Content per NDB No Description Weight (g) **Common Measure** Measure 14006 Alcoholic beverage, beer, light 354 12 fl oz 5.81 14003 Alcoholic beverage, beer, regular, all 355 12 fl oz 12.60 60 2 fl oz 14010 Alcoholic beverage, daiquiri, prepared-from-recipe 4.16 14037 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof 42 1.5 fl oz 0.00 14550 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof 42 1.5 fl oz 0.04 14551 Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof 42 1.5 fl oz 0.00 14414 Alcoholic beverage, liqueur, coffee, 53 proof 52 1.5 fl oz 24 34 4.5 fl oz 14017 Alcoholic beverage, pina colada, prepared-from-recipe 141 31.95 Alcoholic beverage, wine, dessert, dry 103 3.5 fl oz 12.02 14536 103 3.5 fl oz 14057 Alcoholic beverage, wine, dessert, sweet 14 10 103 35 floz2.69 14096 Alcoholic beverage, wine, table, red 14106 Alcoholic beverage, wine, table, white 103 3.5 fl oz 2.68 33 11001 Alfalfa seeds, sprouted, raw 1 cup 1.25 09016 Apple juice, canned or bottled, unsweetened, without added ascorbic 248 1 cup 28.97 acid 09011 Apples, dried, sulfured, uncooked 32 5 rings 21.08 09003 Apples, raw, with skin 138 1 apple 19.06 09004 Apples, raw, without skin 110 1 cup 14.04 09020 Applesauce, canned, sweetened, without salt 255 50.77 1 cup 09019 Applesauce, canned, unsweetened, without added ascorbic acid 244 1 cup 27.55 09403 Apricot nectar, canned, with added ascorbic acid 251 36.12 1 cup 09027 258 Apricots, canned, heavy syrup pack, with skin, solids and liquids 1 cup 55.39 09024 Apricots, canned, juice pack, with skin, solids and liquids 244 1 cup 30.11 09032 Apricots, dried, sulfured, uncooked 35 10 halves 21.92 Apricots, raw 09021 35 1 apricot 3 89 11008 Artichokes, (globe or french), cooked, boiled, drained, without salt 168 1 cup 18.78 Artichokes, (globe or french), cooked, boiled, drained, without salt 11008 120 1 medium 13.42 11015 Asparagus, canned, drained solids 72 4 spears 1.77 Asparagus, cooked, boiled, drained 60 4 spears 2.47 11012 11019 Asparagus, frozen, cooked, boiled, drained, without salt 180 1 cup 3.46 11019 Asparagus, frozen, cooked, boiled, drained, without salt 60 4 spears 1.15 28.35 2.45 09038 Avocados, raw, California 1 oz28.35 09039 Avocados, raw, Florida 1 oz 2.22 18005 Bagels, cinnamon-raisin 71 3-1/2" bagel 39 19 18005 Bagels, cinnamon-raisin 89 4" bagel 49.13 18003 Bagels, egg 71 3-1/2" bagel 37.63 18003 Bagels, egg 89 4" bagel 47.17 18001 Bagels, plain, enriched, with calcium propionate (includes onion, 71 3-1/2" bagel 35.86 poppy, sesame) 18001 Bagels, plain, enriched, with calcium propionate (includes onion, 89 4" bagel 44.95 poppy, sesame) 19077 Baking chocolate, unsweetened, liquid 28.35 1 oz 9.61 28.35 19078 Baking chocolate, unsweetened, squares 1 square 8.46 11028 Bamboo shoots, canned, drained solids 131 1 cup 4.22 09040 Bananas, raw 118 1 banana 26.95 09040 Bananas, raw 150 1 cup 34.26 20006 Barley, pearled, cooked 157 1 cup 44.31 20005 Barley, pearled, raw 200 1 cup 155.44 16006 Beans, baked, canned, plain or vegetarian 254 53.70 1 cup

16010 Beam, baked, canned, with pork and sweet sauce 253 1 cap 954 16011 Beam, baked, canned, with pork and tornato sauce 253 1 cap 942 16025 Beams, baker, marce seed, conced, bolied, without att 177 1 cap 953 16036 Beams, kidaxy, red, mature seeds, conced, bolied, without att 177 1 cap 943 16037 Beams, kidaxy, red, mature seeds, conced, bolied, without att 182 1 cap 943 16038 Beams, nay, mature seeds, conced, bolied, without att 182 1 cap 943 16038 Beams, nay, green, conced, bolied, without att 125 1 cap 948 11051 Beams, nay, green, conced, bolied, drained without att 125 1 cap 943 11052 Beams, nay, green, conced, bolied, drained, without att 125 1 cap 953 11052 Beams, nay, green, conced, bolied, drained, without att 125 1 cap 953 11052 Beams, nay, green, conced, bolied, drained, without att 125 1 cap 953 11054 Beams, nay, green, conced, bolied, dra	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16011 Beam, black, annet, with pork and tomato sance 253 1 cop 472 16015 Beam, black, mature scotk, cookd, bolick, without alt 172 1 cop 472 16014 Beam, klack, red, mature scotk, cookd, bolick, without alt 177 1 cop 473 16034 Beam, klack, red, mature scotk, cookd, bolick, without alt 177 1 cop 473 16035 Beam, san, may, mature scotk, cookd, bolick, without alt 177 1 cop 473 16043 Beams, san, may, mature scotk, cookd, bolick, without alt 171 1 cop 473 16056 Beams, san, pregree, mature scotk, cookd, bolick, without alt 135 1 cop 683 17287 Beams, san, yellow, cookd, bolick, drained, without alt 135 1 cop 674 17287 Beams, san, yellow, conkd, bolick, drained, without sit 135 1 cop 675 17288 Bears, san, yellow, conkd, bolick, drained, without sit 252 1 cop 674 17284 Bears, san, yellow, conkd, bolick, drained, without sit 255 3 oz 0.00 17284 Bears, san, yell	16008	Beans, baked, canned, with franks	259	1 cup	39.86
16015 Beans, Juck, mature seeds, cooked, boiled, without salt 172 1 cap 40.3 16025 Beans, Kiney, red, mature seeds, cooked, boiled, without salt 177 1 cap 373 16036 Beans, Kiney, red, mature seeds, cooked, boiled, without salt 177 1 cap 40.3 16038 Beans, siney, mature seeds, cooked, boiled, without salt 171 1 cap 40.3 16036 Beans, sup, green, canned, regular pack, drained soliab 135 1 cap 46.3 11056 Beans, sup, green, canned, regular pack, drained soliab 135 1 cap 48.3 11057 Beans, sup, green, canned, regular pack, drained soliab 135 1 cap 48.3 11724 Beans, sup, yellow, canned, regular pack, drained soliab 135 1 cap 48.3 11724 Beans, sup, yellow, canned, regular pack, drained soliab 135 1 cap 48.3 11732 Beans, sup, yellow, canned, regular pack, drained soliab 135 1 cap 48.3 11732 Beans, sup, yellow, fanzen, cooked, boiled, drained, without salt 135 1 cap 48.3 11732 Beans, sup, yellow, fanzen, cooked, broided 85 3 oz	16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	53.43
10025 Beams, great northern, mature seeds, cooked, boiled, without salt 177 1 cup 37.3 10034 Beams, kidney, ed, mature seeds, cooked, boiled, without salt 177 1 cup 48.3 10038 Beams, hidney, ed, mature seeds, cooked, boiled, without salt 182 1 cup 48.3 10038 Beams, navy, mature seeds, cooked, boiled, without salt 171 1 cup 48.4 10038 Beams, snap, green, mature seeds, cooked, boiled, without salt 125 1 cup 60.3 10138 Beams, snap, green, cooked, boiled, drained without salt 125 1 cup 60.3 11732 Beams, snap, yellow, cooked, boiled, drained, without salt 125 1 cup 60.3 11732 Beams, snap, yellow, cooked, boiled, drained, without salt 135 1 cup 60.3 11732 Beams, withe, mature seech, canned 202 1 cup 57.3 2205 Beef staw, cuaned entre 232 1 cup 57.3 2305 Beef, ground, 75% itam meat / 25% fta, patty, cooked, horided 85 3 oz 00.3 2373 Beef, ground, 75% itam meat / 25% fta, patty, cooked, horided 85 3 oz 00.3	16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	47.29
16034 Benn, kidney, red, mature seeds, conked, boiled, without sult 177 1 cap 44.3 16033 Benn, kidney, red, mature seeds, cooked, boiled, without sult 177 1 cap 44.7 16043 Benn, pinto, mature seeds, cooked, boiled, without sult 171 1 cap 44.8 16054 Benns, snap, green, concel, boiled, drained solids 135 1 cap 68.1 11055 Benns, snap, green, cooked, boiled, drained solids 135 1 cap 88.7 11051 Benns, snap, yellow, canned, regular pack, drained solids 135 1 cap 88.7 11052 Benns, snap, yellow, canned, explatr pack, drained solids 135 1 cap 88.7 11724 Beans, snap, yellow, canned, without sult 125 1 cap 87.7 11725 Beans, snap, yellow, canned, without sult 135 1 cap 87.7 11726 Beans, snap, yellow, canned, without sult 135 1 cap 87.7 11732 Beans, snap, yellow, canned, tap and the law only, trimmed to 14.4" fut, ull 85 3 oz 0.0 11348 Beef, cared, diried 85.05 3 oz 0.0 0.2 <t< td=""><td>16015</td><td>Beans, black, mature seeds, cooked, boiled, without salt</td><td>172</td><td>1 cup</td><td>40.78</td></t<>	16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	40.78
16033Beam, kidney, red, mature seeds, cooked, boiled, without salt177111 <th1< th="">1<th< td=""><td>16025</td><td>Beans, great northern, mature seeds, cooked, boiled, without salt</td><td>177</td><td>1 cup</td><td>37.33</td></th<></th1<>	16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	37.33
16038 Beans, navy, mature seeds, cooked, boiled, without sult 182 1 cup 47.4 16043 Beans, many, mature seeds, cooked, holied, without sult 171 1 cup 48.8 16056 Beans, snap, green, cooked, boiled, drained, without sult 125 1 cup 98 11051 Beans, snap, green, cooked, boiled, drained, without sult 125 1 cup 98 11022 Beans, snap, yellow, cooked, boiled, drained, without sult 125 1 cup 98 11724 Beans, snap, yellow, cooked, boiled, drained, without sult 125 1 cup 98 11725 Beans, snap, yellow, cooked, boiled, drained, without sult 125 1 cup 98 11724 Beans, snap, yellow, frozen, cooked, boiled, drained, without sult 125 1 cup 97 22005 Beef, stow, canned entree 232 1 cup 97 11308 Beef, couck, drained 85 05 3 oz 0.00 11314 Besf, couck, drained 126 1 cup 0.25 11325 Beef, couck, drained 127 1 cup 0.01 11334 Beef, stow, canned entree 285 05 3 o	16034	Beans, kidney, red, mature seeds, canned	256	1 cup	39.91
16043 Beans, sun, green, canned, regular pack, drained solids 135 1 cup 604 11055 Beans, sun, green, conned, regular pack, drained solids 135 1 cup 69 11061 Beans, sun, yeten, cooked, bolied, drained, without salt 135 1 cup 60 11724 Beans, sun, yetlow, cooked, bolied, drained, without salt 135 1 cup 60 11724 Beans, sun, yetlow, cooked, bolied, drained, without salt 135 1 cup 60 11724 Beans, sun, yetlow, cooked, bolied, drained, without salt 135 1 cup 67 11726 Beans, with, mattre seeds, canned 202 1 cup 57.4 116051 Beans, white, mattre seeds, canned 232 1 cup 57.4 116058 Beef, cured, cords tends hold, drained, without salt 85 3 oz 0.0 11350 Beef, cured, draide 85.05 3 oz 0.0 11350 Beef, cured, draide 85.05 3 oz 0.0 11350 Beef, ground, 55% tan, patty, cooked, broited 85 3 oz 0.0 11368 Beef, ground, 55% tan, patty, cooked, broited 85 <td< td=""><td>16033</td><td>Beans, kidney, red, mature seeds, cooked, boiled, without salt</td><td>177</td><td>1 cup</td><td>40.36</td></td<>	16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	40.36
11056 Beans, snap, green, cooked, boiled, drained, without salt 125 1 cup 9.60 11051 Beans, snap, green, cooked, boiled, drained, without salt 135 1 cup 9.87 11052 Beans, snap, yellow, conced, choiled, drained, without salt 135 1 cup 9.60 11724 Beans, snap, yellow, conked, boiled, drained, without salt 125 1 cup 9.87 11725 Beans, snap, yellow, conked, boiled, drained, without salt 125 1 cup 9.87 11724 Beans, snap, yellow, conked, boiled, drained, without salt 125 1 cup 9.87 11725 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 125 1 cup 9.87 11736 Beef, stew, canned entree 232 1 cup 9.77 11388 Beef, cured, corned beef, canned 85.05 3 oz 0.00 11384 Beef, ground, 75% len meat / 25% fat, patty, cooked, broiled 85 3 oz 0.00 11375 Beef, ground, 65% len meat / 15% fat, patty, cooked, broiled 85 3 oz 0.00 11376 Beef, round, yearable lean only, trimmed to 1/4" fat, all grade, cooket, roasted 85 3 oz <	16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	47.41
11033 Beans, snap, green, cooked, boiled, drained, without salt 125 1 cup 98 11061 Beans, snap, yellow, conked, boiled, drained without salt 135 1 cup 60 11932 Beans, snap, yellow, cooked, boiled, drained, without salt 125 1 cup 98 11732 Beans, snap, yellow, fozer, cooked, boiled, drained, without salt 125 1 cup 97 11061 Beans, snap, yellow, fozer, cooked, boiled, drained, without salt 135 1 cup 97 11051 Beans, white, mature seeds, canned 262 1 cup 97 12055 Beef, forwed, choide drained 85 05 3 oz 00 13348 Beef, cured, corned beef, canned 85 05 3 oz 00 13348 Beef, ground, 75% kan meat / 25% fat, patty, cooked, broiled 85 3 oz 00 23578 Beef, ground, 75% kan meat / 25% fat, patty, cooked, broiled 85 3 oz 00 13073 Beef, frowhole (ribs fo-12), separable lean only, trimmed to 1/4" fat, all 85 3 oz 00 13085 Beef, round, 75% kan meat / 25% fat, patty, cooked, broiled 85 3 oz 00 1307	16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	44.84
11061 Beans, samp, green, frozen, cooked, boiled, drained without salt 135 1 cup 68.7 11952 Beans, samp, yellow, cooked, boiled, drained, without salt 125 1 cup 98.8 11724 Beans, samp, yellow, forzen, cooked, boiled, drained, without salt 125 1 cup 98.8 11724 Beans, samp, yellow, forzen, cooked, boiled, drained, without salt 135 1 cup 87.4 11724 Beans, samp, yellow, forzen, cooked, boiled, drained, without salt 135 1 cup 87.4 11061 Beans, samp, yellow, cooked, braised 232 1 cup 15.7 11061 Beans, samp, yellow, cooked, braised 232 1 cup 15.7 11061 Beans, samp, yellow, cooked, braised 85.05 3 oz 0.0 11348 Beef, cured, dreid 28.35 1 oz 0.7 11350 Beef, ground, 80% kean meat / 25% fat, patty, cooked, broiled 85 3 oz 0.0 11367 Beef, ground, 80% kean meat / 20% fat, patty, cooked, broiled 85 3 oz 0.0 11368 Beef, rin, whole (rins 6-12), separable lean only, trimmed to 1/4" fat, all 85 3 oz 0.0	11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	6.08
11932 Beans, samp, yellow, canned, regular pack, drained solids 135 1 cup 6.0 11724 Beans, samp, yellow, cooked, boiled, drained, without salt 125 1 cup 9.8 11732 Beans, samp, yellow, frozen, cooked, boiled, drained, without salt 135 1 cup 8.7 22005 Beef stew, canned entree 232 1 cup 15.7 13088 Beef, cuck, blade roast, separable lean only, trimmed to 1/4" fat, all 85 3 oz 0.0 13348 Beef, cured, corned beef, anmed 88.05 3 oz 0.0 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled 85 3 oz 0.0 23578 Beef, ground, 85% lean meat / 25% fat, patty, cooked, broiled 85 3 oz 0.0 23578 Beef, ground, 85% lean meat / 25% fat, patty, cooked, broiled 85 3 oz 0.0 23588 Beef, fround, stofw an meat / 25% fat, patty, cooked, broiled 85 3 oz 0.0 31607 Beef, rin, whole (rihs 6-12), separable lean only, trimmed to 1/4" fat, 85 3 oz 0.0 31878 Beef, round, outrom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 3 oz 0	11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	9.85
11724 Beans, snap, yellow, cooked, boiled, drained, without salt 125 1 cup 8.8 11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135 1 cup 8.7 16051 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135 1 cup 8.7 16051 Beans, muite, mature seeds, canned 262 1 cup 15.7 13058 Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all 85 3 oz 0.0 13348 Beef, cured, corned beef, canned 85.05 3 oz 0.0 23373 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled 85 3 oz 0.0 23573 Beef, ground, 85% lean meat / 20% fat, patty, cooked, broiled 85 3 oz 0.0 2358 Beef, ground, 85% lean meat / 20% fat, patty, cooked, broiled 85 3 oz 0.0 13073 fat, all grades, cooked, croasted anget, rob, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all 85 3 oz 0.0 13085 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all 85 3 oz 0.0 13086 Beef, round, eor fornud, separabl	11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	8.71
11732 Beans, snap, yellow, frozen, cooked, boiled, drained, without salt 135 1 cup 8.7 16051 Beans, white, mature seeds, canned 262 1 cup 57.7 22005 Beef stew, canned entree 232 1 cup 15.7 13058 Beef, cureed, coread, beerd, canned 85.05 3 oz 0.0 13348 Beef, cureed, orned beef, canned 28.35 1 oz 0.7 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled 85 3 oz 0.0 23578 Beef, ground, 85% lean meat / 20% fat, patty, cooked, broiled 85 3 oz 0.0 23578 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 85 3 oz 0.0 23588 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 85 3 oz 0.0 13037 Beef, round, 85% lean meat / 15% fat, patty, cooked, broiled 85 3 oz 0.0 13085 Beef, round, bothon round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted 85 3 oz 0.0 13869 Beef, round, bothon round, separable lean and fat, trimmed to 1/8" fat, all grades, anoked, broiled 3 oz 0.0	11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	6.08
16051 Beans, white, mature seeds, eanned 262 1 cup 57.4 22905 Beef stew, canned entree 232 1 cup 15.7 13058 Beef, cured, biased 85.05 3 oz 0.0 13348 Beef, cured, corned beef, canned 85.05 3 oz 0.0 13350 Beef, cured, orned beef, canned 28.35 1 oz 0.0 23578 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled 85 3 oz 0.0 23573 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 85 3 oz 0.0 2358 Beef, ground, 5% lean meat / 15% fat, patty, cooked, broiled 85 3 oz 0.0 2368 Beef, ground, 5% lean meat / 15% fat, patty, cooked, broiled 85 3 oz 0.0 13073 Beef, nyb, hole (ribs 6-12), separable lean off at, trimmed to 1/4" fat, fat 85 3 oz 0.0 13085 Beef, nyb, hole (ribs 6-12), separable lean onf at, trimmed to 1/8" fat, all 85 3 oz 0.0 13086 Beef, nyb, hole (ribs 6-12), separable lean onf at, trimmed to 1/8" fat, all 85 3 oz 0.0 13086 Beef, nyb, hole	11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	9.85
Beef stew, canned entree 232 1 cup 15.7 13058 Beef, stew, chanced entree 232 1 cup 15.7 13058 Beef, cured, croad to roast, separable lean only, trimmed to 1/4" fat, all 85 3 oz 0.0 13348 Beef, cured, corned beef, canned 85.05 3 oz 0.0 13350 Beef, cured, dried 28.35 1 oz 0.7 23578 Beef, ground, 80% lean meat / 25% fat, patty, cooked, broiled 85 3 oz 0.0 23573 Beef, ground, 80% lean meat / 15% fat, patty, cooked, broiled 85 3 oz 0.0 13073 Beef, infb, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 85 3 oz 0.0 13085 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all 85 3 oz 0.0 13869 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all 85 3 oz 0.0 13878 Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all 85 3 oz 0.0 13878 Beef, round, bottom round, separable lean and fat, trimmed to 1/8"	11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	8.71
13058Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised853 oz0.013348Beef, cured, conced beef, canned85.053 oz0.013350Beef, cured, dried28.351 oz0.013357Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled853 oz0.023573Beef, ground, 85% lean meat / 20% fat, patty, cooked, broiled853 oz0.023573Beef, ground, 85% lean meat / 20% fat, patty, cooked, broiled853 oz0.013073Beef, rib, whole (ribs 6-12), separable lean onl fat, trimmed to 1/4"853 oz0.013085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz0.013869Beef, round, hotom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted853 oz0.023605Beef, round, botom round, separable lean only, trimmed to 1/8" fat, all 	16051	Beans, white, mature seeds, canned	262	1 cup	57.48
grades, cooked, braised 85.05 3 oz 0.0 13348 Beef, cured, comed beef, canned 85.05 3 oz 0.0 13350 Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled 85 3 oz 0.0 23573 Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled 85 3 oz 0.0 23574 Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled 85 3 oz 0.0 13073 Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" 85 3 oz 0.0 13085 Beef, round, bottom round, separable lean only, trimmed to 1/4" 85 3 oz 0.0 13086 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all 85 3 oz 0.0 13889 Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all 85 3 oz 0.0 13878 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all 85 3 oz 0.0 13930 Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 3 oz 0.0 13930 Bee	22905	Beef stew, canned entree	232	1 cup	15.71
13350Beef, cured, dried28.351 oz0.723578Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled853 oz0.023573Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled853 oz0.023568Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled853 oz0.013073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz0.013085Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat,853 oz0.013086Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat,853 oz0.013869Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.023605Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.023605Beef, round, by eof round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.023598Beef, round, eof oround, separable lean only, trimmed to 1/8" fat, all853 oz0.023598Beef, variety eof round, separable lean only, trimmed to 1/8" fat, all853 oz0.023610Beef, variety meats and by-products, liver, cooked, pan-fried853 oz0.023610Beef, variety meats and by-products, liver, cooked, pan-fried853 oz4.31087Beet genens, cooked, boiled, drained1701 cup7.811081Beets, canned, drained solids241 bee	13058	, , , , , , , , , , , , , , , , , , ,	85	3 oz	0.00
23578Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled853 oz0.023573Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled853 oz0.023568Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled853 oz0.013073Reef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz0.013085Beef, round, bcooked, roasted853 oz0.013085Beef, round, bcottom round, separable lean and fat, trimmed to 1/4" fat,853 oz0.013869Beef, round, bcottom round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.023605Beef, round, bcottom round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.013878Beef, round, bcottom round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.013878Beef, round, bcottom round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.023598Beef, tound, bcottom round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.023610Beef, top sirbini, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.013930Beef, top sirbini, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled3 oz0.00.013937Beef, top sirbini, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled3 oz0.00.013930Beef, top sirbini, separable lean only, trimmed	13348	Beef, cured, corned beef, canned	85.05	3 oz	0.00
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled853 oz0.023568Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled853 oz0.013073Beef, fnb, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz0.013085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted853 oz0.013086Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, traised853 oz0.023605Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, traised853 oz0.023605Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all all grades, cooked, traised853 oz0.013878Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all ardes, cooked, roasted853 oz0.013930Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, troisted853 oz0.013931Beef, top sirtoin, separable lean only, trimmed to 1/8" fat, all grades, cooked, troisted853 oz0.013931Beef, top sirtoin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.013932Beef, top sirtoin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled3 oz0.013931Beef, top sirtoin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled3 oz0.013932B	13350	Beef, cured, dried	28.35	1 oz	0.78
Based 23568Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled853 oz0.013073Beef, rin, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz0.013085Beef, rin, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat,853 oz0.013085Beef, rin, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat,853 oz0.013869Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat,853 oz0.013869Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.023605Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.0grades, cooked, braisedBeef, round, eye of round, separable lean only, trimmed to 1/8" fat, all853 oz0.023598Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all853 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled3 oz0.00.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled3 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled3 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled3 oz	23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	0.00
13073Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4"853 oz0.013085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat,853 oz0.013085Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat,853 oz0.013869Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat,853 oz0.023605Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all853 oz0.023605Beef, round, vey of round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.013878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.023598Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.013930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted3 oz0.023610Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, so3 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, so3 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, so3 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled1 ozup7.81327Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled3 oz0.013261Beet, scanned, drained solids1701 cup	23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	0.00
fat, all grades, cooked, roasted13085Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted3 oz0.013869Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised3 oz0.023605Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised853 oz0.023605Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised853 oz0.023598Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted853 oz0.023598Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.023509Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.01327Beef, variety meats and by-products, liver, cooked, pan-fried853 oz0.21384Beets, canned, drained solids1701 cup12.211084Beets, cooked, boiled, drained1701 cup12.211084Beets, cooked, boiled, drained1014" biscuit45.018016Biscuits, plain or buttermilk, prepared from recipe<	23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	0.00
all grades, cooked, roastedall branch branch13869Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.023605Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.013878Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.023598Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all853 oz0.023598Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all853 oz0.023598Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all853 oz0.023598Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, torasted3 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.023611Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.023612Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled10.01 cup2.213827Beef, variety meats and by-products, liver, cooked, pan-fried853 oz4.310.81084Beets, canned, drained solids1701 cup1.21.211084Beets, canned, drained solids241 beet1.711081Beets, cooked, boiled, drained1701 cup16.911084Beets, cooked, boiled	13073		85	3 oz	0.00
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all grades, cooked, roasted23598Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all853 oz0.013930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.023610Beef, variety meats and by-products, liver, cooked, pan-fried853 oz0.013327Beet, scaned, drained solids, drained, without salt1441 cup7.811087Beet greens, cooked, boiled, drained, without salt1441 cup1.211084Beets, canned, drained solids241 beet1.711081Beets, cooked, boiled, drained501 beet4.911081Beets, cooked, boiled, drained1701 cup16.918016Biscuits, plain or buttermilk, prepared from recipe1014" biscuit26.718015Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked272-1/2" biscuit12.818013Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked212-1/4" biscuit11.609042Blackberries, raw1441 cup13.8		grades, cooked, braised			0.00
grades, cooked, roasted1111111113930Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.023610Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled853 oz0.013327Beef, variety meats and by-products, liver, cooked, pan-fried853 oz4.311087Beet greens, cooked, boiled, drained, without salt1441 cup7.811084Beets, canned, drained solids1701 cup12.211084Beets, canned, drained solids241 beet1.711081Beets, cooked, boiled, drained501 beet4.911081Beets, cooked, boiled, drained1701 cup16.911081Beets, cooked, boiled, drained1701 cup16.911081Beets, cooked, boiled, drained1701 cup16.911081Beets, cooked, boiled, drained1701 cup16.911081Beets, cooked, boiled, drained1701 cup16.911081Beits, cooked, boiled, drained1701 cup16.918016Biscuits, plain or buttermilk, prepared from recipe602-1/2" biscuit26.718015Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked212-1/4" biscuit11.618013Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked212-1/4" biscuit11.609042Blackberries, raw144 </td <td></td> <td>all grades, cooked, roasted</td> <td></td> <td></td> <td>0.00</td>		all grades, cooked, roasted			0.00
cooked, broiledSocial		grades, cooked, roasted			
cooked, broiled13327Beef, variety meats and by-products, liver, cooked, pan-fried853 oz4.311087Beet greens, cooked, boiled, drained, without salt1441 cup7.811084Beets, canned, drained solids1701 cup12.211084Beets, canned, drained solids241 beet1.711081Beets, cooked, boiled, drained501 beet4.911081Beets, cooked, boiled, drained1701 cup16.911081Beets, cooked, boiled, drained1701 cup6.911081Beets, cooked, boiled, drained602-1/2" biscuit26.718016Biscuits, plain or buttermilk, prepared from recipe602-1/2" biscuit2.818013Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked272-1/2" biscuit12.818013Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked212-1/4" biscuit1.609042Blackberries, raw1441 cup3.93.9		cooked, broiled			0.00
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11084Beets, canned, drained solids241 beet1.711081Beets, cooked, boiled, drained501 beet4.911081Beets, cooked, boiled, drained1701 cup16.918016Biscuits, plain or buttermilk, prepared from recipe1014" biscuit45.018016Biscuits, plain or buttermilk, prepared from recipe602-1/2" biscuit26.718015Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked272-1/2" biscuit12.818013Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked212-1/4" biscuit11.609042Blackberries, raw1441 cup3.8		• · · · · · ·		*	7.86
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11081Beets, cooked, boiled, drained1701 cup16.918016Biscuits, plain or buttermilk, prepared from recipe1014" biscuit45.018016Biscuits, plain or buttermilk, prepared from recipe602-1/2" biscuit26.718015Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked272-1/2" biscuit12.818013Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked212-1/4" biscuit11.609042Blackberries, raw1441 cup13.8				1 beet	1.73
18016Biscuits, plain or buttermilk, prepared from recipe1014" biscuit45.018016Biscuits, plain or buttermilk, prepared from recipe602-1/2" biscuit26.718015Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked272-1/2" biscuit12.818013Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked212-1/4" biscuit11.609042Blackberries, raw1441 cup13.8		Beets, cooked, boiled, drained	50	1 beet	4.98
18016Biscuits, plain or buttermilk, prepared from recipe602-1/2" biscuit26.718015Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked272-1/2" biscuit12.818013Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked212-1/4" biscuit11.609042Blackberries, raw1441 cup13.8				*	16.93
18015Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked272-1/2" biscuit12.818013Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked212-1/4" biscuit11.609042Blackberries, raw1441 cup13.8					45.05
18013Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked212-1/4" biscuit11.609042Blackberries, raw1441 cup13.8			60	2-1/2" biscuit	26.76
09042 Blackberries, raw 144 1 cup 13.8	18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	12.83
	18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	11.63
09055Blueberries, frozen, sweetened2301 cup50.4	09042	Blackberries, raw	144	1 cup	13.84
	09055	Blueberries, frozen, sweetened	230	1 cup	50.49

90708Bologna, beef and perk56.72 slices3.1117014Braunschweiger (al bert sausage), perk56.72 slices1.7217079Bread caransh, dy, guited, plan28.301.0220.41178370Bread caransh, dy, guited, sexonal1001.2 cap21.91178082Bread, shanan, perpared iron reciper, made with magarine001.9 lice28.82178023Bread, contrade, dy mix, prepared001.9 lice28.82178024Bread, contrade, orgenger forn reciper, made with law lat (2%) mik531.8 lice12.3 lice178025Bread, contrade, orgenger forn reciper, made with law lat (2%) mik541.8 lice12.3 lice178026Bread, erack et-wheat251.8 lice1.2 lice178027Bread, fread, revinen (includes soundough)251.8 lice1.0 lice178138Bread, fread, revinen (includes soundough)261.8 lice1.0 lice178142Bread, Indian, fry, made with lad (Navajo)261.8 lice1.0 lice178138Bread, initial mixed (includes whole-grain, 7-grain)261.8 lice1.0 lice188140Bread, oatmad291.8 lice1.5 lice1.5 lice188141Bread, jris, white, enriched284" pta1.5 lice188141Bread, instin, resider (includes whole-grain, 7-grain)241.8 lice1.5 lice188141Bread, jris, white, enriched281.8 lice1.5 lice188141Bread, deratin, divis, r	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
97014Brane chuwieger (a liver suanage), pork56, 72 slices1, 7018079Brand cruush, dy, granch, fanan23.351 or20.2018082Iread stuffing, scason, d10012 cup21.7018019Bread, sombread, dy mix, repared001 picce28.8618024Bread, combread, dy mix, repared601 picce28.8618024Bread, combread, dy mix, repared from recipe, made with margainse601 picce28.8618024Bread, combread, dy mix, repared601 2° slice12.3318027Bread, combread, dy mix, repared601 2° slice12.3318028Bread, enclade soundough2512" slice12.3318029Bread, fichen or vienna (inclades soundough)16010-12" bread12.4018030Bread, findian, fry, made with lard (Navajo)261 slice12.0618035Bread, indian, div, made with ed (Navajo)241 slice13.1018030Bread, animed, sintia (Stasondou211 slice13.1018040Bread, animed, sintia (Stasondou231 slice13.1018040Bread, animed, sintia (Stasondou231 slice13.4018041Bread, animed, sintia (Stasondou231 slice13.4018045Bread, instas, control231 slice13.4018046Bread, instas, control231 slice13.4018046Bread, instas, control231 slice13.40 <td>09050</td> <td>Blueberries, raw</td> <td>145</td> <td>1 cup</td> <td>21.01</td>	09050	Blueberries, raw	145	1 cup	21.01
Bend crumbs, dry, gnied, plan28.351 oz20.411876Bread crumbs, dry, gnied, sesond1201 eop82.191882Bread, baran, prepared, sesond1001 slice32.7618019Bread, baran, prepared from recipe, made with low fit (2%) mill601 plece82.8618023Bread, combread, prepared from recipe, made with low fit (2%) mill601 plece82.8618023Bread, combread, prepared from recipe, made with low fit (2%) mill611 plece82.8618023Bread, combread, prepared from recipe, made with low fit (2%) mill601.01/2* face12.3818023Bread, french or vienns (includes sourdough)1601.01/2* face12.9818124Bread, Indian, fry, made with lard (Navajo)1601.01/2* face12.0618035Bread, indian, fry, made with lard (Navajo)261 slice12.0618036Bread, indian, fry, made with lard (Navajo)261 slice12.0618037Bread, indian, fry, made with lard (Navajo)271 slice13.1018038Bread, indian, fire, made with lard (Navajo)284 "p inia3.1618039Bread, indian, includes whole-grain, 7-grain)241 slice13.1018040Bread, indian, includes whole-grain, 7-grain)261 slice13.1018041Bread, antied, instietd (Includes whole-grain, 7-grain)284 "p inia13.6018041Bread, antien, instietd (Includes whole-grain, 7-grain)281 slice	07008	Bologna, beef and pork	56.7	2 slices	3.11
18876Head erumbs, dry, grated, seatoned120I cup82.1918082Bread stuffing, bread, dry mix, prepared1001.2 cup21.7018023Bread, onnane, prepared from recipe, made with how fat (2%) milk651 piece28.8018024Bread, ornbread, dry mix, prepared001 piece28.2818025Bread, ornbread, dry mix, prepared001/2" silce12.8118026Bread, encked-wheat251 silce12.9818027Bread, french or vienna (includes sourdough)261 silce10.0018038Bread, Indian, fry, made with lard (Navajo)605" bread43.4318039Bread, Indian, fry, made with lard (Navajo)261 silce12.1018039Bread, inxiel-grain (includes whole-grain, 7-grain)261 silce13.1018040Bread, anxiel-grain (includes whole-grain, 7-grain)261 silce13.1018040Bread, anxiel-grain (includes whole-grain, 7-grain)241 slice13.1018040Bread, anxiel-grain (includes whole-grain, 7-grain)261 slice13.1018041Bread, pinx, white, enriched291 slice13.1018041Bread, pinx, white, enriched201 slice13.0018041Bread, pinx, white, enriched211 slice13.0018045Bread, pinx, white, enriched231 slice13.0018044Bread, pinx, white, enriched231 slice13.0018045 <td< td=""><td>07014</td><td>Braunschweiger (a liver sausage), pork</td><td>56.7</td><td>2 slices</td><td>1.76</td></td<>	07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.76
B8822Bread starfing, bead, dry mix, prepared1001/2 cup21.70B8019Bread, channan, prepared from recipe, made with margarine601 slice22.80B8024Bread, combead, prepared from recipe, made with fow fri (2%) milk651 piece28.80B8025Bread, cancbead, prepared from recipe, made with fow fri (2%) milk651 piece28.23B8027Bread, cancbead, wheat251 slice12.98B8028Bread, freed or vienna (includes sourdough)251 /2" slice12.98B8142Bread, findian, fry, made with lard (Navajo)905" bread43.43B8033Bread, mixel-grain (includes whole-grain, 7-grain)241 slice12.10B8030Bread, mixel-grain (includes whole-grain, 7-grain)241 slice13.10B8040Bread, anneal, assad271 slice13.10B8040Bread, anneal, assad284" piaz15.60B8041Bread, pinz, white, enriched284" piaz15.60B8045Bread, pinz, white, enriched284" piaz15.60B8046Bread, pinz, white, enriched231 slice15.14B8041Bread, pinz, white, enriched231 slice15.60B8053Bread, read-calonic, rye231 slice15.64B8054Bread, read-calonic, rye231 slice15.44B8054Bread, read-calonic, rye231 slice12.92B8050Bread, rela, white, enriched <td< td=""><td>18079</td><td>Bread crumbs, dry, grated, plain</td><td>28.35</td><td>1 oz</td><td>20.41</td></td<>	18079	Bread crumbs, dry, grated, plain	28.35	1 oz	20.41
18019Bread, banan, prepared from recipe, made with margarine601 slice32.7618024Bread, combread, prepared from recipe, made with low fut (2%) milk651 picee28.8218025Bread, cacked-wheat251 slice12.3818027Bread, frend, or vienna (includes sourdough)251 2" slice12.9825142Bread, findin r, fry, made with lard (Nivajo)005" bread43.433813Bread, inlian201 slice12.0018035Bread, inlian201 slice12.0018036Bread, inlian271 slice13.1018036Bread, inkied-grain (includes whole-grain, 7-grain)241 slice13.1018040Bread, outneal271 slice13.1018040Bread, pink, white, enriched251 slice13.1018041Bread, pink, white, enriched284" pina15.6018044Bread, pink, white, enriched284" pina15.6018045Bread, pink, white, enriched231 slice13.0018046Bread, pink, white, enriched231 slice10.0018048Bread, rinkin, enriched231 slice10.0018048Bread, rinkin, enriched231 slice13.0018050Bread, rinkin, enriched231 slice12.7418061Bread, rinkin, enriched231 slice12.7418063Bread, rinkin, enriched231 slice12	18376	Bread crumbs, dry, grated, seasoned	120	1 cup	82.19
18023 Bread, combread, prepared mon recipe, made with low fut (2%) mill 60 1 piece 28.86 18024 Bread, canched, wheat 60 1 piece 28.86 18025 Bread, canched, wheat 1 silce 12.38 18027 Bread, egg 40 1.2° silce 12.38 18028 Bread, frend, or vienm (includes sourdough) 25 1.2° silce 12.98 18031 Bread, Indian, fry, made with lard (Navajo) 100 10 -1.2° bread 12.90 18033 Bread, mixed-grain (ncbudes whole-grain, 7-grain) 24 1 slice 12.10 18034 Bread, oarmal 27 1 slice 13.11 18040 Bread, oarmal 27 1 slice 13.11 18041 Bread, pia, white, enriched 28 4° pia 15.60 18044 Bread, pia, white, enriched 28 4° pia 15.60 18044 Bread, pia, white, enriched 28 1 slice 13.18 18041 Bread, pia, white, enriched 28 1 slice 15.21	18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	21.70
18024Bread, conduced, prepared from recipe, made with low fat (2%) milk651 piece28.2818025Bread, concide edwohat251 slice12.918029Bread, frinch or vienna (includes sourdough)251.2° slice12.918124Bread, Infain, fry, made with lat (Navajo)005° bread43.4318033Bread, infain, fry, made with lat (Navajo)005° bread43.4318033Bread, infain201 slice10.0018035Bread, miced grain (includes whole-grain, 7-grain)261 slice12.018040Bread, outmeal271 slice13.1018040Bread, outmeal, toasted (includes whole-grain, 7-grain)261 slice13.1018040Bread, outmeal, toasted271 slice13.1018040Bread, outmeal, toasted284° pita15.6018041Bread, pain-princled291 slice13.2018045Bread, pain-princled291 slice13.6018046Bread, insist, enriched231 slice13.6018046Bread, reduced-acionic, pre231 slice13.6018055Bread, reduced-acionic, neta231 slice12.7418066Bread, wheat (includes whote breny)251 slice12.7418067Bread, wheat (includes whote breny)251 slice12.7418068Bread, reduced-acionic, what231 slice12.7418069Bread, wheat (inc	18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	32.76
18025Bread, eracked-wheat251 slice12.3818027Bread, egg401.2" slice19.2118028Bread, fuctor or tenna (includes sourdough)251.2" slice12.918124Bread, Indian, fry, made with lard (Navajo)905" bread43.4318033Bread, inked-grain (includes whole-grain, 7-grain)201 slice10.0018034Bread, mixed-grain (includes whole-grain, 7-grain)261 slice12.0618035Bread, mixed-grain (includes whole-grain, 7-grain)261 slice13.1018040Bread, oatmeal, toasted271 slice13.1018041Bread, oatmeal, toasted251 slice13.1818041Bread, pink, white, enriched284" pina34.2418044Bread, pink, white, enriched284" pina15.6018045Bread, pink, white, enriched291 slice15.1418047Bread, rinkin, enriched231 slice93.2318053Bread, rinkin, enriched231 slice13.6018054Bread, rinkin, enriched231 slice13.6418055Bread, rinkin, enriched231 slice13.6418056Bread, rinkin, coasted231 slice13.6418057Bread, rinkin, enriched231 slice13.6418058Bread, wheat (includes wheat berry)251 slice11.7418066Bread, wheat (includes wheat berry)25	18023	Bread, cornbread, dry mix, prepared	60	1 piece	28.86
18027Bread, egg401/2" slice19.1218029Bread, Indian, fry, made with lard (Navajo)16010-1/2" slice12.0818124Bread, Indian, fry, made with lard (Navajo)905" bread7.2218125Bread, Indian, fry, made with lard (Navajo)905" bread10.0018035Bread, Indian, fry, made with lard (Navajo)905" bread10.0018035Bread, mixed-grain (includes whole-grain, 7-grain)241 slice12.0018036Bread, mixed-grain, toasted (includes whole-grain, 7-grain)241 slice13.1018040Bread, oatmeal, toasted251 slice13.1018041Bread, patin, white, enriched284" pita15.6018044Bread, pita, white, enriched291 slice13.6018045Bread, patin, white, enriched261 slice13.6018045Bread, raisin, coasted, enriched241 slice13.6018045Bread, raisin, coasted, enriched231 slice13.6018045Bread, reduced-calorie, whet231 slice14.7018056Bread, reduced-calorie, whet231 slice11.8018057Bread, velat (acdues whet bery)251 slice11.8018058Bread, velat (acdues whet bery)251 slice12.7418064Bread, whet, commercially prepared (acdue acdue a	18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	28.28
18029Bread, Fench or vienna (includes sourdough)251.2" slice1.29825142Bread, Infain, fry, made with Iard (Navajo)16010-1/2" bread77.2225142Bread, Infain, fry, made with Iard (Navajo)905" bread34.3418033Bread, infain201 slice120.0018036Bread, mixed-grain (includes whole-grain, 7-grain)261 slice120.0018036Bread, mixed-grain (tosted (includes whole-grain, 7-grain)261 slice131.0018040Bread, attineal, tosted (includes whole-grain, 7-grain)271 slice131.0018040Bread, attineal, tosted (includes whole-grain, 7-grain)261 slice131.0018040Bread, pitu, white, enriched606.1/2" pita33.4218041Bread, pitu, white, enriched284" pitu15.0018045Bread, pitu, white, enriched261 slice13.0018047Bread, raisin, rienched241 slice13.0018048Bread, raisin, rothed231 slice13.0018055Bread, reduced-atorie, what231 slice14.0018056Bread, reduced-atorie, what231 slice14.0018060Bread, veta (includes whet berry)251 slice12.0718060Bread, whet (includes whet berry)231 slice12.0718075Bread, whet, commercially prepared, (includes whet accumbis)251 slice12.0718076Bread, whet, c	18025	Bread, cracked-wheat	25	1 slice	12.38
35142Bread, Indian, fry, made with lard (Navajo)16010-1/2" bread77.2225142Bread, Indian, fry, made with lard (Navajo)905" bread43.4318033Bread, Initala201 slice10.0018036Bread, mixed-grain (nctades whole-grain, 7-grain)261 slice12.1018039Bread, mixed-grain (nctades whole-grain, 7-grain)241 slice13.1018040Bread, oatmeal271 slice13.1018041Bread, oatmeal (nosted)251 slice13.1318041Bread, ptia, white, enriched284" pita15.6018044Bread, ptia, white, enriched291 slice15.2018045Bread, pungernickel291 slice13.6018048Bread, raisin, enriched241 slice13.6018048Bread, raisin, toasted, enriched231 slice10.0018055Bread, reduced-caloric, rye231 slice10.0018055Bread, reduced-caloric, wheat231 slice11.8018060Bread, totasted (includes wheat berry)251 slice11.8018065Bread, wheat, (noated berry)251 slice12.9018067Bread, wheat, commercially prepared (includes soft bread crumbs)251 slice12.9118065Bread, wheat, commercially prepared (includes soft bread crumbs)251 slice12.9318065Bread, wheat, commercially prepared281 slice12.93 <td>18027</td> <td>Bread, egg</td> <td>40</td> <td>1/2" slice</td> <td>19.12</td>	18027	Bread, egg	40	1/2" slice	19.12
35142 Bread, Indian, fry, made with lard (Navajo) 90 5° bread 43 43 18033 Bread, Indian, fry, made with lard (Navajo) 26 1 slice 1000 18035 Bread, mixed-grain (notades whole-grain, 7-grain) 26 1 slice 1206 18036 Bread, oatmeal 0.57 1 slice 13.10 18039 Bread, oatmeal, toasted (includes whole-grain, 7-grain) 24 1 slice 13.10 18040 Bread, oatmeal, toasted 27 1 slice 13.10 18041 Bread, pitu, white, enriched 60 6-1/2" pitu 13.42 18041 Bread, pitu, white, enriched 28 4" pitu 15.60 18045 Bread, nisin, nosted (nriched 29 1 slice 13.60 18047 Bread, raisin, toasted, enriched 24 1 slice 13.60 18055 Bread, reduced-caloric, ryc 23 1 slice 10.03 18056 Bread, reduced-caloric, wheat 23 1 slice 12.74 18061 Bread, yeta, reduced-caloric, wheat 24 <td>18029</td> <td>Bread, french or vienna (includes sourdough)</td> <td>25</td> <td>1/2" slice</td> <td>12.98</td>	18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	12.98
18033 Bread, italian 20 1 slice 1000 18035 Bread, mixed-grain (includes whole-grain, 7-grain) 26 1 slice 12.10 18036 Bread, mixed-grain, toasted (includes whole-grain, 7-grain) 24 1 slice 13.10 18030 Bread, oatmeal 27 1 slice 13.10 18040 Bread, oatmeal, toasted 25 1 slice 13.10 18041 Bread, pink, white, enriched 60 6-1.12" pita 33.42 18041 Bread, pink, white, enriched 28 4" pita 15.60 18044 Bread, pink, white, enriched 29 1 slice 15.14 18047 Bread, raisin, coated, anriched 26 1 slice 13.60 18048 Bread, reduced-calorie, vehat 23 1 slice 10.03 18057 Bread, reduced-calorie, what 23 1 slice 10.10 18060 Bread, yet, coasted 24 1 slice 11.80 18061 Bread, reduced-calorie, whate 23 1 slice 10.12 18065 Bread, tyeth (includes whet berry) 25 1 slice<	35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	77.22
18035Bread, mixed-grain (includes whole-grain, 7-grain)261 slice12.0618036Bread, mixed-grain, toasted (includes whole-grain, 7-grain)241 slice12.1018039Bread, outneal, toasted271 slice13.1818040Bread, outneal, toasted251 slice13.1818041Bread, pita, white, enriched606-1/2" pita33.4218041Bread, pita, white, enriched284" pita15.6018044Bread, pumpernickel221 slice15.1418047Bread, raisin, enriched261 slice13.6018048Bread, raisin, toasted, enriched241 slice13.6018053Bread, raisin, toasted, enriched231 slice10.0318054Bread, reduced-calorie, wheat231 slice10.1918055Bread, reduced-calorie, white231 slice11.8018056Bread, typ, toasted241 slice11.8018057Bread, wheat, toasted (includes wheat berry)251 slice11.8018064Bread, wheat, consterd (includes soft bread crumbs)251 slice11.8018065Bread, wheat, constercially prepared (includes soft bread crumbs)251 slice12.9118069Bread, white, conmercially prepared (includes soft bread crumbs)251 slice12.9118069Bread, whole-wheat, conmercially prepared (includes soft bread crumbs)251 slice12.9118070Bread, who	35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	43.43
Bread, mixed-grain, toasted (includes whole-grain, 7-grain) 24 1 slice 12.10 18039 Bread, oatmeal 27 1 slice 13.10 18040 Bread, oatmeal, toasted 25 1 slice 13.10 18041 Bread, pita, white, enriched 28 4" prita 15.60 18044 Bread, pita, white, enriched 28 4" prita 15.00 18045 Bread, pumpernickel, toasted 29 1 slice 13.10 18047 Bread, raisin, coasted, enriched 24 1 slice 13.60 18048 Bread, raisin, coasted, enriched 24 1 slice 13.60 18053 Bread, reduced-calorie, wheat 23 1 slice 10.03 18057 Bread, neduced-calorie, wheat 23 1 slice 12.74 18060 Bread, wheat (includes wheat berry) 25 1 slice 12.74 18064 Bread, what, coasted (includes soft bread erumbs) 25 1 slice 12.74 18065 Bread, white, commercially prepared, forasted 22 1 slice	18033	Bread, italian	20	1 slice	10.00
18039 Bread, oatmeal 27 1 slice 13.10 18040 Bread, oatmeal, toasted 25 1 slice 13.18 18041 Bread, oatmeal, toasted 60 6-1/2" pira 33.42 18041 Bread, pita, white, enriched 28 4" pita 15.60 18044 Bread, pita, white, enriched 32 1 slice 15.20 18045 Bread, numpernickel, toasted 29 1 slice 15.41 18047 Bread, raisin, coasted, enriched 24 1 slice 13.60 18048 Bread, reduced-caloric, rye 23 1 slice 10.03 18055 Bread, reduced-caloric, white 23 1 slice 10.03 18057 Bread, rye (notsed) 24 1 slice 12.74 18060 Bread, rye (notsed) 23 1 slice 11.80 18055 Bread, wheat (includes wheat berry) 25 1 slice 11.80 18064 Bread, wheat (includes wheat berry) 25 1 slice 12.65 18065 Bread, white, commercially prepared (includes soft bread crumbs) 25 1 slice	18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	12.06
18039 Bread, oatmeal 27 1 slice 13.10 18040 Bread, oatmeal, toasted 25 1 slice 13.18 18041 Bread, pitn, white, enriched 60 6-1/2" pita 33.42 18041 Bread, pitn, white, enriched 28 4" pita 15.00 18044 Bread, pitn, white, enriched 29 1 slice 15.14 18047 Bread, raisin, enriched 26 1 slice 13.60 18048 Bread, raisin, toasted, enriched 24 1 slice 10.00 18048 Bread, reduced-caloric, rye 23 1 slice 10.00 18055 Bread, reduced-caloric, what 23 1 slice 10.00 18056 Bread, rye (notuced-caloric, white 23 1 slice 11.80 18060 Bread, rye, toasted 24 1 slice 12.74 18064 Bread, wheat, toasted (includes wheat berry) 25 1 slice 11.80 18065 Bread, white, commercially prepared (includes soft bread crumbs) 25 1 slice 12.65 18066 Bread, white, commercially prepared, toasted 22 </td <td>18036</td> <td>Bread, mixed-grain, toasted (includes whole-grain, 7-grain)</td> <td>24</td> <td>1 slice</td> <td>12.10</td>	18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	12.10
18040Bread, outmeal, toasted251 slice13.1818041Bread, pita, white, enriched606-1/2" pita33.4218041Bread, pita, white, enriched284" pita15.6018044Bread, pumpernickel, toasted291 slice15.1418047Bread, raisin, enriched261 slice13.6018048Bread, raisin, enriched241 slice13.6018048Bread, raisin, toasted, enriched231 slice0.0018055Bread, reduced-caloric, what231 slice0.0018056Bread, reduced-caloric, what231 slice0.0018057Bread, reduced-caloric, what231 slice0.0018058Bread, reduced-caloric, what231 slice1.1818060Bread, reduced-caloric, what231 slice1.2718064Bread, whet (includes wheat berry)251 slice1.2818065Bread, whet (includes wheat berry)251 slice1.2918069Bread, white, commercially prepared (includes soft bread crumbs)251 slice1.2918075Bread, white, commercially prepared, toasted251 slice1.2918076Bread, white, commercially prepared, toasted251 slice1.2918075Bread, whole-wheat, commercially prepared, toasted251 slice1.2918076Bread, whole-wheat, commercially prepared, toasted251 slice1.291907 <td>18039</td> <td></td> <td>27</td> <td>1 slice</td> <td>13.10</td>	18039		27	1 slice	13.10
18041Bread, pita, white, enriched606-1/2" pita33.4218041Bread, pita, white, enriched284" pita15.6018044Bread, pumpernickel, toasted321 slice15.2018045Bread, numpernickel, toasted291 slice15.1418047Bread, raisin, enriched241 slice13.6618058Bread, raisin, enriched241 slice0.3618055Bread, reduced-calorie, rye231 slice0.0318057Bread, reduced-calorie, wheat231 slice10.1018050Bread, rye321 slice12.4418061Bread, rye, toasted241 slice12.4418064Bread, wheat (includes wheat berry)251 slice11.8018055Bread, wheat, foasted (includes soft bread crumbs)451 cup22.7718069Bread, white, commercially prepared (includes soft bread crumbs)251 slice11.8018076Bread, white, commercially prepared (includes soft bread crumbs)251 slice12.9118076Bread, white, commercially prepared, toasted271 slice12.9118076Bread, white, commercially prepared, toasted251 slice12.9118076Bread, white, commercially prepared, toasted251 slice12.9118076Bread, whole-wheat, commercially prepared, toasted251 slice12.9118076Bread, whole-wheat, commercially repared, toasted25 <td></td> <td>Bread, oatmeal, toasted</td> <td>25</td> <td>1 slice</td> <td>13.18</td>		Bread, oatmeal, toasted	25	1 slice	13.18
18041Bread, pita, white, enriched284" pita15.6018044Bread, pumpernickel, toasted321 slice15.2018045Bread, numpernickel, toasted291 slice15.1418047Bread, raisin, enriched261 slice13.6018048Bread, raisin, toasted, enriched241 slice13.6618053Bread, reduced-calorie, rye231 slice0.0318057Bread, reduced-calorie, wheat231 slice10.0318057Bread, reduced-calorie, white231 slice12.4418061Bread, rye, toasted241 slice12.4418064Bread, wheat, tioasted (includes wheat berry)251 slice11.8018059Bread, white, commercially prepared (includes soft bread crumbs)451 cup22.7718069Bread, white, commercially prepared (includes soft bread crumbs)251 slice11.8018070Bread, white, commercially prepared, toasted221 slice12.9118076Bread, white, commercially prepared, toasted251 slice12.9118076Bread, whole-wheat, commercially prepared, toasted251 slice12.931091Br	18041		60	6-1/2" pita	33.42
18044Bread, pumpernickel321 slice15.2018045Bread, pumpernickel, toasted291 slice15.1418047Bread, raisin, contched261 slice13.6018048Bread, raisin, toasted, enriched241 slice13.6618053Bread, reduced-calorie, rye231 slice0.00318055Bread, reduced-calorie, wheat231 slice0.00318056Bread, rye, toasted241 slice15.4618060Bread, rye, toasted241 slice15.4618061Bread, rye, toasted241 slice12.7418064Bread, wheat (includes wheat berry)251 slice11.8018055Bread, wheat, toasted (includes soft bread crumbs)451 cup22.7718069Bread, white, commercially prepared (includes soft bread crumbs)251 slice11.8018055Bread, white, commercially prepared, toasted221 slice11.9718070Bread, white, commercially prepared, toasted221 slice12.9118075Bread, whole-wheat, commercially prepared, toasted251 slice12.9118076Bread, whole-wheat, commercially prepared, toasted251 slice12.9118075Bread, whole-wheat, commercially prepared, toasted151 slice12.9118076Bread, whole-wheat, commercially prepared, toasted371 spear2.6611091Broccoli, cooked, boiled, drained, without salt<	18041	-	28	-	
18045Bread, purpernickel, toasted291 slice15.1418047Bread, raisin, enriched261 slice13.6018048Bread, raisin, toasted, enriched241 slice13.6018045Bread, raisin, toasted, enriched241 slice13.6018055Bread, reduced-calorie, ye231 slice10.0318057Bread, reduced-calorie, what231 slice10.0318050Bread, rye, toasted241 slice12.7418060Bread, rye, toasted241 slice11.8018065Bread, wheat (includes wheat berry)251 slice11.8018066Bread, wheat (includes wheat berry)231 slice11.8018069Bread, wheat, coasted (includes soft bread crumbs)451 cup22.7718076Bread, white, commercially prepared (includes soft bread crumbs)251 slice12.6718069Bread, white, commercially prepared (includes soft bread crumbs)251 slice12.9718075Bread, white, commercially prepared, toasted221 slice12.9718075Bread, whole-wheat, commercially prepared, toasted251 slice12.9718076Bread, whole-wheat, commercially prepared, toasted251 slice12.9718075Bread, whole-wheat, commercially prepared, toasted251 slice12.9718075Bread, whole-wheat, commercially prepared, toasted151 spear2.6611091Brocco		-		-	
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		-		*	12.90
20010Buckwheat groats, roasted, cooked1681 cup33.50				1 cup	84.71
	20010	Buckwheat groats, roasted, cooked	168	1 cup	33.50

20013 20012 01001	Bulgur, cooked			
		182	1 cup	33.82
01001	Bulgur, dry	140	1 cup	106.22
	Butter, salted	14.2	1 tbsp	0.01
01145	Butter, without salt	14.2	1 tbsp	0.01
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	3.03
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	2.87
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	6.69
11109	Cabbage, raw	70	1 cup	3.91
11112	Cabbage, red, raw	70	1 cup	5.16
11114	Cabbage, savoy, raw	70	1 cup	4.27
18086	Cake, angelfood, commercially prepared	28	1 piece	16.18
18088	Cake, angelfood, dry mix, prepared	50	1 piece	29.35
18090	Cake, boston cream pie, commercially prepared	92	1 piece	39.47
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	34.94
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	50.73
18110	Cake, fruitcake, commercially prepared	43	1 piece	26.49
18116	Cake, gingerbread, prepared from recipe	74	1 piece	36.41
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	58.08
18120	Cake, pound, commercially prepared, butter	28	1 piece	13.66
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	17.08
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	31.53
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	30.15
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	27.16
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	28.90
18133	Cake, sponge, commercially prepared	30	1 shortcake	18.33
18134	Cake, sponge, prepared from recipe	63	1 piece	36.35
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	70.78
18139	Cake, white, prepared from recipe without frosting	74	1 piece	42.33
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	35.46
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	37.63
19074	Candies, caramels	10.1	1 piece	7.78
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	6.14
19071	Candies, carob	28.35	l oz	15.96
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	13.00
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	12.91
19104	Candies, fudge, vanilla with nuts	15	1 piece	11.21
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	13.16
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	73.19
19106	Candies, gundrops, starch jelly pieces	4.2	1 medium	4.15
19106	Candies, gundrops, starch jelly pieces	22	10 bears	21.76
19107	Candies, hard	3	1 small piece	2.94
19107	Candies, hard	6	1 piece	5.88
19107	Candies, jellybeans	28.35	10 large	26.52
19108	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	20.52
19109	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	4.98
19141	Candies, M&M MARS, "M&M's Min Chocolate Candies Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	12.09
19140	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	12.09
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	43.74

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	36.83
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	4.23
19116	Candies, marshmallows	50	1 cup	40.65
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	26.14
19126	Candies, milk chocolate coated peanuts	40	10 pieces	19.76
19127	Candies, milk chocolate coated raisins	10	10 pieces	6.83
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	21.81
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	26.63
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	5.07
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	28.69
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	24.91
19080	Candies, semisweet chocolate	168	1 cup	106.01
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	4.99
19087	Candies, white chocolate	170	1 cup	100.71
09060	Carambola, (starfruit), raw	91	1 fruit	6.12
09060	Carambola, (starfruit), raw	108	1 cup	7.27
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	35.37
14136	Carbonated beverage, ginger ale	366	12 fl oz	32.10
14142	Carbonated beverage, grape soda	372	12 fl oz	41.66
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	1.03
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.00
14150	Carbonated beverage, orange	372	12 fl oz	45.76
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	38.27
14157	Carbonated beverage, root beer	370	12 fl oz	39.22
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	37.32
16055	Carob flour	8	1 tbsp	7.11
11655	Carrot juice, canned	236	1 cup	21.92
11960	Carrots, baby, raw	10	1 medium	0.82
11128	Carrots, canned, regular pack, drained solids	146	1 cup	8.09
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	12.82
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	11.29
11124	Carrots, raw	72	1 carrot	6.90
11124	Carrots, raw	110	1 cup	10.54
11935	Catsup	15	1 tbsp	3.76
11935	Catsup	6	1 packet	1.50
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	5.10
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	2.22
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	6.75
11135	Cauliflower, raw	100	1 cup	5.30
11135	Cauliflower, raw	13	1 floweret	0.69
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	6.02
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	1.50
11143	Celery, raw	120	1 cup	3.56
11143	Celery, raw	40	1 stalk	1.19
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	25.20

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	42.35
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	26.10
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	22.20
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	23.70
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	26.40
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	25.80
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	26.70
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	24.90
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	24.00
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	26.10
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	45.65
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	25.80
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	24.90
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	41.45
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	23.40
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	26.66
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	25.67
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	41.25
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	26.70
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	24.30
)8089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	24.30
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	22.50
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	22.27
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	27.30
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	26.68
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	22.91
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	24.39
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	27.90
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	24.94
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	26.24
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	27.99
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI- WHEATS, bite size	55	1 cup	44.55
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	24.90
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	46.54
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	28.22
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	26.10
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	24.03
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	22.01
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	41.00
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	22.90
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	22.12
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	21.01
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	37.93
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	40.59

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	33.53
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	25.48
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	24.99
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	12.57
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	3.53
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	9.55
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	36.23
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	31.15
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	31.15
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	21.44
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	26.77
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	27.61
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	23.37
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	16.97
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	25.27
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	20.63
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	31.06
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	26.48
08143	Cereals, WHEATENA, cooked with water	243	1 cup	28.67
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	l oz	2.22
01164	Cheese sauce, prepared from recipe	243	l cup	13.32
01048 01004	Cheese spread, pasteurized process, american, without di sodium phosphate Cheese, blue	28.35 28.35	l oz	2.47 0.66
01004	,	28.55 38	1 0Z	0.00
	Cheese, camembert Cheese, cheddar	28.35	e	0.17
01009	Cheese, cottage, creamed, large or small curd		1 oz	
01012 01013	Cheese, cottage, creamed, vith fruit	210 226	1 cup	5.63 10.42
01013	Cheese, cottage, lowfat, 1% milkfat	226	l cup	6.15
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup 1 cup	8.20
01013	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	2.68
01017	Cheese, cream	14.5	1 tbsp	0.39
01186	Cheese, cream, fat free	15.6	1 tbsp	0.90
01019	Cheese, feta	28.35	l oz	1.16
01168	Cheese, low fat, cheddar or colby	28.35	l oz	0.54
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	l oz	1.09
01025	Cheese, mozzarella, whole milk	28.35	l oz	0.62
01020	Cheese, muenster	28.35	l oz	0.32
01030	Cheese, neufchatel	28.35	l oz	0.83
01032	Cheese, parmesan, grated	5	1 tbsp	0.20
01032	Cheese, pasteurized process, american, with di sodium phosphate	28.35	l oz	0.45
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	l oz	0.60
01035	Cheese, provolone	28.35	l oz	0.61
01035	Cheese, ricotta, part skim milk	246	1 cup	12.64

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01036	Cheese, ricotta, whole milk	246	1 cup	7.48
01040	Cheese, swiss	28.35	1 oz	1.53
18147	Cheesecake commercially prepared	80	1 piece	20.40
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	21.81
09070	Cherries, sweet, raw	68	10 cherries	10.89
22906	Chicken pot pie, frozen entree	217	1 small pie	42.71
07017	Chicken roll, light meat	56.7	2 slices	1.38
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	12.59
)5059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.61
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.00
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.18
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	5.96
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	0.80
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	0.62
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	0.35
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.00
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	7.81
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	0.00
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	5.36
05277	Chicken, canned, meat only, with broth	142	5 oz	0.00
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.17
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	0.00
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	54.29
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	44.97
22904	Chili con carne with beans, canned entree	222	1 cup	25.37
11156	Chives, raw	3	1 tbsp	0.13
14181	Chocolate syrup	18.75	1 tbsp	12.21
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	19.50
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	31.68
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	10.79
14192	Cocoa mix, powder	28.35	3 heaping tsp	23.74
14194	Cocoa mix, powder, prepared with water	206	1 serving	23.98
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	10.44
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	2.93
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.00
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.00
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.61
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	29.42
11159	Coleslaw, home-prepared	120	1 cup	14.89
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	9.33
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	12.09
18151	Cookies, brownies, commercially prepared	56	1 brownie	35.78
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	15.69
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	3.45

18166 Cookies, chocolate sandwich, with creme filling, regular 10 1 cookies 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 1 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 1 18173 Cookies, molasses 32 1 cookies, molasses 1	NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18163 Cookies, chocolate chip, prepared from xeepe, made with margarine 16 1 cookie 18164 Cookies, chocolate chip, retrigared dough, baked 26 1 cookie 18175 Cookies, chocolate and wich, with creame filling, regular 16 1 cookie 18173 Cookies, grahum creackers, plain or honey (includes cinnamon) 84 1 cup 4 18173 Cookies, grahum creackers, plain or honey (includes cinnamon) 84 1 cup 4" 18173 Cookies, grahum creackers, plain or honey (includes cinnamon) 84 1 cup 4" 18174 Cookies, grahum creackers, plain or honey (includes cinnamon) 84 1 cup 4" 18175 Cookies, grahum cruckers, plain or honey (includes cinnamon) 15 1 cookie, large (31/2* to 4" 1 18175 Cookies, granum connamercially prepared, regular 15 1 cookie 1 18178 Cookies, granum bulter, orunmercially prepared, plain 8 1 cookie 1 18185 Cookies, granum bulter, prepared from recip, made with margarine 14 1 cookie 1 18182 Cookies, sugar, commercially prep	18159		10	1 cookie	6.41
18164 Cookies, choosalas chip, refrgerated dough, baked 26 1 cookie 18166 Cookies, fuboras 10 1 cookie 18170 Cookies, fuboras 16 1 cookie 18173 Cookies, graham erackers, plain or honey (includes cinnamon) 14 2 sparres 18173 Cookies, malanes 32 1 cookie, large (3-1/2" to 4" 1 18174 Cookies, malanes 32 1 cookie, malane 1 18175 Cookies, malanes 15 1 cookie, malane 1 18184 Cookies, carmeal, commercially prepared, regular 15 1 cookie 1 18184 Cookies, carmeal, prepared from recipe 14 1 cookie 1 18184 Cookies, sportbeead, commercially prepared, regular 15 1 cookie 1 18184 Cookies, sportbeead, commercially prepared, regular 14 1 cookie 1 18184 Cookies, sportbeead, commercially prepared, regular includes wanillay 15 1 cookie 18184 Cookies, sportpered, perand, regular includes wanillay 1 cookie 1 </td <td>18158</td> <td>Cookies, chocolate chip, commercially prepared, regular, lower fat</td> <td>10</td> <td>1 cookie</td> <td>7.33</td>	18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	7.33
18166 Cookies, chosolate sandwich, wih creme filling, regular 10 1 cookie 18170 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 squares 18173 Cookies, molasses 32 1 cookie, grafage (3-1/2" to 4" 2 18174 Cookies, notasses 15 1 cookie, molasses 15 18175 Cookies, notanes, commercially prepared, regular 25 1 cookie 18174 Cookies, contane, commercially prepared, regular 15 1 cookie 18184 Cookies, peartu butter, commercially prepared, regular 15 1 cookie 18185 Cookies, peartu butter, commercially prepared, regular 14 1 cookie 18192 Cookies, nangar, commercially prepared, regular metic 14 1 cookie 18193 Cookies, nangar, commercially prepared, regular metic 14 1 cookie 18194 Cookies, nangar, commercially prepared, regular metic 16 1 cookie 18195 Cookies, nangar, repared from recipe, made with margarine 14	18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	9.34
18170 Cookies, fighars 16 1 cookie 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 84 1 cup 1 18173 Cookies, graham crackers, plain or honey (includes cinnamon) 14 2 spurres 18177 Cookies, molasses 32 1 cookie, large (3-12" to 4" 2 18177 Cookies, outmeal, commercially prepared, fai-free 11 1 cookie 18178 Cookies, outmeal, commercially prepared, soft-type 15 1 cookie 18184 Cookies, outmeal, commercially prepared, regular 25 1 cookie 18185 Cookies, and ther, commercially prepared, regular 15 1 cookie 18184 Cookies, shortbread, commercially prepared, regular 15 1 cookie 18185 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18180 Cookies, shortbread, commercially prepared, pecan 14 1 cookie 18204 Cookies, sugar, refraerted dough, baked 15 1 cookie 18205 Cookies, sugar, refraerted dough, baked 15 1 cookie 18210 Cookies, vanilla sandvich with creme filling 10 1 cookie 18210 Cookies, vanilla sandvich with creme filling 16 1 cookie 18210 Cookies,	18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	17.73
18173 Cookies, graham enckers, plain or honey (includes cinnamon) 84 1 cup 1 18173 Cookies, graham enckers, plain or honey (includes cinnamon) 14 2 squares 1 18174 Cookies, molasses 15 1 cookie, large (-1/2" to 4") 1 18175 Cookies, contael, commercially prepared, figh-free 11 1 cookie, molasses 1 18178 Cookies, contael, commercially prepared, regular 25 1 cookie, contael commercially prepared, regular 1 18184 Cookies, peanut butter, prepared, from recipe 20 1 cookie 1 18185 Cookies, shortbread, commercially prepared, peanu 14 1 cookie 1 18189 Cookies, shortbread, commercially prepared, peanu 14 1 cookie 1 18192 Cookies, shortbread, commercially prepared, fregular 15 1 cookie 1 18204 Cookies, shortbread, commercially prepared, peanu 14 1 cookie 1 18205 Cookies, shortbread, commercially prepared, peanu 15 1 cookie 1 18206 Cookies, shortbread, commercia	18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	7.16
18173 Cookies, gnahan crackers, plain or honey (includes cinnamon) 14 2 squares 18177 Cookies, molasses 32 1 cookie, molasses 18176 Cookies, outnesci, commercially prepared, fai-free 11 1 cookie 18178 Cookies, outneal, commercially prepared, soft-type 15 1 cookie 18179 Cookies, outneal, inpured from recipe, with risins 15 1 cookie 18184 Cookies, shortbread, commercially prepared, pear 15 1 cookie 18185 Cookies, panut butter, commercially prepared, pear 14 1 cookie 18185 Cookies, shortbread, commercially prepared, pear 14 1 cookie 18192 Cookies, shortbread, commercially prepared, pear 14 1 cookie 18194 Cookies, sugar, commercially prepared, pear 14 1 cookie 18204 Cookies, sugar, commercially prepared, pear 14 1 cookie 18204 Cookies, sugar, commercially prepared, pear 15 1 cookie 18204 Cookies, sugar, commercially prepared, pear 15 1 cookie 18204 Cookies, sugar, commercially prepared, pear 15 1 cookie	18170	Cookies, fig bars	16	1 cookie	11.34
18177 Cookies, molasses 32 1 cookie, magi and the second seco	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	64.51
18177 Cookies, molasses 15 I cookie, medium 18856 Cookies, contanel, commercially prepared, fur-free 11 I cookie 18178 Cookies, contanel, commercially prepared, soft-type 15 I cookie 18184 Cookies, contanel, commercially prepared, soft-type 15 I cookie 18184 Cookies, peant butter, commercially prepared, regular 15 I cookie 18185 Cookies, peant butter, prepared from ceipe 20 I cookie 18184 Cookies, sonthread, commercially prepared, pean 14 I cookie 18192 Cookies, sugar, commercially prepared, pean 14 I cookie 18184 Cookies, sugar, commercially prepared, pean 14 I cookie 18192 Cookies, sugar, commercially prepared, pean 14 I cookie 18204 Cookies, sugar, commercially prepared, prepared, margarine 14 I cookie 18205 Cookies, vanilla andwich with creme filling 15 I cookie 18210 Cookies, vanilla andwich with creme filling 16 I cup 11111 18211 Con, sweed	18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	10.75
18456 Cookies, oatmeal, commercially prepared, fat-free 1 1 cookie 18178 Cookies, oatmeal, commercially prepared, soft-type 15 1 cookie 18184 Cookies, oatmeal, leppared from recipe, with raisins 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 15 1 cookie 18185 Cookies, peanut butter, commercially prepared, regular 14 1 cookie 18184 Cookies, shorthread, commercially prepared, regular 14 1 cookie 18192 Cookies, shorthread, commercially prepared, pean 14 1 cookie 18204 Cookies, sugar, commercially prepared, pean 14 1 cookie 18205 Cookies, sugar, refrigared dough, bacd 15 1 cookie 18210 Cookies, vanilla sandwich with creme filling 10 1 cookie 18212 Cookies, vanilla sandwich with creme filling 164 1 cookie 11176 Corn, sweet, yellow, canned, cream style, regular pack 210 1 cap 11176 Corn, sweet, yellow, canned, cream style, regular pack 210 1 cap 11177	18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	23.62
18178Cookies, oatmeal, commercially prepared, regular251 cookie18179Cookies, oatmeal, oronmercially prepared, regular151 cookie18184Cookies, autheal, commercially prepared, regular151 cookie18185Cookies, paarut butter, ommercially prepared, regular151 cookie18189Cookies, shortbread, commercially prepared, regular151 cookie18192Cookies, shortbread, commercially prepared, pean141 cookie18192Cookies, shortbread, commercially prepared, pean141 cookie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18205Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18206Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18207Cookies, vanilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling101 cup18213Cookies, vanilla sandwich with creme filling101 cup18214Cookies, vanilla sandwich with creme filling1641 cup18215Cookies, vanilla sandwich with creme filling1641 cup18216Coni, sweet, yellow, canned, ream style, regular pack2101 cup18217Corn, sweet, yellow, canned, ream style, regular pack1641 cup18218Corn, sweet, yellow, frozen, kernels on	18177	Cookies, molasses	15	1 cookie, medium	11.07
18179Cookies, oatmeal, commercially prepared, soft-type151 cookie18184Cookies, oatmeal, prepared from recipe, with raisins151 cookie18185Cookies, peanut butter, commercially prepared, regular151 cookie18190Cookies, shortbread, commercially prepared, pecan141 cookie18192Cookies, shortbread, commercially prepared, pecan141 cookie18192Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18204Cookies, sugar, prepared from recipe, made with magarine141 cookie18205Cookies, sugar, prepared from recipe, made with magarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla wandwich with creme filling101 cookie18212Cookies, vanilla wandwich with creme filling101 cookie18212Cookies, vanilla wandwich with creme filling101 cookie18214Corn, sweet, yellow, canned, cream style, regular pack2101 cup1174Corn, sweet, yellow, canned, recam style, regular pack2101 cup1184Corn, sweet, yellow, fnozen, kernels on cob, cooked, boiled, drained,631 car20025Commeal, whole-grain, yellow1381 cup120026Commeal, eff-rising, degermed, nriched, yellow1381 cup120027Conscosd, dy173<	18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	8.65
18184Cookies, outmeal, prepared from recipe, with ruisins151 cookie18185Cookies, penant butter, commercially prepared, regular151 cookie18193Cookies, shortbread, commercially prepared, pecan141 cookie18194Cookies, shortbread, commercially prepared, pecan141 cookie18192Cookies, sugar, commercially prepared, pecan141 cookie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18205Cookies, sugar, repared from recipe, made with margarine141 cookie18206Cookies, sugar, refigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling101 cookie18214Con, sweet, valilow, canned, cream style, regular pack2561 cup11174Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11176Corn, sweet, yellow, conked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, forzen, kremels ut off coh, boiled, drained, without salt1641 cup20025Commael, adjeermed, enriched, yellow1381 cup1120020Cornster, yellow, forzen, kremels on cob, cooked, boiled, drained, without salt1 cup120020Commeal, self-rising, degermed, enriched, yellow1381 cup120021Commael, self-rising, degermed, enriched, yellow1651 cup1 <td>18178</td> <td>Cookies, oatmeal, commercially prepared, regular</td> <td>25</td> <td>1 cookie</td> <td>17.18</td>	18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	17.18
18185Cookies, peanut butter, commercially prepared, regular151 cookie18189Cookies, shorthread, commercially prepared, pecan141 cookie18192Cookies, shorthread, commercially prepared, plain81 cookie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18208Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18208Cookies, sugar, trefigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18211Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling101 cookie18214Cookies, vanilla sandwich with creme filling101 cookie18215Cookies, vanilla sandwich with creme filling101 cookie18214Cookies, vanilla sandwich with creme filling101 cookie18215Cookies, vanilla sandwich with creme filling101 cookie18216Cookies, vanilla wafers, lower fat41 cookie19010Corn, sweet, yellow, caned, vacuum pack, regular pack2101 cup11176Corn, sweet, yellow, caned, vacuum pack, regular pack2101 cup11181Corn, sweet, yellow, fozen, kernels on cob, cooked, boiled, drained, without salt1641 cup11182Cornmeal, degermed, enriched, yellow1381 cup1220024Commeal, self-rising, degermed, enriched, yello	18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	9.86
18189Cookies, peanut butter, prepared from recipe201 ecokie18193Cookies, shortbread, commercially prepared, pecan141 ecokie18192Cookies, shortbread, commercially prepared, pecan141 ecokie18120Cookies, sugar, commercially prepared, regular (includes vanilla)151 ecokie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 ecokie18205Cookies, sugar, refrigerated dough, baked151 ecokie18210Cookies, vanilla sandvich with creme filling151 ecokie18212Cookies, vanilla sandvich with creme filling161 ecokie18212Cookies, vanilla sandvich, buith creme filling2561 eup11174Corn, sweet, yellow, canned, ereant style, regular pack2561 eup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 ear11179Corn, sweet, yellow, frozen, kernels out off eob, boiled, drained, without salt1641 eup111181Corn, sweet, yellow, frozen, kernels ou cob, cooked, boiled, drained, without salt631 eup120022Cornmeal, degermed, enriched, yellow1381 eup1120022Cornmeal, self-rising, degermed, enriched, yellow1381 eup120024Couseous, cooked1571 eup120025Cornstarch8.0641 lbsp120026Couseous, dord1731 eup120027Cornstarch1651	18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	10.26
18193Cookies, shortbread, commercially prepared, pecan141 cookie18192Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18205Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18211Cookies, vanilla wafers, lower fat41 cookie18212Cookies, vanilla wafers, lower fat241 cookie18213Corn, sweet, white, cooked, boiled, drained, without salt771 car11174Corn, sweet, yellow, canned, recular pack2561 cup11175Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11178Corn, sweet, yellow, conced, boiled, drained, without salt771 car11179Corn, sweet, yellow, frozen, kernels out off cob, boiled, drained, without salt631 cup20022Cornmeal, edgermed, enriched, yellow1381 cup20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup20026Couscous, cooked1571 cup220027Couscous, dry1731 cup220028Couscous, dry1731 cup220029Couscous, dry1731 cup220020Cowpeas (Blackeyes), immature seeds, fozen, cooked, b	18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	8.84
18192Cookies, shortbread, commercially prepared, lplain81 cookie18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18206Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18212Cookies, vanilla sandwich with creme filling101 cookie19214Coon, sweet, vellow, canned, deram style, regular pack2561 cup11174Corn, sweet, yellow, canned, eream style, regular pack2101 cup11178Corn, sweet, yellow, canned, vacuum pack, pegular pack2101 cup11181Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1381 cup11181Cornmeal, degermed, enriched, yellow1381 cup1020022Cornmeal, whole-grain, yellow1221 cup1220024Conscous, cooked1571 cup1120025Constarch80641 tbsp1120026Couscous, cooked1571 cup1120027Conscous, cooked1571 cup1120028Couscous, cooked, boiled, drained, without salt1651 cup1120194Cowpeas, conmon (blackeyes, immature seeds, forzen, cooked, boiled, drained, <td>18189</td> <td>Cookies, peanut butter, prepared from recipe</td> <td>20</td> <td>1 cookie</td> <td>11.78</td>	18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	11.78
18204Cookies, sugar, commercially prepared, regular (includes vanilla)151 cookie18208Cookies, sugar, prepared from recipe, nade with margarine141 cookie18206Cookies, sugar, refrigented dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling101 cookie18214Coor, sweet, vanile, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, vacuum pack, regular pack2561 cup11168Corn, sweet, yellow, conked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup20022Commeal, algermed, enriched, yellow1381 cup1020025Commeal, algermed, enriched, yellow1381 cup1120020Couscous, cooked1571 cup2120021Couscous, cooked, boiled, drained, without salt1651 cup2111192Cowpeas (Blackeyes), immature seeds, fozen, cooked, boiled, drained, without salt1651 cup2111194Cowpeas (Blackeyes), immature seeds, fozen, cooked, boiled, drained, 	18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	8.16
18208Cookies, sugar, prepared from recipe, made with margarine141 cookie18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18211Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling101 cookie18214Corn, sweet, white, cooked, boiled, drained, without salt771 ear1107Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup1118Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup20022Cornmeal, degermed, enriched, yellow1381 cup1020020Cornmeal, degermed, enriched, yellow1381 cup1220020Commeal, whole-grain, yellow1221 cup2020027Comscous, coked1571 cup1220028Couscous, dry1731 cup1211190Cowpeas, (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup11192Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, without salt1701 cup11194Cowpeas, common	18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	5.16
18206Cookies, sugar, refrigerated dough, baked151 cookie18210Cookies, vanilla sandwich with creme filling151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla wafers, lower fat41 cookie18213Cookies, vanilla wafers, lower fat41 cookie18214Corn, sweet, white, cooked, boiled, drained, without salt771 ear18215Corn, sweet, yellow, canned, cream style, regular pack2561 cup11174Corn, sweet, yellow, canned, cream style, regular pack2101 cup11175Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup20022Cornmeal, degermed, enriched, yellow1381 cup1120022Cornmeal, degermed, enriched, yellow1381 cup1120020Cornmeal, whole-grain, yellow1221 cup1220020Consous, cooked1571 cup1220021Consous, cooked1571 cup1220028Couscous, dry1731 cup1220029Couscous, dry1731 cup1220020Cowpeas, (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup20044Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, cooked, boiled, rained, cooked, boiled, wit	18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	10.19
18210Cookies, vanilla sandwich with creme filling151 cookie18210Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla sandwich with creme filling101 cookie18212Cookies, vanilla wafers, lower fat41 cookie18213Corn, sweet, vellow, canned, drained, without salt771 ear11174Corn, sweet, yellow, canned, crean style, regular pack2561 cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11178Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup11184Corn, sweet, yellow, forzen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, forzen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Commeal, degermed, enriched, yellow1381 cup1020025Cornstarch8.0641 tbsp20027Cornstarch8.0641 tbsp2002920029Couseous, cooked1571 cup20028Couseous, cooked1571 cup1120029Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup111064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1701 cup116063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers18214C	18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	8.40
18210Cookies, vanilla sandwich with creme filling10I cookie18212Cookies, vanilla wafers, lower fat4I cookie11901Corn, sweet, white, cooked, boiled, drained, without salt77I ear11174Corn, sweet, yellow, canned, cream style, regular pack256I cup11176Corn, sweet, yellow, conked, boiled, drained, without salt77I ear11176Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt164I cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt63I ear20022Cornmeal, degermed, enriched, yellow138I cup1420025Cornstech8.0641 tbsp2002920027Cornstech8.0641 tbsp1120028Couscous, cooked157I cup1220029Couscous, cooked, frozen, cooked, boiled, drained, without salt165I cup1211192Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt170I cup1211064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, without salt172I cup1211063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt172I cup1212044Crackers, cheese, regular1010 crackers18217Crackers, chees	18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	9.84
18212Cookies, vanilla wafers, lower fat4I cookie11901Corn, sweet, white, cooked, boiled, drained, without salt77I ear11174Corn, sweet, yellow, canned, cream style, regular pack256I cup11176Corn, sweet, yellow, coaked, boiled, drained, without salt77I ear11178Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained,164I cup11181Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained,63I ear20022Cornmeal, degermed, enriched, yellow138I cup1020025Cornmeal, degermed, enriched, yellow138I cup1020020Cornmeal, whole-grain, yellow122I cup920021Cornstarch8.0641 tbsp1120022Couscous, cooked157I cup1220023Couscous, cooked165I cup1220024Couscous, dry173I cup1220025Couscous, dry173I cup1220026Couscous, conked165I cup1220027Cornstarch8.0641 tbsp1119220028Couscous, dry173I cup1220029Couscous, conked, boiled, drained, dra	18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	10.82
11901Corn, sweet, white, cooked, boiled, drained, without salt771 ear11174Corn, sweet, yellow, canned, cream style, regular pack2561 cup411176Corn, sweet, yellow, canned, vacuum pack, regular pack2101 cup411186Corn, sweet, yellow, cooked, boiled, drained, without salt771 ear111179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup111181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear120022Cornmeal, degermed, enriched, yellow1381 cup1020025Cornmeal, self-rising, degermed, enriched, yellow1381 cup1020020Cornmeal, whole-grain, yellow1221 cup920021Constarch8.0641 tbsp1120022Couscous, cooked1571 cup1120028Couscous, dig1731 cup1120029Couscous, dig1551 cup1120028Cowpeas (Blackeyes), immature seeds, crooked, boiled, drained, without salt1651 cup1111196Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, cooked, boiled, drained, cooked, boiled, drained, cooked, boiled, drained, cooked, pain1701 cup1216064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, cooked, cooked, boiled, without salt1601 cup1216064Cowpeas, common (blackeye	18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	7.21
11174Corn, sweet, yellow, canned, cream style, regular pack256I cup11176Corn, sweet, yellow, canned, vacuum pack, regular pack210I cup1118Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt164I cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt63I ear20022Cornmeal, degermed, enriched, yellow138I cup1020025Cornmeal, self-rising, degermed, enriched, yellow138I cup1020020Cornstarch8.064I tbsp1220027Constarch8.064I tbsp1120028Couscous, cooked157I cup1220029Couscous, dry173I cup1220028Couscous, dry173I cup1220029Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt170I cup111196Cowpeas, common (blackeyes, crowder, southern), mature seeds, conked, boiled, without salt170I cup1216064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers18214Crackers, cheese, regular1010 crackers18217Crackers, natzo, plain28.351 matzo	18212	Cookies, vanilla wafers, lower fat	4	1 cookie	2.94
11176Corn, sweet, yellow, canned, vacuum pack, regular pack210I cup1118Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt164I cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt63I ear20022Cornmeal, degermed, enriched, yellow138I cup1020025Cornmeal, self-rising, degermed, enriched, yellow138I cup1020020Cornmeal, whole-grain, yellow122I cup920027Cornstarch8.064I tbsp1120028Couscous, cooked157I cup1120028Couscous, dry173I cup112019Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt165I cup111196Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, drained, uithout salt170I cup1216063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt10101018214Crackers, cheese, andwich-type with peanut butter filling7I sandwich1818217Crackers, matzo, plain28.35I matzo14	11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	19.33
11168Corn, sweet, yellow, cooked, boiled, drained, without salt77I ear11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt1641 cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Commeal, degermed, enriched, yellow1381 cup1020025Cornmeal, self-rising, degermed, enriched, yellow1381 cup1020020Cornmeal, whole-grain, yellow1221 cup920027Cornstarch8.0641 tbsp1120028Couscous, cooked1571 cup1220028Couscous, dry1731 cup1220029Couscous, dry1731 cup122018Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1651 cup122064Cowpeas, collackeyes, immature seeds, frozen, cooked, boiled, drained, without salt1701 cup122064Cowpeas, common (blackeyes, crowder, southern), mature seeds, conked, boiled, without salt1721 cup1220664Loup121 cup121220664Sourcous, cowder, southern), mature seeds, cooked, boiled, without salt1701 cup1220663Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers20614Crackers, cheese, sandwich-type with peanut butter filling tocoked, boiled, without salt10	11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	46.41
11179Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt164I cup11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt63I ear20022Cornmeal, degermed, enriched, yellow138I cup1020025Cornmeal, self-rising, degermed, enriched, yellow138I cup1020020Cornmeal, whole-grain, yellow122I cup1020027Cornstarch8.064I tbsp1220029Couscous, cooked157I cup1220028Couscous, dry173I cup1220029Couscous, dry165I cup1211192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt165I cup1211196Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt170I cup1216063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers18214Crackers, cheese, sandwich-type with peanut butter filling 1821771 sandwich1218217Crackers, natzo, plain28.351 matzo24	11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	40.82
without saltinterval11181Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt631 ear20022Cornmeal, degermed, enriched, yellow1381 cup1620025Cornmeal, self-rising, degermed, enriched, yellow1381 cup1620020Cornmeal, whole-grain, yellow1221 cup1620027Cornstarch8.0641 tbsp1220029Couscous, cooked1571 cup1220029Couscous, cooked1571 cup1220029Couscous, dry1731 cup1220029Couscous, dry1731 cup1220029Couscous, dry1731 cup1220029Couscous, dry1731 cup1220029Couscous, dry1731 cup1220029Couscous, dry1731 cup1220029Couscous, dry101 cup1220029Couscous, dry10010 crackers11192Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup1211064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo12 <td>11168</td> <td>Corn, sweet, yellow, cooked, boiled, drained, without salt</td> <td>77</td> <td>1 ear</td> <td>19.33</td>	11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	19.33
without saltinitialinitial20022Cornmeal, degermed, enriched, yellow1381 cup1020025Cornmeal, self-rising, degermed, enriched, yellow1381 cup1020020Cornmeal, whole-grain, yellow1221 cup920020Cornstarch8.0641 tbsp1020029Couscous, cooked1571 cup1220028Couscous, dry1731 cup1211192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup1211196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup1211064Cowpeas, common (blackeyes, crowder, southern), mature seeds, 1721 cup1218214Crackers, cheese, regular1010 crackers1818215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo24	11179		164	1 cup	31.65
20025Cornmeal, self-rising, degermed, enriched, yellow1381 cup1020020Cornmeal, whole-grain, yellow1221 cup920027Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup1220028Couscous, dry1731 cup1220028Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup1211192Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup41664Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup216063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup218214Crackers, cheese, regular1010 crackers118217Crackers, natzo, plain28.351 matzo2	11181		63	1 ear	14.07
20020Cornmeal, whole-grain, yellow1221 cup12220027Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup12220028Couscous, dry1731 cup12220028Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup12211192Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup12216064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt2401 cup12216063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup12218214Crackers, cheese, regular1010 crackers182151 sandwich18217Crackers, matzo, plain28.351 matzo240	20022	Cornmeal, degermed, enriched, yellow	138	1 cup	107.20
20027Cornstarch8.0641 tbsp20029Couscous, cooked1571 cup120028Couscous, dry1731 cup111192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup111196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup116064Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt2401 cup116063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1010 crackers18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo1	20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	103.21
20029Couscous, cooked1571 cup120028Couscous, dry1731 cup111192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup111196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup111064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup116063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup118214Crackers, cheese, regular1010 crackers118215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich118217Crackers, matzo, plain28.351 matzo2	20020	Cornmeal, whole-grain, yellow	122	1 cup	93.81
20028Couscous, dry1731 cup1211192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup1611196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup1610664Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup1616063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup1618214Crackers, cheese, regular1010 crackers1818215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich1818217Crackers, matzo, plain28.351 matzo2	20027	Cornstarch	8.064	1 tbsp	7.36
11192Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt1651 cup11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo	20029	Couscous, cooked	157	1 cup	36.46
without salt11196Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt1701 cup16064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup216063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup218214Crackers, cheese, regular1010 crackers118215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo2	20028	Couscous, dry	173	1 cup	133.95
without salt116064Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain2401 cup16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup18214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo	11192	without salt	165	l cup	33.53
canned, plain16063Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt1721 cup218214Crackers, cheese, regular1010 crackers18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo		without salt		1 cup	40.39
cooked, boiled, without salt1018214Crackers, cheese, regular1018215Crackers, cheese, sandwich-type with peanut butter filling718217Crackers, matzo, plain28.351 matzo2		canned, plain			32.71
18215Crackers, cheese, sandwich-type with peanut butter filling71 sandwich18217Crackers, matzo, plain28.351 matzo2		cooked, boiled, without salt			35.71
18217 Crackers, matzo, plain 28.35 1 matzo 2		-			5.82
					3.97
18220Crackers, melba toast, plain204 pieces					23.73
	18220	Crackers, melba toast, plain	20	4 pieces	15.32

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18226	Crackers, rye, wafers, plain	11	1 wafer	8.84
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	8.51
18229	Crackers, standard snack-type, regular	12	4 crackers	7.32
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	4.32
18232	Crackers, wheat, regular	8	4 crackers	5.19
18235	Crackers, whole-wheat	16	4 crackers	10.98
14242	Cranberry juice cocktail, bottled	253	8 fl oz	34.21
09081	Cranberry sauce, canned, sweetened	57	1 slice	22.17
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	1.71
01069	Cream substitute, powdered	2	1 tsp	1.10
01049	Cream, fluid, half and half	15	1 tbsp	0.65
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.42
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.55
01052	Cream, fluid, light whipping	15	1 tbsp	0.44
01056	Cream, sour, cultured	12	1 tbsp	0.51
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.64
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.37
18239	Croissants, butter	57	1 croissant	26.11
18243	Croutons, seasoned	40	1 cup	25.40
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	8.69
15141	Crustaceans, crab, blue, canned	135	1 cup	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.00
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.29
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	1.09
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	5.16
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	9.75
11206	Cucumber, peeled, raw	119	1 cup	2.57
11206	Cucumber, peeled, raw	280	1 large	6.05
11205	Cucumber, with peel, raw	301	1 large	10.93
11205	Cucumber, with peel, raw	104	1 cup	3.78
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	6.72
18245	Danish pastry, cheese	71	1 danish	26.41
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	33.94
09087	Dates, deglet noor	178	1 cup	133.55
09087	Dates, deglet noor	41.5	5 dates	31.14
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.66
01072	Dessert topping, pressurized	4	1 tbsp	0.64
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.92
02045	Dill weed, fresh	1	5 sprigs	0.07
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	6.96
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	23.36
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	5.76
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	26.58
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	0.00
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	24.20

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01143	Egg substitute, liquid	62.75	1/4 cup	0.40
01124	Egg, white, raw, fresh	33.4	1 large	0.24
01128	Egg, whole, cooked, fried	46	1 large	0.40
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.56
01131	Egg, whole, cooked, poached	50	1 large	0.38
01132	Egg, whole, cooked, scrambled	61	1 large	1.34
01123	Egg, whole, raw, fresh	50	1 large	0.39
01123	Egg, whole, raw, fresh	44	1 medium	0.34
01123	Egg, whole, raw, fresh	58	1 extra large	0.45
01125	Egg, yolk, raw, fresh	16.6	1 large	0.60
01057	Eggnog	254	1 cup	34.39
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	8.64
11213	Endive, raw	50	1 cup	1.68
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	25.18
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	27.38
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	15.44
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	33.35
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	41.15
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	27.48
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	33.01
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	38.39
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	44.26
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	22.06
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	35.19
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	26.53
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	38.69
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	17.30
21042	Fast foods, chili con carne	253	1 cup	21.94
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	42.80
21043	Fast foods, clams, breaded and fried	115	3/4 cup	38.81
21127	Fast foods, coleslaw	99	3/4 cup	12.75
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	23.65
21015	Fast foods, danish pastry, cheese	91	1 pastry	28.69
21017	Fast foods, danish pastry, fruit	94	1 pastry	45.06
21074	Fast foods, enchilada, with cheese	163	1 enchilada	28.54
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	26.74
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	47.63
21024	Fast foods, french toast sticks	141	5 sticks	57.85
21077	Fast foods, frijoles with cheese	167	1 cup	28.71
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	40.27
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	38.74
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	34.25
21118	Fast foods, hotdog, plain	98	1 sandwich	18.03
21119	Fast foods, hotdog, with chili	114	1 sandwich	31.29
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	55.79
21129	Fast foods, hush puppies	78	5 pieces	34.90

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	24.11
21078	Fast foods, nachos, with cheese	113	6-8 nachos	36.33
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	31.32
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	90.90
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	31.88
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	63.39
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	50.26
21139	Fast foods, potato, mashed	80	1/3 cup	12.90
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	16.15
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	33.44
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	4.75
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	3.73
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	40.00
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	51.05
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	44.30
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	55.37
21033	Fast foods, sundae, hot fudge	158	1 sundae	47.67
21082	Fast foods, taco	263	1 large	41.11
21082	Fast foods, taco	171	1 small	26.73
21083	Fast foods, taco salad	198	1-1/2 cups	23.58
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	29.66
09094	Figs, dried, uncooked	38	2 figs	24.27
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	6.83
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.00
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.00
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	12.07
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	5.93
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.00
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.00
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.00
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	8.20
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.00
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.00
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.00
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.00
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.00
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	0.00
15111	Fish, swordfish, cooked, dry heat	106	1 piece	0.00
15111	Fish, swordfish, cooked, dry heat	85	3 oz	0.00

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.00
15128	Fish, tuna salad	205	1 cup	19.29
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.00
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.00
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.00
07022	Frankfurter, beef	45	1 frank	1.83
07023	Frankfurter, beef and pork	45	1 frank	0.77
07024	Frankfurter, chicken	45	1 frank	3.05
18268	French toast, frozen, ready-to-heat	59	1 slice	18.94
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	16.25
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	24.02
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	25.80
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	15.55
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	15.66
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	11.35
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	17.93
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	17.42
19294	Fruit butters, apple	17	1 tbsp	7.27
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	46.90
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	28.11
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	29.69
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	60.58
11215	Garlic, raw	3	1 clove	0.99
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	19.16
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	4.94
14277	Grape drink, canned	250	8 fl oz	39.38
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	37.85
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	31.88
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	95.84
09404	Grapefruit juice, pink, raw	247	1 cup	22.72
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	27.83
09123 09126	Grapefruit juice, white, canned, unsweetened Grapefruit juice, white, frozen concentrate, unsweetened, diluted with	247 247	l cup l cup	22.13 24.03
09125	3 volume water Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	71.54
09123	Grapefruit juice, white, raw	247	1 cup	22.72
09128	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	13.11
09112	Grapefruit, raw, white, all areas	118	1/2 grapefruit	9.92
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	39.22
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	9.05
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	28.96
06116	Gravy, beef, canned	58.25	1/4 cup	2.80
06119	Gravy, chicken, canned	59.5	1/4 cup	3.22

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06121	Gravy, mushroom, canned	59.6	1/4 cup	3.26
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to- serve	62	1/4 cup	3.89
06125	Gravy, turkey, canned	59.6	1/4 cup	3.04
07027	Ham, chopped, not canned	21	2 slices	0.88
07028	Ham, sliced, extra lean	56.7	2 slices	1.49
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	2.17
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	33.46
11961	Hearts of palm, canned	33	1 piece	1.52
19296	Honey	21	1 tbsp	17.30
02055	Horseradish, prepared	5	1 tsp	0.56
16158	Hummus, commercial	14	1 tbsp	2.00
19270	Ice creams, chocolate	66	1/2 cup	18.61
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	19.09
19095	Ice creams, vanilla	66	1/2 cup	15.58
19088	Ice creams, vanilla, light	66	1/2 cup	17.03
19089	Ice creams, vanilla, rich	74	1/2 cup	16.49
19297	Jams and preserves	20	1 tbsp	13.77
19300	Jellies	19	1 tbsp	13.29
11226	Jerusalem-artichokes, raw	150	1 cup	26.16
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	7.32
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	6.80
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	15.45
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	11.14
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	11.04
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.00
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	0.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	0.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	0.00
04002	Lard	12.8	1 tbsp	0.00
18369 18370	Leavening agents, baking powder, double-acting, sodium aluminum sulfate Leavening agents, baking powder, double-acting, straight phosphate	4.6 4.6	1 tsp	1.27
18370	Leavening agents, baking powder, low-sodium	4.0 5	l tsp l tsp	2.35
18371	Leavening agents, baking soda	3 4.6	1 tsp	0.00
18372			•	
18373	Leavening agents, cream of tartar	3 7	l tsp	1.85 2.67
	Leavening agents, yeast, baker's, active dry		1 pkg	
18375 18374	Leavening agents, yeast, baker's, active dry	4 17	1 tsp	1.53 3.08
	Leavening agents, yeast, baker's, compressed		1 cake	
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	7.92

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09153	Lemon juice, canned or bottled	244	1 cup	15.81
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.98
09152	Lemon juice, raw	47	juice of 1 lemon	4.06
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	34.05
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	1.23
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	28.73
09150	Lemons, raw, without peel	58	1 lemon	5.41
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	39.86
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.17
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	3.63
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.33
11251	Lettuce, cos or romaine, raw	56	1 cup	1.84
11253	Lettuce, green leaf, raw	10	1 leaf	0.28
11253	Lettuce, green leaf, raw	56	1 cup	1.56
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.24
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	1.63
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	16.01
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	35.01
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	32.84
16073	Lima beans, large, mature seeds, canned	241	1 cup	35.93
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	39.25
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1.03
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	16.46
09160	Lime juice, raw	38	juice of 1 lime	3.20
22247	Macaroni and Cheese, canned entree	252	1 cup	29.03
20100	Macaroni, cooked, enriched	140	1 cup	43.20
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	17.78
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	28.94
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	17.78
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	28.28
09176	Mangos, raw	207	1 mango	35.19
09176	Mangos, raw	165	1 cup	28.05
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.09
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.13
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.02
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.01
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.00
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.09
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.02
09181	Melons, cantaloupe, raw	69	1/8 melon	5.63
09181	Melons, cantaloupe, raw	160	1 cup	13.06
09184	Melons, honeydew, raw	170	1 cup	15.45
09184	Melons, honeydew, raw	160	1/8 melon	14.54
01110	Milk shakes, thick chocolate	300	10.6 fl oz	63.45
01111	Milk shakes, thick vanilla	313	11 fl oz	55.56
01094	Milk, buttermilk, dried	6.5	1 tbsp	3.19

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	11.74
01095	Milk, canned, condensed, sweetened	306	1 cup	166.46
01097	Milk, canned, evaporated, nonfat	256	1 cup	29.06
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	25.30
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	26.10
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	30.33
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	25.85
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	12.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	12.18
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	12.15
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	11.42
01077	Milk, whole, 3.25% milkfat	244	1 cup	11.03
16112	Miso	68.75	1 cup	18.20
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	4.36
15157	Mollusks, clam, mixed species, raw	85	3 oz	2.18
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	9.88
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	3.28
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	9.42
18274	Muffins, blueberry, commercially prepared	57	1 muffin	27.36
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	23.20
18279	Muffins, corn, commercially prepared	57	1 muffin	29.01
18280	Muffins, corn, dry mix, prepared	50	1 muffin	24.55
18283	Muffins, oat bran	57	1 muffin	27.53
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	18.87
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	5.20
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	6.18
11264	Mushrooms, canned, drained solids	156	1 cup	7.94
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	8.25
11260	Mushrooms, raw	70	1 cup	2.30
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	20.87
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	2.71
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	2.94
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.39
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	11.88
09191	Nectarines, raw	136	1 nectarine	14.35
20113	Noodles, chinese, chow mein	45	1 cup	25.89
20110	Noodles, egg, cooked, enriched	160	1 cup	40.26
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	38.80
12061	Nuts, almonds	28.35	1 oz (24 nuts)	5.60
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	3.48
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	9.27
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	8.55
12167	Nuts, chestnuts, european, roasted	143	1 cup	75.73
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	44.33
12104	Nuts, coconut meat, raw	45	1 piece	6.85
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.73
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3.64

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	7.19
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	6.07
12142	Nuts, pecans	28.35	1 oz (20 halves)	3.93
12147	Nuts, pine nuts, dried	8.6	1 tbsp	1.12
12147	Nuts, pine nuts, dried	28.35	1 oz	3.71
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	7.59
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	3.89
20034	Oat bran, cooked	219	1 cup	25.05
20033	Oat bran, raw	94	1 cup	62.25
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.00
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.00
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.00
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.00
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.00
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	7.28
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	10.58
09193	Olives, ripe, canned (small-extra large)	22	5 large	1.38
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	22.90
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	9.54
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	21.32
11284	Onions, dehydrated flakes	5	1 tbsp	4.16
11282	Onions, raw	110	1 whole	11.12
11282	Onions, raw	14	1 slice	1.42
11282	Onions, raw	160	1 cup	16.18
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	7.34
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	1.10
09207	Orange juice, canned, unsweetened	249	1 cup	24.53
09209	Orange juice, chilled, includes from concentrate	249	1 cup	25.05
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	26.84
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	81.30
09206	Orange juice, raw	86	juice from 1 orange	8.94
09206	Orange juice, raw	248	1 cup	25.79
09200	Oranges, raw, all commercial varieties	131	1 orange	15.39
09200	Oranges, raw, all commercial varieties	180	1 cup	21.15
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	14.14
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	13.95
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	10.98
09226	Papayas, raw	304	1 papaya	29.82
09226	Papayas, raw	140	1 cup	13.73
11297	Parsley, raw	10	10 sprigs	0.63
11299	Parsnips, cooked, boiled, drained, without salt	156	l cup	26.54
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	30.97
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	52.24
	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	19.54

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	11.34
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	28.69
09246	Peaches, dried, sulfured, uncooked	39	3 halves	23.92
09250	Peaches, frozen, sliced, sweetened	250	1 cup	59.95
09236	Peaches, raw	98	1 peach	9.35
09236	Peaches, raw	170	1 cup	16.22
16097	Peanut butter, chunk style, with salt	16	1 tbsp	3.45
16098	Peanut butter, smooth style, with salt	16	1 tbsp	3.13
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	6.10
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	6.10
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	4.33
09340	Pears, asian, raw	122	1 pear	12.99
09340	Pears, asian, raw	275	1 pear	29.29
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	50.99
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	14.57
09254	Pears, canned, juice pack, solids and liquids	76	1 half	9.83
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	32.09
09252	Pears, raw	166	1 pear	25.66
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	11.28
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	14.43
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	21.39
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	22.82
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	41.36
11670	Peppers, hot chili, green, raw	45	1 pepper	4.26
11819	Peppers, hot chili, red, raw	45	1 pepper	3.96
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	1.23
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	9.11
11333	Peppers, sweet, green, raw	10	1 ring	0.46
11333	Peppers, sweet, green, raw	149	1 cup	6.91
11333	Peppers, sweet, green, raw	119	1 pepper	5.52
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	9.11
11821	Peppers, sweet, red, raw	149	1 cup	8.98
11821	Peppers, sweet, red, raw	119	1 pepper	7.18
11945	Pickle relish, sweet	15	1 tbsp	5.26
11937	Pickles, cucumber, dill	65	1 pickle	2.68
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	155.83
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	62.50
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	85.50
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	19.39
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	20.72
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	39.78
18302	Pie, apple, prepared from recipe	155	1 piece	57.51
18305	Pie, blueberry, commercially prepared	117	1 piece	40.83
18306	Pie, blueberry, prepared from recipe	147	1 piece	49.25
18308	Pie, cherry, commercially prepared	117	1 piece	46.57
18309	Pie, cherry, prepared from recipe	180	1 piece	69.30
18310	Pie, chocolate creme, commercially prepared	113	1 piece	37.97
18316	Pie, coconut custard, commercially prepared	104	1 piece	31.41

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18444	Pie, fried pies, cherry	128	1 pie	54.53
18319	Pie, fried pies, fruit	128	1 pie	54.53
18320	Pie, lemon meringue, commercially prepared	113	1 piece	53.34
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	49.66
18324	Pie, pecan, commercially prepared	113	1 piece	64.64
18325	Pie, pecan, prepared from recipe	122	1 piece	63.68
18326	Pie, pumpkin, commercially prepared	109	1 piece	29.76
18327	Pie, pumpkin, prepared from recipe	155	1 piece	40.92
11943	Pimento, canned	12	1 tbsp	0.61
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	29.00
14341	Pineapple and orange juice drink, canned	250	8 fl oz	29.50
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	32.18
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	9.90
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	51.31
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	39.09
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	7.38
09266	Pineapple, raw, all varieties	155	1 cup	19.58
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	18.28
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	19.86
09278	Plantains, cooked	154	1 cup	47.97
09277	Plantains, raw	179	1 medium	57.08
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	59.96
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	10.69
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	6.97
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	38.18
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	69.64
09291	Plums, dried (prunes), uncooked	42	5 prunes	26.83
09279	Plums, raw	66	1 plum	7.54
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.70
07064	Pork Sausage, Fresh, Cooked	27	1 patty	0.00
07064	Pork Sausage, Fresh, Cooked	26	2 links	0.00
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.27
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.63
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	0.42
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	0.00
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	0.00
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	0.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	0.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	0.00
0179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	0.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	0.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	0.00
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	0.00

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	0.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	0.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	0.00
11672	Potato pancakes	76	1 pancake	21.20
11399	Potato puffs, frozen, oven-heated	79	10 puffs	21.92
11414	Potato salad, home-prepared	250	1 cup	27.93
11674	Potato, baked, flesh and skin, without salt	202	1 potato	42.72
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	31.46
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	27.61
11363	Potatoes, baked, flesh, without salt	156	1 potato	33.62
11364	Potatoes, baked, skin, without salt	58	1 skin	26.71
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	27.38
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	27.01
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	31.22
11403	Potatoes, french fried, all types, salt added in processing, frozen, home- prepared, oven heated	50	10 strips	15.14
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	8.15
11370	Potatoes, hashed brown, home-prepared	156	1 cup	54.77
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	22.70
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	36.81
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	35.51
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	31.29
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	26.41
05306	Poultry food products, ground turkey, cooked	82	1 patty	0.00
09294	Prune juice, canned	256	1 cup	44.67
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	27.77
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	27.76
19183	Puddings, chocolate, ready-to-eat	113	4 oz	25.99
19193	Puddings, rice, ready-to-eat	113.4	4 oz	24.95
19218	Puddings, tapioca, ready-to-eat	113	4 oz	21.92
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	25.94
19201	Puddings, vanilla, ready-to-eat	113	4 oz	24.86
11424	Pumpkin, canned, without salt	245	1 cup	19.82
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	12.01
11429	Radishes, raw	4.5	1 radish	0.15
09298	Raisins, seedless	145	1 cup	114.81
09298	Raisins, seedless	14	1 packet	11.09
09306	Raspberries, frozen, red, sweetened	250	1 cup	65.40
09302	Raspberries, raw	123	1 cup	14.69
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	39.14
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	74.88
14342	Rice beverage, RICE DREAM, canned	245	1 cup	24.84
20037	Rice, brown, long-grain, cooked	195	1 cup	44.77
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	45.59
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	148.80

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	41.42
20045	Rice, white, long-grain, regular, cooked	158	1 cup	44.51
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	147.91
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	14.11
18350	Rolls, hamburger or hotdog, plain	43	1 roll	21.26
18353	Rolls, hard (includes kaiser)	57	1 roll	30.04
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	14.86
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	1.13
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	2.43
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	4.77
04133	Salad dressing, french, home recipe	14	1 tbsp	0.48
04134	Salad dressing, home recipe, cooked	16	1 tbsp	2.38
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.39
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	1.53
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.69
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.54
04015	Salad dressing, russian dressing	15.3	1 tbsp	4.74
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	4.50
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	3.40
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2.28
07069	Salami, cooked, beef and pork	56.7	2 slices	1.28
07072	Salami, dry or hard, pork, beef	20	2 slices	0.76
02047	Salt, table	6	1 tsp	0.00
07073	Sandwich spread, pork, beef	15	1 tbsp	1.79
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	37.13
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	31.75
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	40.00
06150	Sauce, barbecue sauce	15.75	1 tbsp	2.02
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	4.30
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	7.05
06166	Sauce, homemade, white, medium	250	1 cup	22.93
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	2.52
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	28.18
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.08
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	1.00
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	2.87
11439	Sauerkraut, canned, solids and liquids	236	1 cup	10.10
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.42
11445	Seaweed, kelp, raw	10	2 tbsp	0.96
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.22
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	3.81
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	3.18
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.94
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	7.70
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	6.82
14346	Shake, fast food, chocolate	333	16 fl oz	68.27

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14347	Shake, fast food, vanilla	333	16 fl oz	65.23
11677	Shallots, raw	10	1 tbsp	1.68
19097	Sherbet, orange	74	1/2 cup	22.50
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.00
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.18
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	18.46
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	15.93
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	17.86
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	15.34
19013	Snacks, fruit leather, pieces	28.35	1 oz	23.48
19014	Snacks, fruit leather, rolls	21	1 large	18.02
19015	Snacks, granola bars, hard, plain	28.35	1 bar	18.26
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	15.14
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	19.59
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	18.82
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	26.97
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	17.71
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	14.63
19034	Snacks, popcorn, air-popped	8	1 cup	6.22
19036	Snacks, popcorn, cakes	10	1 cake	8.01
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	33.89
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	27.84
19040	Snacks, popcorn, cheese-flavor	11	1 cup	5.68
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	6.33
19041	Snacks, pork skins, plain	28.35	1 oz	0.00
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	14.97
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	18.40
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	l oz	14.46
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	14.54
19411	Snacks, potato chips, plain, salted	28.35	1 oz	14.10
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	15.00
19422	Snacks, potato chips, reduced fat	28.35	1 oz	18.97
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	14.60
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	47.86
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	7.34
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	20.30
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	18.52
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	65.55
19061	Snacks, trail mix, tropical	140	1 cup	91.84
19057	Snacks,tortilla chips, nacho-flavor	28.35	1 oz	17.19
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	27.12
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	22.80
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	1.42
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	1.76
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	8.98

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	17.04
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	9.35
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	9.26
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	18.89
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	7.16
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	12.22
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	16.62
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	9.27
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	14.98
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	15.00
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	9.30
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	11.23
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	23.52
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	5.07
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	26.50
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	9.43
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	12.50
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready- to-serve	242	1 cup	20.30
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	20.34
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	19.79
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	13.23
06174	Soup, stock, fish, home-prepared	233	1 cup	0.00
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	22.30
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	16.59
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	10.17
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	19.01
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	11.98
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.56
16120	Soy milk, fluid	245	1 cup	12.08
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	1.22
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	19.89
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	17.08
22401	Spaghetti with meat sauce, frozen entree	283	1 package	43.13
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	43.20
20125	Spaghetti, whole-wheat, cooked	140	1 cup	37.16
02007	Spices, celery seed	2	1 tsp	0.83
02009	Spices, chili powder	2.6	1 tsp	1.42
02010	Spices, cinnamon, ground	2.3	1 tsp	1.84
02015	Spices, curry powder	2	1 tsp	1.16

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02020	Spices, garlic powder	2.8	1 tsp	2.04
02026	Spices, onion powder	2.1	1 tsp	1.69
02027	Spices, oregano, dried	1.5	1 tsp	0.97
02028	Spices, paprika	2.1	1 tsp	1.17
02029	Spices, parsley, dried	1.3	1 tbsp	0.67
02030	Spices, pepper, black	2.1	1 tsp	1.36
11658	Spinach souffle	136	1 cup	7.92
11461	Spinach, canned, drained solids	214	1 cup	7.28
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	6.75
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	9.80
11457	Spinach, raw	30	1 cup	1.09
11457	Spinach, raw	10	1 leaf	0.36
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	7.76
11641	Squash, summer, all varieties, raw	113	1 cup	3.79
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	18.14
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	24.12
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	66.10
09316	Strawberries, raw	166	1 cup	12.75
09316	Strawberries, raw	12	1 strawberry	0.92
09316	Strawberries, raw	18	1 strawberry	1.38
19334	Sugars, brown	3.2	1 tsp	3.11
19335	Sugars, granulated	4.2	1 tsp	4.20
19336	Sugars, powdered	8	1 tbsp	7.97
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	49.71
11512	Sweet potato, canned, vacuum pack	255	1 cup	53.86
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	30.24
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	27.64
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	29.25
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	30.54
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	16.83
19348	Syrups, chocolate, fudge-type	19	1 tbsp	11.95
19350	Syrups, corn, light	20	1 tbsp	15.36
19353	Syrups, maple	20	1 tbsp	13.42
19129	Syrups, table blends, pancake	20	1 tbsp	12.29
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	6.65
18360	Taco shells, baked	13.3	1 medium	8.30
09223	Tangerine juice, canned, sweetened	249	1 cup	29.88
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	40.80
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	11.21
20068	Tapioca, pearl, dry	152	1 cup	134.81
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.53
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.36
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.36
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	1.04
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	22.30
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.40
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	34.05

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	36.97
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	37.34
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	1.37
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	2.16
11954	Tomatillos, raw	34	1 medium	1.99
11540	Tomato juice, canned, with salt added	243	1 cup	10.30
11546	Tomato products, canned, paste, without salt added	262	1 cup	49.54
11547	Tomato products, canned, puree, without salt added	250	1 cup	22.45
11549	Tomato products, canned, sauce	245	1 cup	18.06
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	15.78
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	9.38
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.67
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	7.06
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.78
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	4.82
11955	Tomatoes, sun-dried	2	1 piece	1.12
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.70
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	11.61
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	16.43
21088	Tostada with guacamole	130.5	1 tostada	16.01
05286	Turkey and gravy, frozen	142	5-oz package	6.55
05292	Turkey patties, breaded, battered, fried	64	1 patty	10.05
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	2.61
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	0.00
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	1.16
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.00
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	0.00
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	0.00
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	6.28
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	8.17
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	7.89
02050	Vanilla extract	4.2	1 tsp	0.53
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	0.00
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	0.00
11578	Vegetable juice cocktail, canned	242	1 cup	11.01
04582	Vegetable oil, canola	14	1 tbsp	0.00
11581	Vegetables, mixed, canned, drained solids	163	1 cup	15.09
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	23.82
02048	Vinegar, cider	15	1 tbsp	0.14
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	16.27
18367	Waffles, plain, prepared from recipe	75	1 waffle	24.68
14429	Water, municipal	237	8 fl oz	0.00
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	17.22
09326	Watermelon, raw	286	1 wedge	21.59
09326	Watermelon, raw	152	1 cup	11.48
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	95.39

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	92.78
20083	Wheat flour, white, bread, enriched	137	1 cup	99.37
20084	Wheat flour, white, cake, enriched	137	1 cup	106.90
20080	Wheat flour, whole-grain	120	1 cup	87.08
20089	Wild rice, cooked	164	1 cup	35.00
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	6.62
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	7.53
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	43.24
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	15.98
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	17.43
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	10.58