsp 35 11451 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 970 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 289 16120 Soymilk, original and vanilla, unfortified 245 1 cup 289 22401 Spaghetti with meat sauce, frozen entree 283 1 package 408 20121 Spaghetti, whole-wheat, cooked 140 1 cup 62 20125 Spaghetti, whole-wheat, cooked 140 1 cup 62 20207 Spices, celery seed 2 1 tsp 50 20208 Spices, pill powder 2.6 1 tsp 50 20209 Spices, curry powder 2 1 tsp 21 20202 Spices, garlic powder 2.1	06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	273
01058 Sour dressing, non-butterfat, cultured, filled cream-type 12 1 thsp 19 16123 Soy sauce made from soy and wheat (shoyu) 16 1 thsp 35 11451 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 970 16109 Soybeans, mature cooked, boiled, drained, without salt 172 1 cup 289 16120 Soymilk, original and vanilla, unfortified 245 1 cup 289 22401 Spaghetti with meat sauce, frozen entree 283 1 package 408 20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 62 20125 Spaghetti, whole-wheat, cooked 140 1 cup 62 20207 Spices, celery seed 2 1 tsp 28 20208 Spices, celery seed 2.6 1 tsp 30 20201 Spices, chili powder 2.3 1 tsp 31 20202 Spices, garlic powder 2.8 1 tsp 25 20202 Spices, oregano, dried 1.5 1	06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	168
16123 Soy sauce made from soy and wheat (shoyu) 16 1 tbsp 35 11451 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 970 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 286 16120 Soymilk, original and vanilla, unfortified 245 1 cup 289 22401 Spaghetti with meat sauce, frozen entree 283 1 package 408 20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 62 20125 Spaghetti, whole-wheat, cooked 140 1 cup 62 20207 Spices, cerry seed 2 1 tsp 28 20209 Spices, chili powder 2.6 1 tsp 50 20210 Spices, ciniamon, ground 2.3 1 tsp 31 20215 Spices, curry powder 2 1 tsp 31 20216 Spices, parlic powder 2.8 1 tsp 31 20226 Spices, garlic powder 2.1 1 tsp 25 20227 Spices, poinon powder 2.1 1 tsp 25	06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	207
11451 Soybeans, green, cooked, boiled, drained, without salt 180 1 cup 970 16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 886 16120 Soymilk, original and vanilla, unfortified 245 1 cup 289 22401 Spaghetti, with meat sauce, frozen entree 283 1 package 408 20121 Spaghetti, whole-wheat, cooked 140 1 cup 62 20205 Spaghetti, whole-wheat, cooked 140 1 cup 62 20207 Spices, clery seed 2 1 tsp 28 20209 Spices, chili powder 2.6 1 tsp 50 20215 Spices, cinnamon, ground 2.3 1 tsp 10 20210 Spices, cinnamon, ground 2.3 1 tsp 31 20201 Spices, curry powder 2 1 tsp 31 20202 Spices, garlic powder 2.8 1 tsp 31 20202 Spices, origano, dried 1.5 1 tsp 25 20202 Spices, perganck 2.1 1 tsp 25 20202 <td>01058</td> <td>Sour dressing, non-butterfat, cultured, filled cream-type</td> <td>12</td> <td>1 tbsp</td> <td>19</td>	01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	19
16109 Soybeans, mature cooked, boiled, without salt 172 1 cup 288 16120 Soymilk, original and vanilla, unfortified 245 1 cup 289 22401 Spaghetti with meat sauce, frozen entree 283 1 package 408 20121 Spaghetti, kole-wheat, cooked 140 1 cup 62 20125 Spaghetti, whole-wheat, cooked 140 1 cup 62 20207 Spices, celery seed 2 1 tsp 28 20009 Spices, chili powder 2.6 1 tsp 50 2011 Spices, cinamon, ground 2.3 1 tsp 10 2021 Spices, ciny powder 2 1 tsp 31 2020 Spices, garlic powder 2.8 1 tsp 31 2020 Spices, origano, dried 1.5 1 tsp 25 20202 Spices, organo, dried 1.5 1 tsp 49 20203 Spices, parsley, dried 1.3 1 tsp 26 20204 Spices, parsley, dried	16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	35
16120 Soymilk, original and vanilla, unfortified 245 1 cup 289 22401 Spaghetti with meat sauce, frozen entree 283 1 package 408 20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 62 20125 Spaghetti, whole-wheat, cooked 140 1 cup 62 02007 Spices, celery seed 2 1 tsp 28 02009 Spices, chili powder 2.6 1 tsp 50 02010 Spices, cinnamon, ground 2.3 1 tsp 10 02015 Spices, cinnamon, ground 2.3 1 tsp 31 02020 Spices, cinnamon, ground 2.8 1 tsp 31 02021 Spices, garlic powder 2.8 1 tsp 31 02022 Spices, garlic powder 2.1 1 tsp 20 02027 Spices, oregano, dried 1.5 1 tsp 25 02028 Spices, parise, dried 1.3 1 tsp 49 02029 Spices, parise, dried	11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	970
22401 Spaghetti with meat sauce, frozen entree 283 1 package 408 20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 62 20125 Spaghetti, whole-wheat, cooked 140 1 cup 62 02007 Spices, celery seed 2 1 tsp 28 02009 Spices, chili powder 2.6 1 tsp 50 02010 Spices, cinnamon, ground 2.3 1 tsp 10 02015 Spices, curry powder 2 1 tsp 31 02020 Spices, garlic powder 2.8 1 tsp 31 02020 Spices, one powder 2.1 1 tsp 20 02027 Spices, oregano, dried 1.5 1 tsp 25 02028 Spices, parika 2.1 1 tsp 25 02029 Spices, parley, dried 1.3 1 tsp 26 02030 Spices, parley, dried 1.3 1 tsp 26 01638 Spinach souffle 136 1 cup 31 11649 Spinach, canned, drained solids 214 <td< td=""><td>16109</td><td>Soybeans, mature cooked, boiled, without salt</td><td>172</td><td>1 cup</td><td>886</td></td<>	16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	886
20121 Spaghetti, cooked, enriched, without added salt 140 1 cup 62 20125 Spaghetti, whole-wheat, cooked 140 1 cup 62 02007 Spices, celery seed 2 1 tsp 28 02009 Spices, chili powder 2.6 1 tsp 50 02010 Spices, cinnamon, ground 2.3 1 tsp 10 02015 Spices, curry powder 2 1 tsp 31 02020 Spices, garlic powder 2.8 1 tsp 31 02020 Spices, onion powder 2.1 1 tsp 20 02027 Spices, oregano, dried 1.5 1 tsp 25 02028 Spices, paprika 2.1 1 tsp 49 02029 Spices, parsley, dried 1.3 1 tsp 49 02030 Spices, paper, black 2.1 1 tsp 26 11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 374 11458 Spinach, cooked, boiled, drained, without salt 180	16120	Soymilk, original and vanilla, unfortified	245	1 cup	289
20125 Spaghetti, whole-wheat, cooked 140 1 cup 62 02007 Spices, celery seed 2 1 tsp 28 02009 Spices, chili powder 2.6 1 tsp 50 02010 Spices, cinnamon, ground 2.3 1 tsp 10 02015 Spices, curry powder 2 1 tsp 31 02020 Spices, garlic powder 2.8 1 tsp 31 02020 Spices, onion powder 2.1 1 tsp 20 02027 Spices, oregano, dried 1.5 1 tsp 25 02028 Spices, paprika 2.1 1 tsp 49 02029 Spices, parsley, dried 1.3 1 tsp 49 02030 Spices, pepper, black 2.1 1 tsp 26 11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 740 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 574 11457 Spinach, raw 30 1 cup 574 <td>22401</td> <td>Spaghetti with meat sauce, frozen entree</td> <td>283</td> <td>1 package</td> <td>408</td>	22401	Spaghetti with meat sauce, frozen entree	283	1 package	408
02007 Spices, celery seed 2 1 tsp 28 02009 Spices, chili powder 2.6 1 tsp 50 02010 Spices, cinnamon, ground 2.3 1 tsp 10 02015 Spices, curry powder 2 1 tsp 31 02020 Spices, garlic powder 2.8 1 tsp 31 02026 Spices, onion powder 2.1 1 tsp 20 02027 Spices, oregano, dried 1.5 1 tsp 25 02028 Spices, paprika 2.1 1 tsp 49 02029 Spices, parsley, dried 1.3 1 tsp 49 02030 Spices, pepper, black 2.1 1 tsp 26 11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 74 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 574 11457 Spinach, raw 30 1 cup 574	20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	62
02009 Spices, chili powder 2.6 1 tsp 50 02010 Spices, cinnamon, ground 2.3 1 tsp 10 02015 Spices, curry powder 2 1 tsp 31 02020 Spices, garlic powder 2.8 1 tsp 31 02026 Spices, onion powder 2.1 1 tsp 20 02027 Spices, oregano, dried 1.5 1 tsp 25 02028 Spices, paprika 2.1 1 tsp 49 02029 Spices, parsley, dried 1.3 1 tbsp 49 02030 Spices, pepper, black 2.1 1 tsp 26 11658 Spinach, souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 74 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 574 11457 Spinach, raw 30 1 cup 574 11457 Spinach, raw 10 1 leaf 56 <	20125	Spaghetti, whole-wheat, cooked	140	1 cup	62
02010 Spices, cinnamon, ground 2.3 1 tsp 10 02015 Spices, curry powder 2 1 tsp 31 02020 Spices, garlic powder 2.8 1 tsp 31 02026 Spices, onion powder 2.1 1 tsp 20 02027 Spices, oregano, dried 1.5 1 tsp 25 02028 Spices, parika 2.1 1 tsp 49 02029 Spices, parsley, dried 1.3 1 tsp 49 02030 Spices, pepper, black 2.1 1 tsp 26 11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 740 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 574 11457 Spinach, raw 30 1 cup 574 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180	02007	Spices, celery seed	2	1 tsp	28
02015 Spices, curry powder 2 1 tsp 31 02020 Spices, garlic powder 2.8 1 tsp 31 02026 Spices, onion powder 2.1 1 tsp 20 02027 Spices, oregano, dried 1.5 1 tsp 25 02028 Spices, paprika 2.1 1 tsp 49 02029 Spices, parsley, dried 1.3 1 tsp 49 02030 Spices, pepper, black 2.1 1 tsp 26 11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 740 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 574 11457 Spinach, raw 30 1 cup 574 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	02009	Spices, chili powder	2.6	1 tsp	50
02020 Spices, garlic powder 2.8 1 tsp 31 02026 Spices, onion powder 2.1 1 tsp 20 02027 Spices, oregano, dried 1.5 1 tsp 25 02028 Spices, paprika 2.1 1 tsp 49 02029 Spices, parsley, dried 1.3 1 tbsp 49 02030 Spices, pepper, black 2.1 1 tsp 26 11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 740 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 839 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 190 1 cup 574 11457 Spinach, raw 30 1 cup 167 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	02010	Spices, cinnamon, ground	2.3	1 tsp	10
02026 Spices, onion powder 2.1 1 tsp 20 02027 Spices, oregano, dried 1.5 1 tsp 25 02028 Spices, paprika 2.1 1 tsp 49 02029 Spices, parsley, dried 1.3 1 tbsp 49 02030 Spices, pepper, black 2.1 1 tsp 26 11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 740 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 839 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 190 1 cup 574 11457 Spinach, raw 30 1 cup 167 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	02015	Spices, curry powder	2	1 tsp	31
02027 Spices, oregano, dried 1.5 1 tsp 25 02028 Spices, paprika 2.1 1 tsp 49 02029 Spices, parsley, dried 1.3 1 tbsp 49 02030 Spices, pepper, black 2.1 1 tsp 26 11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 740 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 839 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 190 1 cup 574 11457 Spinach, raw 30 1 cup 167 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	02020	Spices, garlic powder	2.8	1 tsp	31
02028 Spices, paprika 2.1 1 tsp 49 02029 Spices, parsley, dried 1.3 1 tbsp 49 02030 Spices, pepper, black 2.1 1 tsp 26 11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 740 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 839 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 190 1 cup 574 11457 Spinach, raw 30 1 cup 167 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	02026	Spices, onion powder	2.1	1 tsp	20
02029 Spices, parsley, dried 1.3 1 tbsp 49 02030 Spices, pepper, black 2.1 1 tsp 26 11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 740 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 839 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 190 1 cup 574 11457 Spinach, raw 30 1 cup 167 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	02027	Spices, oregano, dried	1.5	1 tsp	25
02030 Spices, pepper, black 2.1 1 tsp 26 11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 740 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 839 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 190 1 cup 574 11457 Spinach, raw 30 1 cup 167 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	02028	Spices, paprika	2.1	1 tsp	49
11658 Spinach souffle 136 1 cup 318 11461 Spinach, canned, drained solids 214 1 cup 740 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 839 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 190 1 cup 574 11457 Spinach, raw 30 1 cup 167 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	02029	Spices, parsley, dried	1.3	1 tbsp	49
Spinach, canned, drained solids 214 1 cup 740 11458 Spinach, cooked, boiled, drained, without salt 180 1 cup 839 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 190 1 cup 574 11457 Spinach, raw 30 1 cup 167 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	02030	Spices, pepper, black	2.1	1 tsp	26
Spinach, cooked, boiled, drained, without salt 180 1 cup 839 11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 190 1 cup 574 11457 Spinach, raw 30 1 cup 167 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	11658	Spinach souffle	136	1 cup	318
11464 Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 190 1 cup 574 11457 Spinach, raw 30 1 cup 167 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	11461	Spinach, canned, drained solids	214	1 cup	740
11457 Spinach, raw 30 1 cup 167 11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	839
11457 Spinach, raw 10 1 leaf 56 11642 Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	574
Squash, summer, all varieties, cooked, boiled, drained, without salt 180 1 cup 346	11457	Spinach, raw	30	1 cup	167
	11457	Spinach, raw	10	1 leaf	56
11641 Squash, summer, all varieties, raw 113 1 cup 296	11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	346
	11641	Squash, summer, all varieties, raw	113	1 cup	296

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	494
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	319
)9320	Strawberries, frozen, sweetened, sliced	255	1 cup	250
)9316	Strawberries, raw	166	1 cup	254
)9316	Strawberries, raw	12	1 strawberry	18
)9316	Strawberries, raw	18	1 strawberry	28
19334	Sugars, brown	3.2	1 tsp	4
19335	Sugars, granulated	4.2	1 tsp	0
19336	Sugars, powdered	8	1 tbsp	0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	378
11512	Sweet potato, canned, vacuum pack	255	1 cup	796
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	694
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	359
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	198
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	67
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	19
19348	Syrups, chocolate, fudge-type	19	1 tbsp	54
19350	Syrups, corn, light	20	1 tbsp	0
19353	Syrups, maple	20	1 tbsp	41
19129	Syrups, table blends, pancake	20	1 tbsp	3
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
18360	Taco shells, baked	13.3	1 medium	30
09223	Tangerine juice, canned, sweetened	249	1 cup	443
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	197
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	139
20068	Tapioca, pearl, dry	152	1 cup	17
14355	Tea, brewed, prepared with tap water	178	6 fl oz	66
14545	Tea, herb, chamomile, brewed	178	6 fl oz	16
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	16
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	33
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	39
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	43
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	57
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	39
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	82
16126 16127	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) Tofu, soft, prepared with calcium sulfate and magnesium chloride	81 120	1/4 block	120
11954	(nigari) Tomatillos, raw	34	1 piece 1 medium	144
11540 11546	Tomato juice, canned, with salt added	243 262	1 cup	556 2657
	Tomato products, canned, paste, without salt added		1 cup	
11547	Tomato products, canned, puree, without salt added	250	1 cup	1098
11549	Tomato products, canned, sauce	245	1 cup	811
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	451
11533 11529	Tomatoes, red, ripe, canned, stewed Tomatoes, red, ripe, raw, year round average	255 20	1 cup 1 slice	528 47

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	427
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	292
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	40
11955	Tomatoes, sun-dried	2	1 piece	69
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	47
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	48
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	50
21088	Tostada with guacamole	130.5	1 tostada	325
05286	Turkey and gravy, frozen	142	5-oz package	87
05292	Turkey patties, breaded, battered, fried	64	1 patty	176
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	253
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	244
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	392
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	256
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	417
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	226
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	292
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	367
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	276
02050	Vanilla extract	4.2	1 tsp	6
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	326
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	251
11578	Vegetable juice cocktail, canned	242	1 cup	467
11581	Vegetables, mixed, canned, drained solids	163	1 cup	474
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	308
02048	Vinegar, cider	15	1 tbsp	11
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	48
18367	Waffles, plain, prepared from recipe	75	1 waffle	119
14429	Water, tap, municipal	237	8 fl oz	2
11590	Water, tap, multicipal Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	165
09326	Watermelon, raw	286	•	320
09326	Watermelon, raw	152	1 wedge	170
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	170
20081	Wheat flour, white, all-purpose, efficiency, bleached Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	155
20082	Wheat flour, white, an-purpose, sen-rising, enriched Wheat flour, white, bread, enriched	137	1 cup	137
20083	Wheat flour, white, oread, emrched		1 cup	
		137	1 cup	144
20080	Wheat flour, whole-grain	120	1 cup	486
20089	Wild rice, cooked	164	1 cup	166
22120 22121	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles WORTHINGTON FOODS, MORNINGSTAR FARMS Grillers	110 85	1 cup	234
01121	Vegan Burgers, frozen Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	1 patty 8-oz container	423 443
01121	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	531
01117	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	579
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	352