NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.0
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.1
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.1
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.0
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.0
11001	Alfalfa seeds, sprouted, raw	33	1 cup	10.1
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.0
09011	Apples, dried, sulfured, uncooked	32	5 rings	1.0
09003	Apples, raw, with skin	138	1 apple	3.0
09004	Apples, raw, without skin	110	1 cup	0.7
09020	Applesauce, canned, sweetened, without salt	255	1 cup	1.5
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	1.5
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	5.7
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	5.4
09032	Apricots, dried, sulfured, uncooked	35	10 halves	1.1
09021	Apricots, raw	35	1 apricot	1.2
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	24.9
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	17.8
11015	Asparagus, canned, drained solids	72	4 spears	29.7
11012	Asparagus, cooked, boiled, drained	60	4 spears	30.4
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	144.0
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	48.0
09038	Avocados, raw, California	28.35	1 oz	6.0
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.5
18005	Bagels, cinnamon-raisin	89	4" bagel	0.6
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.8
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	1.0
19078	Baking chocolate, unsweetened, squares	28.35	1 square	2.7
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.0
09040	Bananas, raw	118	1 banana	0.6
09040	Bananas, raw	150	1 cup	0.8
20006	Barley, pearled, cooked	157	1 cup	1.3
20005	Barley, pearled, raw	200	1 cup	4.4
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	2.0
16008	Beans, baked, canned, with franks	259	1 cup	2.6
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	2.0
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	1.3
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	5.6
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	5.8
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.1
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	6.0

10053   Beans, samp, green, cooked, boiled, drained, without salt   125   1 cup   171     10061   Beans, samp, green, frozen, cooked, boiled, drained without salt   135   1 cup   173     10792   Beans, samp, yellow, cooked, boiled, drained, without salt   125   1 cup   174     11724   Beans, samp, yellow, cooked, boiled, drained, without salt   125   1 cup   77     106051   Beans, samp, yellow, cooked, boiled, drained, without salt   125   1 cup   77     106051   Beans, samp, yellow, cooked, boiled, drained, without salt   125   1 cup   77     106051   Beans, samp, yellow, frozen, cooked, boiled, drained, without salt   125   1 cup   77     106051   Beans, samp, yellow, frozen, cooked, boiled, drained, without salt   125   1 cup   77     106051   Beans, swine, mature seeds, canned   202   1 cup   8     106052   Beef, chuck, blade roast, separable lean only, trimmed to 14" fat, all   85   3 oz   1 cup   8     13058   Beef, chuck, blade roast, separable lean only, trimmed to 14" fat, all   85   3 oz   1 cup	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1001   Beans, sang, preen, frozen, cooked, boiled, drained without salt   135   1 cup   17   1772   Beans, sang, yellow, canned, regular pack, drained solids   135   1 cup   20   20   20   20   20   20   20   2	11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	52.5
1932   Beans, sunp, yellow, canned, regular pack, drained solids   135   1 cup   13   17724   Beans, sunp, yellow, cooked, boiled, drained, without sult   125   1 cup   177   17722   Beans, sunp, yellow, cooked, boiled, drained, without sult   125   1 cup   177   17725   1772	11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	20.0
1724   Beans, snap, yellow, cooked, boiled, drained, without salt   125   1 cup   20   17   17   17   17   17   17   17   1	11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	17.1
11732   Beans, sanp, yellow, frozen, cooked, boiled, drained, without salt   135   1 cup   17   16051   Beans, white, mature seeds, canned   262   1 cup   7   7   7   7   7   7   7   7   7	11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	13.4
16051   Beans, white, mature seeds, camed   262   1 cup   7	11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	20.0
22402   Beef Macaruni, frozen entree	11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	17.1
22905   Beef, chuck, blude roast, separable lean only, trimmed to 1/4" fat, all separable, cooked, broised   13348   Beef, cured, dried   28,35   1 oz   0.0   13448   Beef, cured, dried   28,35   1 oz   0.0   13550   Beef, cured, dried   28,35   1 oz   0.0   132378   Beef, ground, 80% lean meat / 25% fat, patty, cooked, broiled   85   3 oz   1   13560   Beef, ground, 80% lean meat / 25% fat, patty, cooked, broiled   85   3 oz   1   13660   Beef, ground, 80% lean meat / 15% fat, patty, cooked, broiled   85   3 oz   1   13760   Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled   85   3 oz   1   13760   Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled   85   3 oz   1   13760   Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled   85   3 oz   1   13760   Beef, ground, beat pround, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broised   18760   1   13760   Beef, ground, beat pround, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broised   1   13760   Beef, ground, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, ground, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, ground, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, ground, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, ground, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled   1   13790   Beef, top sirtion, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled   1   13791   Beef, top sirtion, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled   1   13792   Beef, variety meats and by-products, liver, cooked, pan-fried   85   3 oz   3 oz   3   13793   Beef, top sirtion, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled   1   13792   Beef, variety meats and by-products, liver, cooked, pan-fried   85   3 oz   3 oz   3   13793   Beef, cooked, boiled, drained   1   1   1   1   1   1   1   1   1	16051	Beans, white, mature seeds, canned	262	1 cup	7.6
13058   Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	22402	Beef Macaroni, frozen entree	240	1 package	4.8
grades, conked, braised 13350 Beef, cured, dried beef, canned 13550 Beef, ground, 75% lean meat / 25% fat, patry, cooked, broiled 13573 Beef, ground, 75% lean meat / 25% fat, patry, cooked, broiled 13586 Beef, ground, 80% lean meat / 25% fat, patry, cooked, broiled 13586 Beef, ground, 80% lean meat / 15% fat, patry, cooked, broiled 13586 Beef, ground, 80% lean meat / 15% fat, patry, cooked, broiled 13586 Beef, ground, 85% lean meat / 15% fat, patry, cooked, broiled 13586 Beef, ground, bottom round, separable lean and fat, trimmed to 1/8" fat, 85 13 oz 13386 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, 85 13 oz 14 grades, cooked, braised 13938 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, 85 13 oz 13939 Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all 13930 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all 13930 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all 13930 Beef, tround, eye of round, separable lean only, trimmed to 1/8" fat, all 13930 Beef, tround, eye of round, separable lean only, trimmed to 1/8" fat, all 13930 Beef, tround, eye of round, separable lean only, trimmed to 1/8" fat, all 13930 Beef, troy sirloin, separable lean only, trimmed to 1/8" fat, all 13931 Beef variety meas and by-products. liver, cooked, pan-fried 13932 Beef, variety meas and by-products. liver, cooked, pan-fried 13932 Beef, variety meas and by-products. liver, cooked, pan-fried 13932 Beef, variety meas and by-products. liver, cooked, pan-fried 13933 Beef, variety meas and by-products. liver, cooked, pan-fried 13934 Beet, cooked, boiled, drained 13934 Beet, cooked, boiled, drained 13935 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked 13936 Beef, variety meas and by-products. liver, cooked, pan-fried 13936 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked 13936 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked 13936 Biscuits, plain or buttermilk, re	22905	Beef stew, canned entree	232	1 cup	8.1
13350   Beef, cured, dried   28.35   1 oz   0 oz   0 oz   23578   Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled   85   3 oz   1 oz   1 oz   23573   Beef, ground, 80% lean meat / 12% fat, patty, cooked, broiled   85   3 oz   1 oz   23568   Beef, ground, 80% lean meat / 15% fat, patty, cooked, broiled   85   3 oz   1 oz   23568   Beef, ground, bottom round, separable lean and fat, trimmed to 1/8" at all grades, cooked, broised   1 oz   2 oz	13058		85	3 oz	1.4
23578   Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled   85   3 oz   1	13348	Beef, cured, corned beef, canned	85.05	3 oz	1.4
23573   Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled   85   3 oz   1	13350	Beef, cured, dried	28.35	1 oz	0.0
23568   Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled   85   3 oz   1	23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	1.9
13869   Beef, round, bottom round, separable lean and fat, trimmed to 1/8"   85   3 oz   1	23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	1.4
1, all grades, cooked, braised   23605   Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised all grades, cooked, braised all grades, cooked, braised all grades, cooked, roasted   23598   Beef, top, strion, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted   85   3 oz   1 agrades, cooked, roasted   86, top strion, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted   86, top strion, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled   86, top strion, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled   85   3 oz   1 agrades, cooked, broiled   85   3 oz   3 oz   1 agrades, cooked, broiled   85   3 oz   3 oz   1 agrades, top strion, separable lean only, trimmed to 1/8" fat, all grades,   85   3 oz   3 oz   3 oz   1 agrades, top strion, separable lean only, trimmed to 1/8" fat, all grades,   85   3 oz	23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	1.0
all grades, cooked, braised	13869		85	3 oz	1.4
all grades, cooked, roasted    Seef. round, eye of round, separable lean only, trimmed to 1/8" fat, all segrades, cooked, roasted grades, cooked, broiled grades, cooked, broiled, drained, without salt learn grades, cooked, grades, cooked, broiled, drained solids learn grades, cooked, broiled, drained solids learn grades, cooked, broiled, drained grades, cooked, broiled, drained grades, cooked, broiled, drained learn grades, cooked, broiled, drained, without salt learn grades, cooked, broiled, drained, without salt learn grades, cooked, broiled, drained, without salt learn grades, cooked, broiled, drained, without sal	23605		85	3 oz	1.4
grades, cooked, froated 13930 Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 13610 Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 13627 Beef, variety meats and by-products, liver, cooked, pan-fried 13627 Beef, variety meats and by-products, liver, cooked, pan-fried 13627 Beef, variety meats and by-products, liver, cooked, pan-fried 1444 1 cup 1697 11084 Beets, canned, drained solids 1700 1 cup 1001 11084 Beets, canned, drained solids 1700 1 cup 1001 11081 Beets, cooked, boiled, drained 1700 1 cup 1001 11081 Beets, cooked, boiled, drained 1700 1 cup 1001 18015 Biscuits, plain or buttermilk, refrigerated dough, ligher fat, baked 1700 1 cup 18013 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked 1700 1 cup 18014 Blackberries, raw 1444 1 cup 18015 Blueberries, raw 1444 1 cup 18016 Blueberries, raw 1445 1 cup 18016 Blueberries, raw 145 1 cup 18016 Blueberries, frozen, sweetened 18016 Blueberries, frozen, sweetened 18019 Blueberries, frozen, sweetened 18019 Bread crumbs, dry, grated, plain 18027 Bread crumbs, dry, grated, plain 18028 Bread stuffing, bread, dry mix, prepared 18029 Bread crumbs, dry, grated, seasoned 18029 Bread, french or vienna (includes sourdough) 18035 Bread, french or vienna (includes sourdough) 18036 Bread, mixed-grain (includes whole-grain, 7-grain) 18036 Bread, mixed-grain, toasted (includes whole-grain, 7-grain) 18036 Bread, outmeal	13878	all grades, cooked, roasted	85	3 oz	1.2
grades, cooked, broiled Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled 13327 Beef, variety meats and by-products, liver, cooked, pan-fried 85 3 oz 3 11087 Beet greens, cooked, boiled, drained, without salt 144 1 cup 697 11084 Beets, canned, drained solids 24 1 beet 0 11084 Beets, canned, drained solids 170 1 cup 0 11081 Beets, cooked, boiled, drained 11081 Beits, cooked, boiled, drained 11081 Beits, cooked, boiled, drained 11081 Beits, cooked, boiled, drained 11081 Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked 27 2-1/2" biscuit 1 18013 Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked 21 2-1/4" biscuit 0 00042 Blackberries, raw 144 1 cup 28 000055 Blueberries, frozen, sweetened 230 1 cup 40 00050 Blueberries, frozen, sweetened 230 1 cup 40 007008 Bologna, beef and pork 56.7 2 slices 0 007014 Braunschweiger (a liver sausage), pork 56.7 2 slices 0 007014 Braunschweiger (a liver sausage), pork 56.7 2 slices 0 007014 Braunschweiger (a liver sausage), pork 56.7 2 slices 0 018039 Bread crumbs, dry, grated, plain 28.35 1 oz 1 18029 Bread crumbs, dry, grated, seasoned 120 1 cup 55 18082 Bread stuffing, bread, dry mix, prepared 100 1/2 cup 13 18029 Bread, egg 40 1/2" slice 0 18033 Bread, italian 20 1 slice 0 18036 Bread, mixed-grain (includes sourdough) 25 1 slice 0 18036 Bread, mixed-grain (includes whole-grain, 7-grain) 24 1 slice 0 18039 Bread, outmeal 0 18039 Bread, outmeal 0 18040 Bread, outmeal 0 18050 Bread, outmeal 0 18			85	3 oz	1.6
13327   Beef, variety meats and by-products, liver, cooked, pan-fried   85   3 oz   3 oz   697	13930	grades, cooked, broiled		3 oz	1.4
11087   Beet greens, cooked, boiled, drained, without salt		cooked, broiled			1.2
11084   Beets, canned, drained solids   24   1 beet   0     11084   Beets, canned, drained solids   170   1 cup   0     11081   Beets, cooked, boiled, drained   50   1 beet   0     11081   Beets, cooked, boiled, drained   170   1 cup   0     18015   Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked   27   2-1/2" biscuit   1     18013   Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked   21   2-1/4" biscuit   0     09042   Blackberries, raw   144   1 cup   28     09055   Blueberries, frozen, sweetened   230   1 cup   40     09050   Blueberries, raw   145   1 cup   28     07008   Bologna, beef and pork   56.7   2 slices   0     07014   Braunschweiger (a liver sausage), pork   56.7   2 slices   0     18079   Bread crumbs, dry, grated, plain   28.35   1 oz   1     18376   Bread crumbs, dry, grated, seasoned   120   1 cup   55     18082   Bread stuffing, bread, dry mix, prepared   100   1/2 cup   13     18027   Bread, egg   40   1/2" slice   0     18039   Bread, mixed-grain (includes whole-grain, 7-grain)   26   1 slice   0     18039   Bread, oatmeal   27   1 slice   0     18039   Bread, oatmeal   27   1 slice   0     18039   Bread, oatmeal   27   1 slice   0		* * * * * * * * * * * * * * * * * * * *		3 oz	3.3
1084   Beets, canned, drained solids   170   1 cup   0   0   1081   Beets, cooked, boiled, drained   50   1 beet   0   0   1801   Beets, cooked, boiled, drained   170   1 cup   0   0   18015   Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked   27   2-1/2" biscuit   1   18013   Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked   21   2-1/4" biscuit   0   0   0   0   0   0   0   0   0				•	697.0
11081   Beets, cooked, boiled, drained   50   1 beet   0   0   1 cup   0   0   18015   Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked   27   2-1/2" biscuit   1   18013   Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked   21   2-1/4" biscuit   0   0   0   0   0   0   0   0   0		Beets, canned, drained solids		1 beet	0.0
11081       Beets, cooked, boiled, drained       170       1 cup       0         18015       Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked       27       2-1/2" biscuit       1         18013       Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked       21       2-1/4" biscuit       0         09042       Blackberries, raw       144       1 cup       28         09055       Blueberries, frozen, sweetened       230       1 cup       40         09050       Blueberries, raw       145       1 cup       28         07008       Bologna, beef and pork       56.7       2 slices       0         07014       Braunschweiger (a liver sausage), pork       56.7       2 slices       0         18079       Bread crumbs, dry, grated, plain       28.35       1 oz       1         18820       Bread crumbs, dry, grated, seasoned       120       1 cup       55         18082       Bread stuffing, bread, dry mix, prepared       100       1/2 cup       13         18027       Bread, egg       40       1/2" slice       0         18038       Bread, french or vienna (includes sourdough)       25       1/2" slice       0         18035       Bread, mixed-grain (includes whole-g	11084	Beets, canned, drained solids	170	1 cup	0.3
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked   27   2-1/2" biscuit   1   18013   Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked   21   2-1/4" biscuit   0   09042   Blackberries, raw   144   1 cup   28   09055   Blueberries, frozen, sweetened   230   1 cup   40   09050   Blueberries, raw   145   1 cup   28   07008   Bologna, beef and pork   56.7   2 slices   0   07014   Braunschweiger (a liver sausage), pork   56.7   2 slices   0   07014   Braunschweiger (a liver sausage), pork   56.7   2 slices   0   0   18376   Bread crumbs, dry, grated, plain   28.35   1 oz   1   1 cup   55   18082   Bread stuffing, bread, dry mix, prepared   100   1/2 cup   13   18027   Bread, egg   40   1/2" slice   0   1   1   1   1   1   1   1   1   1	11081	Beets, cooked, boiled, drained	50	1 beet	0.1
18013       Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked       21       2-1/4" biscuit       0         09042       Blackberries, raw       144       1 cup       28         09055       Blueberries, frozen, sweetened       230       1 cup       40         09050       Blueberries, raw       145       1 cup       28         07008       Bologna, beef and pork       56.7       2 slices       0         07014       Braunschweiger (a liver sausage), pork       56.7       2 slices       0         18079       Bread crumbs, dry, grated, plain       28.35       1 oz       1         18376       Bread crumbs, dry, grated, seasoned       120       1 cup       55         18082       Bread stuffing, bread, dry mix, prepared       100       1/2 cup       13         18027       Bread, egg       40       1/2" slice       0         18039       Bread, italian       20       1 slice       0         18036       Bread, mixed-grain (includes whole-grain, 7-grain)       26       1 slice       0         18039       Bread, oatmeal       27       1 slice       0	11081	Beets, cooked, boiled, drained	170	1 cup	0.3
09042       Blackberries, raw       144       1 cup       28         09055       Blueberries, frozen, sweetened       230       1 cup       40         09050       Blueberries, raw       145       1 cup       28         07008       Bologna, beef and pork       56.7       2 slices       0         07014       Braunschweiger (a liver sausage), pork       56.7       2 slices       0         18079       Bread crumbs, dry, grated, plain       28.35       1 oz       1         18376       Bread crumbs, dry, grated, seasoned       120       1 cup       55         18082       Bread stuffing, bread, dry mix, prepared       100       1/2 cup       13         18027       Bread, egg       40       1/2" slice       0         18039       Bread, italian       20       1 slice       0         18035       Bread, mixed-grain (includes whole-grain, 7-grain)       26       1 slice       0         18036       Bread, mixed-grain, toasted (includes whole-grain, 7-grain)       24       1 slice       0         18039       Bread, oatmeal       27       1 slice       0	18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	1.8
09055       Blueberries, frozen, sweetened       230       1 cup       40         09050       Blueberries, raw       145       1 cup       28         07008       Bologna, beef and pork       56.7       2 slices       0         07014       Braunschweiger (a liver sausage), pork       56.7       2 slices       0         18079       Bread crumbs, dry, grated, plain       28.35       1 oz       1         18376       Bread crumbs, dry, grated, seasoned       120       1 cup       55         18082       Bread stuffing, bread, dry mix, prepared       100       1/2 cup       13         18027       Bread, egg       40       1/2" slice       0         18039       Bread, italian       20       1 slice       0         18035       Bread, mixed-grain (includes whole-grain, 7-grain)       26       1 slice       0         18036       Bread, mixed-grain, toasted (includes whole-grain, 7-grain)       24       1 slice       0         18039       Bread, oatmeal       27       1 slice       0	18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.5
09050       Blueberries, raw       145       1 cup       28         07008       Bologna, beef and pork       56.7       2 slices       0         07014       Braunschweiger (a liver sausage), pork       56.7       2 slices       0         18079       Bread crumbs, dry, grated, plain       28.35       1 oz       1         18376       Bread crumbs, dry, grated, seasoned       120       1 cup       55         18082       Bread stuffing, bread, dry mix, prepared       100       1/2 cup       13         18027       Bread, egg       40       1/2" slice       0         18039       Bread, french or vienna (includes sourdough)       25       1/2" slice       0         18035       Bread, mixed-grain (includes whole-grain, 7-grain)       26       1 slice       0         18036       Bread, mixed-grain, toasted (includes whole-grain, 7-grain)       24       1 slice       0         18039       Bread, oatmeal       27       1 slice       0	09042	Blackberries, raw	144	1 cup	28.5
07008       Bologna, beef and pork       56.7       2 slices       0         07014       Braunschweiger (a liver sausage), pork       56.7       2 slices       0         18079       Bread crumbs, dry, grated, plain       28.35       1 oz       1         18376       Bread crumbs, dry, grated, seasoned       120       1 cup       55         18082       Bread stuffing, bread, dry mix, prepared       100       1/2 cup       13         18027       Bread, egg       40       1/2" slice       0         18029       Bread, french or vienna (includes sourdough)       25       1/2" slice       0         18033       Bread, italian       20       1 slice       0         18035       Bread, mixed-grain (includes whole-grain, 7-grain)       26       1 slice       0         18036       Bread, mixed-grain, toasted (includes whole-grain, 7-grain)       24       1 slice       0         18039       Bread, oatmeal       27       1 slice       0	09055	Blueberries, frozen, sweetened	230	1 cup	40.7
07014       Braunschweiger (a liver sausage), pork       56.7       2 slices       0         18079       Bread crumbs, dry, grated, plain       28.35       1 oz       1         18376       Bread crumbs, dry, grated, seasoned       120       1 cup       55         18082       Bread stuffing, bread, dry mix, prepared       100       1/2 cup       13         18027       Bread, egg       40       1/2" slice       0         18029       Bread, french or vienna (includes sourdough)       25       1/2" slice       0         18033       Bread, italian       20       1 slice       0         18035       Bread, mixed-grain (includes whole-grain, 7-grain)       26       1 slice       0         18036       Bread, mixed-grain, toasted (includes whole-grain, 7-grain)       24       1 slice       0         18039       Bread, oatmeal       27       1 slice       0	09050	Blueberries, raw	145	1 cup	28.0
18079       Bread crumbs, dry, grated, plain       28.35       1 oz       1         18376       Bread crumbs, dry, grated, seasoned       120       1 cup       55         18082       Bread stuffing, bread, dry mix, prepared       100       1/2 cup       13         18027       Bread, egg       40       1/2" slice       0         18029       Bread, french or vienna (includes sourdough)       25       1/2" slice       0         18033       Bread, italian       20       1 slice       0         18035       Bread, mixed-grain (includes whole-grain, 7-grain)       26       1 slice       0         18036       Bread, mixed-grain, toasted (includes whole-grain, 7-grain)       24       1 slice       0         18039       Bread, oatmeal       27       1 slice       0	07008	Bologna, beef and pork	56.7	2 slices	0.2
18376       Bread crumbs, dry, grated, seasoned       120       1 cup       55         18082       Bread stuffing, bread, dry mix, prepared       100       1/2 cup       13         18027       Bread, egg       40       1/2" slice       0         18029       Bread, french or vienna (includes sourdough)       25       1/2" slice       0         18033       Bread, italian       20       1 slice       0         18035       Bread, mixed-grain (includes whole-grain, 7-grain)       26       1 slice       0         18036       Bread, mixed-grain, toasted (includes whole-grain, 7-grain)       24       1 slice       0         18039       Bread, oatmeal       27       1 slice       0	07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	0.9
18082       Bread stuffing, bread, dry mix, prepared       100       1/2 cup       13         18027       Bread, egg       40       1/2" slice       0         18029       Bread, french or vienna (includes sourdough)       25       1/2" slice       0         18033       Bread, italian       20       1 slice       0         18035       Bread, mixed-grain (includes whole-grain, 7-grain)       26       1 slice       0         18036       Bread, mixed-grain, toasted (includes whole-grain, 7-grain)       24       1 slice       0         18039       Bread, oatmeal       27       1 slice       0	18079	Bread crumbs, dry, grated, plain	28.35	1 oz	1.9
18027       Bread, egg       40       1/2" slice       0         18029       Bread, french or vienna (includes sourdough)       25       1/2" slice       0         18033       Bread, italian       20       1 slice       0         18035       Bread, mixed-grain (includes whole-grain, 7-grain)       26       1 slice       0         18036       Bread, mixed-grain, toasted (includes whole-grain, 7-grain)       24       1 slice       0         18039       Bread, oatmeal       27       1 slice       0	18376	Bread crumbs, dry, grated, seasoned	120	1 cup	55.2
Bread, french or vienna (includes sourdough)  Bread, french or vienna (includes sourdough)  Bread, italian  20  1 slice  0  18035  Bread, mixed-grain (includes whole-grain, 7-grain)  26  1 slice  0  18036  Bread, mixed-grain, toasted (includes whole-grain, 7-grain)  24  1 slice  0  18039  Bread, oatmeal  27  1 slice  0	18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	13.7
Bread, italian 20 1 slice 0 18035 Bread, mixed-grain (includes whole-grain, 7-grain) 26 1 slice 0 18036 Bread, mixed-grain, toasted (includes whole-grain, 7-grain) 24 1 slice 0 18039 Bread, oatmeal 27 1 slice 0	18027	Bread, egg	40	1/2" slice	0.4
Bread, mixed-grain (includes whole-grain, 7-grain)  Bread, mixed-grain, toasted (includes whole-grain, 7-grain)  Bread, oatmeal  26  1 slice  0  1 slice  0  1 slice  0	18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.2
Bread, mixed-grain (includes whole-grain, 7-grain)  Bread, mixed-grain, toasted (includes whole-grain, 7-grain)  Bread, oatmeal  26  1 slice  0  1 slice  0  1 slice  0	18033	Bread, italian	20	1 slice	0.2
Bread, mixed-grain, toasted (includes whole-grain, 7-grain)  24 1 slice 0 18039 Bread, oatmeal 27 1 slice 0		Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.6
18039 Bread, oatmeal 27 1 slice 0			24	1 slice	0.5
					0.4
					0.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.1
18041	Bread, pita, white, enriched	28	4" pita	0.1
18044	Bread, pumpernickel	32	1 slice	0.3
18045	Bread, pumpernickel, toasted	29	1 slice	0.3
18047	Bread, raisin, enriched	26	1 slice	0.4
18048	Bread, raisin, toasted, enriched	24	1 slice	0.5
18053	Bread, reduced-calorie, rye	23	1 slice	0.1
18055	Bread, reduced-calorie, wheat	23	1 slice	0.0
18057	Bread, reduced-calorie, white	23	1 slice	0.1
18060	Bread, rye	32	1 slice	0.4
18061	Bread, rye, toasted	24	1 slice	0.3
18064	Bread, wheat	25	1 slice	1.2
18065	Bread, wheat, toasted	23	1 slice	1.3
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.8
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	1.4
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.7
18075	Bread, whole-wheat, commercially prepared	28	1 slice	2.2
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	2.3
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	52.2
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	220.1
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	183.1
11090	Broccoli, raw	31	1 spear	31.5
11090	Broccoli, raw	88	1 cup	89.4
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	218.9
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	299.9
20011	Buckwheat flour, whole-groat	120	1 cup	8.4
20010	Buckwheat groats, roasted, cooked	168	1 cup	3.2
20013	Bulgur, cooked	182	1 cup	0.9
20012	Bulgur, dry	140	1 cup	2.7
01001	Butter, salted	14.2	1 tbsp	1.0
01145	Butter, without salt	14.2	1 tbsp	1.0
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	57.8
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	163.1
11109	Cabbage, raw	70	1 cup	53.2
11112	Cabbage, red, raw	70	1 cup	26.7
11114	Cabbage, savoy, raw	70	1 cup	48.2
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.1
18090	Cake, boston cream pie, commercially prepared	92	1 piece	2.9
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.6
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	5.3
18127	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.6
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.0
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.6
18139	Cake, white, prepared from recipe with coconut frosting	74	1 piece	3.8
19074	Candies, caramels	10.1	*	0.2
19074	Candies, caramets Candies, caramets, chocolate-flavor roll	7	1 piece 1 piece	0.2
			•	2.2
19071	Candies, carob, unsweetened	28.35	1 oz	

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.2
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.3
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.1
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.1
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.0
19107	Candies, hard	6	1 piece	0.0
19107	Candies, hard	3	1 small piece	0.0
19108	Candies, jellybeans	28.35	10 large	0.0
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.2
19116	Candies, marshmallows	50	1 cup	0.0
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	0.3
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	0.6
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	2.2
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	0.6
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	1.1
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0.1
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	2.5
19126	Candies, milk chocolate coated peanuts	40	10 pieces	1.6
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.4
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	2.1
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	1.8
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.2
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	2.3
19080	Candies, semisweet chocolate	168	1 cup	9.4
19087	Candies, white chocolate	170	1 cup	15.5
09060	Carambola, (starfruit), raw	108	1 cup	0.0
09060	Carambola, (starfruit), raw	91	1 fruit	0.0
14121	Carbonated beverage, club soda	355	12 fl oz	0.0
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.0
14157	Carbonated beverage, root beer	370	12 fl oz	0.0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.0
16055	Carob flour	8	1 tbsp	0.0
11655	Carrot juice, canned	236	1 cup	36.6
11960	Carrots, baby, raw	10	1 medium	0.9
11128	Carrots, canned, regular pack, drained solids	146	1 cup	14.3
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	21.4
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	19.9
11124	Carrots, raw	110	1 cup	14.5
11124	Carrots, raw	72	1 carrot	9.5
11935	Catsup	15	1 tbsp	0.4
11935	Catsup	6	1 packet	0.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	7.5
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	17.1
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	21.4
11135	Cauliflower, raw	13	1 floweret	2.1
11135	Cauliflower, raw	100	1 cup	16.0
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	56.7
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	14.2
11143	Celery, raw	120	1 cup	35.2
11143	Celery, raw	40	1 stalk	11.7
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.4
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	1.8
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.5
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	1.0
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	2.6
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	1.5
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.1
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.2
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.6
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.2
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.4
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.2
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.4
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	1.3
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	1.9
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.3
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.1
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	1.0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1.0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.5
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.9
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.2
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	1.6
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.3
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.5
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.0
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.0
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.0
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.1
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.1
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.8
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	0.3
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.2
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.3
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.2
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.8
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.4
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.4
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.3
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.6
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	1.5
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	2.1
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.5
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.3
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.6
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.0
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.3
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.9
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	7.5
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.8
08125	Cereals, QUAKER,Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.7
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	1.0
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.5
01004	Cheese, blue	28.35	1 oz	0.7
01007	Cheese, camembert	38	1 wedge	0.8
01009	Cheese, cheddar	28.35	1 oz	0.8
01012 01013	Cheese, cottage, creamed, large or small curd Cheese, cottage, creamed, with fruit	210 226	1 cup	0.8
01015	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.9
01015	Cheese, cottage, lowfat, 1% milkfat  Cheese, cottage, lowfat, 2% milkfat	226	1 cup 1 cup	0.2
01013	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.0
01017	Cheese, cream	14.5	1 tbsp	0.4
01186	Cheese, cream, fat free	15.6	1 tbsp	0.0
01019	Cheese, feta	28.35	1 oz	0.5
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.2
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.4
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.7
01030	Cheese, muenster	28.35	1 oz	0.7
01032	Cheese, parmesan, grated	5	1 tbsp	0.1
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.8
	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	0.6
01044	encese, pusteurized process, swiss, with at socialit phosphate			

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01037	Cheese, ricotta, part skim milk	246	1 cup	1.7
01036	Cheese, ricotta, whole milk	246	1 cup	2.7
01040	Cheese, swiss	28.35	1 oz	0.7
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	3.4
09070	Cherries, sweet, raw	68	10 cherries	1.4
07017	Chicken roll, light meat	56.7	2 slices	0.3
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	3.4
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.3
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	1.5
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	2.0
05277	Chicken, canned, meat only, with broth	142	5 oz	2.6
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.0
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	4.3
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	6.6
11156	Chives, raw	3	1 tbsp	6.4
14181	Chocolate syrup	18.75	1 tbsp	0.1
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	2.1
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	0.8
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.1
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.3
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.2
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	1.3
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.1
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.2
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.1
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.0
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	836.0
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	1059.4
18151	Cookies, brownies, commercially prepared	56	1 brownie	3.6
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.1
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	1.1
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	2.9
18170	Cookies, fig bars	16	1 cookie	0.9
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	3.9
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.6
18177	Cookies, molasses	15	1 cookie, medium	0.8
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4	1.8
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.1
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	2.0
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.7
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.8
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	1.3
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	3.6
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1.5

01052Cream, fluid, light whipping151 tbsp01056Cream, sour, cultured121 tbsp01055Cream, sour, reduced fat, cultured151 tbsp	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18212   Cookies, vanilla wafers, lower fat   1 cookie   1 cont. sweet, white, cooked, bried, drained, without sailt   276   1 car   1 cont. sweet, white, cooked, bried, drained, without sailt   276   1 cup   1 cu	18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.8
1901   Com, sweet, white, cnoked, boiled, drained, without salt   77   1 ear	18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.5
11174	18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.2
11176	11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.3
11188	11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.0
11179	11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.0
without sal'	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.3
without sall	11179		164	1 cup	0.5
20020         Cornmeal, whole-grain, yellow         122         1 cup           20027         Constarch         8.064         1 bsp           20029         Couscous, cooked         157         1 cup           111192         Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt         165         1 cup           11196         Cowpeas, Clinkeyes, immature seeds, frozen, cooked, boiled, drained, without salt         170         1 cup           16063         Cowpeas, Common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt         172         1 cup           18214         Crackers, cheese, regular         10         10 crackers           18215         Crackers, melba cooked, boiled, without salt         7         1 sandwich           18217         Crackers, nethala cookers, polin         20         4 pieces           18217         Crackers, melba toast, plain         20         4 pieces           18220         Crackers, sulines (includes oyster, soda, soup)         12         4 crackers           18229         Crackers, standard snack-type, regular         12         4 crackers           18230         Crackers, sheat, regular         8         4 crackers           18232         Crackers, wheet, regular         16         4 crackers <td></td> <td>without salt</td> <td></td> <td></td> <td>0.3</td>		without salt			0.3
20027         Comstarch         8.064         1 tbsp           20029         Couscous, cooked         157         1 cup           111192         Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt without salt         165         1 cup           11196         Cowpeas, Cblackeyes), immature seeds, frozen, cooked, boiled, drained, without salt         170         1 cup           16063         Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt         172         1 cup           18214         Crackers, cheese, sandwich-type with peanut butter filling         7         1 sandwich           18215         Crackers, cheese, sandwich-type with peanut butter filling         7         1 sandwich           18220         Crackers, melba toast, plain         28.35         1 mutzo           182220         Crackers, satlines (includes oyster, soda, soup)         12         4 crackers           182228         Crackers, standard snack-type, regular         12         4 crackers           182329         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich           182325         Crackers, wheat, regular         16         4 crackers           18235         Crackers, whole-wheat         2         1 sisc           101067	20022	·	138	1 cup	0.0
20029         Couseous, cooked         157         1 cup           11192         Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt         165         1 cup           11196         Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt         170         1 cup           16063         Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt         172         1 cup           18214         Crackers, cheese, sundwich-type with peanut butter filling         7         1 sandwich           18215         Crackers, matzo, plain         20         4 pieces           18220         Crackers, matzo, plain         11         1 wafer           18228         Crackers, matzo, plain         11         1 wafer           18229         Crackers, salinies (includes oyster, soda, soup)         12         4 crackers           18229         Crackers, standard snack-type, regular         12         4 crackers           18230         Crackers, standard snack-type, regular         8         4 crackers           18232         Crackers, wheat, regular         8         4 crackers           18232         Crackers, wheat, wheat regular         16         4 crackers           18232         Crackers, wheat, regular         18         <	20020	Cornmeal, whole-grain, yellow	122	1 cup	0.4
11192	20027	Cornstarch	8.064	1 tbsp	0.0
without salt         I cup           11196         Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt         172         1 cup           16063         Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt         172         1 cup           18214         Crackers, cheese, regular         10         10 crackers           18215         Crackers, cheese, sandwich-type with peanut butter filling         7         1 sandwich           18220         Crackers, matzo, plain         28.35         1 matzo           18220         Crackers, mela toast, plain         20         4 prices           18222         Crackers, saltines (includes oyster, soda, soup)         12         4 crackers           18228         Crackers, standurd snack-type, regular         12         4 crackers           18230         Crackers, standurd snack-type, sandwich, with cheese filling         7         1 sandwich           18235         Crackers, wheat, regular         8         4 crackers           18235         Crackers, wheat, regular         8         4 crackers           18235         Crackers, whole-wheat         16         4 crackers           18236         Crackers, whole-wheat         16         4 crackers           18232         <	20029	Couscous, cooked	157	1 cup	0.2
drained, without salt	11192	without salt	165	1 cup	43.9
cooked, boiled, without sali         10         10 crackers           18214         Crackers, cheese, regular         10         10 crackers           18215         Crackers, cheese, sandwich-type with peanut butter filling         7         1 sandwich           18217         Crackers, matzo, plain         28.35         1 matzo           18220         Crackers, selba toast, plain         20         4 pieces           18228         Crackers, sy, wafers, plain         11         1 wafer           18228         Crackers, satinace (includes oyster, soda, soup)         12         4 crackers           18229         Crackers, satinard snack-type, regular         12         4 crackers           18230         Crackers, standard snack-type, regular         8         4 crackers           18232         Crackers, whole-wheat         16         4 crackers           18235         Crackers, whole-wheat         253         8 fl 0a           19424         Cranberry juice cocktail, bottled         57         1 sice           10067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tbsp           10069         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tbsp           10050         <		drained, without salt		•	62.6
18215         Crackers, cheese, sandwich-type with peanut butter filling         7         1 sandwich           18217         Crackers, matzo, plain         28.35         1 matzo           18226         Crackers, melta toast, plain         20         4 pieces           18226         Crackers, rye, wafers, plain         11         1 wafer           18228         Crackers, satinies (includes oyster, soda, soup)         12         4 crackers           18229         Crackers, satladard snack-type, regular         12         4 crackers           18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich           18232         Crackers, whoeat, regular         8         4 crackers           18235         Crackers, whoeat, regular         8         8 fl oz           18232         Crackers, whoeat, regular         8         8 fl oz           18235         Crackers, whoeat, regular         8         8 fl oz           18232         Crackers, whoeat, regular         8         8 fl oz           18232         Crackers, whoeat, regular         16         4 crackers           18232         Craberry piuce, coextail, botted         25         1 slice           10063         Craem substitute, liquid, with hydrogenated vegeta		cooked, boiled, without salt		•	2.9
18217         Crackers, matzo, plain         28.35         1 matzo           18220         Crackers, melba toast, plain         20         4 pieces           18226         Crackers, yew afers, plain         11         1 wafer           18228         Crackers, saltines (includes oyster, soda, soup)         12         4 crackers           18229         Crackers, standard snack-type, regular         12         4 crackers           18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich           18232         Crackers, wheat, regular         8         4 crackers           18235         Crackers, whole-wheat         16         4 crackers           18242         Craberry juice cocktail, bottled         253         8 fl oz           9081         Cranberry sauce, canned, sweetened         57         1 slice           90801         Crabers substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tsp           91069         Cream substitute, powdered         2         1 tsp           91069         Cream substitute, powdered         15         1 tbsp           91050         Cream, fluid, half and half         15         1 tbsp           91050         Cream, fluid, half whipping		-			0.1
18220         Crackers, melba toast, plain         20         4 pieces           18226         Crackers, rye, wafers, plain         11         1 wafer           18228         Crackers, saltines (includes oyster, soda, soup)         12         4 crackers           18229         Crackers, standard snack-type, regular         12         4 crackers           18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich           18232         Crackers, wheat, regular         8         4 crackers           18235         Crackers, whole-wheat         16         4 crackers           18242         Cranberry juice cocktail, bottled         253         8 fl oz           09081         Cramberry sauce, canned, sweetened         57         1 slice           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tsp           01069         Cream, fluid, half and half         15         1 tsp           01050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp           01052         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp           01052         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp      <		• • • • • • • • • • • • • • • • • • • •			0.8
18226         Crackers, rye, wafers, plain         11         1 wafer           18228         Crackers, saltines (includes oyster, soda, soup)         12         4 crackers           18229         Crackers, standard snack-type, regular         12         4 crackers           18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich           18232         Crackers, wheat, regular         8         4 crackers           18235         Crackers, whole-wheat         16         4 crackers           14242         Cranberry juice cocktail, bottled         253         8 fl oz           90081         Cramberry sauce, canned, sweetened         57         1 slice           91067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tbsp           91069         Cream substitute, powdered         2         1 tsp           91069         Cream, fluid, half and half         15         1 tbsp           91053         Cream, fluid, heavy whipping         15         1 tbsp           91054         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp           91055         Cream, fluid, light whipping         15         1 tbsp           91056         Cream,		•			0.1
18228         Crackers, saltines (includes oyster, soda, soup)         12         4 crackers           18229         Crackers, standard snack-type, regular         12         4 crackers           18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich           18232         Crackers, wheat, regular         8         4 crackers           18235         Crackers, whole-wheat         16         4 crackers           14242         Cranberry juice cocktail, bottled         253         8 fl oz           09081         Cranberry sauce, canned, sweetened         57         1 slice           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tsp           01069         Cream substitute, powdered         2         1 tsp           01069         Cream, fluid, half and half         15         1 tbsp           01050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp           01050         Cream, fluid, light whipping         15         1 tbsp           01051         Cream, fluid, light whipping         15         1 tbsp           01052         Cream, fluid, light whipping         15         1 tbsp           01053         Cream, so		*		•	0.2
18229         Crackers, standard snack-type, regular         12         4 crackers           18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich           18232         Crackers, wheat, regular         8         4 crackers           18235         Crackers, whole-wheat         16         4 crackers           14242         Cranberry juice cocktail, bottled         253         8 fl oz           90981         Cranberry sauce, canned, sweetened         57         1 slice           90067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tbsp           901069         Cream substitute, powdered         2         1 tbsp           901049         Cream, fluid, half and half         15         1 tbsp           901050         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp           901051         Cream, fluid, light whipping         15         1 tbsp           901052         Cream, fluid, light whipping         15         1 tbsp           901055         Cream, sour, cultured         12         1 tbsp           901056         Cream, sour, reduced fat, cultured         3         1 tbsp           901057         Cream, whipped, cream top		•			0.6
18230         Crackers, standard snack-type, sandwich, with cheese filling         7         1 sandwich           18232         Crackers, wheat, regular         8         4 crackers           18235         Crackers, whole-wheat         16         4 crackers           14242         Cranberry juice cocktail, bottled         253         8 fl oz           09081         Cranberry sauce, canned, sweetened         57         1 slice           01067         Craem substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tbsp           01069         Cream substitute, powdered         2         1 tsp           01049         Cream, fluid, half and half         15         1 tbsp           01053         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp           01050         Cream, fluid, light whipping         15         1 tbsp           01052         Cream, fluid, light whipping         15         1 tbsp           01055         Cream, sour, cultured         12         1 tbsp           01054         Cream, sour, reduced fat, cultured         15         1 tbsp           01055         Cream, whipped, cream topping, pressurized         3         1 top           18239         Croissants, butter <td< td=""><td></td><td>•</td><td></td><td></td><td>1.0</td></td<>		•			1.0
18232         Crackers, wheat, regular         8         4 crackers           18235         Crackers, whole-wheat         16         4 crackers           14242         Cranberry juice cocktail, bottled         253         8 fl oz           09081         Cranberry sauce, canned, sweetened         57         1 slice           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tsp           01069         Cream substitute, powdered         2         1 tsp           01049         Cream, fluid, half and half         15         1 tbsp           01053         Cream, fluid, leavy whipping         15         1 tbsp           01050         Cream, fluid, light vhipping         15         1 tbsp           01051         Cream, fluid, light whipping         15         1 tbsp           01052         Cream, fluid, light whipping         15         1 tbsp           01053         Cream, fluid, light whipping         15         1 tbsp           01054         Cream, sour, cultured         12         1 tbsp           01055         Cream, sour, reduced fat, cultured         15         1 tbsp           01054         Cream, whipped, cream topping, pressurized         3         1 tcroissant <td></td> <td></td> <td></td> <td></td> <td>0.8</td>					0.8
18235         Crackers, whole-wheat         16         4 crackers           14242         Cranberry juice cocktail, bottled         253         8 fl oz           09081         Cranberry sauce, canned, sweetened         57         1 slice           01067         Cream substitute, liquid, with hydrogenated vegetable oil and soy protein         15         1 tbsp           01069         Cream substitute, powdered         2         1 tsp           01049         Cream, fluid, half and half         15         1 tbsp           01053         Cream, fluid, light (coffee cream or table cream)         15         1 tbsp           01050         Cream, fluid, light (wipping         15         1 tbsp           01052         Cream, fluid, light whipping         15         1 tbsp           01054         Cream, sour, cultured         12         1 tbsp           01055         Cream, sour, reduced fat, cultured         15         1 tbsp           01054         Cream, whipped, cream topping, pressurized         3         1 tbsp           18239         Croissants, butter         57         1 croissant           18243         Croutons, seasoned         40         1 cup           15141         Crustaceans, crab, blue, canned         135         1 cup		••			0.6
14242Cranberry juice cocktail, bottled2538 fl oz09081Cranberry sauce, canned, sweetened571 slice01067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tbsp01069Cream substitute, powdered21 tsp01049Cream, fluid, half and half151 tbsp01053Cream, fluid, heavy whipping151 tbsp01050Cream, fluid, light (coffee cream or table cream)151 tbsp01052Cream, fluid, light whipping151 tbsp01056Cream, sour, cultured121 tbsp01055Cream, sour, reduced fat, cultured151 tbsp01054Cream, whipped, cream topping, pressurized31 tbsp18239Croissants, butter571 croissant18243Croutons, seasoned401 cup15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz1541Crustaceans, crab, blue, conned1351 cup15140Crustaceans, crab, blue, cooked, moist heat853 oz15148Crustaceans, lobster, northern, cooked, moist heat853 oz15152Crustaceans, shrimp, mixed species, canned85.053 oz					0.8
09081Cranberry sauce, canned, sweetened571 slice01067Cream substitute, liquid, with hydrogenated vegetable oil and soy protein151 tbsp01069Cream substitute, powdered21 tsp01049Cream, fluid, half and half151 tbsp01053Cream, fluid, leavy whipping151 tbsp01050Cream, fluid, light (coffee cream or table cream)151 tbsp01052Cream, fluid, light whipping151 tbsp01056Cream, sour, cultured121 tbsp01055Cream, sour, reduced fat, cultured151 tbsp01054Cream, whipped, cream topping, pressurized31 tbsp18239Croissants, butter571 croissant18243Croutons, seasoned401 cup15138Crustaceans, crab, alaska king, imitation, made from surimi853 oz15141Crustaceans, crab, blue, canned1351 cup15140Crustaceans, crab, blue, cooked, moist heat853 oz15148Crustaceans, shrimp, mixed species, canned85.053 oz					1.3
Cream substitute, liquid, with hydrogenated vegetable oil and soy protein  Cream substitute, powdered  Cream, fluid, half and half  Cream, fluid, heavy whipping  Cream, fluid, light (coffee cream or table cream)  Cream, fluid, light whipping  Cream, fluid, light whipping  Cream, fluid, light whipping  Cream, fluid, light whipping  Cream, sour, cultured  Cream, sour, reduced fat, cultured  Cream, sour, reduced fat, cultured  Cream, whipped, cream topping, pressurized  Cream, whipped, cream topping, pressurized  Cream, whipped, cream topping, pressurized  Croutons, seasoned  Crustaceans, crab, alaska king, imitation, made from surimi  Crustaceans, crab, blue, canned  Crustaceans, crab, blue, conked, moist heat  Crustaceans, lobster, northern, cooked, moist heat  Crustaceans, shrimp, mixed species, canned  Source  Listp  Listp		Cranberry juice cocktail, bottled		8 fl oz	2.5
protein  101069 Cream substitute, powdered  2 1 tsp  101049 Cream, fluid, half and half  15 1 tbsp  101053 Cream, fluid, heavy whipping  15 1 tbsp  101050 Cream, fluid, light (coffee cream or table cream)  15 1 tbsp  101052 Cream, fluid, light whipping  15 1 tbsp  101056 Cream, sour, cultured  12 1 tbsp  101055 Cream, sour, reduced fat, cultured  15 1 tbsp  101054 Cream, whipped, cream topping, pressurized  15 1 tbsp  101054 Cream, whipped, cream topping, pressurized  15 1 tbsp  16 1 tbsp  17 1 troissant  18243 Croutons, seasoned  18243 Croutons, seasoned  19 1 crup  19 1 crustaceans, crab, alaska king, imitation, made from surimi  19 1 crustaceans, crab, blue, canned  10 1 cup  11 11 Crustaceans, crab, blue, canned  11 11 Crustaceans, crab, blue, cooked, moist heat  18 1 Crustaceans, lobster, northern, cooked, moist heat  18 1 crustaceans, shrimp, mixed species, canned  18 1 crustaceans, shrimp, mixed species, canned  18 1 crustaceans, shrimp, mixed species, canned			57	1 slice	0.8
O1049 Cream, fluid, half and half O1053 Cream, fluid, heavy whipping O1050 Cream, fluid, light (coffee cream or table cream) O1052 Cream, fluid, light whipping O1056 Cream, sour, cultured O1057 Cream, sour, reduced fat, cultured O1058 Cream, whipped, cream topping, pressurized O1059 Cream, whipped, cream topping, pressurized O1050 Cream, whipped, cream topping, pressurized O1051 Cream, whipped, cream topping, pressurized O1054 Cream, whipped, cream topping, pressurized O1055 Cream, sour, reduced fat, cultured O1056 Cream, whipped, cream topping, pressurized O1057 Cream, whipped, cream topping, pressurized O1058 Cream, whipped, cream topping, pressurized O1059 Cream, whipped, cream topping, pressurized O1050 Cream, whipped, cream topping, pressurized O1050 Cream, whipped, cream topping, pressurized O1050 Cream, seasoned O1050 Cream,		protein		•	0.4
Cream, fluid, heavy whipping 15 1 tbsp 101050 Cream, fluid, light (coffee cream or table cream) 15 1 tbsp 101052 Cream, fluid, light whipping 15 1 tbsp 101056 Cream, sour, cultured 12 1 tbsp 101055 Cream, sour, reduced fat, cultured 15 1 tbsp 101054 Cream, whipped, cream topping, pressurized 18239 Croissants, butter 18243 Croutons, seasoned 18243 Croutons, seasoned 1954 Crustaceans, crab, alaska king, imitation, made from surimi 1854 Crustaceans, crab, blue, canned 1954 Crustaceans, crab, blue, cooked, moist heat 1854 Crustaceans, crab, blue, cooked, moist heat 1855 Crustaceans, crab, blue, cooked, moist heat 1850 Crustaceans, crab, blue, cooked, moist heat 1850 Crustaceans, shrimp, mixed species, canned 1850 3 oz		•		_	0.2
Cream, fluid, light (coffee cream or table cream)  Cream, fluid, light (coffee cream or table cream)  Cream, fluid, light whipping  Cream, sour, cultured  Cream, sour, reduced fat, cultured  Cream, sour, reduced fat, cultured  Cream, whipped, cream topping, pressurized  Cream, whipped, cream topping, pressurized  Croissants, butter  Croissants, butter  Croissants, butter  Croutons, seasoned  Croutons, seasoned  Crustaceans, crab, alaska king, imitation, made from surimi  Crustaceans, crab, blue, canned  Crustaceans, crab, blue, cooked, moist heat  Crustaceans, lobster, northern, cooked, moist heat  Crustaceans, shrimp, mixed species, canned  Scott Scot				*	0.2
Cream, fluid, light whipping 15 1 tbsp 101056 Cream, sour, cultured 12 1 tbsp 101055 Cream, sour, reduced fat, cultured 15 1 tbsp 101054 Cream, whipped, cream topping, pressurized 3 1 tbsp 18239 Croissants, butter 57 1 croissant 18243 Croutons, seasoned 40 1 cup 15138 Crustaceans, crab, alaska king, imitation, made from surimi 85 3 oz 15141 Crustaceans, crab, blue, canned 135 1 cup 15140 Crustaceans, crab, blue, cooked, moist heat 85 3 oz 15148 Crustaceans, lobster, northern, cooked, moist heat 85 3 oz 15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz				1 tbsp	0.5
Cream, sour, cultured 12 1 tbsp 155 Cream, sour, reduced fat, cultured 15 1 tbsp 1601054 Cream, whipped, cream topping, pressurized 17 1 tbsp 18239 Croissants, butter 18243 Croutons, seasoned 18243 Crustaceans, crab, alaska king, imitation, made from surimi 185 Crustaceans, crab, blue, canned 17 1 cup 185 Crustaceans, crab, blue, cooked, moist heat 185 Crustaceans, crab, blue, cooked, moist heat 185 Crustaceans, crab, blue, cooked, moist heat 185 Crustaceans, shrimp, mixed species, canned 185 Soos 185				*	0.3
Cream, sour, reduced fat, cultured  15 1 tbsp  101054 Cream, whipped, cream topping, pressurized 3 1 tbsp  18239 Croissants, butter 57 1 croissant  18243 Croutons, seasoned 40 1 cup  15138 Crustaceans, crab, alaska king, imitation, made from surimi 85 3 oz  15141 Crustaceans, crab, blue, canned 135 1 cup  15140 Crustaceans, crab, blue, cooked, moist heat 85 3 oz  15148 Crustaceans, lobster, northern, cooked, moist heat 85 3 oz  15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz	01052	Cream, fluid, light whipping	15	1 tbsp	0.4
Cream, whipped, cream topping, pressurized 3 1 tbsp  18239 Croissants, butter 57 1 croissant  18243 Croutons, seasoned 40 1 cup  15138 Crustaceans, crab, alaska king, imitation, made from surimi 85 3 oz  15141 Crustaceans, crab, blue, canned 135 1 cup  15140 Crustaceans, crab, blue, cooked, moist heat 85 3 oz  15148 Crustaceans, lobster, northern, cooked, moist heat 85 3 oz  15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz	01056	Cream, sour, cultured	12	1 tbsp	0.1
18239 Croissants, butter 57 1 croissant 18243 Croutons, seasoned 40 1 cup 15138 Crustaceans, crab, alaska king, imitation, made from surimi 85 3 oz 15141 Crustaceans, crab, blue, canned 135 1 cup 15140 Crustaceans, crab, blue, cooked, moist heat 85 3 oz 15148 Crustaceans, lobster, northern, cooked, moist heat 85 3 oz 15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz	01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.1
Croutons, seasoned 40 1 cup 15138 Crustaceans, crab, alaska king, imitation, made from surimi 85 3 oz 15141 Crustaceans, crab, blue, canned 135 1 cup 15140 Crustaceans, crab, blue, cooked, moist heat 85 3 oz 15148 Crustaceans, lobster, northern, cooked, moist heat 85 3 oz 15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz	01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.1
Crustaceans, crab, alaska king, imitation, made from surimi  Crustaceans, crab, blue, canned  135  1 cup  15140  Crustaceans, crab, blue, cooked, moist heat  85  3 oz  15148  Crustaceans, lobster, northern, cooked, moist heat  85  3 oz  15152  Crustaceans, shrimp, mixed species, canned  85  3 oz  3 oz	18239	Croissants, butter	57	1 croissant	1.0
15141 Crustaceans, crab, blue, canned 135 1 cup 15140 Crustaceans, crab, blue, cooked, moist heat 85 3 oz 15148 Crustaceans, lobster, northern, cooked, moist heat 85 3 oz 15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz	18243	Croutons, seasoned	40	1 cup	3.0
15140 Crustaceans, crab, blue, cooked, moist heat 85 3 oz 15148 Crustaceans, lobster, northern, cooked, moist heat 85 3 oz 15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz	15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.3
15148 Crustaceans, lobster, northern, cooked, moist heat 85 3 oz 15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz	15141	Crustaceans, crab, blue, canned	135	1 cup	0.1
15152 Crustaceans, shrimp, mixed species, canned 85.05 3 oz	15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.1
	15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.1
11206 Cucumber, peeled, raw 280 1 large	15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.0
	11206	Cucumber, peeled, raw	280	1 large	20.2

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
1206	Cucumber, peeled, raw	119	1 cup	8.6
1205	Cucumber, with peel, raw	104	1 cup	17.1
1205	Cucumber, with peel, raw	301	1 large	49.4
1208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	203.6
8245	Danish pastry, cheese	71	1 danish	5.3
8246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.8
9087	Dates, deglet noor	41.5	5 dates	1.1
9087	Dates, deglet noor	178	1 cup	4.8
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.1
01072	Dessert topping, pressurized	4	1 tbsp	0.2
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.3
8248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	4.9
8248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	1.5
8255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	1.5
8255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	6.9
)5142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	8.4
8257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	17.5
01143	Egg substitute, liquid	62.75	1/4 cup	0.5
01124	Egg, white, raw, fresh	33.4	1 large	0.0
01128	Egg, whole, cooked, fried	46	1 large	2.6
)1129	Egg, whole, cooked, hard-boiled	50	1 large	0.2
)1131	Egg, whole, cooked, poached	50	1 large	0.2
)1132	Egg, whole, cooked, scrambled	61	1 large	2.4
01123	Egg, whole, raw, fresh	44	1 medium	0.1
01123	Egg, whole, raw, fresh	58	1 extra large	0.2
01123	Egg, whole, raw, fresh	50	1 large	0.2
)1125	Egg, yolk, raw, fresh	16.6	1 large	0.1
)1057	Eggnog	254	1 cup	0.5
1210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	2.9
1213	Endive, raw	50	1 cup	115.5
8258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.7
8259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.7
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	6.8
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	15.5
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	6.2
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	7.4
21042	Fast foods, chili con carne	253	1 cup	5.1
21127	Fast foods, coleslaw	99	3/4 cup	56.4
21024	Fast foods, french toast sticks	141	5 sticks	10.6
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	5.2
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.7
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	9.5
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	18.9
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	15.0
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	7.1
9094	Figs, dried, uncooked	38	2 figs	5.9
5017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.1

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	3.0
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	6.1
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.1
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.1
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.2
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.1
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.1
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.1
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.1
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.9
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.1
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.3
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	2.2
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	37.4
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.2
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	2.1
07022	Frankfurter, beef	45	1 frank	0.8
07023	Frankfurter, beef and pork	45	1 frank	0.8
07024	Frankfurter, chicken	45	1 frank	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	4.9
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.7
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.0
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.2
19294	Fruit butters, apple	17	1 tbsp	0.0
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	6.4
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	6.2
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.0
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	1.3
35142	Frybread, made with lard (Navajo)	90	5" bread	0.7
11215	Garlic, raw	3	1 clove	0.0
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.0
14277	Grape drink, canned	250	8 fl oz	0.0
09135 09137	Grape juice, canned or bottled, unsweetened, without added vitamin C Grape juice, frozen concentrate, sweetened, diluted with 3 volume	253 250	1 cup 1 cup	1.0 1.0
09136	water, with added vitamin C Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	3.0
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.0
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.0
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.0
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.2
09128	Grapefruit juice, white, raw	247	1 cup	0.0
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.0
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.0
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	23.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	7.3
06116	Gravy, beef, canned	58.25	1/4 cup	0.1
06119	Gravy, chicken, canned	59.5	1/4 cup	0.1
06125	Gravy, turkey, canned	59.6	1/4 cup	0.0
07027	Ham, chopped, not canned	21	2 slices	0.0
07028	Ham, sliced, extra lean	56.7	2 slices	0.0
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.0
19296	Honey	21	1 tbsp	0.0
02055	Horseradish, prepared	5	1 tsp	0.1
19270	Ice creams, chocolate	66	1/2 cup	0.2
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.8
19095	Ice creams, vanilla	66	1/2 cup	0.2
19088	Ice creams, vanilla, light	66	1/2 cup	0.3
19089	Ice creams, vanilla, rich	74	1/2 cup	1.0
19297	Jams and preserves	20	1 tbsp	0.0
19300	Jellies	19	1 tbsp	0.1
11226	Jerusalem-artichokes, raw	150	1 cup	0.2
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1062.1
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1146.6
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	30.6
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.2
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.6
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.1
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	4.1
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.3
04002	Lard	12.8	1 tbsp	0.0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.0
18372	Leavening agents, baking soda	4.6	1 tsp	0.0
18373	Leavening agents, cream of tartar	3	1 tsp	0.0
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.0
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.0
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.0
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.0
09153	Lemon juice, canned or bottled	244	1 cup	0.0
09152	Lemon juice, raw	47	juice of 1 lemon	0.0
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.0
09150	Lemons, raw, without peel	58	1 lemon	0.0
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	3.4
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	7.7
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	166.7
11251	Lettuce, cos or romaine, raw	56	1 cup	57.4
11251	Lettuce, cos or romaine, raw	10	1 leaf	10.3

11253   Lettuce, green leaf, raw	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252   Lettuce, iceberg (includes crisphead types), raw	11253	Lettuce, green leaf, raw	10	1 leaf	17.4
11252         Lettuce, iceberg (includes crisphead types), raw         539         1 medium         12           11252         Lettuce, iceberg (includes crisphead types), raw         539         1 head         12           11040         Limb Beans, immutarie seeds, frozen, fordhook, cooked, boiled, without salt         180         1 cup           11072         Limb Beans, immutarie seeds, frozen, fordhook, cooked, boiled, without salt         188         1 cup           11072         Limb Beans, farge, nature seeds, cooked, boiled, without salt         188         1 cup           10161         Lime juice, canned or bottled, unsweetened         15.4         1 flag         1 cup           10161         Lime juice, canned or bottled, unsweetened         252         1 cup         1 cup           10161         Lime juice, canned entree         252         1 cup         1 cup           14316         Marked drink mix, chocolate, with added untrients, powder         21         3 beaping tap         1 cup           14316         Marked drink mix, chocolate, with added untrients, powder, prepared with whole milk         265         1 cup           14310         Marked drink mix, natural, with added untrients, powder, prepared with whole milk         1 cup         1 cup           14310         Marked drink mix, natural, with added untrients, powder, prepared with w	11253	Lettuce, green leaf, raw	56	1 cup	97.2
11252	11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	13.3
1000   Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt   1008   Lima beans, immature seeds, cooked, boiled, without salt   1009	11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1.9
without salf  16072 Lime beans, immature seeds, frozen, forthook, cooked, boiled, without salf  16072 Lime bans, large, mature seeds, cooked, boiled, without salf  15.4 1 thsp  16071 Lime juice, canned or bottled, unsweetened  15.4 1 top  16071 Lime juice, canned or bottled, unsweetened  240 1 cup  16071 Macaroni, cooked, enriched  16071 Macaroni, enriched, with added nutrients, powder, prepared  16071 Macaroni, engular, unith added nutrients, powder, prepared  16071 Macaroni, engular, unith added nutrients, powder, prepared  16071 Macaroni, engular, unith, composite, 80% fat, with salf  16071 Margarine, engular, unith, composite, 80% fat, with salf  16071 Margarine, engular, unith, composite, 80% fat, with salf  16071 Margarine, engular, unith, composite, 80% fat, with salf  16071 Margarine, engular, unith, composite, 80% fat, stick  16071 Margarine, engular, unith, engular, engular, unith, engular, e	11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	129.9
drained, without salt   188	11040	· · · · · · · · · · · · · · · · · · ·	180	1 cup	9.4
15.4   1 thisp   1 time juice, canned or bottled, unsweetened	11038		170	1 cup	8.7
1	16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	3.8
22247   Macaroni and Cheese, canned entree   252   1 cup	09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.1
22247         Macaroni and Cheese, canned entree         252         1 cup           20100         Macaroni, cooked, enriched         140         1 cup           14315         Malted drink mix, chocolate, with added nutrients, powder         21         3 beaping tsp           14316         Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk         265         1 cup           14309         Malted drink mix, natural, with added nutrients, powder, prepared with whole milk         265         1 cup           09176         Mangos, raw         207         1 mango           09176         Mangos, raw         165         1 cup           04611         Margarine, regular, tub, composite, 80% fat, with salt         14.2         1 tbsp         1           04132         Margarine, regealar, tub, composite, 80% fat, with salt         14.2         1 tbsp         1           04612         Margarine, vegetable oil spread, 60% fat, stick         4.8         1 tsp         1           04612         Margarine, vegetable oil spread, 60% fat, stick         4.8         1 tsp         1           04613         Margarine, vegetable oil spread, 60% fat, tubbotte         4.8         1 tsp         1           04128         Margarine, elke spread, approximately 40% fat), unspecified oils         4.8 <td>09161</td> <td>Lime juice, canned or bottled, unsweetened</td> <td>246</td> <td>1 cup</td> <td>1.2</td>	09161	Lime juice, canned or bottled, unsweetened	246	1 cup	1.2
20100   Macaroni, cooked, enriched   140   1 cup   14315   Malted drink mix, chocolate, with added nutrients, powder   21   3 heaping tsp   14316   Malted drink mix, chocolate, with added nutrients, powder   265   1 cup     14310   Malted drink mix, natural, with added nutrients, powder   21   4-5 heaping tsp   14309   Malted drink mix, natural, with added nutrients, powder   265   1 cup     267     267	09160	Lime juice, raw	38	juice of 1 lime	0.2
Malted drink mix, chocolate, with added nutrients, powder   21   3 heaping tsp	22247	Macaroni and Cheese, canned entree	252	1 cup	0.5
14316   Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk   14309   Malted drink mix, natural, with added nutrients, powder   21	20100	Macaroni, cooked, enriched	140	1 cup	0.0
with whole milk    Malted drink mix, natural, with added nutrients, powder   21	14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.6
Malted drink mix, natural, with added nutrients, powder, prepared with whole milk   Nangos, raw   207   1 mango	14316		265	1 cup	0.8
with whole milk  9176 Mangos, raw 165 1 cup  9181 Margarine, regular, tub, composite, 80% fat, with salt 14.2 1 tbsp 1  94611 Margarine, regular, tunspecified oils, with salt added 14.1 1 tbsp 1  94612 Margarine, vegetable oil spread, 60% fat, stick 4 8 1 tsp 1  94612 Margarine, vegetable oil spread, 60% fat, stick 4 8 1 tsp 1  94613 Margarine, vegetable oil spread, 60% fat, tubbrottle 4 8 1 tsp 1  94614 Margarine, vegetable oil spread, 60% fat, tubbrottle 4 8 1 tsp 1  94585 Margarine-butter blend, soybean oil and butter 14.2 1 tbsp 1 1  94128 Margarine-like spread, (approximately 40% fat), unspecified oils 8 8 1 tsp 1  99181 Melons, cantaloupe, raw 160 1 cup 19814 Melons, cantaloupe, raw 160 1/8 melon 18 melon 1984 Melons, cantaloupe, raw 160 1/8 melon 1984 Melons, honeydew, raw 160 1/8 melon 1984 Melons, honeydew, raw 170 1 cup 10111 Milk shakes, thick chocolate 300 10.6 fl oz 10111 Milk shakes, thick wanilla 313 11 fl oz 1009 Milk, buttermilk, fluid, cultured, lowfat 245 1 tbsp 10098 Milk, buttermilk, fluid, cultured, lowfat 256 1 tup 10095 Milk, canned, evaporated, mithout added vitamin A 250 1 cup 10109 Milk, canned, evaporated, mithout added vitamin A 250 1 cup 10100 Milk, chocolate, fluid, commercial, reduced fat 250 1 cup 10100 Milk, chocolate, fluid, commercial, whole 250 1 cup 10102 Milk, chocolate, fluid, commercial, whole 250 1 cup 10102 Milk, chocolate, fluid, commercial, whole 325 1 cup 10102 Milk, chocolate, fluid, commercial, whole 325 1 cup 10102 Milk, chocolate, fluid, commercial, whole 325 1 cup 10102 Milk, chocolate, fluid, commercial, whole 325 1 cup 10102 Milk, chocolate, fluid, commercial, whole 325 1 cup 10102 Milk, chocolate, fluid, commercial, whole 325 1 cup 325 1 cup 325 Milk, chocolate, fluid, commercial, whole 325 1 cup 325 Milk, chocolate, fluid, commercial, whole 325 1 cup 325 Milk, chocolate, fluid, commercial, whole 325 1 cup 325 Milk, chocolate, fluid, commercial, whole 325 1 cup 325 Milk, chocolate, fluid, commercial, whole 325 1 cup 325 Milk, chocolate, fluid, commercial, wh	14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.2
09176         Mangos, raw         165         1 cup           04611         Margarine, regular, tub, composite, 80% fat, with salt         14.2         1 tbsp         1           04132         Margarine, regular, unspecified oils, with salt added         14.1         1 tbsp         1           04612         Margarine, vegetable oil spread, 60% fat, stick         4.8         1 tbsp         1           04613         Margarine, vegetable oil spread, 60% fat, tub/bottle         4.8         1 tsp         1           04585         Margarine-butter blend, soybean oil and butter         14.2         1 tbsp         1           04128         Margarine-like spread, (approximately 40% fat), unspecified oils         4.8         1 tsp           04128         Margarine-butter blend, soybean oil and butter         14.2         1 tbsp         1           04128         Margarine-like spread, (approximately 40% fat), unspecified oils         4.8         1 tsp           04181         Melons, cantaloupe, raw         160         1 cup           09181         Melons, cantaloupe, raw         160         1/8 melon           09184         Melons, honeydew, raw         170         1 cup           01110         Milk shakes, thick chocolate         300         10.6 fl oz           01120 </td <td>14310</td> <td></td> <td>265</td> <td>1 cup</td> <td>1.1</td>	14310		265	1 cup	1.1
1	09176	Mangos, raw	207	1 mango	8.7
04132         Margarine, regular, unspecified oils, with salt added         14.1         1 tbsp         1           04612         Margarine, vegetable oil spread, 60% fat, stick         4.8         1 tsp           04612         Margarine, vegetable oil spread, 60% fat, stick         14.3         1 tbsp         1           04613         Margarine, vegetable oil spread, 60% fat, tub/bottle         4.8         1 tsp         1           04618         Margarine-butter blend, soybean oil and butter         14.2         1 tbsp         1           04128         Margarine-like spread, (approximately 40% fat), unspecified oils         4.8         1 tsp           04181         Melons, cantaloupe, raw         160         1 cup           09181         Melons, cantaloupe, raw         69         1/8 melon           09184         Melons, honeydew, raw         170         1 cup           01110         Milk shakes, thick chocolate         300         10.6 fl oz           01111         Milk shakes, thick vanilla         313         11 fl oz           01094         Milk, buttermilk, fluid, cultured, lowfat         245         1 cup           01095         Milk, buttermilk, fluid, cultured, lowfat         256         1 cup           01096         Milk, canned, evaporated, without added vit	09176	Mangos, raw	165	1 cup	6.9
Margarine, vegetable oil spread, 60% fat, stick	04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	13.2
Margarine, vegetable oil spread, 60% fat, stick   14.3   1 tbsp   1	04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	13.1
04613       Margarine, vegetable oil spread, 60% fat, tub/bottle       4.8       1 tsp         04585       Margarine-butter blend, soybean oil and butter       14.2       1 tbsp       1         04128       Margarine-like spread, (approximately 40% fat), unspecified oils       4.8       1 tsp         09181       Melons, cantaloupe, raw       160       1 cup         09184       Melons, honeydew, raw       69       1/8 melon         09184       Melons, honeydew, raw       170       1 cup         01110       Milk shakes, thick chocolate       300       10.6 fl oz         01111       Milk shakes, thick vanilla       313       11 fl oz         01094       Milk, buttermilk, dried       6.5       1 tbsp         01088       Milk, buttermilk, fluid, cultured, lowfat       245       1 cup         01095       Milk, canned, condensed, sweetened       306       1 cup         01097       Milk, canned, evaporated, without added vitamin A       252       1 cup         01104       Milk, chocolate, fluid, commercial, lowfat       250       1 cup         01103       Milk, chocolate, fluid, commercial, whole       250       1 cup         01102       Milk, flowfat, fluid, commercial, whole       250       1 cup	04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	4.9
04585         Margarine-butter blend, soybean oil and butter         14.2         1 tbsp         1           04128         Margarine-like spread, (approximately 40% fat), unspecified oils         4.8         1 tsp           09181         Melons, cantaloupe, raw         160         1 cup           09184         Melons, honeydew, raw         160         1/8 melon           09184         Melons, honeydew, raw         170         1 cup           01110         Milk shakes, thick chocolate         300         10.6 fl oz           01111         Milk shakes, thick vanilla         313         11 fl oz           01094         Milk, buttermilk, dried         6.5         1 tbsp           01088         Milk, buttermilk, fluid, cultured, lowfat         245         1 cup           01095         Milk, canned, condensed, sweetened         306         1 cup           01097         Milk, canned, evaporated, nonfat         256         1 cup           01096         Milk, canned, evaporated, without added vitamin A         252         1 cup           01104         Milk, chocolate, fluid, commercial, lowfat         250         1 cup           01103         Milk, chocolate, fluid, commercial, whole         250         1 cup           01102         Milk, chocolate, fl	04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	14.5
04128         Margarine-like spread, (approximately 40% fat), unspecified oils         4.8         1 tsp           09181         Melons, cantaloupe, raw         160         1 cup           09181         Melons, cantaloupe, raw         69         1/8 melon           09184         Melons, honeydew, raw         160         1/8 melon           09184         Melons, honeydew, raw         170         1 cup           01110         Milk shakes, thick chocolate         300         10.6 fl oz           01111         Milk shakes, thick vanilla         313         11 fl oz           01094         Milk, buttermilk, fluid, cultured, lowfat         6.5         1 tbsp           01088         Milk, buttermilk, fluid, cultured, lowfat         245         1 cup           01095         Milk, canned, condensed, sweetened         306         1 cup           01097         Milk, canned, evaporated, without added vitamin A         256         1 cup           01104         Milk, canned, evaporated, without added vitamin A         252         1 cup           01103         Milk, chocolate, fluid, commercial, lowfat         250         1 cup           01102         Milk, chocolate, fluid, commercial, whole         250         1 cup           01082         Milk, lowfat, fluid, 1% m	04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	4.9
09181         Melons, cantaloupe, raw         160         1 cup           09181         Melons, cantaloupe, raw         69         1/8 melon           09184         Melons, honeydew, raw         160         1/8 melon           09184         Melons, honeydew, raw         170         1 cup           01110         Milk shakes, thick chocolate         300         10.6 fl oz           01111         Milk shakes, thick vanilla         313         11 fl oz           01094         Milk, buttermilk, dried         6.5         1 tbsp           01088         Milk, buttermilk, fluid, cultured, lowfat         245         1 cup           01095         Milk, canned, condensed, sweetened         306         1 cup           01097         Milk, canned, evaporated, nonfat         256         1 cup           01096         Milk, canned, evaporated, without added vitamin A         252         1 cup           01104         Milk, chocolate, fluid, commercial, lowfat         250         1 cup           01103         Milk, chocolate, fluid, commercial, reduced fat         250         1 cup           01102         Milk, chocolate, fluid, commercial, whole         250         1 cup           01082         Milk, dry, nonfat, instant, with added vitamin A         244	04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	14.7
09181         Melons, cantaloupe, raw         69         1/8 melon           09184         Melons, honeydew, raw         160         1/8 melon           09184         Melons, honeydew, raw         170         1 cup           01110         Milk shakes, thick chocolate         300         10.6 fl oz           01111         Milk shakes, thick vanilla         313         11 fl oz           01094         Milk, buttermilk, dried         6.5         1 tbsp           01088         Milk, buttermilk, fluid, cultured, lowfat         245         1 cup           01095         Milk, canned, condensed, sweetened         306         1 cup           01097         Milk, canned, evaporated, nonfat         256         1 cup           01096         Milk, canned, evaporated, without added vitamin A         252         1 cup           01104         Milk, chocolate, fluid, commercial, lowfat         250         1 cup           01103         Milk, chocolate, fluid, commercial, reduced fat         250         1 cup           01102         Milk, chocolate, fluid, commercial, whole         250         1 cup           01092         Milk, dry, nonfat, instant, with added vitamin A         23         1/3 cup           01085         Milk, lowfat, fluid, with added vitamin A (fat free	04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	4.5
09184       Melons, honeydew, raw       160       1/8 melon         09184       Melons, honeydew, raw       170       1 cup         01110       Milk shakes, thick chocolate       300       10.6 fl oz         01111       Milk shakes, thick vanilla       313       11 fl oz         01094       Milk, buttermilk, fluid, cred       6.5       1 tbsp         01088       Milk, buttermilk, fluid, cultured, lowfat       245       1 cup         01095       Milk, canned, condensed, sweetened       306       1 cup         01097       Milk, canned, evaporated, nonfat       256       1 cup         01098       Milk, canned, evaporated, without added vitamin A       252       1 cup         01104       Milk, chocolate, fluid, commercial, lowfat       250       1 cup         01103       Milk, chocolate, fluid, commercial, reduced fat       250       1 cup         01102       Milk, chocolate, fluid, commercial, whole       250       1 cup         01092       Milk, dry, nonfat, instant, with added vitamin A       23       1/3 cup         01085       Milk, lowfat, fluid, with added vitamin A (fat free or skim)       245       1 cup         01079       Milk, whole, 3.25% milkfat       244       1 cup	09181	Melons, cantaloupe, raw	160	1 cup	4.0
09184       Melons, honeydew, raw       170       1 cup         01110       Milk shakes, thick chocolate       300       10.6 fl oz         01111       Milk shakes, thick vanilla       313       11 fl oz         01094       Milk, buttermilk, dried       6.5       1 tbsp         01088       Milk, buttermilk, fluid, cultured, lowfat       245       1 cup         01095       Milk, canned, condensed, sweetened       306       1 cup         01097       Milk, canned, evaporated, nonfat       256       1 cup         01096       Milk, canned, evaporated, without added vitamin A       252       1 cup         01104       Milk, chocolate, fluid, commercial, lowfat       250       1 cup         01103       Milk, chocolate, fluid, commercial, reduced fat       250       1 cup         01102       Milk, chocolate, fluid, commercial, whole       250       1 cup         01092       Milk, dry, nonfat, instant, with added vitamin A       23       1/3 cup         01082       Milk, lowfat, fluid, 1% milkfat, with added vitamin A       244       1 cup         01079       Milk, reduced fat, fluid, 2% milkfat, with added vitamin A       244       1 cup         01077       Milk, whole, 3.25% milkfat       244       1 cup <td>09181</td> <td>Melons, cantaloupe, raw</td> <td>69</td> <td>1/8 melon</td> <td>1.7</td>	09181	Melons, cantaloupe, raw	69	1/8 melon	1.7
01110       Milk shakes, thick chocolate       300       10.6 fl oz         01111       Milk shakes, thick vanilla       313       11 fl oz         01094       Milk, buttermilk, dried       6.5       1 tbsp         01088       Milk, buttermilk, fluid, cultured, lowfat       245       1 cup         01095       Milk, canned, condensed, sweetened       306       1 cup         01097       Milk, canned, evaporated, nonfat       256       1 cup         01096       Milk, canned, evaporated, without added vitamin A       252       1 cup         01104       Milk, chocolate, fluid, commercial, lowfat       250       1 cup         01103       Milk, chocolate, fluid, commercial, reduced fat       250       1 cup         01102       Milk, chocolate, fluid, commercial, whole       250       1 cup         01092       Milk, dry, nonfat, instant, with added vitamin A       23       1/3 cup         01082       Milk, lowfat, fluid, 1% milkfat, with added vitamin A       244       1 cup         01085       Milk, nonfat, fluid, with added vitamin A (fat free or skim)       245       1 cup         01079       Milk, whole, 3.25% milkfat       244       1 cup	09184	Melons, honeydew, raw	160	1/8 melon	4.6
01111       Milk shakes, thick vanilla       313       11 fl oz         01094       Milk, buttermilk, dried       6.5       1 tbsp         01088       Milk, buttermilk, fluid, cultured, lowfat       245       1 cup         01095       Milk, canned, condensed, sweetened       306       1 cup         01097       Milk, canned, evaporated, nonfat       256       1 cup         01096       Milk, canned, evaporated, without added vitamin A       252       1 cup         01104       Milk, chocolate, fluid, commercial, lowfat       250       1 cup         01103       Milk, chocolate, fluid, commercial, reduced fat       250       1 cup         01102       Milk, chocolate, fluid, commercial, whole       250       1 cup         01092       Milk, dry, nonfat, instant, with added vitamin A       23       1/3 cup         01082       Milk, lowfat, fluid, 1% milkfat, with added vitamin A       244       1 cup         01085       Milk, nonfat, fluid, with added vitamin A (fat free or skim)       245       1 cup         01079       Milk, reduced fat, fluid, 2% milkfat, with added vitamin A       244       1 cup         01077       Milk, whole, 3.25% milkfat       244       1 cup	09184	Melons, honeydew, raw	170	1 cup	4.9
Milk, buttermilk, dried  Milk, buttermilk, fluid, cultured, lowfat  Milk, buttermilk, fluid, cultured, lowfat  Milk, canned, condensed, sweetened  Milk, canned, evaporated, nonfat  Milk, canned, evaporated, nonfat  Milk, canned, evaporated, without added vitamin A  Milk, chocolate, fluid, commercial, lowfat  Milk, chocolate, fluid, commercial, lowfat  Milk, chocolate, fluid, commercial, reduced fat  Milk, chocolate, fluid, commercial, whole  Milk, chocolate, fluid, commercial, whole  Milk, chocolate, fluid, instant, with added vitamin A  Milk, dry, nonfat, instant, with added vitamin A  Milk, lowfat, fluid, 1% milkfat, with added vitamin A  Milk, nonfat, fluid, with added vitamin A  Milk, nonfat, fluid, with added vitamin A  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  Milk, whole, 3.25% milkfat	01110	Milk shakes, thick chocolate	300	10.6 fl oz	0.6
Milk, buttermilk, fluid, cultured, lowfat  Milk, canned, condensed, sweetened  Milk, canned, evaporated, nonfat  Milk, canned, evaporated, nonfat  Milk, canned, evaporated, without added vitamin A  Milk, canned, evaporated, without added vitamin A  Milk, chocolate, fluid, commercial, lowfat  Milk, chocolate, fluid, commercial, reduced fat  Milk, chocolate, fluid, commercial, reduced fat  Milk, chocolate, fluid, commercial, whole  Milk, dry, nonfat, instant, with added vitamin A  Milk, dry, nonfat, fluid, 1% milkfat, with added vitamin A  Milk, lowfat, fluid, 1% milkfat, with added vitamin A  Milk, nonfat, fluid, with added vitamin A  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  Milk, whole, 3.25% milkfat  Milk, whole, 3.25% milkfat	01111	Milk shakes, thick vanilla	313	11 fl oz	0.6
Milk, canned, condensed, sweetened  Milk, canned, evaporated, nonfat  Milk, canned, evaporated, nonfat  Milk, canned, evaporated, without added vitamin A  Milk, canned, evaporated, without added vitamin A  Milk, chocolate, fluid, commercial, lowfat  Milk, chocolate, fluid, commercial, reduced fat  Milk, chocolate, fluid, commercial, reduced fat  Milk, chocolate, fluid, commercial, whole  Milk, chocolate, fluid, commercial, whole  Milk, chocolate, fluid, commercial, whole  Milk, dry, nonfat, instant, with added vitamin A  Milk, lowfat, fluid, 1% milkfat, with added vitamin A  Milk, lowfat, fluid, with added vitamin A  Milk, nonfat, fluid, with added vitamin A (fat free or skim)  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  Milk, whole, 3.25% milkfat  Milk, whole, 3.25% milkfat	01094	Milk, buttermilk, dried	6.5	1 tbsp	0.0
Milk, canned, evaporated, nonfat  256  1 cup  Milk, canned, evaporated, without added vitamin A  252  1 cup  Milk, chocolate, fluid, commercial, lowfat  250  1 cup  Milk, chocolate, fluid, commercial, reduced fat  250  1 cup  Milk, chocolate, fluid, commercial, reduced fat  250  1 cup  Milk, chocolate, fluid, commercial, whole  250  1 cup  Milk, dry, nonfat, instant, with added vitamin A  23  1/3 cup  Milk, lowfat, fluid, 1% milkfat, with added vitamin A  244  1 cup  Milk, nonfat, fluid, with added vitamin A  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  Milk, whole, 3.25% milkfat  244  1 cup	01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	0.2
Milk, canned, evaporated, without added vitamin A  252  1 cup  Milk, chocolate, fluid, commercial, lowfat  250  1 cup  Milk, chocolate, fluid, commercial, reduced fat  250  1 cup  Milk, chocolate, fluid, commercial, whole  Milk, chocolate, fluid, commercial, whole  250  1 cup  Milk, chocolate, fluid, commercial, whole  250  1 cup  Milk, dry, nonfat, instant, with added vitamin A  23  1/3 cup  Milk, lowfat, fluid, 1% milkfat, with added vitamin A  244  1 cup  Milk, nonfat, fluid, with added vitamin A  Milk, nonfat, fluid, with added vitamin A  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  Milk, whole, 3.25% milkfat  244  1 cup	01095	Milk, canned, condensed, sweetened	306	1 cup	1.8
Milk, chocolate, fluid, commercial, lowfat  Milk, chocolate, fluid, commercial, reduced fat  Milk, chocolate, fluid, commercial, reduced fat  Milk, chocolate, fluid, commercial, reduced fat  Milk, chocolate, fluid, commercial, whole  Milk, chocolate, fluid, commercial, whole  Milk, dry, nonfat, instant, with added vitamin A  Milk, dry, nonfat, instant, with added vitamin A  Milk, lowfat, fluid, 1% milkfat, with added vitamin A  Milk, nonfat, fluid, with added vitamin A  Milk, nonfat, fluid, with added vitamin A  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  Milk, whole, 3.25% milkfat  Milk, whole, 3.25% milkfat	01097	Milk, canned, evaporated, nonfat	256	1 cup	0.0
Milk, chocolate, fluid, commercial, lowfat  Milk, chocolate, fluid, commercial, reduced fat  Milk, chocolate, fluid, commercial, reduced fat  Milk, chocolate, fluid, commercial, whole  Milk, chocolate, fluid, commercial, whole  Milk, dry, nonfat, instant, with added vitamin A  Milk, dry, nonfat, instant, with added vitamin A  Milk, lowfat, fluid, 1% milkfat, with added vitamin A  Milk, nonfat, fluid, with added vitamin A  Milk, nonfat, fluid, with added vitamin A  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  Milk, whole, 3.25% milkfat  Milk, whole, 3.25% milkfat	01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	1.3
Milk, chocolate, fluid, commercial, reduced fat  250  1 cup  Milk, chocolate, fluid, commercial, whole  250  1 cup  Milk, dry, nonfat, instant, with added vitamin A  23  1/3 cup  Milk, lowfat, fluid, 1% milkfat, with added vitamin A  244  1 cup  Milk, nonfat, fluid, with added vitamin A (fat free or skim)  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  Milk, whole, 3.25% milkfat  244  1 cup	01104	Milk, chocolate, fluid, commercial, lowfat	250	_	0.3
Milk, chocolate, fluid, commercial, whole  Milk, dry, nonfat, instant, with added vitamin A  Milk, lowfat, fluid, 1% milkfat, with added vitamin A  Milk, lowfat, fluid, 1% milkfat, with added vitamin A  Milk, nonfat, fluid, with added vitamin A (fat free or skim)  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  Milk, whole, 3.25% milkfat  Milk, whole, 3.25% milkfat				•	0.5
Milk, dry, nonfat, instant, with added vitamin A  23  1/3 cup  101082  Milk, lowfat, fluid, 1% milkfat, with added vitamin A  244  1 cup  101085  Milk, nonfat, fluid, with added vitamin A (fat free or skim)  245  1 cup				•	0.5
Milk, lowfat, fluid, 1% milkfat, with added vitamin A  244  1 cup  Milk, nonfat, fluid, with added vitamin A (fat free or skim)  245  1 cup  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  244  1 cup  Milk, whole, 3.25% milkfat  244  1 cup				•	0.0
Milk, nonfat, fluid, with added vitamin A (fat free or skim)  Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  Milk, whole, 3.25% milkfat  Milk, whole, 3.25% milkfat  Milk, whole, 3.25% milkfat		•		•	0.2
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A  244  1 cup  Milk, whole, 3.25% milkfat  244  1 cup					0.0
01077 Milk, whole, 3.25% milkfat 244 1 cup				•	0.5
-					0.5
10112 1VII60 00.73 1 CUP 2	16112	Miso	68.75	1 cup	20.7

15157   Mollasks, claim, mixed species, raw	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15167   Mollusks, oyster, eastern, wild, raw	15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.3
18274   Muffins, blueberry, commercially prepared (Includes mini-muffins)   57	15157	Mollusks, clam, mixed species, raw	85	3 oz	0.2
18279   Muffins, corn, commercially prepared	15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.1
18283   Muffins, oat bram	18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	22.3
18388   Muffins, wheat hran, toaster-type with raisins, toasted   34   1 muffin   1014   1019   2 muffin   2 muffin   1014   1019   3 muffins   1014   1019   3 muffins   1014   1019   3 muffins   1016   1019   3 muffins   1016   1019   3 muffins   1016   1019   3 muffins   1016   1019   1016   1019   1016   1019   1016   1019   1016   1016   1019   1016   1016   1019   1016   1019   1016   1016   1019   1016   1016   1019   1016   1019   1016   1019   1016   1019   1016   1019   1016   1019   1016   1019   1016   1019   1016   1019   1016   1019   1016   1019   1016   1019   1016   1019   1016   1019	18279	Muffins, corn, commercially prepared	57	1 muffin	1.3
11044   Mung beans, mature seeds, sprouted, cooked, boiled, drained, without   124   1 cup   2 and many   104   1 cup   3   3   1 cup   3   3   1 cup   3   3   1 cup   1 cu	18283	Muffins, oat bran	57	1 muffin	7.4
salt*  Musbrooms, camed, drained solids	18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	5.9
11264   Mushrooms, canned, drained solids	11044	<b>3</b>	124	1 cup	28.1
11261   Mushrooms, cooked, boiled, drained, without salt   156   1 cup   11269   Mushrooms, shiitake, cooked, without salt   145   1 cup   11268   Mushrooms, shiitake, dried   3.6   1 mushroom   11260   Mushrooms, shiitake, dried   3.6   1 mushroom   11271   Mustard greens, cooked, boiled, drained, without salt   140   1 cup   41   41   1 cup   41   41   1 cup   41   41   41   41   41   41   41   4	11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	34.3
11269   Mushrooms, shiitake, cooked, without salt	11264	Mushrooms, canned, drained solids	156	1 cup	0.0
11268   Mushrooms, shiitake, dried   3.6   1 mushroom   11260   Mushrooms, shiitake, dried   11260   Mushrooms, shiitake, dried   11261   1020   10	11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.0
11276   Mushrooms, white, raw	11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.0
11271   Mustard greens, cooked, boiled, drained, without salt	11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.0
1   15   15   15   15   15   15   15	11260	Mushrooms, white, raw	70	1 cup	0.0
Nectarines, raw   136	11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	419.3
20113   Noodles, chinese, chow mein	02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.1
20110   Noodles, egg. cooked, enriched   160   1 cup   16	09191	Nectarines, raw	136	1 nectarine	3.0
Noodles, egg. spinach, cooked, enriched	20113	Noodles, chinese, chow mein	45	1 cup	3.0
12061 Nuts, almonds	20110	Noodles, egg, cooked, enriched	160	1 cup	0.0
12078   Nuts, brazilnuts, dried, unblanched   28.35   1 oz (6-8 nuts)     12585   Nuts, cashew nuts, dry roasted, with salt added   28.35   1 oz (18 nuts)     12586   Nuts, cashew nuts, oil roasted, with salt added   28.35   1 oz (18 nuts)     12167   Nuts, chestnuts, european, roasted   143   1 cup   1     12179   Nuts, coconut meat, dried (desiccated), sweetened, shredded   93   1 cup   1     12104   Nuts, coconut meat, raw   45   1 piece   1     12105   Nuts, hazelnuts or filberts   28.35   1 oz   1 oz   1     12106   Nuts, macadamia nuts, dry roasted, with salt added   28.35   1 oz (10-12 nuts)   1 oz   1     12632   Nuts, mixed nuts, dry roasted, with peanuts, with salt added   28.35   1 oz (10-12 nuts)   1 oz   1     12635   Nuts, mixed nuts, dry roasted, with peanuts, with salt added   28.35   1 oz (20 halves)   1 oz   1     12147   Nuts, pine nuts, dried   28.35   1 oz (20 halves)   1 oz   1     12147   Nuts, pine nuts, dried   8.6   1 tbsp   1     12155   Nuts, mixed nuts, dry roasted, with salt added   28.35   1 oz (47 nuts)   1     12155   Nuts, pine nuts, dried   8.6   1 tbsp   1     121652   Nuts, pistachio nuts, dry roasted, with salt added   28.35   1 oz (14 halves)   1     12155   Nuts, walnuts, english   28.35   1 oz (14 halves)   1     121652   Nuts, pistachio nuts, dry roasted, with salt added   28.35   1 oz (14 halves)   1     12155   Nuts, walnuts, english   28.35   1 oz (14 halves)   1     121654   Oil, exalad or cooking   13.5   1 tbsp   1     121655   Oil, oilve, salad or cooking   13.5   1 tbsp   1     12165   Oil, oilve, salad or cooking   13.6   1 tbsp   1     12166   Oil, vegetable, safflower, salad or cooking, (hydrogenated)   13.6   1 tbsp   1     12176   Oil, vegetable, corn, industrial and retail, all purpose salad or cooking   13.6   1 tbsp   1     12177   Okra, cooked, boiled, drained, without salt   160   1 cup   6	20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	161.8
12585   Nuts, cashew nuts, dry roasted, with salt added   28.35   1 oz   1 oz	12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.0
12586       Nuts, cashew nuts, oil roasted, with salt added       28.35       1 oz (18 nuts)         12167       Nuts, chestnuts, european, roasted       143       1 cup         12179       Nuts, coconut meat, dried (desiccated), sweetened, shredded       93       1 cup         12104       Nuts, coconut meat, raw       45       1 piece         12120       Nuts, hazelnuts or filberts       28.35       1 oz         12632       Nuts, macadamia nuts, dry roasted, with salt added       28.35       1 oz (10-12 nuts)         12635       Nuts, mixed nuts, dry roasted, with peanuts, with salt added       28.35       1 oz         126367       Nuts, mixed nuts, oil roasted, with peanuts, with salt added       28.35       1 oz         12142       Nuts, pine nuts, dried       28.35       1 oz         12147       Nuts, pine nuts, dried       8.6       1 tbsp         121247       Nuts, pine nuts, dried       28.35       1 oz (47 nuts)         121255       Nuts, pistachio nuts, dry roasted, with salt added       28.35       1 oz (47 nuts)         121262       Nuts, pistachio nuts, dry roasted, with salt added       28.35       1 oz (47 nuts)         12155       Nuts, walnuts, english       28.35       1 oz (47 nuts)         12165       Nuts, sull, sald or cook	12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	0.0
12167   Nuts, chestnuts, european, roasted	12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	9.8
12179   Nuts, coconut meat, dried (desiccated), sweetened, shredded   93   1 cup     12104   Nuts, coconut meat, raw   45   1 piece     12120   Nuts, hazelnuts or filberts   28.35   1 oz     12632   Nuts, macadamia nuts, dry roasted, with salt added   28.35   1 oz (10-12 nuts)     12635   Nuts, mixed nuts, dry roasted, with peanuts, with salt added   28.35   1 oz     12637   Nuts, mixed nuts, oil roasted, with peanuts, with salt added   28.35   1 oz     12148   Nuts, pecans   28.35   1 oz (20 halves)     12149   Nuts, pine nuts, dried   28.35   1 oz   1 oz     12141   Nuts, pine nuts, dried   28.35   1 oz   1 oz     12142   Nuts, pine nuts, dried   8.6   1 tbsp     12652   Nuts, pine nuts, dry roasted, with salt added   28.35   1 oz (47 nuts)     12155   Nuts, walnuts, english   28.35   1 oz (14 halves)     20033   Oat bran, raw   94   1 cup     204053   Oil, olive, salad or cooking   13.5   1 tbsp     204042   Oil, peanut, salad or cooking   13.5   1 tbsp     204058   Oil, sesame, salad or cooking   13.6   1 tbsp     204054   Oil, soybean, salad or cooking, (hydrogenated)   13.6   1 tbsp     20454   Oil, soybean, salad or cooking, (hydrogenated)   13.6   1 tbsp     204551   Oil, vegetable, safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)     204510   Oil, vegetable, corn, industrial and retail, all purpose salad or cooking   13.6   1 tbsp     204506   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     204506   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     204507   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     204508   Oil, vegetable, corn, industrial and retail, all purpose salad or cooking   13.6   1 tbsp     204506   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     204507   1 tbsp   1 tbsp     204508   Oil, vegetable, corn, industrial and retail, all purpose salad or cooking   13.6   1 tbsp     204508   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     204509   14	12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	9.8
12104   Nuts, coconut meat, raw	12167	Nuts, chestnuts, european, roasted	143	1 cup	11.2
12104   Nuts, coconut meat, raw	12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	0.3
12120   Nuts, hazelnuts or filberts   28.35   1 oz     12632   Nuts, macadamia nuts, dry roasted, with salt added   28.35   1 oz     12635   Nuts, mixed nuts, dry roasted, with peanuts, with salt added   28.35   1 oz     12637   Nuts, mixed nuts, oil roasted, with peanuts, with salt added   28.35   1 oz     12142   Nuts, pecans   28.35   1 oz     12144   Nuts, pine nuts, dried   28.35   1 oz     12147   Nuts, pine nuts, dried   28.35   1 oz   1     12148   Nuts, pine nuts, dried   8.6   1 tbsp     12652   Nuts, pistachio nuts, dry roasted, with salt added   28.35   1 oz (47 nuts)     12155   Nuts, walnuts, english   28.35   1 oz (14 halves)     20033   Oat bran, raw   94   1 cup     204053   Oil, olive, salad or cooking   13.5   1 tbsp     204042   Oil, peanut, salad or cooking   13.5   1 tbsp     204058   Oil, sesame, salad or cooking   13.6   1 tbsp     204054   Oil, soybean, salad or cooking, (hydrogenated)   13.6   1 tbsp     20454   Oil, soybean, salad or cooking, (hydrogenated)   13.6   1 tbsp     204551   Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary   13.6   1 tbsp     204518   Oil, vegetable, corn, industrial and retail, all purpose salad or cooking   13.6   1 tbsp     20456   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     204506   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     204507   Okra, cooked, boiled, drained, without salt   160   1 cup   6	12104	Nuts, coconut meat, raw	45	•	0.1
12632   Nuts, macadamia nuts, dry roasted, with salt added   28.35   1 oz (10-12 nuts)     12635   Nuts, mixed nuts, dry roasted, with peanuts, with salt added   28.35   1 oz     12637   Nuts, mixed nuts, oil roasted, with peanuts, with salt added   28.35   1 oz     12142   Nuts, pecans   28.35   1 oz (20 halves)     12144   Nuts, pine nuts, dried   28.35   1 oz   1 oz     12147   Nuts, pine nuts, dried   8.6   1 tbsp     12652   Nuts, pistachio nuts, dry roasted, with salt added   28.35   1 oz (47 nuts)     12155   Nuts, walnuts, english   28.35   1 oz (14 halves)     12033   Oat bran, raw   94   1 cup     104053   Oil, olive, salad or cooking   13.5   1 tbsp     104042   Oil, peanut, salad or cooking   13.6   1 tbsp     104058   Oil, sesame, salad or cooking   13.6   1 tbsp     104041   Oil, soybean, salad or cooking, (hydrogenated)   13.6   1 tbsp     104543   Oil, soybean, salad or cooking, (hydrogenated)   13.6   1 tbsp     104541   Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)     10458   Oil, vegetable, corn, industrial and retail, all purpose salad or cooking   13.6   1 tbsp     10459   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     10450   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     10450   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     10450   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     10450   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     10450   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     1050   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     1050   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     1050   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     1050   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     1050   Oil, vegetable, sunflower, linoleic, (approx. 65%)   13.6   1 tbsp     1050   Oil, vegetable, sun	12120		28.35	•	4.0
12635         Nuts, mixed nuts, dry roasted, with peanuts, with salt added         28.35         1 oz           12637         Nuts, mixed nuts, oil roasted, with peanuts, with salt added         28.35         1 oz           12142         Nuts, pecans         28.35         1 oz           12147         Nuts, pine nuts, dried         8.6         1 tbsp           12247         Nuts, pine nuts, dried         8.6         1 tbsp           12652         Nuts, pistachio nuts, dry roasted, with salt added         28.35         1 oz (47 nuts)           12155         Nuts, walnuts, english         28.35         1 oz (14 halves)           20033         Oat bran, raw         94         1 cup           04053         Oil, olive, salad or cooking         13.5         1 tbsp           04042         Oil, peanut, salad or cooking         13.6         1 tbsp           04058         Oil, sesame, salad or cooking         13.6         1 tbsp           040434         Oil, soybean, salad or cooking, (hydrogenated)         13.6         1 tbsp           04543         Oil, soybean, salad or cooking, oleic, over 70% (primary safflower oil of commerce)         13.6         1 tbsp           04518         Oil, vegetable, corn, industrial and retail, all purpose salad or cooking         13.6         1 tbsp <td></td> <td></td> <td></td> <td></td> <td>0.0</td>					0.0
12637         Nuts, mixed nuts, oil roasted, with peanuts, with salt added         28.35         1 oz (20 halves)           12142         Nuts, pecans         28.35         1 oz (20 halves)           12147         Nuts, pine nuts, dried         28.35         1 oz           12147         Nuts, pine nuts, dried         8.6         1 tbsp           12652         Nuts, pistachio nuts, dry roasted, with salt added         28.35         1 oz (47 nuts)           12155         Nuts, walnuts, english         28.35         1 oz (14 halves)           20033         Oat bran, raw         94         1 cup           04053         Oil, olive, salad or cooking         13.5         1 tbsp           04042         Oil, peanut, salad or cooking         13.6         1 tbsp           04058         Oil, sesame, salad or cooking, (hydrogenated)         13.6         1 tbsp           04543         Oil, soybean, salad or cooking, (hydrogenated) and cottonseed         13.6         1 tbsp           04511         Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)         13.6         1 tbsp           04518         Oil, vegetable, sunflower, linoleic, (approx. 65%)         13.6         1 tbsp           04506         Oil, vegetable, sonflower, linoleic, (approx. 65%)         13.6 <td></td> <td></td> <td></td> <td></td> <td>3.7</td>					3.7
12142 Nuts, pecans 28.35 1 oz (20 halves) 12147 Nuts, pine nuts, dried 28.35 1 oz 1 12147 Nuts, pine nuts, dried 8.6 1 tbsp 121652 Nuts, pistachio nuts, dry roasted, with salt added 28.35 1 oz (47 nuts) 12155 Nuts, walnuts, english 28.35 1 oz (14 halves) 120033 Oat bran, raw 94 1 cup 1404053 Oil, olive, salad or cooking 13.5 1 tbsp 1404042 Oil, peanut, salad or cooking 13.5 1 tbsp 1404058 Oil, sesame, salad or cooking 13.6 1 tbsp 140404 Oil, soybean, salad or cooking, (hydrogenated) 13.6 1 tbsp 140543 Oil, soybean, salad or cooking, (hydrogenated) and cottonseed 13.6 1 tbsp 14051 Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) 13.6 1 tbsp 140518 Oil, vegetable, corn, industrial and retail, all purpose salad or cooking 13.6 1 tbsp 14050 Oil, vegetable, sunflower, linoleic, (approx. 65%) 13.6 1 tbsp 14050 Oil, vegetable, sunflower, linoleic, (approx. 65%) 13.6 1 tbsp		•			3.6
12147       Nuts, pine nuts, dried       28.35       1 oz       1         12147       Nuts, pine nuts, dried       8.6       1 tbsp         12652       Nuts, pistachio nuts, dry roasted, with salt added       28.35       1 oz (47 nuts)         12155       Nuts, walnuts, english       28.35       1 oz (14 halves)         20033       Oat bran, raw       94       1 cup         04053       Oil, olive, salad or cooking       13.5       1 tbsp         04042       Oil, peanut, salad or cooking       13.5       1 tbsp         04058       Oil, sesame, salad or cooking       13.6       1 tbsp         04034       Oil, soybean, salad or cooking, (hydrogenated)       13.6       1 tbsp         04543       Oil, soybean, salad or cooking, (hydrogenated) and cottonseed       13.6       1 tbsp         04511       Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)       13.6       1 tbsp         04518       Oil, vegetable, corn, industrial and retail, all purpose salad or cooking       13.6       1 tbsp         04506       Oil, vegetable, sunflower, linoleic, (approx. 65%)       13.6       1 tbsp         04507       Okra, cooked, boiled, drained, without salt       160       1 cup       6		•			1.0
Nuts, pine nuts, dried  Nuts, pistachio nuts, dry roasted, with salt added  28.35  1 oz (47 nuts)  Nuts, walnuts, english  28.35  1 oz (14 halves)  20033  Oat bran, raw  94  1 cup  04053  Oil, olive, salad or cooking  04042  Oil, peanut, salad or cooking  13.5  1 tbsp  04058  Oil, sesame, salad or cooking  13.6  1 tbsp  04034  Oil, soybean, salad or cooking, (hydrogenated)  041543  Oil, soybean, salad or cooking, (hydrogenated)  041511  Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)  04516  Oil, vegetable, corn, industrial and retail, all purpose salad or cooking  04506  Oil, vegetable, sunflower, linoleic, (approx. 65%)  13.6  1 tbsp  04506  Okra, cooked, boiled, drained, without salt  160  1 cup  6		-		•	15.3
Nuts, pistachio nuts, dry roasted, with salt added  28.35  1 oz (47 nuts)  Nuts, walnuts, english  28.35  1 oz (14 halves)  20033  Oat bran, raw  94  1 cup  04053  Oil, olive, salad or cooking  04042  Oil, peanut, salad or cooking  13.5  1 tbsp  04058  Oil, sesame, salad or cooking  13.6  1 tbsp  04034  Oil, soybean, salad or cooking, (hydrogenated)  04543  Oil, soybean, salad or cooking, (hydrogenated) and cottonseed  04511  Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)  04518  Oil, vegetable, corn, industrial and retail, all purpose salad or cooking  04506  Oil, vegetable, sunflower, linoleic, (approx. 65%)  13.6  1 tbsp  04506  Okra, cooked, boiled, drained, without salt  160  1 cup  6		•			4.6
Nuts, walnuts, english  28.35  1 oz (14 halves)  20033  Oat bran, raw  94  1 cup  04053  Oil, olive, salad or cooking  04042  Oil, peanut, salad or cooking  04058  Oil, sesame, salad or cooking  04034  Oil, soybean, salad or cooking, (hydrogenated)  04034  Oil, soybean, salad or cooking, (hydrogenated)  04543  Oil, soybean, salad or cooking, (hydrogenated) and cottonseed  04511  Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)  04518  Oil, vegetable, corn, industrial and retail, all purpose salad or cooking  Oil, vegetable, sunflower, linoleic, (approx. 65%)  13.6  1 tbsp  Okra, cooked, boiled, drained, without salt  160  1 cup  6		•		*	3.7
Oat bran, raw O4053 Oil, olive, salad or cooking Oil, peanut, salad or cooking Oil, sesame, salad or cooking Oil, sesame, salad or cooking Oil, soybean, salad or cooking, (hydrogenated) Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) Oil, vegetable, corn, industrial and retail, all purpose salad or cooking Oil, vegetable, sunflower, linoleic, (approx. 65%) Oil, vegetable, corn, cooked, boiled, drained, without salt Ookra, cooked, boiled, drained, without salt Oil, vegetable, drained, without salt Ookra, cooked, boiled, drained, without salt					0.8
O4053 Oil, olive, salad or cooking O4042 Oil, peanut, salad or cooking O4058 Oil, sesame, salad or cooking O4034 Oil, soybean, salad or cooking, (hydrogenated) O4059 Oil, soybean, salad or cooking, (hydrogenated) O4050 Oil, soybean, salad or cooking, (hydrogenated) and cottonseed O4051 Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) O40518 Oil, vegetable, corn, industrial and retail, all purpose salad or cooking O4050 Oil, vegetable, sunflower, linoleic, (approx. 65%) O4100 Okra, cooked, boiled, drained, without salt O41050 Okra, cooked, boiled, drained, without salt O41050 Oil, vegetable, drained, without salt O41050 Okra, cooked, boiled, drained, without salt O41050 Oil, vegetable, drained, without salt O41050 Okra, cooked, boiled, drained, without salt O41050 Oil, vegetable, drained, without salt O41050 Okra, cooked, boiled, drained, without salt		-			3.0
Oil, peanut, salad or cooking Oil, sesame, salad or cooking Oil, soybean, salad or cooking, (hydrogenated) and cottonseed Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) Oil, vegetable, corn, industrial and retail, all purpose salad or cooking Oil, vegetable, sunflower, linoleic, (approx. 65%) Oil, vegetable, cooked, boiled, drained, without salt Oil, vegetable, cooked, boiled, drained, without salt Oil, vegetable, sunflower, linoleic, (approx. 65%) Oil, vegetable, cooked, boiled, drained, without salt Oil, vegetable, cooked, boiled, drained, without salt Oil, vegetable, sunflower, linoleic, (approx. 65%) Oil, vegetable, cooked, boiled, drained, without salt				•	8.1
O4058 Oil, sesame, salad or cooking O4034 Oil, soybean, salad or cooking, (hydrogenated) O4054 Oil, soybean, salad or cooking, (hydrogenated) and cottonseed O4543 Oil, soybean, salad or cooking, (hydrogenated) and cottonseed O4511 Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) O4518 Oil, vegetable, corn, industrial and retail, all purpose salad or cooking O4506 Oil, vegetable, sunflower, linoleic, (approx. 65%) O4706 Oil, vegetable, sunflower, linoleic, (approx. 65%) O4706 Oil, vegetable, sunflower, linoleic, (approx. 65%) O4706 Oil, vegetable, sunflower, linoleic, (approx. 65%) O4707 Oil, vegetable, sunflower, linoleic, (approx. 65%)		· · · · ·		-	0.1
O4034 Oil, soybean, salad or cooking, (hydrogenated) Oil, soybean, salad or cooking, (hydrogenated) and cottonseed Oil, soybean, salad or cooking, (hydrogenated) and cottonseed Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) Oil, vegetable, corn, industrial and retail, all purpose salad or cooking Oil, vegetable, sunflower, linoleic, (approx. 65%)				•	
Od543 Oil, soybean, salad or cooking, (hydrogenated) and cottonseed 13.6 1 tbsp Od511 Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) Od518 Oil, vegetable, corn, industrial and retail, all purpose salad or cooking 13.6 1 tbsp Od506 Oil, vegetable, sunflower, linoleic, (approx. 65%) 13.6 1 tbsp Od709 Okra, cooked, boiled, drained, without salt 160 1 cup 6		<u> </u>		•	1.8
Od511 Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) Od518 Oil, vegetable, corn, industrial and retail, all purpose salad or cooking 13.6 1 tbsp Od506 Oil, vegetable, sunflower, linoleic, (approx. 65%) 13.6 1 tbsp Od709 Okra, cooked, boiled, drained, without salt 160 1 cup 6				-	3.4
safflower oil of commerce) Oil, vegetable, corn, industrial and retail, all purpose salad or cooking Oil, vegetable, sunflower, linoleic, (approx. 65%) Oil, vegetable, sunflower, linoleic, (approx. 65%) Okra, cooked, boiled, drained, without salt				•	3.4
O4506 Oil, vegetable, sunflower, linoleic, (approx. 65%)  13.6 1 tbsp  1279 Okra, cooked, boiled, drained, without salt  160 1 cup  6		safflower oil of commerce)		•	1.0
11279 Okra, cooked, boiled, drained, without salt 160 1 cup 6				•	0.3
		•		•	0.7
11281 Okra, trozen, cooked, boiled, drained, without salt 184 1 cup 8					64.0
	11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	88.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.3
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.5
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	1.1
11284	Onions, dehydrated flakes	5	1 tbsp	0.2
11282	Onions, raw	160	1 cup	0.6
11282	Onions, raw	14	1 slice	0.1
11282	Onions, raw	110	1 whole	0.4
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	31.1
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	207.0
09207	Orange juice, canned, unsweetened	249	1 cup	0.2
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.2
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.9
09206	Orange juice, raw	86	juice from 1 orange	0.1
09206	Orange juice, raw	248	1 cup	0.2
09200	Oranges, raw, all commercial varieties	131	1 orange	0.0
09200	Oranges, raw, all commercial varieties	180	1 cup	0.0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	2.3
09226	Papayas, raw	140	1 cup	3.6
09226	Papayas, raw	304	1 papaya	7.9
11297	Parsley, raw	10	10 sprigs	164.0
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	1.6
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	4.5
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	4.5
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	1.7
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	1.7
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	4.2
09246	Peaches, dried, sulfured, uncooked	39	3 halves	6.1
09250	Peaches, frozen, sliced, sweetened	250	1 cup	5.5
09236	Peaches, raw	98	1 peach	2.5
09236	Peaches, raw	170	1 cup	4.4
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.1
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.1
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.0
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.0
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.0
09340	Pears, asian, raw	122	1 pear	5.5
09340	Pears, asian, raw	275	1 pear	12.4
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.8
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.2
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.7
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.2
09252	Pears, raw	166	1 pear	7.5
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	40.0
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	48.3
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	36.4
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	38.4
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	9.8
11670	Peppers, hot chili, green, raw	45	1 pepper	6.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11819	Peppers, hot chili, red, raw	45	1 pepper	6.3
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	3.4
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	12.9
11333	Peppers, sweet, green, raw	119	1 pepper	8.8
11333	Peppers, sweet, green, raw	149	1 cup	11.0
11333	Peppers, sweet, green, raw	10	1 ring	0.7
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	6.9
11821	Peppers, sweet, red, raw	149	1 cup	7.3
11821	Peppers, sweet, red, raw	119	1 pepper	5.8
11945	Pickle relish, sweet	15	1 tbsp	12.5
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	11.9
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	59.0
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	10.3
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	26.6
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.0
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	4.1
18305	Pie, blueberry, commercially prepared	117	1 piece	12.3
18308	Pie, cherry, commercially prepared	117	1 piece	8.9
18319	Pie, fried pies, fruit	128	1 pie	5.2
18320	Pie, lemon meringue, commercially prepared	113	1 piece	2.4
18324	Pie, pecan, commercially prepared	113	1 piece	5.4
18326	Pie, pumpkin, commercially prepared	109	1 piece	6.8
11943	Pimento, canned	12	1 tbsp	1.0
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.3
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.3
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.8
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.8
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.1
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.7
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.1
09266	Pineapple, raw, all varieties	155	1 cup	1.1
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	4.2
09278	Plantains, cooked	154	1 cup	1.1
09277	Plantains, raw	179	1 medium	1.3
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	2.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	11.1
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	10.8
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	2.0
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	64.7
09291	Plums, dried (prunes), uncooked	42	5 prunes	25.0
09279	Plums, raw	66	1 plum	4.2
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.4
07064	Pork Sausage, Fresh, Cooked	27	1 patty	0.1
07064	Pork Sausage, Fresh, Cooked	26	2 links	0.1
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.0
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.0
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.0

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.0
11672	Potato pancakes	76	1 pancake	2.1
11399	Potato puffs, frozen, oven-heated	79	10 puffs	3.2
11674	Potato, baked, flesh and skin, without salt	202	1 potato	4.0
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.5
11364	Potatoes, baked, skin, without salt	58	1 skin	1.0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.9
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.8
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	3.3
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	1.3
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.1
11370	Potatoes, hashed brown, home-prepared	156	1 cup	5.8
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	3.2
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	3.8
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	12.6
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.7
)9294	Prune juice, canned	256	1 cup	8.7
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.1
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.0
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.0
11424	Pumpkin, canned, without salt	245	1 cup	39.2
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	2.0
11429	Radishes, raw	4.5	1 radish	0.1
09298	Raisins, seedless	14	1 packet	0.5
09298	Raisins, seedless	145	1 cup	5.1
09306	Raspberries, frozen, red, sweetened	250	1 cup	16.3
09302	Raspberries, raw	123	1 cup	9.6
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	6.0
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	71.0
20037	Rice, brown, long-grain, cooked	195	1 cup	1.2
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.0
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.2
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.0
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.0
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.2
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	3.0
18350	Rolls, hamburger or hotdog, plain	43	1 roll	1.3
18353	Rolls, hard (includes kaiser)	57	1 roll	0.3

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.5
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	13.9
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	18.9
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.8
04134	Salad dressing, home recipe, cooked	16	1 tbsp	2.2
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	15.4
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	8.2
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	1.9
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	5.8
04015	Salad dressing, russian dressing	15.3	1 tbsp	8.2
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	1.1
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	4.2
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	10.8
07069	Salami, cooked, beef and pork	56.7	2 slices	0.7
07072	Salami, dry or hard, pork, beef	20	2 slices	0.3
02047	Salt, table	6	1 tsp	0.0
07073	Sandwich spread, pork, beef	15	1 tbsp	0.2
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.3
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.1
06166	Sauce, homemade, white, medium	250	1 cup	2.3
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	34.8
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.1
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.7
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.0
11439	Sauerkraut, canned, solids and liquids	236	1 cup	30.7
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.3
11445	Seaweed, kelp, raw	10	2 tbsp	6.6
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.2
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	13.4
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.0
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	0.8
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	0.9
14346	Shake, fast food, chocolate	333	16 fl oz	5.0
14347	Shake, fast food, vanilla	333	16 fl oz	1.3
19097	Sherbet, orange	74	1/2 cup	0.0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	5.5
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	0.5
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.8
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	10.2
19013	Snacks, fruit leather, pieces	28.35	1 oz	5.2
19014	Snacks, fruit leather, rolls	21	1 large	3.8
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	4.6
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.7
19034	Snacks, popcorn, air-popped	8	1 cup	0.1
19036	Snacks, popcorn, cakes	10	1 cake	0.1
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	1.6

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	4.4
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.5
19041	Snacks, pork skins, plain	28.35	1 oz	0.0
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	2.0
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.0
19411	Snacks, potato chips, plain, salted	28.35	1 oz	6.3
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	6.3
19422	Snacks, potato chips, reduced fat	28.35	1 oz	3.8
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	1.3
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.2
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	0.4
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	5.9
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	3.0
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.2
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.2
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	3.8
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.0
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	3.5
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.5
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	7.1
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	2.2
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	2.7
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	2.0
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.5
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.2
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	7.3
06174	Soup, stock, fish, home-prepared	233	1 cup	0.0
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.5
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	3.9
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	4.4
06067 06468	Soup, vegetable, canned, chunky, ready-to-serve, commercial Soup, vegetarian vegetable, canned, prepared with equal volume	240 241	1 cup 1 cup	19.4 6.3
01058	water, commercial Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.5
16120	Soy milk, fluid	245	1 cup	7.4
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.0
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	33.0
22401	Spaghetti with meat sauce, frozen entree	283	1 package	2.0
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.0
20121	Spaghetti, whole-wheat, cooked	140	1 cup	1.0
02007	Spices, celery seed	2		0.0
02007	Spices, chili powder	2.6	1 tsp 1 tsp	2.7
02009	Spices, cinnamon, ground	2.3	1 tsp	0.7
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02015	Spices, curry powder	2	1 tsp	

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02020	Spices, garlic powder	2.8	1 tsp	0.0
02026	Spices, onion powder	2.1	1 tsp	0.1
02027	Spices, oregano, dried	1.5	1 tsp	9.3
02028	Spices, paprika	2.1	1 tsp	1.7
02029	Spices, parsley, dried	1.3	1 tbsp	17.7
02030	Spices, pepper, black	2.1	1 tsp	3.4
11658	Spinach souffle	136	1 cup	172.0
11461	Spinach, canned, drained solids	214	1 cup	987.8
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	888.5
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	1027.3
11457	Spinach, raw	30	1 cup	144.9
11457	Spinach, raw	10	1 leaf	48.3
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	6.3
11641	Squash, summer, all varieties, raw	113	1 cup	3.4
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	9.0
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	4.3
09316	Strawberries, raw	12	1 strawberry	0.3
09316	Strawberries, raw	166	1 cup	3.7
09316	Strawberries, raw	18	1 strawberry	0.4
19334	Sugars, brown	3.2	1 tsp	0.0
19335	Sugars, granulated	4.2	1 tsp	0.0
19336	Sugars, powdered	8	1 tbsp	0.0
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	5.1
11512	Sweet potato, canned, vacuum pack	255	1 cup	5.6
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	3.4
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	3.3
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	2.6
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.4
19350	Syrups, corn, light	20	1 tbsp	0.0
19353	Syrups, maple	20	1 tbsp	0.0
19129	Syrups, table blends, pancake	20	1 tbsp	0.0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.0
18360	Taco shells, baked	13.3	1 medium	1.1
09223	Tangerine juice, canned, sweetened	249	1 cup	0.0
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.0
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.0
20068	Tapioca, pearl, dry	152	1 cup	0.0
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.0
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.0
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored,	237	8 fl oz	0.0
14371	prepared  Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.0
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.0
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	3.0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	1.9
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.4

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11954	Tomatillos, raw	34	1 medium	3.3
11540	Tomato juice, canned, with salt added	243	1 cup	5.6
11546	Tomato products, canned, paste, without salt added	262	1 cup	29.9
11547	Tomato products, canned, puree, without salt added	250	1 cup	8.5
11549	Tomato products, canned, sauce	245	1 cup	6.9
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	6.7
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	6.1
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	14.2
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	1.6
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1.3
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	9.7
11955	Tomatoes, sun-dried	2	1 piece	0.9
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.0
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	1.1
05292	Turkey patties, breaded, battered, fried	64	1 patty	9.9
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	0.6
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.3
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	0.9
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.0
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	5.2
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	5.6
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	529.3
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	851.0
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.2
02050	Vanilla extract	4.2	1 tsp	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	6.0
11578	Vegetable juice cocktail, canned	242	1 cup	12.8
04582	Vegetable oil, canola	14	1 tbsp	17.1
11581	Vegetables, mixed, canned, drained solids	163	1 cup	20.2
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	29.1
02048	Vinegar, cider	15	1 tbsp	0.0
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	2.2
14429	Water, tap, municipal	237	8 fl oz	0.0
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.3
09326	Watermelon, raw	286	1 wedge	0.3
09326	Watermelon, raw	152	1 cup	0.2
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.4
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.4
20083	Wheat flour, white, bread, enriched	137	1 cup	0.4
20084	Wheat flour, white, cake, enriched	137	1 cup	0.4
20080	Wheat flour, whole-grain	120	1 cup	2.3
20089	Wild rice, cooked	164	1 cup	0.8
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	0.2
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	0.5
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.5
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	0.5